



Office: 403-254-9010

Emergency Gym Line: 403-225-8305

[inquire@gymtastics.ca](mailto:inquire@gymtastics.ca)

## Recreational Spring Session 2022

### Welcome to the Spring Session of 2022 here at Gymtastics Gym Club! General Information

When entering our facility, please take off your shoes and place them in one of the cubbies, and then sanitize your hands. Just a reminder there are **no shoes allowed upstairs**. You will find name tags on the tables by the doors. Please ensure nametags are worn where coaches can see them! Please sign in the binder located by the name tags. Gymnasts' names will be sorted by class. Please note that the colour on the name tag, does not indicate their badge colour. Gymnasts wear coloured nametags to help identify their coach. After sign in gymnasts will wait in the middle of the red floor and wait for a coaches instructions to start. Gymnasts are not allowed on the equipment either before the class starts, or after the class finishes. **SIBLINGS** who are not registered for classes are **NOT ALLOWED** on the floor.

We have designated Gymtastics parking spaces in both the front and back parking lots. Weekends are more open than weekdays, so please park in the appropriate parking spaces during the weekdays. We can also park on the street. Parking in the other stalls during weekdays may result in your vehicle being towed!

Proper gymnastics clothing is required: bodysuits, leotards, form fitting T-Shirts and shorts. No outdoor shoes allowed. Bare feet are best. Remove long jewelry. Long hair must be tied up or back.

Gymtastics is NOT responsible for lost or stolen items.

Gymtastics does not offer make-up classes or refunds for missed classes.

## SPRING FUNDRAISER!!

**Bow River Meat Market / Rocky's Sausage Haus & Perogies**

**Starts APRIL 18<sup>TH</sup> to Wednesday, May 4<sup>th</sup>, 2022! Pick up on SAT.  
MAY 14<sup>TH</sup> 10:30 – 11:30 A.M. ONLY!!**

### **NO CLASSES:**

**SATURDAY, MAY 21<sup>ST</sup> TO MONDAY, MAY 23<sup>RD</sup>, 2022 – May Long Weekend**

### **Last Day of Classes:**

**Tuesday, June 21<sup>st</sup> to Monday, June 27<sup>th</sup>, 2022**

**On Line Registration for FALL SESSION 2022!**

**Pre-Registration** for our Gymtastics families and their siblings begins at 9:00 a.m.

on Tuesday, June 14<sup>th</sup>, 2022 online at [www.gymtastics.ca](http://www.gymtastics.ca).

**Public registration** starts at 9:00 a.m. on Thursday, June 16<sup>th</sup>, 2022 online at  
[www.gymtastics.ca](http://www.gymtastics.ca).

**BIRTHDAY PARTIES NOW AVAILABLE TO BOOK! A 2-HOUR PARTY  
WITH 1.5 HRS IN THE GYM AND .5 HRS UPSTAIRS IN THE PARTY ROOM!  
SATURDAYS AND SUNDAYS☺**

*If you have any questions or concerns, please feel free to e-mail  
Gymtastics Gym Club at [inquire@gymtastics.ca](mailto:inquire@gymtastics.ca).*

April 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
					Easter Gym Closed	Easter Gym Closed
17	18	19	20	21	22	23
Easter Gym Closed	Safety and Orientation Day	Safety and Orientation Day	Safety and Orientation Day	Safety and Orientation Day	Safety and Orientation Day	Safety and Orientation Day
24	25	26	27	28	29	30
Safety and Orientation Day	Landings	Landings	Landings	Landings	Landings	Landings
May 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Landings	Meet The Teacher	Meet The Teacher	Meet The Teacher	Meet The Teacher	Meet The Teacher	Meet The Teacher
8	9	10	11	12	13	14
Meet The Teacher	Locomotions	Locomotions	Locomotions	Locomotions	Locomotions	Locomotions
15	16	17	18	19	20	21
Locomotions	Strength	Strength	Strength	Strength	Strength	Gym Closed
22	23	24	25	26	27	28
Gym Closed	Gym Closed	Rotations	Rotations	Rotations	Rotations	Rotations
29	30	31				
Rotations	Rotations	Skill Review				
June 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Skill Review	Skill Review	Skill Review	Skill Review
5	6	7	8	9	10	11
Skill Review	Skill Review	Balances	Balances	Balances	Balances	Balances
12	13	14	15	16	17	18
Balances	Balances	Twists and Tricks Pre-Registration	Twists and Tricks	Twists and Tricks Public Registration	Twists and Tricks	Twists and Tricks
19	20	21	22	23	24	25
Twists and Tricks	Twists and Tricks	Showcase	Showcase	Showcase	Showcase	Showcase
26	27	28	29	30		
Showcase	Showcase					