



Office: 403-254-9010 Emergency Gym Line: 403-225-8305

inquire@gymtastics.ca

Welcome to the Recreational 2023 – 2024 Session!!

Hello and Welcome to our new session! My name is Dijana Stubicar, known as Dancing Dia or Dia in the gym! I am the Recreational Coordinator at Gymtastics. If you have any questions or concerns, please contact me at recreation@gymtastics.ca.

The following is important information you will need for the session! Thank you and we will see you soon!

Gymnasts will enter the front door, place their shoes and coats in a cubbies. Please note there are no shoes allowed in our facility including upstairs. Coaches will help the gymnast find their name tags and sign with the attendance tablet. Please note that the colour on the name tag, does not indicate their badge colour. Gymnasts wear coloured nametags to help identify their coach. Gymnasts will then be directed to the floor where they will sit and wait for a class to start!

Class will start with a 20-minute group warm up activity. They will be split into their groups organized by class and badge level. The coach will teach gymnastics on 3 20-minute rotations which change per week. A 10-minute group cool down activity will end the class. Gymnasts will be dismissed, and coaches will help to ensure all gymnasts find their big-person! The end of class is a wonderful time to chat with the coaches and ask any questions. 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.

For the first few weeks of classes coaches will be assessing their classes to ensure everyone is registered in the correct badge. If there is any concern the coach will discuss it with the recreational coordinator and the parents to confirm the gymnast is registered in the correct class. Gymnasts will be monitored on an ongoing basis and when a gymnast mastered all the required skills in their level, they will receive a progress report during their class time.

If they are within the badge levels offered in the class they are currently enrolled, they will remain in that class time and moved to a new badge level.

If the gymnast has passed into a higher badge level class, the coordinator of the program will contact the parents and discuss various class options. If an open spot in the desired day and time is not available, the gymnast will be placed on a waitlist and will be given waitlist priority for the next available spot. If that is the case the gymnast may continue in their current class and begin working on the next badge level.

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.

