

## ***Parent/Athlete Information***

### **HEALTH AND SAFETY**

At the time of registration, medical forms must be completed and include emergency contact information, special needs, and health information.

### **ADAPTED GYMNASTICS**

SSMGC strives to ensure that participants receive the best in coaching and have a positive experience while at the club. Our programs accommodate all people including individuals with special needs.

### **ONLY GYM STAFF AND PARTICIPANTS ALLOWED IN GYM**

Parents are not allowed in the gym unless they are a part of the Parent & Tot program, or are an SSMGC approved aide. Please note that for the Parent and Tot program it is one adult to one child. We ask that parents of children under the age of 6 stay on site in case of emergencies.

### **PAYMENT**

Payment is due upon registration. **We accept major credit cards, debit and cash.**

### **CLOTHING**

Gymnasts should wear a bodysuit, or shorts and a fitted t-shirt. Long hair must be tied back. All jewelry must be removed, except for small stud earrings. Gymnastics is done in bare feet. Check out the SSMGC Tuck Shop!

### **CHANGE ROOMS**

We ask that children use the gender specific change rooms when getting ready for classes. If this is not a possibility due to a parent of the opposite sex coming with the child we have family size washrooms in which to change. Also we ask that no cell phones be used in the change room to protect the privacy of those changing.

### **RECREATIONAL CLASS CANCELLATION POLICY**

If for any reason you are unsatisfied after your child's first class, we will provide you with a full refund. If you wish to cancel after the second week, we offer a pro-rated refund. After the third week, no refunds will be granted.

At SSMGC, it's our priority to provide your child with safe, fun and active gymnastics instruction that promotes progressive development of gymnastics skills. We strive to promote gymnastics and fitness in a fun way, showing kids that nothing beats living an active lifestyle.

**SSMGC Programs Promote:  
FUN, FUNDAMENTALS, FRIENDSHIP &  
FITNESS**

### **SSMGC MEMBERSHIP FEES**

SSMGC membership fees are now included in the cost of the program.

### **PARENTS NIGHT**

The last day of each session is Parents Night. One parent/guardian is allowed out on the floor to follow their child through their gymnastics rotations for the day. Pictures can be taken but the flash of the camera needs to be off.

### **DROPPING OFF**

Please drop your child off at the gym before leaving to ensure classes are not cancelled.

### **COACH IN TRAINING (CIT) PROGRAM**

Join our volunteer CIT team! Gain valuable leadership skills while working under the supervision of a certified, knowledgeable SSMGC coach. Complete your required volunteer hours here at the club, participate in coaching clinics, and get experience that could lead to a paid coaching position. Open to students 13+, resume required.

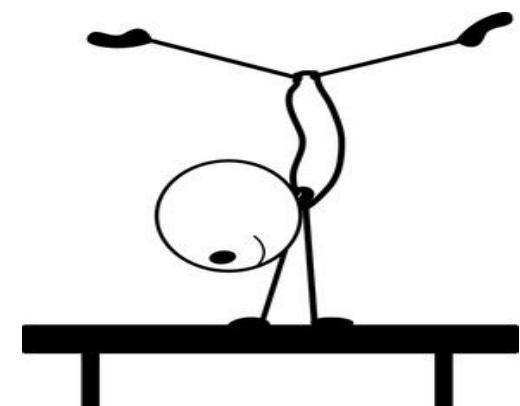
Inquire at front desk.



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# **SUMMER Recreational Gymnastics 2018**



**July 5 to August 30  
THURSDAYS  
(8 weeks)**

**Registration will open May 1st**

## **CO-ED KINDER GYM**

**Parent and Tot (Ages 1 to 3)** .....\$178.00  
1-hour class 8:1 Ratio

You and your tot will be guided through a fun-filled adventure, focusing on jumping, rolling, swinging and more! Develops strength, flexibility, coordination, and confidence, focusing on dominant movement patterns.

Thursday 4:30, 5:45

**Gymn Crickets (Age 3)** .....\$178.00  
1-hour class 6:1 Ratio

Children begin to develop basic gymnastic skills, while improving coordination and dominant movement patterns and having a rollin' good time!

Thursday 4:30, 5:45, 7:00

**Kinder Kids (Ages 4&5)** .....\$178.00  
1-hour class 7:1 Ratio

Children focus on developing the building blocks of gymnastics, strength and flexibility in a fun-filled, positive environment.

Thursday 4:30, 5:45, 7:00

## **ADVANCED KINDER GYM**

**Advanced Kinder Kids (Ages 4&5)** .....\$178.00  
1-hour class 7:1 Ratio

\* Prerequisite: Completion of Jr. Gym Level 2

Thursday 4:30, 5:45, 7:00

## **GIRLS GYMNASTICS**

**Junior Girls (Ages 6&7)** .....\$178.00  
1-hour class 8:1 Ratio

Thursday 5:45, 7:00

**Youth Girls (Ages 8&9)** .....\$178.00  
1-hour class 8:1 Ratio

Thursday 5:45, 7:00

**Senior Girls (Ages 10 to 12)** .....\$178.00  
1-hour class 8:1 Ratio

Thursday 7:00

## **GIRLS TEEN GYMNASTICS**

**Teen Girls Gym (Ages 13 to 17)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 7:00 to 8:30

## **ADVANCED GIRLS GYMNASTICS**

\* Prerequisite: Completion of Red Level

**Advance Junior Girls (Ages 6&7)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 5:45 to 7:15

**Advance Youth Girls (Ages 8&9)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 5:45 to 7:15

**Advanced Senior Girls (Ages 10 to 12)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 7:00-8:30

**Junior Gym Stars (Ages 5 to 7)** .....\$218.00  
2-hour class 8:1 Ratio

\*Prerequisite: Must have completed Red level or have coach/manager recommendation

Thursday 4:30 to 6:30

**Senior Gym Stars (Ages 8 to 12)** .....\$218.00  
2-hour class 8:1 Ratio

\*Prerequisite: Must have completed Red level or have coach/manager recommendation

Thursday 5:45-7:45

## **TUMBLING**

An introduction to Power Tumbling, athletes will learn tumbling basics, focus on handstands, cartwheels, round offs, and preparing for handsprings.

**Jr. Tumbling (Ages 6 to 8)** .....\$178.00  
1-hour Class 8:1 Ratio

Thursday 4:30, 5:45

**Sr. Tumbling (Ages 9 to 12)** .....\$178.00  
1-hour Class 8:1 Ratio

Thursday 7:00

**Adv. Rec Tumbling (Ages 9 to 12)** .....\$218.00  
1.5-hour Class 8:1 Ratio

\*Prerequisite: Tumbling Level 2

Thursday 7:00 to 8:30



## **BOYS GYMNASTICS**

**Junior Boys (Ages 6&7)** .....\$178.00  
1-hour class 8:1 Ratio

Thursday 4:30, 5:45

**Youth/Senior Boys (Ages 8 to 12)** .....\$178.00  
1-hour class 8:1 Ratio

Thursday 7:00

## **BOYS TEEN GYMNASTICS**

**Teen Boys Gym (Ages 13 to 17)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 7:00 to 8:30

## **ADVANCED BOYS GYMNASTICS**

\* Prerequisite: Completion of Red Level

**Advance Junior Boys (Ages 6&7)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 5:45 to 7:15

**Advance Youth/Senior Boys (Ages 8 to 12)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 7:00 to 8:30

**Superman (Ages 6 to 12)** .....\$218.00  
2-hour class 8:1 Ratio

\*Prerequisite: Must have completed Red level or have coach/manager recommendation

Thursday 4:30 to 6:30

## **CHEERLEADING**

This program is for young people who wish to learn the practice of cheerleading. Tumbling, jumps, stunts, and strength training are all part of Cheertastic!

**Cheertastic Cheerleading (Ages 8 to 12)** .....\$202.00  
1.5-hour class 8:1 Ratio

Thursday 7:00 to 8:30

**SSMGC IS CLOSED AUGUST 9<sup>th</sup> FOR HOLIDAYS!**