

# Fall Recreational Gymnastics 2019

September 17/19/21 to December 3/12/7  
12 Weeks

## GIRLS GYMNASTICS

Class	Dates & Times	Requirements
<b>Junior Girls</b> 1 Hour Class 8:1 Ratio	Tuesday 4:30, 5:45, 7:00 Thursday 4:30, 5:45, 7:00 Saturday 10:15, 11:30, 12:45	Ages 6 & 7 <b>\$266</b>
<b>Youth Girls</b> 1 Hour Class 8:1 Ratio	Tuesday 5:45, 7:00 Thursday 5:45, 7:00 Saturday 10:15, 11:30, 12:45	Ages 8 & 9 <b>\$266</b>
<b>Senior Girls</b> 1 Hour Class 8:1 Ratio	Tuesday 5:45, 7:00 Thursday 7:00 Saturday 11:30, 12:45	Ages 10-12 <b>\$266</b>
Advanced Girls		
<b>Adv. Junior Girls</b> 1.5 Hour Class 8:1 Ratio	Tuesday 5:45-7:15 Saturday 12:45-2:15	Ages 6 & 7 Completion of Can Gym 2 (Red Badge) <b>\$302</b>
<b>Adv. Youth Girls</b> 1.5 Hour Class 8:1 Ratio	Tuesday 7-8:30 Thursday 5:45-7:15 Saturday 12:45-2:15	Ages 8 & 9 Completion of Can Gym 2 (Red Badge) <b>\$302</b>
<b>Adv. Senior Girls</b> 1.5 Hour Class 8:1 Ratio	Tuesday 7:00-8:30 Saturday 12:45-2:15	Ages 10-12 Completion of Can Gym 2 (Red Badge) <b>\$302</b>
<b>Gym Stars</b> 2 Hour Class 8:1 Ratio	Tuesday 5:45-7:45	Ages 6-12 Completion of Can Gym 3 (Tan Badge) <b>\$326</b>
<b>Shooting Stars</b> 3 Hour Class 8:1 Ratio	Saturday 11:30-2:30	Ages 6-12 Completion of Can Gym 4 (Bronze Badge) <b>\$350</b>
Teen Girls		
<b>Teen Girls</b> 1.5 Hour Class 8:1 Ratio	Tuesday 7-8:30	Ages 13-17 <b>\$302</b>

Online Registration Begins Monday July 22  
at 9am for Credit Card Payments  
In Person & Phone Registration begins  
July 29th



## BOYS GYMNASTICS

Class	Dates & Times	Requirements
<b>Junior Boys</b> 1 Hour Class 8:1 Ratio	Tuesday 4:30 Thursday 5:45 Saturday 9:00	Ages 6 & 7 <b>\$266</b>
<b>Youth/Senior Boys</b> 1 Hour Class 8:1 Ratio	Thursday 7:00 Saturday 11:30	Ages 8-12 <b>\$266</b>
Advanced Boys		
<b>Adv. Boys</b> 1.5 Hour Class 8:1 Ratio	Tuesday 5:45-7:15	Ages 6-12 Completion of Can Gym 2 (Red Badge) <b>\$302</b>
<b>Superman</b> 2 Hour Class 8:1 Ratio	Thursday 5:45-7:45	Ages 6-12 Completion of Can Gym 3 (Tan Badge) <b>\$326</b>
Teen Boys		
<b>Teen Boys</b> 1.5 Hour Class 8:1 Ratio	Thursday 7-8:30	Ages 13-17 <b>\$302</b>

## CO-ED KINDER GYM

Class	Dates & Times	Requirements
<b>Parent &amp; Tot</b> 1 Hour Class 8:1 Ratio	Tuesday 4:30, 5:45 Thursday 4:30, 5:45 Saturday 9:00, 10:15, 11:30	Age 18months -3years Parent in Gym <b>\$266</b>
<b>Gymny Crickets</b> 1 Hour Class	Tuesday 4:30, 5:45 Thursday 4:30, 5:45, 7:00 Saturday 9:00, 10:15, 11:30	Age 3 No Parent in Gym <b>\$266</b>
<b>Advanced Kinder Kids</b> 1 Hour Class 7:1 Ratio	Tuesday 4:30, 5:45, 7:00 Thursday 4:30, 5:45, 7:00 Saturday 9:00, 10:15, 11:30, 12:45	Ages 4&5 No Parent in Gym <b>\$266</b>

## TUMBLING

Class	Dates & Times	Requirements
<b>Jr. Tumbling</b> 1 Hour Class 8:1 Ratio	Thursday 5:45 Saturday 10:15	Ages 6-8 <b>\$266</b>
<b>Sr. Tumbling</b> 1 Hour Class 8:1 Ratio	Thursday 7:00 Saturday 11:30	Ages 9-12 <b>\$266</b>
<b>Adv. Tumbling</b> 1.5 Hour Class 8:1 Ratio	Saturday 12:45-2:15	Ages 6-12 Completion of Tumbling Level 2 <b>\$302</b>

## ADAPTIVE GYMNASTICS

Class	Dates & Times	Requirements
<b>Gym Gems</b> 1 Hour Class 4:1 Ratio	Thursday 4:30	Ages 4+ Aide may come in Gym <b>\$266</b>
<b>My Coach and Me</b> 1 Hour Class	Tuesday 4:30 Thursday 4:30 Saturday 9:00	Ages 4+ Aide may come in Gym <b>\$410</b>

Visit us at [ssmgc.ca](http://ssmgc.ca) for more information and to register today!

Phone: 705-254-2259 / Fax: 705-254-5991 / Email: [ssmgc\\_sarah@live.ca](mailto:ssmgc_sarah@live.ca)

\*There will be no class on Thursday October 31st – That class will be made up on Thursday December 12th at regular times\*

# About Our Recreational Program

## Gym Rules and Safety

### 1. No Parents in the Gym

Unless a part of the Parent & Tot program, or an approved aide, parents may not enter the gym. Parents of children under the age of 6 are asked to stay on site in case of emergencies

### 2. Drop Off Athletes to the Gym Door

This ensures that classes are not cancelled and the child arrives safely

### 3. Emergencies

Please ensure that we have an up to date emergency phone number on file

## Gym Attire and Changing

Athletes are asked to change in one of our gender specific changerooms when possible. If necessary, we have two family size washrooms which may be used for changing.

Athletes should wear a body suit or shorts and a t-shirt in the gym. **No sports bras or crop tops.** Long hair must be tied back. All jewelry must be removed, except for small stud earrings. Gymnastics is done in bare feet.

## Parents Day

The last day of each session is Parents Day. One parent/guardian is allowed in the gym with their child to follow the group through their rotations. Pictures may be taken but no flash photography is allowed. Siblings accompanying a parent may not use equipment

## Adapted Gymnastics

SSMGC strives to ensure that all 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.

## 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. All refunds are subject to a \$25 administrative fee.

## Fees, Payments, and Registration

All fees are included in the cost of each program. To register for a program, go to [ssmgc.ca](http://ssmgc.ca) and click register now. Online registration **must** be completed with a credit card payment. If paying by a different method, call or visit us during office hours to register and pay, starting on July 29th.

## Our Programs

### Parent and Tot

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.

One parent/guardian per child.

### Gymny Crickets

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

Children are in the gym without a parent or guardian.

### Advanced Kinder Kids

These children are beginning the Can Gym program at SSMGC, where they build their confidence with new gymnastics skills on various equipment.

### Girls/Boys Gymnastics

In the gender specific programs athletes begin or continue to work on the Can Gym levels. Girls work towards skills on the bars, beams, floor, and vault. Boys focus on rings, mushroom, vault, bars, and floor.

### Tumbling

An introduction to power tumbling, athletes will learn tumbling basics, focus on handstands, cartwheels, and round offs, and prepare for handsprings and flips.

### Adaptive Gymnastics

The adaptive program is open to any child with special needs. It is for children ages 4 and over. Children focus on increasing their strength, balance, coordination, and self-confidence in a fun, positive environment.

### Advanced Classes

Advanced classes offer a longer and more in depth gymnastics instruction. These athletes love gymnastics and work hard to improve their skills in all events.

### Gym Stars/Superman

These classes are two hours of gymnastics training for motivated and dedicated athletes

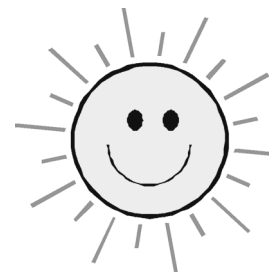
### Shooting Stars

This three hour class offers athletes a chance to experience the longer training hours similar to a competitive program, as well as more time to practise their skills in the gym.

# PD Day Camps

## PD Days for 2019/2020:

- September 27, 2019
- October 21, 2019
- November 22, 2019
- January 31, 2020
- April 24, 2020
- June 12, 2020



Our PD day camps cost \$50 for first child and \$45 for each additional sibling in a family. This cost includes the child's lunch consisting of 2 pieces of pizza, a small bowl of ice cream, and a juice box. Complimentary extended care is offered before and after the day camp during the following times:

8am-9am Extended Care

9am-4pm Day Camp

4pm-5:30pm Extended Care



A minimum of 6 children are needed to run a PD Day Camp. Activities include gymnastics, games, and crafts!

# Birthday Parties

Have your child's birthday at one of the coolest places in town! Our parties are hosted by enthusiastic certified coaches and happen right in our gym! Parties are held on Saturdays during the school year beginning at 3:00 pm and Mondays during the summer beginning at 4:00pm. Cost is dependent on number of children:

1-10 = \$150, 11-15 = \$175, 16-20 = \$200

The hour includes instruction from two certified coaches who lead the children through games and structured gymnastics activities. Coaches are responsible for supervising all activities and ensuring the utmost safety of all children while in the gym. They are responsible for enforcing SSMGC policies. During the birthday party, one parent/guardian of the birthday child may enter the gym to take pictures. Other parents may not enter the gym unless they are accompanying a child under 3 years old. If a parent joins the party, their main objective in the gym is to keep their child with the coach and group. We also rent one of our change rooms to be transformed into your party room. The rooms will be available to you for one hour after your party for \$35 and provide privacy for your party. You will be able to decorate the room as you please; you will also have pre-set up table and chairs that can be used for snacks, cake, and/or gift opening.

# Drop In Classes

## Monday Morning Preschool Drop In

SSMGC offers drop in classes for Preschool aged children and their parent(s) that will occur during the 2019/2020 year. Certified coaches will supervise the athletes during the class, give instructions for activities, and lead the athletes through structured gymnastics stations.

These classes will run every **Monday from 9-11a.m.** with a healthy snack provided at 10 a.m.

The cost for each class is: \$5 per child. No registration is required, just show up to tumble, roll, and have fun!



## Family Drop Ins

SSMGC offers drop in classes that will occur on Saturday evenings from **6-8:30** during the 2019/2020 year. Certified coaches will supervise the athletes during the class, give instructions for activities, and assist the athletes in trying new and fun gymnastics skills.

For \$25 up to 5 family members can come out to learn some fun new skills! Each additional family member is \$5.

September 28th	January 25th
October 26th	February 29th
November 30th	March 28th

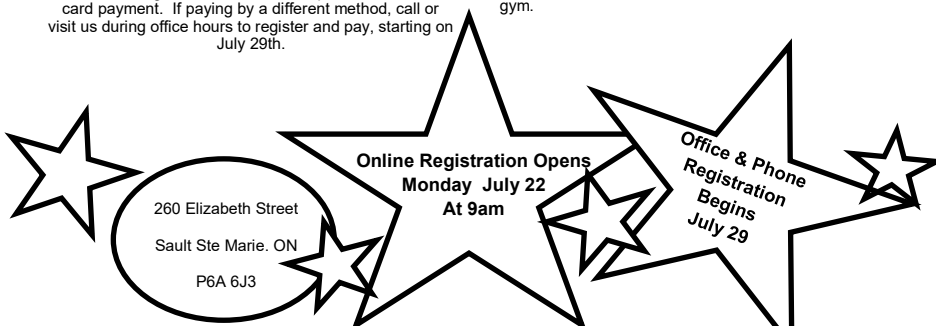


## Adult Drop Ins

SSMGC offers drop in classes that will occur on Sunday evenings from **6-8:30** during the 2019/2020 year. Certified coaches will supervise the athletes during the class, give instructions for activities, and assist the athletes in trying new and fun gymnastics skills.

Anyone 18+ can come by for some fun and exercise for \$15.

September 29th	January 26th
October 27th	March 1st
December 1st	March 29th



Visit us at [ssmgc.ca](http://ssmgc.ca) for more information and to register today!

Phone: 705-254-2259 / Fax: 705-254-5991 / Email: [ssmgc\\_sarah@live.ca](mailto:ssmgc_sarah@live.ca)