

FALL Recreational Gymnastics 2020

September 22/24/26 to October 27/29/31

6 Weeks

Online Registration Begins Monday August 10th at 9am.



GIRLS GYMNASTICS

Class	Dates & Times	Requirements
Junior Girls 45 min. Class 8:1 Ratio	Tuesday 4:00, 5:00, 6:00, Thursday 5:00, 6:00, 7:00 Saturday 10:00, 11:00, 12:00	Ages 6 & 7 \$158
Youth Girls 45 min. Class 8:1 Ratio	Tuesday 5:00, 6:00, 7:00 Thursday 5:00, 6:00, 7:00 Saturday 11:00, 12:00	Ages 8 & 9 \$158
Senior Girls 45 min. Class 8:1 Ratio	Tuesday 5:00, 6:00, 7:00 Thursday 5:00, 6:00, 7:00 Saturday 12:00	Ages 10-12 \$158
Advanced Girls		
Adv. Junior Girls 1 Hour 15 min. Class 8:1 Ratio	Saturday 1:00-2:15	Ages 6 & 7 Completion of Can Gym 2 (Red Badge) \$176
Adv. Youth Girls 1 Hour 15 min. Class 8:1 Ratio	Tuesday 7:00-8:15 Thursday 7:00-8:15 Saturday 1:00-2:15	Ages 8 & 9 Completion of Can Gym 2 (Red Badge) \$176
Adv. Senior Girls 1 Hour 15 min. Class 8:1 Ratio	Tuesday 7:00-8:15 Thursday 7:00-8:15 Saturday 1:00-2:15	Ages 10-12 Completion of Can Gym 2 (Red Badge) \$176
Gym Stars 1 Hour 45 min. Class 8:1 Ratio	Saturday 1:00-2:45	Ages 6-12 Completion of Can Gym 3 (Tan Badge) \$188
Shooting Stars 2 Hour 45 min. Class 8:1 Ratio	Saturday 1:00-3:45	Ages 6-12 Completion of Can Gym 4 (Bronze Badge) \$200
Teen Girls		
Teen Girls 1 Hour 15 min. Class 8:1 Ratio	Tuesday 7-8:30	Ages 13-17 \$176

CO-ED KINDER GYM

Class	Dates & Times	Requirements
Parent & Tot 45 min. Class 5:1 Ratio	Thursday 4:00 Saturday 9:00 Sunday 3:00	Age 18months -3years One Parent Per Child in Gym \$158
Gymny Crickets 45 min. Class 5:1 Ratio	Thursday 4:00 Saturday 9:00 Sunday 3:00	Age 3 One Parent Per Child in Gym \$158
Kinder Kids 45 min. Class 6:1 Ratio	Tuesday 4:00, 5:00, 6:00 Thursday 5:00, 6:00 Saturday 10:00, 11:00, 12:00	Ages 4&5 No Parent in Gym \$158

BOYS GYMNASTICS

Class	Dates & Times	Requirements
Junior Boys 45 min. Class 8:1 Ratio	Thursday 5:00 Saturday 10:00	Ages 6 & 7 \$158
Youth/Senior Boys 45 min. Class 8:1 Ratio	Thursday 6:00 Saturday 11:00	Ages 8-12 \$158
Advanced Boys		
Adv. Boys 1 Hour 15 min. Class 8:1 Ratio	Thursday 7:00-8:15	Ages 6-12 Completion of Can Gym 2 (Red Badge) \$230
One to One Classes		
One to One 45 min. Class 1:1 Ratio	Tuesday 5:00, 6:00, 7:00 Thursday 5:00, 6:00, 7:00 Saturday 10:00, 11:00	Ages 4-12 \$230

TUMBLING

Class	Dates & Times	Requirements
Jr. Tumbling 1 Hour Class 8:1 Ratio	Tuesday 4:00 Saturday 10:00	Ages 6-8 \$158
Sr. Tumbling 1 Hour Class 8:1 Ratio	Tuesday 5:00 Saturday 11:00	Ages 9-12 \$158
Adv. Tumbling 1.5 Hour Class 8:1 Ratio	Saturday 1:00-2:15	Ages 6-12 Completion of Level 2 \$176

ADAPTIVE GYMNASTICS

Class	Dates & Times	Requirements
Gym Gems 45 min. Class 4:1 Ratio	Thursday 4:00	Ages 4+ One Parent or Aide in Gym \$158
My Coach and Me 45 min. Class 1:1 Ratio	Tuesday 4:00 Saturday 9:00	Ages 4+ One Parent or Aide may come in Gym \$230

Visit us at ssmgc.ca for more information and to register today!

Phone: 705-254-2259 / Fax: 705-254-5991 / Email: ssmgc_sarah@live.ca

About Our Recreational Program

Gym Rules and Safety

1. No Parents in the Gym

Unless a part of the Parent & Tot/Gymny Cricket programs, or an approved aide, Parents of children under the age of 6 are asked to stay on site in case of emergencies.

2. Parents are kindly asked to 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 come to the gym in their gymnastics attire. During COVID change rooms will not be used for recreational classes. 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.

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 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 September 3rd.

COVID 19 Policies

Classes session have been shortened and class times have been condensed. The curriculum has also been modified to account for the shorter sessions. There will be no use of the pit.

Cleaning will be done in between classes and then a thorough cleaning will be done each night.

Should classes have to be cancelled due to a resurgence of COVID 19 a credit for the classes remaining will be put on your Amilia account. No cash refunds will be provided.

Due to COVID 19 there will be no Parent's Day on the last day of the session, report cards will still be distributed at this time.



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.

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

These classes are 1 hour and 45 minutes of gymnastics training for motivated and dedicated athletes.

Shooting Stars

This 2 hour and 45 minute class offers athletes a chance to experience the longer training hours similar to a competitive program, as well as more time to practice their skills in the gym.

One to One Classes

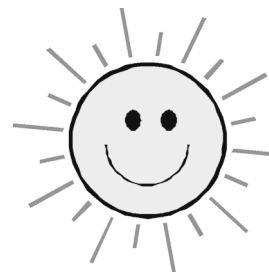
These classes are open to athletes from age 4 to 12 that want to work individually with their coach at their specific level.



PD Day Camps

PD Days for 2020/2021:

- September 25, 2020
- February 5, 2021
- April 30, 2021
- June 11, 2021



Our PD day camps cost \$55 for first child and \$50 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 10 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 4:15 pm. 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.

At this time no party room will be available to ensure the birthday in the gym can have the requested number of children.

Drop In Classes

SSMGC will again offer drop in classes for Preschool aged children and their parent(s) for 2020/2021. Certified coaches will supervise the athletes during the class, give instructions for activities, and oversee the athletes through gymnastics stations.

These classes will run:

Monday 9:00-10:00 am

Monday 10:30-11:30 am

Monday 12:00-1:00 pm

Wednesday 9:00-10:00 am

Wednesday 10:30-11:30 am

Wednesday 12:00-1:00 pm



The cost for each class is \$10. We will be able to take 23 children with one parent/guardian per child. This will be a first come first serve. A snack will be provided before leaving the gym. Punch cards will still be honoured with 2 punches

Family Drop Ins

SSMGC offers drop in classes that will occur on Saturday evenings from **6:30-8:00** during the 2020/2021 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.

For this session are dates are:

September 26th

October 10th

October 24th

The maximum number we are able to have at a given time is 50. This is to include staff. This will be a first come first serve.



Visit us at ssmgc.ca for more information and to register today!

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