



# Recreational Gymnastics Classes

## FALL TERM CLASSES

Start On Monday August 31<sup>st</sup>, 2009  
& Runs For 14 Weeks of Classes

### RECREATIONAL GYMNASTICS FALL TERM REGISTRATION INFORMATION

The start date for acceptance and processing of Fall Term registrations is Wednesday August 5<sup>th</sup> From 1:30 pm to 7 pm. We will not process any registrations before this date and time due to the fact that we have limited enrollment.

Any registrations received by mail will be processed once the initial rush of people have been taken care of on the first day of registrations! Please note that last term the initial rush of people lasted over two hours.

For the fall term, you may post-date your registration cheque ahead to August 27<sup>th</sup>, 2009.  
ABSOLUTELY no fall term registration cheques can be dated after August 27<sup>th</sup>, 2009.

We must have payment in the form of either cheque or cash at the time of registration. We do not accept visa or debit cards.

**Registration Dates & Times:** Wednesday August 5<sup>th</sup> to Friday August 7<sup>th</sup> - From 1:30 pm to 7 pm  
Monday August 10<sup>th</sup> to Friday August 14<sup>th</sup> - From 1:30 pm to 7 pm  
Monday August 17<sup>th</sup> to Friday August 21<sup>st</sup> - From 1:30 pm to 7 pm  
Monday August 24<sup>th</sup> to Thursday August 27<sup>th</sup> - From 1:30 pm to 7 pm

**The last day that we accept recreational registrations for the fall term is Thursday August 27<sup>th</sup> - From 1:30 pm to 7 pm.**

Sorry we can no longer accept requests for a particular coach for your child's class.

Please note that no make-up classes are permitted.

Woodstock Gym Club's Mailing Address: P.O. Box 1522, Woodstock, Ontario N4S 0A7

NOTE: Please make all cheques payable to the "Woodstock Gym Club"

**A \$20 Administrative Charge is applied to each N.S.F. Cheque returned to the club.**

Woodstock Gym Club's Physical Address:

381 Finkle Street - Woodstock District Community Complex, Woodstock Gym Club

PHONE #: (519) 421-0953

**Sorry, no phone registrations accepted.**

**Internet Address:** [www.woodstockgymclub.com](http://www.woodstockgymclub.com)

**E-Mail Address:** [info@woodstockgymclub.com](mailto:info@woodstockgymclub.com)

## IMPORTANT DATES

**LAST DAY FOR FALL TERM RECREATIONAL REGISTRATIONS:** Thursday August 27<sup>th</sup>, 2009 from 1:30 pm to 7 pm.  
ABSOLUTELY no registrations will be accepted after this date.

**THE LAST DAY FOR GIVING RECREATIONAL REFUNDS:** Tuesday September 15<sup>th</sup>, 2009.

**CHILDREN'S FITNESS TAX CREDIT RECEIPTS** will be mailed once a year at the end of January.

**CLASS CANCELLATIONS & MAKE-UP CLASSES:** Monday September 7<sup>th</sup>, Monday October 12<sup>th</sup> & Saturday October 31<sup>st</sup>.  
The make-up classes for these days are included in the schedule.

**LAST DAY OF CLASSES:** Mon. Dec. 14<sup>th</sup>, Tues. Dec. 1<sup>st</sup>, Wed. Dec. 2<sup>nd</sup>, Thurs. Dec. 3<sup>rd</sup>, Fri. Dec. 4<sup>th</sup> & Sat. Dec. 12<sup>th</sup>.

**FIRST DAY FOR WINTER TERM RECREATIONAL REGISTRATIONS:** Monday November 23<sup>rd</sup>, 2009 from 1:30 to 7 pm.

## **FALL TERM - RECREATIONAL GYMNASTIC REGISTRATION FORM**

Classes Start On Monday August 31<sup>st</sup>, 2009 & Runs For 14 Weeks Of Classes

**\* NEW, UPDATED & IMPROVED RECREATIONAL PROGRAM! \***

**The Woodstock Gymnastics Club's philosophy is to teach children in an environment of FUN, FITNESS & FUNDAMENTALS!**

Our programs are based on a logical progression of skills and concepts, which makes learning safe and fun.

The gymnasts are divided into groups in three ways, according to age, gender and level. We feel this provides the best environment for your child to learn and enjoy their class. Where possible, within each class, the children will be further divided based upon the number of skills they have achieved.

### **18 MONTHS & 2 YEAR OLDS (GIRLS & BOYS) - GYMTOTS - COST = \$152.00 - (Must be 18 months of age by August 31<sup>st</sup>)**

Monday 1:15 - 2:15 p.m. Thursday 1:15 - 2:15 p.m. Saturday 9:30 - 10:30 a.m.

Tuesday 2:15 - 3:15 p.m. Saturday 8:30 - 9:30 a.m. Saturday 4:00 - 5:00 p.m.

These one hour classes introduce 18 months & 2 year old children to the different gymnastics areas and general movement. Parents are invited to be along side their child to experience the joy of gymnastics together. We guarantee a maximum student teacher ratio of 6 "GYMTOTS" per instructor.

### **3 & 4 YEAR OLD (GIRLS & BOYS) - COST = \$152.00 - (Must be 3 years of age by August 31<sup>st</sup>)**

Monday 2:15 - 3:15 p.m. Tuesday 4:00 - 5:00 p.m. Wednesday 6:00 - 7:00 p.m. Friday 4:00 - 5:00 p.m.

Monday 4:00 - 5:00 p.m. Tuesday 5:00 - 6:00 p.m. Thursday 2:15 - 3:15 p.m. Friday 5:00 - 6:00 p.m.

Monday 5:00 - 6:00 p.m. Wednesday 1:15 - 2:15 p.m. Thursday 4:00 - 5:00 p.m. Friday 6:00 - 7:00 p.m.

Monday 6:00 - 7:00 p.m. Wednesday 4:00 - 5:00 p.m. Thursday 5:00 - 6:00 p.m. Saturday 10:30 - 11:30 a.m.

Tuesday 1:15 - 2:15 p.m. Wednesday 5:00 - 6:00 p.m. Thursday 6:00 - 7:00 p.m. Saturday 11:30 - 12:30 p.m.

These one hour classes guarantee a maximum student teacher ratio of 6 students per instructor. Gymnasts are grouped according to age and experience. Please note that parents do not participate in this class with their child. This program is designed to help develop strength, flexibility, agility, coordination and balance in a happy and fun environment.

### **GIRLS 5, 6 & 7 YEAR OLDS - ONE HOUR CLASSES - COST = \$152.00 - (Must be 5 years of age by August 31<sup>st</sup>)**

Monday 4:00 - 5:00 p.m. Wednesday 5:00 - 6:00 p.m. Thursday 5:00 - 6:00 p.m. Friday 7:00 - 8:00 p.m.

Monday 5:00 - 6:00 p.m. Wednesday 7:00 - 8:00 p.m. Thursday 6:00 - 7:00 p.m. Saturday 10:30 - 11:30 a.m.

Tuesday 5:00 - 6:00 p.m. Thursday 4:00 - 5:00 p.m. Friday 5:00 - 6:00 p.m. Saturday 1:00 - 2:00 p.m.

### **GIRLS 5, 6 & 7 YEAR OLDS - TWO HOUR CLASSES - COST = \$237.00 - (Must be 5 years of age by August 31<sup>st</sup>)**

Tuesday 6:00 - 8:00 p.m. Wednesday 4:00 - 6:00 p.m. Friday 6:00 - 8:00 p.m.

Wednesday 6:00 - 8:00 p.m. Saturday 2:00 - 4:00 p.m.

### **BOYS 5, 6 & 7 YEAR OLDS - ONE HOUR CLASSES - COST = \$152.00 - (Must be 5 years of age by August 31<sup>st</sup>)**

Monday 7:00 - 8:00 p.m. Thursday 5:00 - 6:00 p.m. Friday 5:00 - 6:00 p.m. Saturday 11:30 - 12:30 p.m.

### **GIRLS 8 TO 11 YEAR OLDS - TWO HOUR CLASSES - COST = \$237.00 - (Must be 8 years of age by August 31<sup>st</sup>)**

Tuesday 6:00 - 8:00 p.m. Thursday 5:00 - 7:00 p.m. Friday 6:00 - 8:00 p.m.

Wednesday 6:00 - 8:00 p.m. Thursday 7:00 - 9:00 p.m. Saturday 2:00 - 4:00 p.m.

### **BOYS 8 YEAR OLDS & UP - TWO HOUR CLASSES - COST = \$237.00 - (Must be 8 years of age by August 31<sup>st</sup>)**

Monday 6:00 - 8:00 p.m. Tuesday 6:00 - 8:00 p.m.

We guarantee a maximum student teacher ratio of 7 students per instructor. Gymnasts are grouped according to age and experience.

The gymnasts progress through a skill development program, designed by our Head Coach, based on the Canadian Gymnastics Federation Program, which provides safe enjoyable skill progression for athletes of all levels.

We will be giving out progress reports at the end of the term. Each gymnast in the aged 5 and aged 8 recreational programs will have a Master Report that is given to the coach at the start of the term. This is used to monitor the child's progress on a weekly basis. As your child becomes proficient in skills they will be checked off on their Master Report. As the child reaches milestones within the program of 300 skills, they will be recognized with a sticker to be placed on a certificate, which is handed out with the first sticker they receive. The End Of Term Progress Report will not list all 300 skills, but will instead focus on letting you know what your child has accomplished and coaching tips to help enhance their learning.

**\* Due to the fact that we have also updated and changed the Master Report skill sheets, we will have to make a new one for each gymnast. \***

### **GIRLS 12 YEAR OLDS & UP - TEEN GYMNASTICS - COST = \$237.00 - (Must be 12 years of age by August 31<sup>st</sup>)**

Monday 6:00 - 8:00 p.m. Thursday 7:00 - 9:00 p.m.

This teen program offers a fun way to stay fit and to learn some new gymnastic skills. The maximum student teacher ratio of 7 students per instructor.

Each athlete will set their own training goals (with their coach) and work toward them, rather than follow a set testing program. No progress reports!

## **NO SPECIAL CLOTHING OR GEAR REQUIRED FOR GYMNASTICS**

We advise that you dress your child in comfortable & non-restrictive clothing. (No jeans or dress clothes.)

- **GIRLS** wear the following type of clothing: T-shirts, sweat shirts, gymsuits, bodysuits, sweatpants, tights or shorts.
- **BOYS** wear the following type of clothing: T-shirts, sweatshirts, shorts or sweatpants.

Everyone has bare feet while doing gymnastics! If you have long hair, please have it tied back while doing gymnastic activities.

## **PARENT VIEWING**

Parents are welcome to view all classes through the observation windows located in the hall running along the sidewall of the gym.

Parents are not allowed to remain inside the gym area past the wall with the handrails (with the exception of our GYMTOT program).

## **THE CLUB AND STAFF**

The Woodstock Gymnastics Club is a non-profit organization dedicated to providing the highest quality of recreational gymnastics activity to the children of Oxford County! A board of directors governs the club, which is composed of a group of eight parents who have children involved in the program.

- Head Coach & General Manager, Gordon Pinkney oversees and directs all of the club's programs. Gord also coaches competitive boys & girls.
- Administrator, Mary Lee Pinkney is responsible for the day to day running of the club, and for the various recreational gymnastic programs.
- Jennifer Lavis coaches competitive girls and does administrative work at the club. Jenn coaches competitive boys when needed.
- Shauna Lerno-Roode supervises & coaches recreational classes. Shauna also does administrative work at the club.
- The club also has sixteen part-time coaches. All of the staff are nationally certified coaches.

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**CLASS NAME:**                      **DAY:**                      **TIME:**

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**Please Note:** There is no longer a family discount available.

The annual Gymnastics Ontario membership fee is paid by the club.

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**NAME:** \_\_\_\_\_ **SEX:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_ **dd/mm/yr**

**STREET ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_ **EMERG. PHONE:** \_\_\_\_\_

**MOTHER/GUARDIAN:** \_\_\_\_\_ **FATHER/GUARDIAN:** \_\_\_\_\_

**MEDICAL CONDITIONS:** \_\_\_\_\_

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**PARENT/GUARDIAN SECTION:**

**I am aware of the inherent risks involved with participation in a recreational gymnastic program.**

**SIGNATURE OF PARENT/GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_