

SUMMER GYMNASTICS CAMP PROGRAM
HOURS OF OPERATION

FULL DAY PROGRAM: 9:00 A.M.- 4:00 P.M.

HALF DAY PROGRAM: 9:00 A.M.- 12:00 NOON OR 1:00 P.M.- 4:00 P.M.

KID DROP PROGRAM: 7:45 A.M.- 9:00 A.M. & 4:00 P.M.- 5:15 P.M

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.

SNACK BREAKS & LUNCH TIME

If you register for any of the **Half-Day Programs**, we ask that you send a food snack with your child for their mid-morning or afternoon snack break.

If you register for a **Full Day Program**, we ask that you bring a lunch with your child, as well as two food snacks, one for the mid-morning snack break, and the second snack for the mid-afternoon snack break.

Please Note: We have a refrigerator and a cold water fountain inside the gym.

Important: We ask that you please put your child's name on their lunch bags so when it is time for their snack/lunch they will be able to find it without any confusion.

ATTENTION SUMMER CAMP PARENTS
SEVERE NUT ALLERGY NOTICE

Please be aware that every summer there are a number of gymnasts who attend this summer camp program who have a severe nut allergy! Please do not send any peanut products with your child to camp.

We also discourage you from sending money with your child to purchase a snack from the vending machines, since a number of those items contain nut products.

MINI-SHOW ON FRIDAY OF EACH WEEK

During each week of summer camp, gymnasts take a little time each day to create a group routine to show the other groups on Friday.

This activity is designed to develop teamwork and respect for one another's performances. Parents are certainly welcome, but not expected, to come and watch.

On Fridays the morning program mini-show will start at 11:30 a.m.

On Fridays the afternoon program mini-show will start at 3:30 p.m.

Gymnasts in the full day program perform two different routines.



OUR FACILITY:

12,000 square foot gymnastics facility!

Air exchange system

Air conditioning

10 balance beams

7 sets of bars

3 vaulting horses

2 40 x 40 tumbling floors

1 inground trampoline

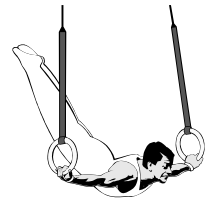
2 sets of parallel bars

1 set of rings

1 inground RESI-PIT for safe landings

1 inground FOAM CUBE PIT for safe landings

Lots of certified landing and crash mats at all the events



OUR STUDENT TEACHER RATIO

In order to offer your child the safest & most enjoyable experience possible, we guarantee a maximum ratio of **6 students per instructor in our programs for 3, 4 & 5 year olds**, and a ratio of **7 students per instructor in our programs for 6 to 16 year olds!**

INFORMATION REGARDING OUR HALF DAY PROGRAM:

There is no difference between the half-day program in the morning and the half day program in the afternoon, other than the time of day. Our half day program (as well as the full day program) runs by the week. There are no make-up classes and there are no partial week registrations permitted (other than the two four-day weeks due to holidays which are included in the schedule).

Your child will have the same coach all week long and will be in the same group with the same children for the entire week. This allows the coach to give his or her group an entire week of quality gymnastics instruction in a happy and fun environment.

During the middle of each morning & afternoon session your child will be taking a forty-five minute break from doing gymnastics. During this forty-five minute period of time, they will have their snack break for fifteen minutes, and they will spend thirty minutes doing a different activity. If it is a nice day weather wise, they will eat their snack outside, near the entrance to the gymnastics club. They will be assisted and supervised at all times by their coaches while they are eating their snack. If the weather is too humid or it is raining they will eat inside. Once they have eaten their snack, they will either create a craft for their age group or play a game indoors, with the assistance and supervision of their coaches.

If you are able to arrange for your child to be brought to the gym within 15 minutes of your child's session starting and ending, then you do not need to purchase the kid drop service for that week. Please refer to the section titled "INFORMATION REGARDING OUR KID DROP SERVICES" on the bottom of this sheet.

ALL ACTIVITIES WILL BE STRUCTURED TO BEST SUIT THE AGES OF THE CHILDREN IN EACH GROUP.

INFORMATION REGARDING OUR FULL DAY PROGRAM

We decided to offer the full day program option for parents who work all day and who are looking for quality recreational gymnastics program for their child, **as well as safe, fun & supervised environment by quality coaches for your child (or children).**

The full day program is made up of the half day morning program plus the half day afternoon program in its content. Our full day program runs by the week. There are no make-up classes and there are no partial week registrations permitted (other than the two four-day weeks due to holidays which are included in the schedule).

For each half day period of the time your child will have the same coach all week and will be in the same group with the same children for the entire week. This allows each child the opportunity to have the most fun and best quality of gymnastics instruction possible.

During the middle of each morning & afternoon session your child will be taking a forty-five minute break from doing gymnastics. Of this forty-five minute period of time, they will have their snack break for fifteen minutes, and they will spend thirty minutes doing a different activity. If it is a nice day weather wise, they will eat their snack outside, near the entrance to the gymnastics club. They will be assisted and supervised at all times by their coaches while they are eating their snack. If the weather is too humid or it is raining they will eat inside. Once they have eaten their snack, they will either create a craft for their age group or play a game indoors, with the assistance and supervision of their coaches.

If you are able to arrange for your child to be brought to the gym within 15 minutes of your child's session starting and ending, then you do not need to purchase the kid drop service for that week. Please refer to the section below titled "INFORMATION REGARDING OUR KID DROP SERVICES".

INFORMATION REGARDING OUR KID DROP SERVICE

The Woodstock Gymnastics Club offers a **Kid Drop** service for working parents who are unable to pick up or drop off their child (or children) at the specified times. Your child (or children) will be supervised during the times of this service.

The Kid Drop times are from: 7:45 a.m. to 9:00 a.m. & 4:00 p.m. to 5:15 p.m.
Please refer to page one (the registration form) for the cost of this service.



GYMNASTICS CAMP PROGRAM SUMMER 2009 INFORMATION SHEETS

REGISTRATION INFORMATION:

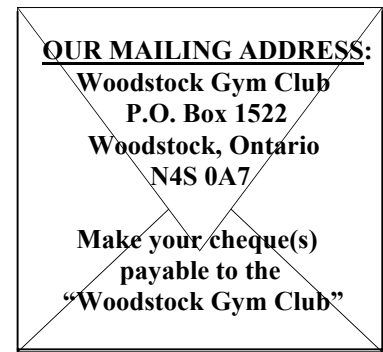
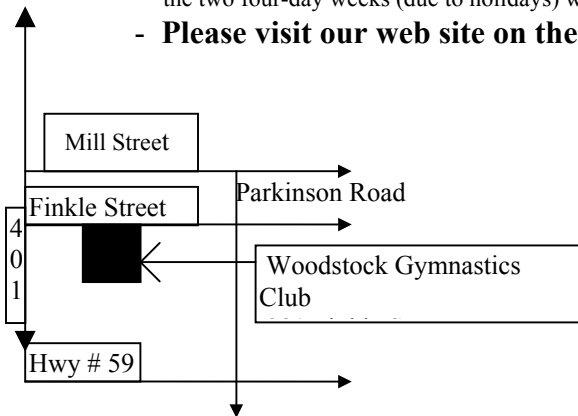
Between the months of Jan. to June, the best time to register for our summer camp program is from Monday to Friday, between 1:30 pm - 7 pm.

Please call us at (519)421-0953 if you would like to arrange a different time to register when we are open.

Please Note: - **You may post-date your cheque(s) for the Monday of each particular week that you wish your child (or children) to attend our summer camp program.**

We take registrations on an ongoing basis throughout the summer! However, we encourage you to sign up as early as possible - as certain time periods & weeks fill up more quickly than others with confirmed registrations!

- Your son or daughter's registration will only be confirmed once we receive your completed registration form and summer camp fee payment! The summer camp receipts will be mailed out by the end of October.
- Sorry no phone registrations accepted!** We must have payment in the form of either cash or cheque at the time of the registration. We don't accept visa or debit cards.
- **Sorry we are not able to accept requests for a particular coach for your child's class.**
- **A \$20 Administrative Charge is applied to each N.S.F. cheque returned to the club.**
- **There are no make-up classes & there are no partial week registrations permitted** (other than the two four-day weeks (due to holidays) which are included in the schedule).
- **Please visit our web site on the internet at: www.woodstockgymclub.com**



THE CLUB & STAFF

The Woodstock Gymnastics Club is a non-profit organization dedicated to providing the highest quality of recreational 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.

The club's philosophy is to teach children in an environment of FUN, FITNESS & FUNDAMENTALS!

- Head Coach, Gordon Pinkney oversees and directs all of the club's programs. He also coaches competitive boys & girls.
 - Club Administrator, Mary Lee Pinkney is responsible for the day to day running of the club, and for the various recreational gymnastic programs.
 - Jennifer Lavis works full-time coaching competitive girls, and Jenn helps with administrative work at the club.
 - Caitlin Langdon works full-time supervising & coaching recreational classes. Caitlin also helps with administrative work at the club.
- The club has four full-time employees and 16 part-time coaches. All of the staff are nationally certified coaches.

If you happen to call when the gym is closed please leave a message on the club's answering machine, and we will return your call promptly.

PLEASE NOTE- Do not call, or visit, any of the club's staff at their homes to discuss gymnastic club related issues.



GYMNASTICS CAMP PROGRAM SUMMER 2009

PLEASE INDICATE THE FOLLOWING TIME PERIODS & WEEKS
YOU WISH TO REGISTER:

Week	# Of Days	A.M. Half Day Fee	P.M. Half Day Fee	Full Day Fee	Kid Drop A.M. Half Day Fee	Kid Drop P.M. Half Day Fee	Kid Drop Full Day Fee
1 June 29 th & 30 th and July 2 nd & 3 rd	4	<input type="checkbox"/> \$72	<input type="checkbox"/> \$72	<input type="checkbox"/> \$144	<input type="checkbox"/> \$8	<input type="checkbox"/> \$8	<input type="checkbox"/> \$16
2 July 6 th - 10 th	5	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
3 July 13 th - 17 th	5	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
4 July 20 th - 24 th	5	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
5 July 27 th - 31 st	5	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
6 Aug. 4 th - 7 th	4	<input type="checkbox"/> \$72	<input type="checkbox"/> \$72	<input type="checkbox"/> \$144	<input type="checkbox"/> \$8	<input type="checkbox"/> \$8	<input type="checkbox"/> \$16
7 Aug. 10 th - 14 th	5	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
8 Aug. 17 th - 21 st	5	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$20

Please Note The Following: - There is no longer a family discount for this program.
- The G.O. (Gymnastics Ontario) membership fee is paid by the club.

FEE CALCULATION: $\frac{\text{REGULAR FEE}}{\text{REGULAR FEE}} + \frac{\text{KID DROP}}{\text{KID DROP}} = \frac{\text{TOTAL AMOUNT}}{\text{TOTAL AMOUNT}}$

dd/mm/yr

NAME: _____ SEX: _____ DATE OF BIRTH: ____/____/____

STREET ADDRESS: _____

CITY: _____ POSTAL CODE: _____

HOME PHONE: _____ EMERG. PHONE: _____

MOTHER/GUARDIAN: _____ FATHER/GUARDIAN: _____

MEDICAL CONDITIONS: _____

PARENT/GUARDIAN SECTION: I am aware of the inherent risks involved with participation in a gymnastics program.

SIGNATURE OF PARENT/GUARDIAN: _____ **DATE:** _____