



RECREATIONAL INFORMATION PACKAGE

Welcome to Gymnastics Energy! We are happy that you have chosen to join our club and we look forward to sharing the wonderful sport of gymnastics with your child.



A BIT ABOUT US

Gymnastics Energy is a non-profit organization. It is led by a board of directors that is made up of parent volunteers. These individuals, along with our dedicated coaching and administrative staff, work hard to provide our athletes with a fun, safe and professional learning environment.

As a non-profit organization, we rely greatly on the dedication of our volunteers. If you would be interested in helping us in any way, your assistance would be greatly appreciated.



STARTING POINT

- On the first day of classes, please check in at the attendance area by the front door. The office staff or parent volunteer will make sure that your name is on the attendance list.
- Place all outdoor clothing, shoes and socks on a bench in the change room. Please label your children's belongings in order to avoid loss. Gymnasts may wear gymnastics suits, or shorts and t-shirts in the gym. Please ensure that clothing is not loose or baggy, as this makes spotting difficult and could prove to be a hazard for your child.
- Please wait in the viewing area or in the change room until your child's class is called. A coach will come to get your gymnast. Parents are welcome to stay and watch from our viewing area if they wish.





Please note that Gymnastics Energy is a **nut aware facility**. Please ensure that all snacks are nut free. We appreciate your cooperation regarding this matter.

Please take the time to read through our recreational policies and procedures. If you have any questions or concerns, feel free to speak with your child's coach, or with the recreational coordinator, Michelle Tucker. We are working hard to ensure that our classes will be enjoyable and safe experience for your child.

DROP OFF: Gymnasts may wait in the viewing area or in the change room **with a parent or guardian** until their class is called. They may then follow the coach into the gym for their warm up. Junior and Senior kindergym classes often warm up together, so don't be concerned if your child is called into the gym by a coach that you don't recognize.



At the end of class, parents are asked to wait for their child in the front lobby; (not in the viewing area or in the gym). By dismissing children into the lobby, we avoid traffic congestion at the changeover times. Gymnasts will not be dismissed until the coach sees the parent or



guardian come into the building to pick up their children. If you find that your child's coach is not following this procedure, or if your child is being picked up by someone other than the individual who dropped them off, please inform the recreational coordinator. Children are to be supervised at all times. Your child's safety is our primary concern.

VIEWING POLICY: Parents may watch their children from our viewing area off the change room. During busy months we have provided a secondary viewing area behind the red curtains in the gym. Please refrain from sitting or standing in front of the door to the lobby, as this blocks the way when coaches are trying to dismiss the gymnasts. Please remain behind the red curtains, and do not allow siblings of our gymnasts to "play" on the equipment. There are many areas in the gym that can prove to be dangerous for individuals that are not being led by a certified coach.



BATHROOM TRIPS: Parents and visitors are asked to use the washrooms in the lobby. Gymnasts and coaches use the washrooms located inside the gym during their training times. If your child needs help to use the washroom, we ask that a parent or guardian stay for the duration of the class. If necessary, the coach will



direct the child to the viewing area and the parent may take them to the washrooms in the lobby.

For our younger gymnasts, it may be a good idea to have a change of clothes on hand in case of accidents. On occasion our little ones forget to inform the coaches that they need to use the washroom until it is too late. It would be appreciated if parents could take their children to the washroom before class begins - we often find that when one child has to go, they all decide they have to go.

SPEAKING WITH THE COACH: If you wish to speak to your child's coach, please send a note with your child, or inform our office staff. We will set up a meeting for you before or after class time. We cannot leave groups unattended for discussions. This is a safety and class quality issue.

PARENT AND TOT CLASSES: Parents are required to be within arm's reach of their child at all times. The parent and child must stay with the group and may not go off on their own. Parents are encouraged to wear comfortable clothing so that they may be an active participant with their child. Bare feet, sock feet or running shoes are accepted.



GYMNASTICS ATTIRE: Gymnasts are welcome to wear gymnastics suits, shorts and t-shirts, or any form of comfortable active wear. Please ensure that clothing is not loose or baggy, as this makes spotting difficult and could prove to be a hazard for your child. Gymnasts should have bare feet, however, gymnastics shoes or water shoes are accepted. Rings, bracelets and necklaces may not be worn in the gym. Please refrain from allowing children to wear hoop or dangling earrings. Small stud earrings are recommended.

SNACKS: Groups that participate in classes two hours or longer will be given a five minute break during their class. Gymnasts are encouraged to bring a small, healthy, nut free snack and a drink. Examples of appropriate snacks include fruit, granola bars, cheese strings and yogurt. Children may bring reusable water bottles, as we have a water cooler located in the gym.

OUTDOOR FOOTWEAR: Once the weather gets cooler, we will be asking that **everyone** (parents included please) remove outdoor footwear inside the door. As our gymnasts are usually barefoot we need to provide a dry



zone for them. Boot racks will be located in the lobby. No one will be permitted into the change room, viewing area or the gym with wet footwear. Feel free to bring indoor shoes or slippers if you wish. We would appreciate everyone's cooperation in this matter.

MAKEUP CLASSES: Makeup classes for absenteeism are not available due to coach/athlete ratios. In the event of a class cancellation due to issues that are out of the club's control (ie: inclement weather), a makeup class will not be scheduled. Makeup classes will be provided for classes cancelled due to holidays or coach absenteeism.

REFUNDS: A written request for a refund (on tuition only) must be received in the office no later than 6 days after attending the first class. A \$25.00 cancellation fee will apply. Children missing three or more classes in a row due to illness or injury will be issued a class credit (no cash refunds) when they present a doctor's certificate.

CANCELLATIONS: Classes are subject to cancellation, rescheduling, or combining as needed pending



enrollment. The club has the right to terminate a child's registration for non-payment or failure to comply with club rules and policies.

REPORT CARDS AND INCOME TAX RECIEPTS: Report cards and income tax receipts will be handed out at the end of each session. If your child is absent on the last day of classes, unclaimed forms may be located in a file folder in the lobby. We apologize, but due to the fact that we are a non-profit organization we do not have the funds to mail out these forms.

**Check out the Gymnastics Energy website at www.gymnasticsenergy.ca for upcoming events, competition results and class schedules. Add it to your favorites!

**Gymnastics Energy is a non-profit corporation with a volunteer board of directors. The date of upcoming meetings will be posted on the bulletin board in the front lobby. All are welcome to attend.

