

WINTER 2011-12 - SCHEDULE & NEWS

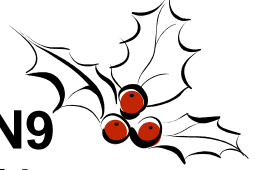


K.W. GYMNASTICS CLUB

805 VICTORIA ST. S., KITCHENER, N2M 5N9

Phone: 743-4970 Office Hours: 9 a.m. - 5 p.m., Monday to Friday

Website: kwgymnastics.ca



WELCOME to the WINTER 2011-12 session of classes at the K.W. Gymnastics Club. We extend a warm welcome to new members and are happy to see so many familiar faces returning. Through our recreational programs we aim to ensure that children have FUN with gymnastics, develop FITNESS through gymnastics, and learn the FUNDAMENTALS of gymnastics.

The following is the WINTER SCHEDULE for all of our RECREATIONAL PROGRAMS, including ADVANCED REC, TEENS, & WEEKEND KINDERGYM and PARENTS & TOTS. Weekday kindergym participants receive a separate schedule. PLEASE mark the class dates on your personal calendar. **Any cancellations in our school programs are due to conflict with school activities and holidays.**

RECREATIONAL / ADVANCED RECREATIONAL / TEENS THE FOLLOWING IS THE SCHEDULE OF YOUR CLASS DATES

TRAINING CENTRE

Sat.	Dec. 10 & 17	Jan. 7, 14, 21 & 28	Feb. 4, 11 & 25	Mar. 3
Sun.	Dec. 11 & 18	Jan. 8, 15, 22 & 29	Feb. 5, 12 & 26	Mar. 4
Mon.	Dec. 12 & 19	Jan. 9, 16, 23 & 30	Feb. 6, 13 & 27	Mar. 5
Tues.	Dec. 13 & 20	Jan. 10, 17, 24 & 31	Feb. 7, 14, 21 & 28	
Wed.	Dec. 14 & 21	Jan. 11, 18 & 25	Feb. 1, 8, 15, 22 & 29	
Thurs.	Dec. 15 & 22	Jan. 12, 19 & 26	Feb. 2, 9, 16 & 23	Mar. 1
Fri.	Dec. 16 & 23	Jan. 13, 20 & 27	Feb. 3, 10, 17 & 24	Mar. 2



WATERLOO COLLEGIATE:

Mon. (6:30 - 8:30PM) Dec. 12 & 19 Jan. 9, 16, 23 & 30 Feb. 6, 13 & 27 Mar. 5

Tues. (6:30-8:30PM) Dec. 6, 13 & 20 Jan. 10, 17, 24 & 31 Feb. 14 & 28 Mar. 6

GRANDRIVER COLLEGIATE:

THURSDAY (6:15 - 8:15 PM): Dec. 22 Jan. 12, 19 & 26 Feb. 2, 9, 16 & 23 Mar. 1 & 8

***PARENTS:** Please read and follow your schedule closely. **A missing date on the above schedule means that there is no class that day due to conflict with other activities.** PLEASE ACCOMPANY YOUR CHILD INTO THE BUILDING FOR THEIR CLASS - DO NOT JUST DROP THEM OFF - ALSO PLEASE PICK THEM UP PROMPTLY AFTER THEIR CLASS IS FINISHED. **Thank you!**

EVALUATIONS: In both Kindergym and Recreational programs each child will receive a progress report at the end of the session. Our recreational program, for both boys and girls, is divided into eight levels. Gymnasts should not expect to complete one level each session. It is NOT a PASS/FAIL situation. Each check mark on a report card can represent a major accomplishment for your child. Please help them to understand this at evaluation time, when the completion of a level requires three or four sessions.



*****AT K.W. GYMNASTICS CLUB, CHILDREN LEARN
GYMNASTICS IN A FUN AND SAFE ENVIRONMENT*****

Don't forget! No classes Saturday February 18th - Monday February 20th for Family Day!



THE FOLLOWING IS A REMINDER OF A FEW OF THE BASIC RULES BY WHICH OUR PROGRAMS OPERATE:

1. Any child who does not have a sufficient attention span to enable him/her to follow the coach's instructions, or harasses other athletes, puts his/her own safety and that of other gymnasts at risk. Therefore, this child may be asked to withdraw from the program and any fees paid in advance will be refunded.

2. In order to enable the gymnasts to concentrate totally, both for learning and safety, **ALL WORKOUTS ARE CLOSED TO SPECTATORS.** Only gymnasts and staff may enter the gym. However, we do have regular **PARENT OBSERVATION DAYS** as follows:

*SCHOOL PROGRAMS: Parents are permitted to observe in the gym for the 5th and 10th classes.

*T.C. PROGRAMS: Parents may enter the gym for a short display during the last hour of the final class of each session.

*KINDERGYM: Parents may enter the gym for their child's last class.

VIDEO CAMERAS ARE WELCOME ON OBSERVATION DAYS – NO FLASH PHOTOGRAPHY

3. Please bring your child to class on time that they may be ready for warm-ups, and pick them up **PROMPTLY** at the scheduled completion of their class. Children aged younger than 8 must be picked up by a parent or guardian from the gym doors at the end of class. Also, we cannot tolerate children being dropped off really early for their classes, as we are not able to provide supervision in the hallways between classes. For security reasons, schools are locked by the custodians soon after classes begin. Also, our coaches have commitments after classes - please do not keep them waiting for you to pick up your child. **NEVER PROP OPEN A SCHOOL DOOR** - or we may be evicted!

4. Each athlete must be properly attired before they will be allowed to train - leotard or gym shorts and a T shirt - no long pants - no jewellery - no gum - hair tied back. **PLEASE DO NOT ALLOW YOUR CHILD TO BRING WATCHES OR JEWELLERY TO GYM CLASS.**

5. The first class is the time for the coaches and supervisors to evaluate the children and make certain they are at the appropriate level. If for some reason your child is not happy, let the supervisor know early on so they can do something about it.

6. OUCH! Your child may have sore muscles for a couple of days after their first class. This is absolutely normal because they are using some muscle groups they may not have used in a long time.

7. We work on a progression system here, and no one will be attempting to do a skill they are not ready for – so please be patient.

SAFETY NOTICE: Parents **MUST NOT** park at the curb (in the fire route) when bringing children to class at the Training Centre. This is a safety hazard as children may run out between parked cars. Also, do not park in the fire route at Waterloo Collegiate.

Please park in the lot and bring your child into the building. Thanks!

REMINDER: MASS REGISTRATION FOR SEPTEMBER CLASSES is ALWAYS held at the Training Centre on **JUNE 1ST, BEGINNING AT 8:00 A.M.**

SPRING RE-REGISTRATION – PRESENT MEMBERS: Each gymnast currently registered in a class has the first chance to keep their class time & location for the SPRING session. Early in February you will receive a newsletter entitled "Spring Registration Information". It will list a day and time when the office staff will attend each class to re-register those who wish to return for spring.

FUNDRAISING: A big KWGC THANK-YOU! To all who bought or sold tickets for our annual Christmas Bonanza Lottery. The Draw will be held at the Training Centre on Dec. 10th. **REMINDER:** All ticket stubs, money, and unsold tickets **MUST** be returned to the club office. List of winners will be published in our next newsletter.



WEATHER WARNINGS: Very rarely classes must be cancelled due to stormy weather and poor driving conditions. Please listen to 96.7 CHYM FM for snow cancellations. This will be your only contact. If city schools are closed we will also be closed. We regret we are unable to provide makeup classes.