



GYMNASTICS CAMP PROGRAM

SUMMER 2018

FILL IN ONE REGISTRATION FORM FOR EACH GYMNAST.

CHECK AM AND PM IF YOU WANT TO ATTEND BOTH
THE MORNING AND AFTERNOON SUMMER CAMP PROGRAMS.

CHECK THE PROGRAM BOXES FOR THE WEEKS YOU WANT TO REGISTER:

Week	# Of Days	A.M. Half Day Fee	P.M. Half Day Fee
(#1) July 3 - 6	4	<input type="checkbox"/> \$96	<input type="checkbox"/> \$96
(#2) July 9 - 13	5	<input type="checkbox"/> \$120	<input type="checkbox"/> \$120
(#3) July 16 - 20	5	<input type="checkbox"/> \$120	<input type="checkbox"/> \$120
(#4) July 23 - 27	5	<input type="checkbox"/> \$120	<input type="checkbox"/> \$120
(#5) July 30 - Aug. 3	5	<input type="checkbox"/> \$120	<input type="checkbox"/> \$120
(#6) Aug. 7 - 10	4	<input type="checkbox"/> \$96	<input type="checkbox"/> \$96
(#7) Aug. 13 - 17	5	<input type="checkbox"/> \$120	<input type="checkbox"/> \$120
(#8) Aug 20 - 24	5	<input type="checkbox"/> \$120	<input type="checkbox"/> \$120

The Gymnastics Ontario membership fee is paid by the club.

TOTAL FEE AMOUNT PAID: _____

Cheque payable to Woodstock Gym Club post-dated for the first day of the camp week
or Cash Payment Only.

dd/mm/yr

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

MAILING 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: _____

GYMNASTICS CAMP REGISTRATION AND INFORMATION

Until summer, the best time to register for our summer camp program is from Monday to Friday between 1:30 pm - 7 pm. If you don't see anyone in the office when you come by, please go inside the gym and ask to speak to either Daphne, Mary, Gord or Jen. **If you have any questions regarding summer camp call (519)-421-0953 and ask for either Daphne, Mary, Gord or Jen.**

Post-date your registration cheque (or cheques) for the Monday of each week that you wish your gymnast to attend.

If you pay cash or do not post-date your cheque, and your gymnast is not able to attend the week they have registered for; prior to 2 pm Friday of the previous registered week, there will be a \$50 Administrative Charge applied to the refund cheque. A summer camp receipt for each gymnast will be mailed around the end of October.

Full payment must be in the form of either cheque or cash at the time of registration.

Your gymnast's registration will only be processed once we receive your completed registration form and summer camp payment. We do not accept credit or debit cards. No phone registrations are accepted.

A \$50.00 Administrative Charge is applied to each N.S.F. cheque returned to the club.

Refunds will not be issued for gym closures due to storms, power outages, outbreaks, floods or other unforeseen circumstances.

Registrations are taken during the summer for weeks that still remain available. A number of weeks always fill up quickly.

During the summer: On Friday of each week, if there still is availability, registrations for the following week will only be taken until 2 pm. The 2 pm Friday deadline will not be extended for any reason or circumstance.

Summer camp fees are only on a per-week basis. No partial week registrations permitted.

No make-up classes. No partial week refunds are given for the summer gymnastics camp program.

The gymnasts remain in the facility and are supervised at all times. The gym club is air conditioned.

Summer camp gymnasts must be able to not be with their parent during the summer camp program hours, including snack and activity time. Parents are always able to view their child from the club's viewing windows for as long as they like. The gymnastic club's windows are always available for viewing at any time.

If you have two gymnasts and you want them to be together in the same group, the oldest gymnast is grouped with the youngest gymnast's age group. All the gymnasts are in the gym area, so if they are both not in the same group, they will still be able to see each other while they are at gymnastics camp.

Early Drop-Off, Lunch Supervision and Late Pick-Up are currently free services which are being provided for parents who need to use these services during their gymnast's summer camp week. These extra services are only an option for the week your gymnast is attending the program, and for parents/guardians that require it due to their daily schedule, and it is provided at the gymnastics club. All gymnasts must be picked up at the club no later than 5:15 pm.

No requests for a particular coach are accepted.

SUMMER GYMNASTICS CAMP PROGRAM

This summer camp program is for gymnastics for girls and boys, and runs in the morning and afternoon (by the week).

The maximum class size is 7 gymnasts per instructor for 4 years of age to 17 years of age.

The gymnast must be 4 years of age by their first day of camp.

In the summer camp program, certain weeks may have both girls and boys in the same group. The grouping depends on registrations for each particular week time period.

The groups will be set up internally the same way as they were last year. We know the gymnasts who have been in our competitive and pre-competitive programs, and this will be taken into consideration when the groups are set up each week.

Each mid-morning and mid-afternoon there is a 15 minute snack break.

There is an optional 30 minutes per half day for either an activity/game or extra conditioning, flexibility and basics. On the first day of the week each gymnast will tell us if they want to do the activity/game option or the extra conditioning, flexibility and basics option, for that entire week. The choice each gymnast makes on the first day of summer camp is for the entire week. Gymnasts are not allowed to change their choice partway through the week for any reason or circumstance.

All the summer camp gymnasts practice for the Friday show. Each day during the camp there will be 15 minutes for show routine practice.

CLOTHING FOR GYMNASTICS CAMP

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! Tie long hair back while doing gymnastics activities.

HOURS OF OPERATION FOR THE GYMNASTICS CAMP PROGRAM

HALF DAY PROGRAMS: AM Camp: 9:00 am - 12:00 noon PM Camp: 1:00 pm - 4:00 pm

EARLY DROP-OFF: 7:45 am - 9:00 am **LUNCH SUPERVISION:** 12:00 noon - 1:00 pm **LATE PICK UP:** 4:00 pm - 5:15 pm

Make sure you have your gymnast picked up from the gymnastics club no later than 5:15 pm.

Every day of gymnastics summer camp, the no later than 5:15 pm pick up rule must always be followed by all parents/guardians.

SNACK BREAK AND LUNCH

Send a small food snack with your gymnast for their mid-morning and /or mid-afternoon snack break.

Send a lunch with your gymnast if they are attending both the morning and afternoon summer camp programs.

There is a refrigerator and a cold water fountain inside the gym area.

Put your gymnast'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.

Do not send any nut products with your child to camp! Gymnasts or coaches that week may have a nut allergy.

Do not send money with your child for the vending machines, Kuma, etc., all of which are outside of the gymnastics area of the facility.

To avoid a number of problems and situations, do not send money with your gymnast for their snack or lunch.

MINI-SHOW ON FRIDAY OF EACH WEEK

During each week of summer camp, gymnasts 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 mini-show will start at 11:30 am, and the afternoon mini-show will start at 3:30 pm.

SUMMER CAMP LOCATION, PHONE, MAILING ADDRESS & WEB SITE

The Woodstock Gymnastics Club (summer camp location) is located inside the "Woodstock District Community Complex (near the ice arena) at 381 Finkle Street in Woodstock, Ontario, Canada.

The gym club's phone number: **(519) 421-0953**. If you phone when the gym is closed, please leave a message on the club's answering machine. Do not call (or visit) any of the staff at their homes to discuss gymnastic club related issues.

Internet address: woodstockgymclub.com

E-mail address: info@woodstockgymclub.com

Mailing address: Woodstock Gym Club

P.O. Box 1522

Woodstock, Ontario

N4S 0A7

THE CLUB & STAFF

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

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 and supervises.
- Operations Manager, Mary Pinkney is responsible for the day-to-day running of the club, hiring and for the various gymnastic programs.
- Jennifer Lavis does administrative work at the club. Jen also coaches and supervises.
- Daphne French does administrative work at the club.
- The club also has twenty-nine part-time coaches. All of the staff are nationally certified coaches.

The club has decided to continue processing registrations manually at the current time. We will change to processing registrations online when it is the right time. We don't know when this online change will happen, because it depends on a number of factors occurring first.