



GYMNASTICS CAMP PROGRAM SUMMER 2010

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 28, 29 & 30 and July 2	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 5 - 9	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 12 - 16	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 19 - 23	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 26 - 30	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. 3 - 6	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. 9 - 13	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. 16 - 20	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
9 Aug. 23 - 27	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
10 Aug. 30 - Sept. 3	5	No AM Camp	<input type="checkbox"/> \$90	-----	-----	<input type="checkbox"/> \$10	-----

Please Note: - There is no longer a family discount for this program.
- The 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:** _____

RECREATIONAL GYMNASTICS SUMMER CAMP PROGRAM INFORMATION

REGISTRATION INFORMATION

After you read this information, please call and ask for Mary Lee, Gord, or Jenn at (519)421-0953 if you have any questions regarding summer camp.

Between the months of January to June, 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 in the gym and ask to speak to Mary Lee, Gord or Jenn. Any of these people will be able to take your registration. You may also post-date your registration cheque (or cheques) for the Monday of each particular week that you wish your child (or children) to attend our summer camp program. If you are registering more than one child, please fill in a registration form for each child. The summer camp receipts for each child will be mailed out around the end of October.

We take registrations on an ongoing basis throughout the summer. However, you should sign up as early as possible because certain time periods and weeks fill up more quickly than others with processed registrations. **Your child's registration will only be processed once we receive your completed registration form and summer camp payment!** Sorry no phone registrations accepted! We must have payment in the form of either cheque or cash at the time of registration. **We do not accept credit or debit cards.** A \$20 Administrative Charge is applied to each N.S.F. cheque returned to the club.

During The Summer: Each week, we stop taking registrations on Friday for the next week! This allows us to be organized with groups, crafts and activities for the children who are attending camp that next Monday. As mentioned earlier, there are also a number of weeks of summer camp that completely fill up in advance, so it is best not to leave registering until the very last moment if you only want your child to attend that particular week.

Our recreational summer camp program is for children 3 years of age, up to 14 years of age. Children have to be a minimum of 3 years of age before they attend the week of summer camp! The children have to be able to not be with their parents during the summer camp. However, parents are able to view their children from a distance for as long as they like if they want to. Our gym is always open for viewing at any time. Children under the age of 12 will always have someone go to the washroom with them. Our coaches will always keep track of where the children in their group are.

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

Our gym has air conditioning and the children are supervised at all times.

We have a ratio of 6 students per instructor for our 3 & 4 year olds, and a ratio of 7 students per instructor for our programs for 5 -14 year olds.

We are not able to accept requests for a particular coach for your child's class. If you have two children and you want them to be in the same group, then we always put the oldest child in the group with the youngest child, rather than the other way around. During the summer camp all of the children are in the gym together, so if they are not in the same group, they will be able to see each other and have their snack break together.

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). We do not give partial refunds if you child doesn't attend the entire week that they have registered. Recreational summer camp fees are on a per week basis and not on a pay per day basis.

This summer we are trying something new and adding afternoon summer camp during the week that we have always not run summer camp in the past.

HOURS OF OPERATION FOR THE SUMMER GYMNASTICS CAMP PROGRAM

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.

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 will perform a different routine in the morning and afternoon.

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.

SUMMER CAMP LOCATION, PHONE #, MAILING ADDRESS & WEB SITE

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

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

The gymnastics club's mailing address: Woodstock Gym Club
P.O. Box 1522
Woodstock, Ontario
N4S 0A7

The gym club's web site: www.woodstockgymclub.com E-mail address: info@woodstockgymclub.com

THE CLUB & 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 also coaches competitive boys when needed.

- The club also has fourteen part-time coaches. All of the staff are nationally certified coaches.

STUDENT TEACHER RATIO

In order to offer your child the safest and most enjoyable experience possible, we guarantee a maximum ratio of **6 students per instructor in our programs for 3 & 4 year olds**, and a ratio of **7 students per instructor in our programs for 5 to 14 year olds!**

In our summer camp program, some groups will have both girls and boys in the group. This depends on registration for that particular time period. We offer separate girls and boys groups when we are able to.

All activities will be structured to best suit the ages of the children in each group.

SNACK BREAKS AND 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.

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.

VENDING MACHINES DOWNSTAIRS IN MAIN COMPLEX AREA

Please do not send money for the vending machines with your child.

To avoid a number of problems and situations, summer camp children are not allowed to use the vending machines.

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 below titled "INFORMATION REGARDING OUR KID DROP SERVICE".

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 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 SERVICE".

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.**