



# Recreational Gymnastics Classes

## WINTER TERM CLASSES

Start On Wednesday January 2<sup>nd</sup>, 2019  
& Runs For 9 Weeks of Classes

### RECREATIONAL GYMNASTICS WINTER TERM REGISTRATION INFORMATION

The start date for acceptance and processing of recreational registrations is Monday November 26<sup>th</sup> from 1:30 pm to 7 pm. Registrations will not be processed before this date and time due to limited enrollment.

The initial line-up often lasts over two hours on the first day of registration.  
Registrations received by mail will be processed once this initial line-up ends.

**Registration Dates & Times:** Monday November 26<sup>th</sup> to Friday November 30<sup>th</sup> - From 1:30 pm to 7 pm  
Monday December 3<sup>rd</sup> to Friday December 7<sup>th</sup> - From 1:30 pm to 7 pm  
Monday December 10<sup>th</sup> to Friday December 14<sup>th</sup> - From 1:30 pm to 7 pm  
Monday December 17<sup>th</sup> to Tuesday December 18<sup>th</sup> - From 1:30 pm to 7 pm

**The last day recreational registrations are accepted is Tuesday December 18<sup>th</sup> - From 1:30 pm to 7 pm.**

Payment must be in the form of either cheque or cash at the time of registration. We do not accept credit or debit cards.  
Post-date the registration cheque to December 18<sup>th</sup>, 2018.

The registration cheque cannot be dated after December 18<sup>th</sup>, 2018.  
Recreational programs require a minimum of 3 gymnasts per group.  
Receipt will be attached to certificate at end of last class.  
No make-up classes are permitted.  
No requests for a particular coach are accepted.

Woodstock Gym Club's Mailing Address: P.O. Box 1522, Woodstock, Ontario N4S 0A7  
Cheques are to be made payable to "Woodstock Gym Club".

**Administrative Charges:** A \$50 Administrative Charge is applied to each N.S.F. cheque,  
and also to each refund cheque issued by the club.

Refunds will not be issued for gym closures due to storms, power outages, outbreaks, floods or other unforeseen circumstances.  
The Woodstock Gymnastics Club is located inside the "Woodstock District Community Complex" (near the ice arena)  
at 381 Finkle Street in Woodstock, Ontario, Canada.

**PHONE:** (519) 421-0953 No phone registrations accepted.

**Internet:** [www.woodstockgymclub.com](http://www.woodstockgymclub.com)

**E-Mail:** [info@woodstockgymclub.com](mailto:info@woodstockgymclub.com)

### IMPORTANT DATES

**LAST DAY FOR WINTER TERM RECREATIONAL REGISTRATIONS:** Tues. December 18<sup>th</sup>, 2018 from 1:30 pm to 7 pm.  
**ABSOLUTELY** no registrations will be accepted after this date.

**HOLIDAY CLASS CANCELLATION:** None.

**LAST DAY OF CLASSES:** Mon. March 4, Tues. March 5, Wed. Feb. 27, Thurs. Feb. 28, Fri. March 1 & Sat. March 2.

**FIRST DAY FOR SPRING TERM RECREATIONAL REGISTRATIONS:** Tuesday February 19<sup>th</sup> from 1:30 pm to 7 pm.

## **WINTER TERM - RECREATIONAL GYMNASTIC REGISTRATION FORM**

Classes Start On Wednesday January 2<sup>nd</sup>, 2019 & Runs For 9 Weeks Of Classes

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

The programs are based on a logical progression of skill development.

Our goal is to engage all gymnasts with gymnastics skill development in a positive and safe learning atmosphere.

Each term gymnasts will create a group routine to show during the final week.

This group activity is designed to develop teamwork and respect for one another's performances.

Parents are welcome to come and watch the routines during the last 30 minutes of the final class.

At the end of the term each gymnast will be given a certificate of achievement and a ribbon from their coach.

### **18 MONTHS & 2 YEAR OLDS (GIRLS & BOYS) - GYMTOTS - COST = \$149.00 - (Must be 18 months of age by January 2<sup>nd</sup>)**

|                          |                            |                             |
|--------------------------|----------------------------|-----------------------------|
| Monday 4:00 - 5:00 p.m.  | Wednesday 5:00 - 6:00 p.m. | Saturday 9:30 - 10:30 a.m.  |
| Tuesday 5:00 - 6:00 p.m. | Friday 5:00 - 6:00 p.m.    | Saturday 10:30 - 11:30 a.m. |

This 1 hour class introduces 18 months & 2 year olds to the different gymnastics areas and general movement.

A parent or caregiver is required to be in the class to assist the gymnast. The maximum class size is 6 gymnasts per coach.

### **3 & 4 YEAR OLD (GIRLS & BOYS) - COST = \$149.00 - (Must be 3 years of age by January 2<sup>nd</sup>)**

|                            |                            |                             |                             |
|----------------------------|----------------------------|-----------------------------|-----------------------------|
| Monday 5:00 - 6:00 p.m.    | Wednesday 6:00 - 7:00 p.m. | Friday 6:00 - 7:00 p.m.     | Saturday 11:30 - 12:30 p.m. |
| Monday 6:00 - 7:00 p.m.    | Thursday 5:00 - 6:00 p.m.  | Saturday 9:30 - 10:30 a.m.  | Saturday 1:00 - 2:00 p.m.   |
| Tuesday 5:00 - 6:00 p.m.   | Friday 5:00 - 6:00 p.m.    | Saturday 10:30 - 11:30 a.m. | Saturday 2:00 - 3:00 p.m.   |
| Wednesday 5:00 - 6:00 p.m. |                            |                             |                             |

This 1 hour class for 3 & 4 year olds begins to focus on the basics of skill development. Parents do not participate in this class with their child.

Gymnasts are grouped according to age and experience. The maximum class size is 6 gymnasts per coach.

### **GIRLS 5, 6 & 7 YEAR OLDS - 1 HOUR CLASS - COST = \$149.00 - (Must be 5 years of age by January 2<sup>nd</sup>)**

|                          |                            |                             |                             |
|--------------------------|----------------------------|-----------------------------|-----------------------------|
| Monday 5:00 - 6:00 p.m.  | Tuesday 7:00 - 8:00 p.m.   | Friday 5:00 - 6:00 p.m.     | Saturday 11:30 - 12:30 p.m. |
| Monday 6:00 - 7:00 p.m.  | Wednesday 5:00 - 6:00 p.m. | Friday 7:00 - 8:00 p.m.     | Saturday 1:00 - 2:00 p.m.   |
| Monday 7:00 - 8:00 p.m.  | Wednesday 7:00 - 8:00 p.m. | Saturday 9:30 - 10:30 a.m.  | Saturday 2:00 - 3:00 p.m.   |
| Tuesday 5:00 - 6:00 p.m. | Thursday 5:00 - 6:00 p.m.  | Saturday 10:30 - 11:30 a.m. |                             |

### **GIRLS 5, 6 & 7 YEAR OLDS - 1.5 HOUR CLASS - COST = \$197.00 - (Must be 5 years of age by January 2<sup>nd</sup>)**

|                            |                            |                           |
|----------------------------|----------------------------|---------------------------|
| Tuesday 5:00 - 6:30 p.m.   | Wednesday 6:30 - 8:00 p.m. | Friday 6:30 - 8:00 p.m.   |
| Wednesday 5:00 - 6:30 p.m. | Friday 5:00 - 6:30 p.m.    | Saturday 1:00 - 2:30 p.m. |

### **BOYS 5, 6 & 7 YEAR OLDS - 1 HOUR CLASS - COST = \$149.00 - (Must be 5 years of age by January 2<sup>nd</sup>)**

|                         |                            |                             |
|-------------------------|----------------------------|-----------------------------|
| Monday 5:00 - 6:00 p.m. | Tuesday 6:00 - 7:00 p.m.   | Friday 5:00 - 6:00 p.m.     |
| Monday 7:00 - 8:00 p.m. | Wednesday 5:00 - 6:00 p.m. | Saturday 11:30 - 12:30 p.m. |

### **GIRLS 8 TO 11 YEAR OLDS - 1.5 HOUR CLASS - COST = \$197.00 - (Must be 8 years of age by January 2<sup>nd</sup>)**

|                          |                            |                           |                           |
|--------------------------|----------------------------|---------------------------|---------------------------|
| Monday 5:00 - 6:30 p.m.  | Tuesday 6:30 - 8:00 p.m.   | Thursday 5:00 - 6:30 p.m. | Friday 6:30 - 8:00 p.m.   |
| Monday 6:30 - 8:00 p.m.  | Wednesday 5:00 - 6:30 p.m. | Thursday 6:30 - 8:00 p.m. | Saturday 1:00 - 2:30 p.m. |
| Tuesday 5:00 - 6:30 p.m. | Wednesday 6:30 - 8:00 p.m. | Friday 5:00 - 6:30 p.m.   |                           |

### **BOYS 8 TO 17 YEAR OLDS - 1.5 HOUR CLASS - COST = \$197.00 - (Must be 8 years of age by January 2<sup>nd</sup>)**

|                          |                            |                           |                           |
|--------------------------|----------------------------|---------------------------|---------------------------|
| Tuesday 6:30 - 8:00 p.m. | Wednesday 5:00 - 6:30 p.m. | Thursday 6:30 - 8:00 p.m. | Saturday 2:30 - 4:00 p.m. |
|--------------------------|----------------------------|---------------------------|---------------------------|

### **GIRLS 12 TO 17 YEAR OLDS - 1.5 HOUR CLASS - COST = \$197.00 - (Must be 12 years of age by January 2<sup>nd</sup>)**

|                            |                           |                           |
|----------------------------|---------------------------|---------------------------|
| Wednesday 6:30 - 8:00 p.m. | Thursday 5:00 - 6:30 p.m. | Thursday 6:30 - 8:00 p.m. |
|----------------------------|---------------------------|---------------------------|

These 1 and 1.5 hour classes continue the focus on skill development.

Gymnasts are grouped according to age and experience. The maximum class size is 6 gymnasts per coach for boys and 7 gymnasts per coach for girls.

## CLOTHING FOR GYMNASTICS CLASSES

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.

## PARENT VIEWING

Parents are welcome to view all classes through the observation windows located in the hall running along the side wall of the gym.

Parents are not allowed to remain inside the gym area past the wall with the handrails (with the exception of our GYMTOT program).

## THE CLUB AND 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 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 has twenty-seven 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.

- CUT HERE

- CUT HERE -

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CLASS NAME:

DAY:

TIME:

\_\_\_\_\_

The Gymnastics Ontario membership fee is paid by the club.

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**NAME:** \_\_\_\_\_ **SEX:** \_\_\_\_\_ **DATE OF BIRTH:** dd/mm/yr  
\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_ **EMERG. PHONE:** \_\_\_\_\_

**MOTHER/GUARDIAN:** \_\_\_\_\_ **FATHER/GUARDIAN:** \_\_\_\_\_

**MEDICAL CONDITIONS:** \_\_\_\_\_

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**PARENT/GUARDIAN SECTION:**

I am aware of the inherent risks involved with participation in a recreational gymnastic program.

**SIGNATURE OF PARENT/GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_