

## STRATHMORE GYMNASTICS CENTRE – 2023/2024 SEASON

### RECREATIONAL FALL UPDATE –

SEPT 11 – DEC 22, 2023



#### **WELCOME - OR WELCOME BACK - TO SGC!**

We're so excited you are joining us for the 2023/2024 season! In this newsletter you will find information specific to the Ultimate Ninja (Parkour) program at SGC. Please take a moment to read the following info in its entirety. If you have any additional questions, please email us [strathmoregymnastics@gmail.com](mailto:strathmoregymnastics@gmail.com)

#### **WHAT SHOULD YOU EXPECT IN YOUR CHILD'S NINJA CLASS?**



Our Ninja classes run for 60-75 minutes – 1 day a week. The program uses a hybrid curriculum created from the Alberta Gymnastics Parkour Program and Ninja Monkey Gym, a progressive Ninja program full of fun and challenge, with the goal of developing confidence, self-awareness, balance, coordination, and agility.

The lesson plans are created using the same/similar equipment layout for two weeks in a row. This allows the Ninja to practice what they learned the previous week and increase the difficulty if ready. The second two weeks build on what was learned the first two weeks. Every two weeks there will be a different Ninja virtue, focus skill(s), balance challenge, and strength challenge!

#### **WHAT IS OUR DISCIPLINARY POLICY? (\*Please refer to the CLASS PARTICIPATION POLICY in your parent portal.)**

We want our classes to be fun, safe, and productive for all our participants! If a child is behaving in a way that is impeding this these are the steps our coaches will take to try to remedy the situation:

1. Without taking too much time away from the rest of the class, we will try to figure out the reason behind the behavior – Is the child bored? Is the child overwhelmed? Is the activity too hard/too easy for the child?
2. The behavior will be discussed with the child, as well as the appropriate behavior that is expected.
3. If the behavior continues the child will be asked to sit and watch for 5 minutes, with the goal of giving some time to think about the situation, and watching and learning from the children that are participating properly.
4. If the situation continues, the child will be asked to sit and observe the rest of the rotation.
5. Finally, if this still has not helped, the child will be asked to be finished for the day, and the parents will be notified, as well as asked if they have any suggestions to help their child be successful in future classes.

Of course, we hope that it will never get to this point! We want all children to have a safe and positive experience at SGC!

## **MONTHLY FEES:**

Fees will be posted to your [IClassPro account](#) on the first of each month and will fluctuate depending on how many classes will be held during that month. Auto-Pay is the preferred method of payment: please save your credit card info to your account and be sure to authorize for recurrent billing. If you are unable to pay by credit card, you may e-transfer BY THE 7<sup>TH</sup> OF THE MONTH, after this date a late charge of \$25 may be applied. If payment arrangements are required, please let us know. E-transfers are sent to [strathmoregymnastics@gmail.com](mailto:strathmoregymnastics@gmail.com). Please include your child's name in the memo, to be sure the payment is applied to the right account.

### **Example:**

The average month has 4 classes. A 1.5 hr class is \$25.

4 classes X \$25/class = \$100

If a month has 5 classes:

5 classes X \$25/class = \$125

**A monthly \$3.50 admin charge will be added to each family account.**

❖ **NSF payments will be subject to a \$25.00 charge**

## **WITHDRAWING FROM YOUR CLASS:**

To withdraw from a class, you just need to let us know via email or through your IClassPro Parent Portal by the 15<sup>th</sup> of the month prior to stopping. You are welcome to re-register any time during the season, pending available space.

## **MISSED CLASSES/MAKE-UP TOKENS:**

We know that life happens, things come up and unfortunately, kiddos get sick. Each student will be allotted up to 5 Makeup Tokens during their enrolment. **THESE MAKEUP TOKENS WILL AUTOMATICALLY EXPIRE IN 3 MONTHS, OR JUNE 22 (whichever comes first)**. You may use your token to join another class for a makeup (pending space and approval), or you may use the token (which will equal the value of the class missed) towards one of our other activities, such as camps or open gyms. Any classes above the allotted 5 will require a physician's note to be eligible for another Makeup Token. **\*\* YOUR CHILD MUST BE ENROLLED IN ORDER TO USE A MAKEUP TOKEN. We will not be applying makeup tokens to fees this year. (Certain exceptions may apply)**

### **IMPORTANT REMINDERS:**

- Please bring a labeled water bottle to class - we do not have a water fountain, just a bottle filler. Cups will not be given out on a continuous basis!
- Long hair must be pulled back in a way that it is out of the eyes, as well as not getting stuck under the hands when doing rolls
- Jewelry – no rings, necklaces, or long earrings
- Appropriate clothing – athletic wear (not too loose) or gymnastics suit; no zippers or snaps. Clean bare feet. Please no skirts/tutus as they get in the way of some skills. If your child's clothing goes over their face when they go upside down, it's too loose!
- No gum
- If your child is sick, please consider keeping them at home

### **IMPORTANT DATES:**

**Saturday, September 30 – no classes**  
**Saturday, October 7 – no classes**  
**Monday, October 9 – no classes**  
**Tuesday, October 31 – no classes**  
**Saturday, November 11 – no classes**

### **Your SGC Class Coaches!**

**Tara Smith**

Head Coach/General Manager/Xcel/Kindergym

**Kassie Greig**

Assistant Head Coach/Xcel Coordinator/Kindergym

**Chloe Hamilton**

Stuntnastics/Tumbling Coordinator  
Rec/Kinder/Ninja/Stuntnastics/Tumbling

**Sarah Winters**

Recreational/Xcel

**Elise Farough**

Recreational/Kindergym/Ninja

**Aidan Mullis**

Ninja/Kindergym/Recreational

**Brynn Evenson**

Recreational/Kindergym/Xcel

**Quinn Mackay**

Kindergym/Recreational/Ninja/Stuntnastics

**Mia Bigelow**

Kindergym/Recreational/Tumbling/Ninja/Stuntnastics

**Olivia Arnold**

Recreational/Kindergym/Xcel

**Kapri Hart**

Xcel

**Abby Nylen**

Recreational/Kindergym/Ninja/Stuntnastics

**Nicole Klassen**

Recreational/Kindergym/Ninja

**Tracy Frimpong**

Preschool/Kindergym

If you have any questions or concerns, we want to hear from you!

Please send us an email:

[strathmoregymnastics@gmail.com](mailto:strathmoregymnastics@gmail.com)

If you have had a positive experience, we'd love for you to leave us a Google or Facebook Review

### **GOOGLE REVIEW**

<https://g.page/r/CfCR307KJ25PEAI/review>

### **FACEBOOK REVIEW**

<https://www.facebook.com/strathmoregymnastics>

### **ONLINE WAIVERS:**

Waivers must be renewed as of July 1 every year. Once it is completed it does not have to be done again until July the next year unless your information changes.

[CLICK HERE](#) for the online waiver.

### **PROGRESS REPORTS:**

Every few months we set aside specified testing times, however we also try to track skills on an "as acquired" basis. If your child consistently achieves a skill during class, the skill will be marked as achieved in the parent portal. Our goal is to track more regularly rather than wait! You can access your child's progress in your IClassPro Parent Portal under **ACCOUNT > CLICK STUDENT'S NAME >**

**EVALUATIONS**

### **ODDS & ENDS:**

Please be courteous to our neighboring businesses and drive SLOWLY through the WHOLE parking lot!

All outdoor shoes are to be removed in the boot room. No outdoor footwear is allowed in the viewing area, the gym, or upstairs.

Throughout the year the gym will be holding a variety of fundraisers. As a NOT FOR PROFIT, these fundraisers are essential to the existence of the gym! Please take part whenever possible – your support is GREATLY appreciated! Bottles are accepted on an ongoing basis!!



### **UPCOMING FUNDRAISERS:**

**SGC PAINT NIGHT – SEPT 30 7PM**

[GET TICKETS](#)

**COCO BROOKS PIZZA (& MORE)**

Date TBD

**FIRST AID KITS**

Date TBD