

STRATHMORE GYMNASTICS CENTRE – 2024/2025 SEASON
PRESCHOOL/KINDERGYM WINTER UPDATE –
JANUARY 6 – MARCH 31, 2025



WELCOME - OR WELCOME BACK - TO SGC!

We're so excited you are joining us for the 2024/2025 season! In this newsletter you will find information specific to the PRESCHOOL/KINDERGYM program at SGC. Please take a moment to read the following info in its entirety. If you have any additional questions, please email us at strathmoregymnastics@gmail.com

WHAT SHOULD YOU EXPECT IN YOUR CHILD'S PRESCHOOL/KINDERGYM GYMNASTICS CLASS?

Through 45 – 60 minutes of structured play, movement, interactive activities and music, our focus for the program will be to start to develop the ABC's of physical literacy: Agility, Balance, and Coordination, while having fun and encouraging socialization, and of course basic foundational gymnastics skills. Each week they will complete a group warmup and 3 to 4 event rotations - floor, bars, and beam & vault/tumbletramp. Each circuit is designed to highlight a specific skill(s) each week along with other stations that reflect that week's theme. Don't worry if your little monkey is not always performing the skills demonstrated at a given station. As long as they are being active, they are learning!

WHAT IF MY CHILD ISN'T PARTICIPATING?

Observation is participation! If your toddler or preschooler is new to the gym please be patient in the first few weeks. The gym can be a bit overwhelming for some. We aim to keep the classes consistent week to week. This helps to establish a routine. Once your child learns this routine you'll be surprised how even the shyest child opens up in class.

WHAT IF MY CHILD HAS AN ACCIDENT DURING CLASS?

Potty accidents are a part of life when working with two & three year olds. We do strongly advise using pullups during gymnastics class if your child is just recently potty trained. Sometimes with the excitement of class, preschoolers don't want to risk missing something to leave class to go to the bathroom or they're just too focused to notice the normal cues that they have to go. Please bring an extra change of clothes to class each week, just in case! If your child does have an accident, they are welcome to return to class if they have a change of clothes. Unfortunately, for sanitary reasons, if any part of their clothing is wet, we cannot allow them to return to class that day.

LET THEM BE LITTLE

Here at SGC we want to build FUN, FITNESS, FUNDAMENTALS, AND FRIENDS, as well as a positive relationship between your child, their coaches, and the sport of gymnastics.

Mini GymKyd (3 yr olds) - Please consider this to be a parented class. Children of this age can vary greatly developmentally & in their abilities to listen and stay on task (and that's ok!). If/when the coaches feel your kiddo is ready for a little more independence, they will let you know it's ok to take a step back (but don't go too far!) This is not only for their safety, but for the safety and learning experience of the other kiddos in the class. Coaches cannot coach effectively when they are chasing kids around the gym!

GymKyd (4/5 yr olds) is technically an unparented class. If, however, your child is consistently struggling to stay with the group and follow directions, we do ask that you come out to help them get back on track. For safety reasons, our coaches cannot leave the rest of their class to chase a child that has gone astray! This may be your child's first experience in a structured and unparented activity. The first few classes often end up being more about learning safety and the rules of the gym, and how to interact with their peers in a class setting. But it's worth the time, as we want to set your child up for a successful, safe transition to "big kid's" activities

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 7TH 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. Please include your child's name in the memo, to be sure the payment is applied to the right account. ****THE ALBERTA GYMNASTICS \$50 INSURANCE/REGISTRATION FEE WILL BE ADDED TO YOUR ACCOUNT SEPARATELY UPON REGISTRATION. THIS IS VALID JULY 1, 2024-JUNE30, 2025, DESPITE WHEN PURCHASED. AGF FEES ARE NON-REFUNDABLE.**

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 \$5.00 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 15th 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. [You can receive a makeup token as long as you report the absence in the parent portal BEFORE the class begins.](#) **THESE MAKEUP TOKENS WILL AUTOMATICALLY EXPIRE IN 3 MONTHS.** 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. **** YOUR CHILD MUST BE ENROLLED IN ORDER TO USE A MAKEUP TOKEN. We will not be applying makeup tokens to fees. (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, and report their absence in the parent portal

IMPORTANT DATES:

Monday, January 6 – classes resume

February 8-14 – Valentine’s Week

(We love gymnastics!)

February 15-17 – Gym closed (long weekend)

Saturday, March 15 – Summer camp registration opens (tentative)

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

Please send us an email:

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](#)

[FACEBOOK REVIEW](#)



Your SGC Class Coaches!

Tara Smith

Head Coach/General Manager/Xcel/Active Start

Kassie Greig

Assistant Head Coach/Xcel/Active Start

Sarah Winters

Recreational/Xcel/Tumbling

Elise Farough

Recreational/Active Start/Ninja

Aidan Mullis

Ninja/Active Start/Recreational

Brynn Evenson

Active Start

Quinn Mackay

Recreational/Ninja/Rec Cheer/Tumbling

Mia Bigelow

Active Start/Recreational/Tumbling/Ninja

Olivia Arnold

Recreational/Active Start/Xcel/Rec Cheer

Brooke Mohr

Recreational/Active Start/Ninja

Nicole Klassen

Recreational/Active Start/Xcel

Brenna Jolly

Recreational/Active Start

Samantha (Sam) Jesenovec

Recreational/Active Start/Tumbling

Malina Tomazic

Recreational/Active Start/Tumbling

Edmund Hubbard

Ninja

Katy Karkut

CIT

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!!

WE HAVE AN APP FOR THAT!!

SCAN QR CODE FOR ICLASSPRO



UPCOMING FUNDRAISERS:

Watch for updates!