

STRATHMORE GYMNASTICS CENTRE – 2023/2024 SEASON  
PRESCHOOL/KINDERGYM 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 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](mailto: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 GymKyds is a semi-parented class.** Children of this age can vary greatly developmentally & in their abilities to listen and stay on task (and that's ok!). **If your child is having trouble, especially staying with the group, we request that you give their coach a hand getting them back on track, especially on beam and bars, as these two events require more spotting. This is not only for their safety, but for the safety and learning experience of the other kiddos in the class.** Remember they're only three years old! They're not supposed to listen all the time and follow directions perfectly. Coaches will correct behavior when necessary but remember silliness, losing focus, asserting independence, and just doing their own thing is all part of the age. We strive to celebrate each child where they are, while developing and encouraging behavior that will serve them in class, school, and life. Coaches are always available after class to answer questions or address concerns. \* Parents – PLEASE stay off your phone during class unless it's an emergency (or to take a picture of your little star!)

**GymKyds is an unparented class.** 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 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