

STRATHMORE GYMNASTICS CENTRE – 2024/2025 SEASON
RECREATIONAL 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 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

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 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)

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

WE HAVE AN APP FOR THAT!!

SCAN QR CODE FOR ICLASSPRO
or [CLICK HERE](#)



UPCOMING FUNDRAISERS:

Watch for updates!

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](#)



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!!