

## **2010 Session #1 Recreational Program Newsletter**

Welcome to the Grande Prairie Gymniks. We have a few friendly reminders we would like to make you aware of so that your child's gymnastics experience is safe and fun!

### **General Gym Rules:**

- Long hair must be tied back in a low ponytail
- No gum, food, or other drinks allowed in the gym
- Parents with children ages 3 and up may NOT enter the gym at any time due to insurance and liability
- If you have concerns or comments please speak to the person at the front desk, or wait for the supervisor at the gym doors at the end of class.
- Parents must come into the building to drop off their child and may not leave until the class has started, and must come into the building to pick their child up.
- Personal belongings including purses, cell phones, and keys may not be brought into the gym.
- There are lockers available in the change rooms, but you must bring your own lock.
- Siblings are not allowed in the gym area at any time, under any circumstance (including babies).
- There is a large viewing area upstairs with seats. Please supervise your children in this area.
- Parents in the gym with ages 2 and under – please do not flip on any equipment while in the gym with your child, and follow the coaches' instructions.
- Washrooms are located inside the gym and in the lobby on the main floor and second floor. Coaches will assist your child in the gym washroom if they ask for help.
- Cameras may be used to take photos from the viewing area, but please do not use a flash.
- Bodysuits are recommended but not required for girls. No jeans or clothing with buttons, or snaps.

### **Session Dates:**

Saturday – Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6

Monday – Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8

Tuesday – Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9

Wednesday – Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10

Thursday – Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11

### **WE ARE OPEN ON STAT. HOLIDAYS FOR ALL REC. CLASSES (EXCEPT KINDERGYM PRE-SCHOOL)**

### **Action Photos:**

On Sight Photo will be here from Sept 18-24 taking action shots of your child during their scheduled class. Photos will be available for purchase in the lobby from Sept 25-Oct 2.

### **Halloween Costumes:**

On Saturday, October 30<sup>th</sup> all gymnasts may wear a Halloween costume, but please do not bring accessories (including weapons) into the gym and make sure your child is still able to move around in their costume.

## **PRE-REGISTRATION FOR SESSION #2**

From October 16<sup>th</sup>-28<sup>th</sup> you may pre-register your child into their same class they are currently enrolled in. After these dates, the registration will open to the public and you may lose your spot in the class. Pre-registration may be done online at [www.gpgymniks.com](http://www.gpgymniks.com), in person, or by phone with a credit card.