

Victoria Gymnastics News

Mar 2006

CanGym Awards Program

All students, except for Parent and Tot participants, have been tested over the past two weeks to determine their progress thus far in our CanGym program. Our program is non-competitive and all inclusive – no one loses, medals are awarded for partial completion of a level and are based on a percentage of successfully demonstrated skills.

Our 14 color/level 'CANGYM' program has been modeled after the national system. The actual medallion is Gold in colour while the colour of the sticker represents progress being made. Each time your child receives an award (Step 1, Step 2, or Mastered) he/she has the opportunity to either:

- advance within a color/level or
- move on to the next color/level.

Within each level there is an average of 40 gymnastics skills that are distributed among the floor exercise, rings, vault, parallel and uneven bars, high bar, trampoline, pommel horse, and balance beam. These skills progress in their complexity as students master each successive medallion.

Stickers are placed one on top of the other until the individual colour/level has been mastered. Once your child has mastered a level, he/she will begin work on the next level up and, upon the next testing session, a new medallion and sticker will be issued. **Note: Moving up a colour does not require a class change.** The medallions progress in difficulty as follows: Burgundy, Red, Tan, Bronze, Purple, Blue, Turquoise, Silver, Orange, Yellow, Green, Gray, White and Gold.

Please note: we have recently revised our CanGym program, and as a result, 'some' students may find that they have not advanced; the skills in some medallion levels have become more advanced but, not necessarily more difficult to perform.

Awards Week 'CHANGE'

Due to the possibility of low attendance during Spring Break, we are rescheduling the awards presentations from March 12th – 8th to **March 19th-25th**

Throughout the awards presentation week, parents are invited to attend the last ten minutes of classes. Your child's group will be called to a podium where her/his coach will present a medallion to your child and the other group members. After all the members in your child's group have received their awards, a round of applause is given. Once all groups have received their awards class will be concluded.

Does your child have a STEP 1 or STEP 2 Medallion? If so, please bring it to class during awards week November 19th-25th for the application of the next level's sticker — mastered medallions are not required.

Note: Please be sure to place your child's name and phone number on the sticker located on the back of the medallion.

Is Your Child Ready To Move To The Next Program?

If your Parent & Tot or Kindergym gymnast has been in either program for more than a year and a half, you may want to consider moving to the next program category. Please call the office to explore the possible options.

'Spring Break Camp' During A Week Of Regular Classes

March 13th -- 17th Spring Break, all classes will be held as usual. However, in addition to our regular schedule, we will be holding a daily morning camp from 9am to 12pm – \$89 + GST. Sign-up is available today at the office by phone or in person.

Class & Fee Calendar 2005/06

Important: This calendar indicates –ONLY– the actual class days for which fees are assessed. Monthly fees are based on 4 weeks of instruction except Sep. 05 and May 06 in which classes are held for 5 weeks. All post-dated cheques are made for the first of each month.

CanGym Awards

Assessment

Oct 16-29
Feb 12-25
May 14-27

Ceremony

Nov 6-12
Mar 12-18
Jun 11-17

Note: Students who have a Step 1 or 2 Medallion are required to bring it to class during Awards Week.

SEPTEMBER

(Aug. 28th. - Oct. 1st) = 5 week month

classes are held Labour Day Sep. 5th

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |

OCTOBER

(Oct. 2nd. - Oct. 29th) = 4 weeks

no classes Thanksgiving Oct. 9th

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

NOVEMBER

(Oct. 30th. - Nov. 26th) = 4 weeks

classes are held Remem. Day Nov. 11th

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |

DECEMBER

(Nov. 27th. - Jan. 1st) = 4 weeks

no classes Holiday Break Dec. 18th - Jan. 2nd.

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

JANUARY

(Jan. 8th. - Feb. 4th) = 4 weeks

Camps Dec. 19-23 & 28-30

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

FEBRUARY

(Feb. 5th. - Mar. 4th) = 4 weeks

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |

MARCH

(Mar. 5th. - Apr. 1st) = 4 weeks

NOT: All classes are held during the school system's Spring Break Mar. 6th. - 17th.

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

APRIL

(Apr. 2nd. - Apr. 29th) = 4 weeks

No classes Good Friday Apr. 14th

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

MAY

(Apr. 30th. - June 3rd) = 5 weeks

no classes Victoria Day May 23rd.

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

JUNE

(June 4th. - July 1st) = 4 weeks

Early Fall '06 registration incentives June 1-30th.

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |

⊗ Indicates holidays for which make-up classes will be held.

□ Indicates make-up class opportunity (see schedule)

Note: Students must be 'Actively Registered' to receive an award. (see Registration Policies)



Over

Class Changes

If your child's schedule is changing because of other sport or arts activities, the flexibility of our program schedule can accommodate most requests. Please visit http://www.victoriagymnastics.com/change_classes.htm or call the office at 380-2442

Make-up Classes For Options A, B, and C

When you registered your child this year, you may have been asked or read from our brochure or web site which Registration Option you preferred. The make-up class Option choices function as follows:

Option A

- Your makeup classes are available on the first Sunday at 8:00am and/or Wednesday at 11:30am and 5:30pm of each month
- You must purchase a make-up class card before attending your make-up. Cost \$5 for two make-ups. (Please note, coaches are hired especially for these make-up classes hence the \$2.50 per make-up)
- To arrange a make-up, signup is required and is available outside the office – these make-ups can only be arranged in person

Option B

- your make-up classes are available on the first Sunday at 8:00am and/or Wednesday at 11:30am and 5:30pm of each month at no charge
- To arrange a makeup, signup is required and is available outside the office – these make-ups can only be arranged in person

Option C

- your make-up classes are available to you on any day of the week (excluding camps)
- make-ups can be arranged by calling or e-mailing the office within 24 hours prior to a desired day and time – no signup or fee required

Note: Regardless of which Option you have selected, you can participate in a make-up class during any month between today and June 30th/2006 i.e. a class missed in October can be made up in June.

Please see our brochure or website for further information. **You must be 'Actively Registered' (post-date through to June 06 or three months paid in advance via cash) to take part in a make-up class**

E-mail Us When Your Child's Going To Be Absent

Please avoid calling the office when your child is going to be absent. Notice, however, is very much appreciated via email. E-mail us from our web site at www.victoriagymnastics.com

Cheques Through To June

There are a number of students for whom we do not have post-dated cheques. The disadvantages that result from not providing these payments are as follows:

- a) Your child's class placement will be assumed to be available on the first of the coming month. During each monthly payment review, waitlisted students are notified about coming class availability.
- b) Your child will be unable to take part in make-up classes because they are not '*Actively Registered*' (see brochure)
- c) Medallions will not be issued to students from whom we have not received the current month's payment.

Parents Auxiliary's Vending Machines

Victoria Gymnastics Parents Auxiliary (VGPA) - a non-profit organization that is completely separate from the business of Victoria Gymnastics, has purchased both a coffee and a snack vending machine. All of the proceeds from these vending machines support the activities of VGPA -- none of the funds generated from these machines will be paid to the business Victoria Gymnastics. The snack machine agreement states that 60% of the snacks must be healthy choices and the coffee is organic. So when you make a purchase from one of these machines, know that you are supporting young athletes as they pursue their gymnastics careers.

Concerns, Suggestions or Questions

If you have any concerns, suggestions or questions about what you see going on in the gym please send us an e-mail at info@victoriagymnastics.com. In all cases, you will receive a response. We are very receptive to any feedback that you might have as we continue to strive to be Victoria's best gymnastics club.