

# Victoria Gymnastics News Oct. 2009

## CanGym Awards Program - Testing Oct 25<sup>th</sup>. – Nov 7<sup>th</sup>.

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 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:

- a) Advance within a color/level or
- b) 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.

## Awards Week

November 15<sup>th</sup>.-21<sup>st</sup>. — Bring Your Cameras  
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 15<sup>th</sup>-21<sup>st</sup>. 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.

## H1N1 and Seasonal Flu Precautions

Please do not bring your child to gymnastics if they are sick – makeup classes are available. Children who are repeatedly coughing or sneezing will be removed from their class and the parent will be called for immediate pick up. Our custodians will follow established standards with placing a priority to sinks, taps, doorknobs, handrails, countertops, mirrors, light switches and spot clean where required on a daily basis.

For more information, please visit [http://www.gov.bc.ca/h1n1/attachments/ga\\_h1n1\\_for\\_parents\\_aug09.pdf](http://www.gov.bc.ca/h1n1/attachments/ga_h1n1_for_parents_aug09.pdf) -or- <http://www.sd61.bc.ca/hr/pdf/hsh1n1/H1N1%20Information%20Sheet.pdf>

**Class & Fee Calendar 2009/10**  
**Important: This calendar indicates –ONLY– the actual class days for which fees are assessed.**  
 Monthly fees are based on 4 weeks of instruction except May and June 2010 in which classes are held for 5 weeks. All post-dated cheques are made for the first of each month.

**CanGym**

<b>Assessment</b>	<b>Ceremony</b>	<b>SEPTEMBER</b> (Aug. 30th. - Sep. 26th.) = 4 weeks classes held Labour Day Sep. 7th.
Oct 25-Nov 7	Nov 15-21	S M T W T F S
Feb 14-27	Feb 28-Mar 6	30 31 1 2 3 4 5
May 16-29	Jun 6-12	6 7 8 9 10 11 12

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

<b>OCTOBER</b> (Sep. 27th. - Oct. 24th.) = 4 weeks no classes Thanksgiving Oct. 12th.	<b>NOVEMBER</b> (Oct. 25th. - Nov. 21st.) = 4 weeks classes ARE HELD Remem. Day Nov. 11th.
S M T W T F S	S M T W T F S
27 28 29 30 1 2 3	25 26 27 28 29 30 31
4 5 6 7 8 9 10	1 2 3 4 5 6 7
11 12 13 14 15 16 17	8 9 10 11 12 13 14
18 19 20 21 22 23 24	15 16 17 18 19 20 21

<b>DECEMBER</b> (Nov. 22nd. - Dec. 19th.) = 4 weeks no classes Holiday Break Dec. 20-Jan. 2	<b>JANUARY</b> (Jan. 3rd. - Jan. 30th.) = 4 weeks Camp 5 Dec. 21-24 & Jan. 28-31
S M T W T F S	S M T W T F S
22 23 24 25 26 27 28	3 4 5 6 7 8 9
29 30 1 2 3 4 5	10 11 12 13 14 15 16
6 7 8 9 10 11 12	17 18 19 20 21 22 23
13 14 15 16 17 18 19	24 25 26 27 28 29 30

<b>FEBRUARY</b> (Jan. 31st. - Feb. 27th.) = 4 weeks	<b>MARCH</b> (Feb. 28th. - Mar. 27th.) = 4 weeks All regular classes ARE HELD during Spring Break Camp week Mar. 8th. - 18th.
S M T W T F S	S M T W T F S
31 1 2 3 4 5 6	28 1 2 3 4 5 6
7 8 9 10 11 12 13	7 8 9 10 11 12 13
14 15 16 17 18 19 20	14 15 16 17 18 19 20
21 22 23 24 25 26 27	21 22 23 24 25 26 27

<b>APRIL</b> (Mar. 29th. - Apr. 25th.) = 4 weeks No classes Good Friday Apr. 2nd. Classes are held Easter Sun. and Mon.	<b>MAY</b> (Apr. 26th. - May 23rd.) = 5 weeks No classes Victoria Day May 24th.
S M T W T F S	S M T W T F S
28 29 30 31 1 2 3	25 26 27 28 29 30 1
4 5 6 7 8 9 10	2 3 4 5 6 7 8
11 12 13 14 15 16 17	9 10 11 12 13 14 15
18 19 20 21 22 23 25	16 17 18 19 20 21 22
	23 24 25 26 27 28 29

<b>JUNE</b> (May 30th. - Jun 27th.) = 5 weeks Early Fall '10 registration incentives Jun 1-30th.	⊗ Indicates holidays for which make-up classes will be held.
S M T W T F S	■ Indicates make-up class opportunity (see schedule)
30 31 1 2 3 4 5	<b>Note:</b> Students must be 'Actively Registered' to receive an award. (see Registration Policies)
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 2 3	

## Interested In Having Your Child In An Advanced Program?

Victoria Gymnastics has a history of creating some of the best gymnasts in the country. Currently, we are seeking to build a PRE-competitive group of young girls and boys ages 5-8. If you would like your child to be tested for this group, please call 250-380-2442 or e-mail the gym [victoriagymnastics@gmail.com](mailto:victoriagymnastics@gmail.com)

## Make-up Classes For Annual Fee Options A, B, and C

When you registered your child this year, you selected from our brochure or web site your preferred 'Annual Registration Option'. 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 makeup. Cost \$5 for two make-ups.
- 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 30<sup>th</sup>/2010 i.e. a class missed in October can be made up in June. Please see our brochure or website for further information. **Your child must, however, be 'Actively Registered' (post-date through to June 07 or three months paid in advance via cash) to take part in a make-up class**

## 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.

## Hay Parents! New! 21-Day Rapid Bootcamp in the gym for \$99 - by Aura Fitness

Victoria Gymnastics is proud to introduce the new Fit Fix Bootcamp from Aura Fitness starting November 2nd!

As a limited time introductory special, Aura Fitness is giving away it's new 21-Day Rapid Bootcamp program (regularly \$250) for only \$99. The 21-Day Rapid Fitness Program is for people who are serious about losing weight and getting in shape, and are tired of wasting their time with programs and diets that just don't work.

It's first come, first served, and there are only 12 spots left so if you want to watch the inches fall off of your stomach, hips and thighs, **call Brian at 250-516-8222 or email [brian@aurafitness.ca](mailto:brian@aurafitness.ca) to register!**

Classes run Monday, Tuesday, Thursday and Friday, 5:45-6:45 am or 7-8 am.

## No Viewing From Downstairs- Please

For your child's safety please move upstairs to view classes. We are currently seeing children who are acknowledging their parents while attempting an inversion type skill – this is obviously very dangerous. The fire department has warned us to keep our **exit and stairs** routes clear, your cooperation is appreciated.