

Victoria Gymnastics News Nov. 2010

CanGym Awards Program - Testing Oct 24th. – Nov 6th.

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 14th.-20th. — 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 14th.-20th. 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.

Our Second Club

Victoria Gymnastics has begun it's expansion. We are now the proud owners of Harbour City Gymnastics in Nanaimo, B.C. Over the next several months we will be converting their existing programs over to our format. We are also still pursuing an additional club in the Western Communities. Any parents who may have any information about available facilities in that area, please call (250) 380-2442.

Class & Fee Calendar 2010/11
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 2011 in which classes are held for 5 weeks. All post-dated cheques are made for the first of each month.

CanGym

Assessment	Ceremony
Oct 24-Nov 6	Nov 14-20
Feb 13-26	Mar 6-12
May 22-Jun 4	Jun 12-18

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

SEPTEMBER

(Aug. 29th. - Sep. 26th) = 4 weeks
 classes are held Labour Day Sep. 7th.

S	M	T	W	T	F	S
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

OCTOBER

(Sep. 26th. - Oct. 23rd) = 4 weeks
 no classes Thanksgiving Oct. 12th.

S	M	T	W	T	F	S
26	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

NOVEMBER

(Oct. 24th. - Nov. 20th) = 4 weeks
 classes ARE HELD Remem. Day Nov. 11th.

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

DECEMBER

(Nov. 21st. - Dec. 18th) = 4 weeks
 no classes Holiday Break Dec. 18-Jan. 1

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

JANUARY

(Jan. 21st. - Jan. 29th) = 4 weeks
 Camps Dec. 20-24 & Jan. 27-31

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

FEBRUARY

(Jan. 30th. - Feb. 26th) = 4 weeks

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

MARCH

(Feb. 27th. - Mar. 26th) = 4 weeks
 All regular classes ARE HELD during our Spring Break Camp weeks

S	M	T	W	T	F	S
27	28	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

APRIL

(Mar. 27th. - Apr. 23rd) = 4 weeks
 No classes Good Friday Apr. 2nd.
 Classes are held Easter Sun. and Mon.

S	M	T	W	T	F	S
27	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

MAY

(Apr. 24th. - May 28th) = 5 weeks
 No classes Victoria Day May 25th.

S	M	T	W	T	F	S
24	25	26	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

JUNE

(May 29th. - July 2nd) = 5 weeks
 Early Fall '10 registration incentives Jun 1-30th.

S	M	T	W	T	F	S
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	2

⊗ 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

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

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 6:30pm of each month
- You must purchase a make-up class card before attending your makeup. Cost \$8 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 6:30pm 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/2011 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 2011 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.

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.

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

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.