
GYMNEWS

October 26, 2003

November 2nd-8th — Bring Your Cameras

As noted in the calendar on the reverse of this page, all students are tested and awarded three times during the year. 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.

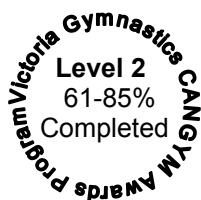
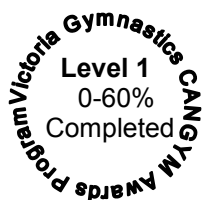
Please note: The award weeks are not designed to indicate a conclusion of any sort; conversely, the intention is to provide students and parents with a measure of progress being made. **CanGym Testing Oct 12 –25**

CanGym Program

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 36 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.



The percentage range represents the total number of skills that have been successfully demonstrated to an instructor.

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. **The medallions progress in difficulty as follows: Burgundy, Red, Tan, Bronze, Purple, Blue, Turquoise, Silver, Orange, Yellow, Green, Gray, White and Gold.**

Does your child have a STEP 1 or STEP 2 Medallion?

If so, please bring it to class during awards week November 2nd-8th for the application of the next level's sticker - mastered medallions are not required.

Makeup Classes Procedures

New Method:

No less than 24 hours before the first Sunday and/or Wednesday of each month (the two make up opportunities per month), parents can place their child's name on the make-up lists outside the office door. (sorry, no phone reservations accepted)

Before, or on the day of, the make-up class parents can purchase a two class make-up card for \$5. *Students will not be permitted into a make-up class without presenting their card.*

New Make-up schedule:

Make-ups cannot be booked in anticipation of missing a day, only after the fact.

Please Note:

Make-up classes are only available to students who are 'actively registered' (payment methods a. or b.) as stated in the current brochure. Missed classes during the time that your child is not 'actively registered' are lost.

www.victoriagymnastics.com is currently being updated to include all our new program schedules, video samples, current events, coaches bio, news letters and a feed back / survey page. If you have a concern regarding your child's picture or video footage being displayed please call Andy Poirier, the director, at 380-2442 