

# GYMNEWS

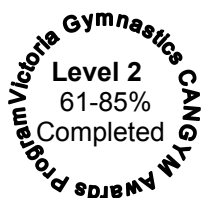
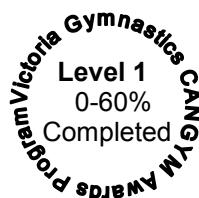
September 10, 2003

## 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:

- advance within a color/level or
- 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.**

## 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**

## New Makeup Classes Procedures

With 1000 plus students, the average number of missed classes per student is 2 – 3 per year. Due to the resulting volume of missed classes that need to be made up, the administrative costs and class interruptions, it is necessary that a fee be charged and that the method be revamped.

### 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:

Start	End	M	T	W	T	F	S	S
8:45am	All classes usual duration							✓
11:30am	All classes usual duration			✓				Parent & Tot and Kindergym only
5:30pm	All classes usual duration			✓				All programs excluding Parent & Tot

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

## Parking

Additional parking is available in the following areas, at the following times:

### Neighboring warehouse stores

**Victoria Glass** (6 spaces)  
Mon - Fri after 5:30 pm  
Sat & Sun all day

### Off Site

**Paved Parking lot on the corner of Market street and Nanaimo street** (24 spaces)  
Mon - Fri after 3:45pm  
Sat & Sun all day

## Incentive Package for Students Who registered for Fall Classes before June 30/03

If you reserved your child's class placement **before June 30th./2003** please come to the office to receive the following:

- **Four additional classes**  
(Must be used between Sept. 1/03 and June 30/04)
- **A free T-Shirt.**
- **Free Make-up classes**

This offer is approximately a \$50 - \$120 value depending upon program attended.

### Class placement was reserved by:

1. pre-paying your child's registration and September fees (payable before June 30/2003)
2. providing post-dated checks October through June.

Thank you all for your continued support of Victoria Gymnastics. We will continue to provide a safe and well structured program in an environment that encourages children's growth as healthy, well balanced individuals.

## Class Viewing

For the safety of your children, please do not view classes from anywhere other than the tiled area in the mezzanine. Viewing classes from the walkway or entrance is greatly distracting to both the instructor and the student. It is imperative that your child's complete attention be focused on the instructor.

## Victoria Gymnastics 2003/04 Calendar

**Important: This calendar indicates only the actual class days paid for.** These days do not always coincide with the regular calendar month. Monthly fees are based on four weeks of instruction. All post-dated cheques are made for the first of each month.

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

□ Indicates make-up class opportunity (see schedule)

**Note:** Unless otherwise notified, there will be no other class cancellations.

### SEPTEMBER

(Aug. 31st - Sep. 27 th.)

no classes Labour Day Sep. 1st. Makeup Sep 3

S	M	T	W	T	F	S
31	⊗	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

### OCTOBER

(Sep. 28th. - Oct. 25th.)

no classes Thanksgiving Oct. 13th.

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

### NOVEMBER

(Oct. 26th. - Nov. 22nd.)

classes are held Remembrance Day Nov 11th.

S	M	T	W	T	F	S
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	21	22

### DECEMBER

(Nov. 23rd. - Dec. 20th.)

no classes Christmas Break Dec. 21st. through Jan. 3rd. - Camp Dec. 29,30,31

S	M	T	W	T	F	S
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	19	20

### JANUARY

(Jan. 4th. - Jan. 31st.)

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	31

### FEBRUARY

(Feb. 1st. - Feb. 28th.)

S	M	T	W	T	F	S
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

### MARCH

(Feb. 29th. - Apr. 3rd.)

S	M	T	W	T	F	S
29	1	2	3	4	5	6
7	8	9	10	11	12	13
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Spring Break Camp Mar. 15 th.-19th. no regular classes Mar. 14th. - 20th.

### APRIL

(Apr. 4th. - May. 1st.)

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

### MAY

(May 2nd. - May. 29th.)

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	⊗	25	26	27	28	29

### JUNE

(June 1st. - June 28th.)

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
27	28	29	30	⊗	2	3

## CanGym Testing

Assessment Awards Week

Oct 12 - 25 Nov 2 - 8

Feb 8 - 21 Mar 7 - 13

May 23 - Jun 5 Jun 13 - 19

Note: Students must be 'Actively Registered' to receive an award

Please help us minimize the volume of calls to the office by placing this calendar in a highly visible location in your home as there are many very important dates to be observed.