

Lakeland Gymnastics Club Preschool Newsletter
Winter Session 2010.

Instruction:

We are very excited to welcome all new members to the gymnastics club and to welcome back many of the regular faces. All coaches here at the Lakeland Gymnastics Club have met special requirements in order to work with you and your children. All coaches and assistant coaches have different qualities, background and experience which makes them special and great coaches. We are all looking forward to meeting you and your children.

Your child's coach for this session is: _____

General Information:

Parents and Siblings: You are welcome to watch on the designated days, but must stay in the viewing area only. Having people in the gym and along the sides of the floor has caused safety concerns in the past and we would appreciate your cooperation. Siblings are welcome, however if children cannot behave respectfully or are disruptive, we do expect that you remove them from the gym immediately and that alternate arrangements be made. Babies are welcome to sit or be carried in a seat or backpack during the Parent and tot classes. Please ensure that no babies are crawling on or under any of the equipment.

Clothing: All boots and shoes including parent footwear must be kept at the front entrance in the shoe rack provided. Coats and personal belongings must be placed neatly in cubby boxes located inside the gym. Proper footwear is needed during class (bare feet, "No skid" socks or gymnastics slippers with rubber sole) Please ensure that footwear is not slippery. Children's apparel: NO jeans or dresses please. T-shirt, shorts, body-suit, leotards or sweat suits. No big buttons or zippers, or jewelry. (long hair must be tied back.)

Equipment: Before and after class children **will not** be allowed on the equipment. Parents will be required to participate in all Parent and tot classes. Three to five year old classes will not require parents in the class however if needed we may ask you to be a helper in the class. Siblings, or other friends or family are not permitted on the equipment at any time.

Before Classes: Children and parents are asked to wait in the front entrance area before their class. An instructor will come to get everyone when the class begins. At the end of your child's class please collect your children in the foyer area. NOTE: We will not send children outside to meet you.

Pre-school Gymnastics:

Participants in the pre-school program follow the Kindergym Program.

There are numerous skills to be completed on all pieces of apparatus. It may take more than one session to complete all of these skills. We encourage gymnasts to work to the best of their ability. Progress reports will be given at the end of each session to monitor your child's progress.

Cancellation Policy:

If for some reason you decide to discontinue classes for any reason you may do so with a full refund after the first class only. After the first class no refunds will be given unless it is due to injury or sickness a medical certificate will be required for all refunds.

Cancelled Days this session:

Easter Break: April 2-8 No Classes

May Long Weekend: May 21-27 No Classes

Snow Days:

If the schools and or roads are closed due to bad weather our gym will also be closed. We are sorry but we are not responsible for Acts of God and will not be able to make up snow days due to schedule restraints.

Make up classes:

In order to maintain student to coach ratios we do not do make up classes.

Volunteering:

Everyone has been asked to submit fundraising bond cheques for the session. Your \$100.00 bond cheque will be cashed if you do not fulfill your fundraising commitment of 3 hours. It is your responsibility to ensure you are on a sign up list for a job and it is your responsibility to show up for your assigned day and time once it is set up with our coordinator. If you do not show up for your day your cheque will be cashed. Sign up sheets are located in the hallway if you do not see your name on a list please make sure you sign up on one prior to March 7. After March 7 we will assume that you are not signing up to volunteer and want your cheque to be cashed. NO Reminder calls will be made for any of the volunteer commitment.

Last Day of Classes for this session are:

Mon June 6, Tues June 8, Wed June 9, Thurs June 10, Fri June 11, Sat June 12

Viewing weeks for this session are:

Due to space constraints we will only have parent viewing on the following weeks.

Week of Feb 22-27

Week of March 30-April 3

Week of May 4-8

Week of June 6-12 (Parent participation day for all classes)

Water:

With all of the running and jumping and activity in our programs kids do get thirsty and need to be kept hydrated. Please ensure you bring your child with a water bottle each class. We do not have a water fountain here at the club. If you forget a water bottle water can be purchased for \$1.00 at the club.

New Website:

Lakeland Gymnastics Club has a new website! We will attempt to keep all announcements, newsletters and other information up to date on the website please check it regularly Please check us out at www.coldlakegymnastics.com

Purdy's Chocolate Fundraiser:

We will be handing out notices and books for our Easter Chocolate Fundraiser from Purdy's. Please take a look at the information. All funds raised will be going towards new equipment bars as well as a sting mat and some much needed developmental shape equipment for our programs. Some of the new equipment is already here and being utilized while some is on order and will be arriving in the next few weeks.

Alberta Winter Games:

Thank you to everyone who volunteered their time to help out with the Alberta Winter Games. We could not have done this without the help of our volunteers. You did an awesome job and should be proud of your efforts in making the games a huge success!

Questions or Comments ?

Lakeland Gymnastics welcomes your comments and or questions. If you need to contact the club please call (780) 639-3065 or email lakelandgymclub@hotmail.com with anything you may need.

Calendar Of Events

Please take note of the days that we ask children to bring or wear something special.*

Week #1: Safety Day (Feb 22-27):

Explanation of program rules, safety and review for repeating gymnasts. Stop and Go.

Week #2: Rock and Roll Day (March 1-6)

Hip Hip Hooray it's Rock N Roll day. Come on out for some Rock N Rolling Fun!

Week #3: Jungle Day (March 8-13)

We will be going on a lion hunt today, playing with some elephants and swinging with the monkeys today!

Week #4: Green Day (March 15-20)

Wear green today as we search for Leprechauns and learn all of the colors of the Rainbow!

Week #5: Easter Day (March 22-27)

Hippoty Hoppity Easter is on it's way! Come and hop around with us today as we explore Spring. There may even be a visit from the Easter Bunny!

Week #6: Crazy Hair Day (March 29- April 1) Reminder No Classes April 2-8 (Easter Break) Fri and Sat Classes will celebrate Crazy Hair week on April 8 and 9.

Wear your hair crazy today for some hair raising fun!

Week #7: Winnie The Pooh (April 12-17)

Hip Hip Hooray It's Winnie the Pooh Day! Mousercizing and much more.

Week #8: Muscle Day (April 19-24)

Head and Shoulders, knees and toes! Bring your muscles and all of your body parts for a great week of fun!

Week #9: Pajama Day (April 26- May 1)

Wear your PJ's today as we will be having a PJ party complete with sleeping bags and pillow fights!

Week #10: Bug Day (May 3-8)

Big Bugs, Blue Bugs, Spiders and Bees! We will be exploring the world of bugs this week.

Week#11: Pirate Day (May10-14)

Ahoy Maties! Dress up as your favorite pirate or castaway and get ready to walk the plank, have a sword fight and even go on a treasure hunt for gold!

Week #12: Roller Derby Day (May 17-20 and May 28,29) Reminder there are no classes on May 21-27 (May Long Weekend) Classes will resume on May 28 and Fri and Sat participants will celebrate Pirate day on May 28 and 29.

Planes, trains and automobiles; boats and bikes. The wheels will be turning on this day with cart-wheels and rolling as our main theme.

Week #13: Circus Day

Come and join us under the Big Top today for some great fun! We will be acrobats and see some circus animals today!

Week #14: Olympic Week

This is a special day where parents get the opportunity to participate in the activities with their child. Parents will gain an appreciation of what the sport of gymnastics involves. Please wear appropriate clothing to this class as you will be participating with your child. No dresses or jeans please. There will be an Olympic theme on all events. A special presentation will take place for all children at the end so don't forget your cameras.

Note: This is a special day for our gymnasts to show mom and dad what they have learned throughout the session. Siblings are not permitted to participate in Olympic Week so if you could please make alternate arrangements for siblings on this day. Thank you!

Lakeland Gymnastics Club Recreation Newsletter
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Recreational Gymnastics:

Participants in the recreational program follow the Can Gym or Can Jump Badge Program. The levels are as follows and we have circled the level which we believe your child is in. (if the level indicated is incorrect, let your child's coach know ASAP)

Burgundy	Red	Tan	Bronze	Purple	Blue	Turquoise	Silver
Orange	Green	Gray		Gold			

There are numerous skills to be completed in each level. It may take more than one session to complete a level. We encourage gymnasts to work to the best of their ability.