

PARENT/ATHLETE INFORMATION

Health and Safety

At the time of registration, medical forms must be completed and include emergency contact information, special needs, and health information.

Special Needs

SSMGC strives to ensure that participants receive the best in coaching and have a positive experience while at the club. Our programs accommodate all people, including individuals with special needs.

ONLY GYM STAFF AND PARTICIPANTS ALLOWED IN GYM

Parents are not allowed in the gym unless they are a part of the Parent & Tot program, or are an SSMGC approved aide.

Clothing

Gymnasts should wear a bodysuit, or shorts and a fitted t-shirt. Long hair must be tied back. All jewelry must be removed, except for small stud earrings. Gymnastics is done in bare feet. Check out the SSMGC Tuck Shop for bodysuits, shorts, and more!

Payment

Payment is due upon registration. We accept major credit cards, debit, cheque or cash. Please be advised that we charge \$35 for NSF cheques.

Recreational Class Cancellation Policy

If for any reason you are unsatisfied before your child's second class, we will provide you with a full refund, not including membership fee. If you wish to cancel after the second week, before the 4th week, we offer a pro-rated refund. After the 4th week, you'll be granted pro-rated credits.

At SSMGC, it's our priority to provide your child with safe, fun and active gymnastics instruction that promotes progressive development of gymnastics skills. We strive to promote gymnastics and fitness in a fun way, showing kids that nothing beats living an active lifestyle!

SSMGC Annual Membership Fee

SSMGC charges a membership fee of \$20 per participant, per year. This fee is paid upon registration in any of our recreational programs, and is effective from July 1 to June 30 of that training year.

COACH IN TRAINING (CIT) PROGRAM

Join our volunteer CIT team! Gain valuable leadership skills while working under the supervision of a certified, knowledgeable SSMGC coach. Complete your required volunteer hours here at the club, participate in coaching clinics, and get experience that could lead to a paid coaching position. Open to students 13+, resume required. Inquire at the front desk!



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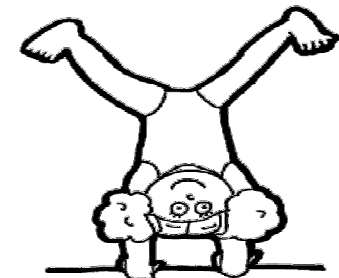
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Spring 2010

Recreational Gymnastics

March 23, 25, 27
to June 15, 17, 19



CO-ED KINDER GYM

Parent and Tot (Ages 1 to < 3) \$130.00
1 hour class 10:1 Ratio

You and your tot will be guided through a fun-filled adventure, focusing on jumping, rolling, swinging and more! Develops strength, flexibility, coordination, and confidence, focusing on dominant movement patterns.

Tuesday 4:30
Thursday 4:30, 5:30
Saturday 9:30, 10:30

Gymny Crickets (Age 3) \$130.00
1 hour class 6:1 Ratio

Children begin to develop basic gymnastics skills, while improving coordination and dominant movement patterns and having a rollin' good time!

Tuesday 4:30, 5:30
Thursday 4:30, 5:30
Saturday 9:30, 10:30, 11:30

Kinderkids (Ages 4 & 5) \$130.00
1 hour class 6:1 Ratio

Children focus on developing the building blocks of gymnastics, strength and flexibility in a fun-filled, positive environment.

Tuesday 4:30, 5:30, 6:30
Thursday 4:30, 5:30
Saturday 9:30, 10:30, 11:30

Gymnasts of all levels are welcome in our recreational programs. Once children reach the age of 6, they will begin developing their skills specifically on Women's or Men's gymnastics apparatus, and follow the CANGYM program.

SPECIAL NEEDS

Recreational Gymnastics \$130.00
1 hour class 6:1 Ratio

This class was designed for participants and their aides. Participants learn progressive skills in a fun and safe environment. Call for more details.

Saturday 10:30 - 11:30

FUN, FUNDAMENTALS,

FRIENDSHIP & FITNESS!

GIRLS GYMNASTICS

Junior Girls (Ages 6 & 7) \$130.00
1 hour class 7:1 Ratio

Tuesday 5:30, 6:30
Thursday 5:30
Saturday 9:30, 11:30

Youth Girls (Ages 8 & 9) \$130.00
1 hour class 8:1 Ratio

Tuesday 6:30, 7:30
Saturday 11:30

Senior Girls (Ages 10 to 12) \$130.00
1 hour class 8:1 Ratio

Tuesday 7:30

Teen Gym (Ages 13 to 17) \$180.00
1.5 hour class 8:1 Ratio

Thursday 6:30 to 8:00

ADVANCED GIRLS

Advanced KinderGirls (Ages 4 & 5) \$130.00
1 hour class 7:1 Ratio

Prerequisite: completion of Jr. Gym Level 2.

Tuesday 4:30, 5:30, 6:30
Thursday 4:30, 5:30
Saturday 9:30, 10:30, 11:30

Advanced Junior Girls (Ages 6 & 7) \$180.00
1.5 hour class 8:1 Ratio

Prerequisite: Completion of Red level.

Thursday 6:30 to 8:00
Saturday 12:30 to 2:00

Advanced Youth Girls (Ages 8 & 9) \$180.00
1.5 hour class 8:1 Ratio

Saturday 12:30 to 2:00

Advanced Sr. Girls (Ages 10 to 12) \$180.00
1.5 hour class 8:1 Ratio

Saturday 12:30 to 2:00

Gym Stars (Ages 9 and up) \$220.00

Prerequisite: Must have completed Red level or have coach/manager recommendation. Formerly Bronze Girls.
2 hour class 8:1 Ratio

Thursday 6:30 to 8:30

BOYS GYMNASTICS

Advanced KinderBoys (Ages 6 & 7) \$130.00
1 hour class 6:1 Ratio

Prerequisite: completion of Jr. Gym Level 2.

Tuesday 4:30
Saturday 11:30

Junior Boys (Ages 6 & 7) \$130.00
1 hour class 7:1 Ratio

Tuesday 5:30, 6:30
Saturday 9:30

Advanced Jr. Boys (Ages 6 & 7) \$180.00
1.5 hour class 7:1 Ratio

Thursday 6:30 to 8:00

Youth/Sr. Boys (Ages 8 & 9) \$130.00
1 hour class 8:1 Ratio

Tuesday 7:30



BEGINNER TUMBLING

An introduction to Power Tumbling, athletes will learn tumbling basics, focusing on handstands, cartwheels, round offs and preparing for handsprings. Check out this new, action-packed and exciting sport!

Jr. Tumbling (Ages 6 and 7) \$130.00
1 hour class 7:1 Ratio

Tuesday 6:30

Sr. Tumbling \$130.00
1 hour class, age 8+ 8:1 Ratio

Tuesday 7:30

Advanced Rec Power Tumbling \$180.00
* prerequisite Level 2 complete 8:1 Ratio

Saturday 12:30 - 2:00



Where dreams take flight!