

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!



www.ssmgc.ca

260 Elizabeth Street
Sault Ste. Marie, Ontario
P6A 6J3

Phone: 705.254.2259

Fax: 705.254.5991

Email: allie.ssmgc@gmail.com



Summer 2010

Recreational Gymnastics

Every Tuesday
June 22 to August 24



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.

CO-ED KINDER GYM

Parent and Tot (Ages 1 to < 3) \$100.00
 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, 5:30

Gymny Crickets (Age 3) \$100.00
 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

Kinderkids (Ages 4 & 5) \$100.00
 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

SSMGC Gymnastics Programs Promote...

FUN, FUNDAMENTALS,

FRIENDSHIP & FITNESS!

GYMNASTICS DAY CAMP

Gym & Swim Day Camp runs all summer long at SSMGC. Full and half day camps are fun, active and friendly, and taught by our enthusiastic certified coaches. Learn gymnastics and beat the heat in our cool gym, while making friends, doing crafts, dance, yoga, and outdoor activities. Register today!

GIRLS GYMNASTICS

Junior Girls (Ages 6 & 7) \$100.00
 1 hour class 7:1 Ratio
 Tuesday 6:30

Youth Girls (Ages 8 & 9) \$100.00
 1 hour class 8:1 Ratio
 Tuesday 6:30

Senior Girls (Ages 10 to 12) \$140.00
 1.5 hour class 8:1 Ratio
 Tuesday 7:30 - 9:00

Teen Gym (Ages 13 to 17) \$140.00
 1.5 hour class 8:1 Ratio
 Tuesday 7:30 to 9:00

ADVANCED GIRLS

Advanced Kinderkids (Ages 4 & 5) \$100.00
 1 hour class 7:1 Ratio
 Prerequisite: completion of Jr. Gym Level 2.
 Tuesday 5:30

Advanced Junior Girls (Ages 6 & 7) \$140.00
 1.5 hour class 7:1 Ratio
 Prerequisite: Completion of Red level.
 Tuesday 5:30 to 7:00

Advanced Youth Girls (Ages 8 & 9) \$140.00
 1.5 hour class 8:1 Ratio
 Tuesday 7:00 - 8:30

Advanced Sr. Girls (Ages 10 to 12) \$140.00
 1.5 hour class 8:1 Ratio
 Tuesday 7:30 - 9:00



BOYS GYMNASTICS

Junior Boys (Ages 6 & 7) \$100.00
 1 hour class 7:1 Ratio
 Tuesday 6:30

Youth Boys (Ages 8 & 9) \$140.00
 1.5 hour class 8:1 Ratio
 Tuesday 7:30 to 9:00

Sr. Boys (Ages 8+) \$140.00
 1.5 hour class 8:1 Ratio
 Tuesday 7:30 to 9:00



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) \$100.00
 1 hour class 7:1 Ratio
 Tuesday 6:30

Sr. Tumbling \$140.00
 1.5 hour class, age 8+ 7:1 Ratio
 Tuesday 7:30 - 9:00

POWER TUMBLING CAMP!

Tumbling Day Camp will once again be offered for Summer 2010! PT Camp runs July 5 to 9, July 19 to 22, August 9 to 13 and August 16 to 20. Sign up for this and other action-packed camps today!



Where dreams take flight!