



## NORTH LOCATION

North Office: 403-718-9030 Emergency Gym Line: 403-261-4885 Email: northcalgary@gymtastics.ca

### Recreational Winter Session 2019 General Information

**Please note that your child's name tag color does NOT indicate their badge level.**

Viewing is available in the gyms and studio. Parents are responsible for their children in this unsupervised area.

**No peanut products please!**

Proper gymnastics clothing is required: bodysuits, leotards, form fitting T-Shirts and shorts. No outdoor shoes allowed. Bare feet are best. Remove long jewelry. Long hair must be tied up.

Gymtastics is **NOT** responsible for lost or stolen items.

**Gymtastics does not offer make-up classes or refunds for missed classes.**

#### **"Prairie Gourmet Perogies" Fundraiser**

Prairie Perogies Fundraiser begins: January 7 -13

Fundraiser forms will be collected January 28 – February 3

Pick up: February 23

#### **No classes February 16-February 18 (Family Day Weekend)**

#### **GymTrixters' Bring a Friend Day: February 25-March 3**

Gymnasts registered in Burgundy, Red, Tan and Bronze level **GymTrixters Badge 1-4** classes are invited to bring **one** friend, age 6 or older, to join them during their regular class time. All friends need a completed waiver.

#### **Registration for the Spring Session**

Pre-Registration for our Gymtastics families and their siblings begins

**Wednesday, February 27 at 9:00 AM online at [www.gymtastics.ca](http://www.gymtastics.ca)**

Public registration starts Thursday, February 28 at 9:00 AM online at [www.gymtastics.ca](http://www.gymtastics.ca)

#### **Last Day of Winter Session Classes: March 19-25**

This will be a fun filled class with relay races, cool skills and gymnastics games.

We ask parents to arrive 15 minutes before class ends for a brief report card ceremony for the athletes.

#### **Family Drop In:**

(Walking to age 16) \$12.00 per child Friday afternoons at 1:00 pm to 2:30 pm

Children ages 6 and under must be accompanied by an adult. Starts January 11.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JANUARY 2019: Weekly Recreational Skill Focus</b>						
						5 Meet the coach Safety/landing
6 Meet the coach Safety/landing	7 Meet the coach Safety/landing	8 Meet the coach Safety/landing	9 Meet the coach Safety/landing	10 Meet the coach Safety/landing	11 Meet the coach Safety/landing	12 SKILL REVIEW
13 SKILL REVIEW	14 SKILL REVIEW	15 SKILL REVIEW	16 SKILL REVIEW	17 SKILL REVIEW	18 SKILL REVIEW	19 STATIC BALANCE
20 STATIC BALANCE	21 STATIC BALANCE	22 STATIC BALANCE	23 STATIC BALANCE	24 STATIC BALANCE	25 STATIC BALANCE	26 WEIGHT TRANSFER
27 WEIGHT TRANSFER	28 WEIGHT TRANSFER	29 WEIGHT TRANSFER	30 WEIGHT TRANSFER	31 WEIGHT TRANSFER		
<b>FEBRUARY 2019</b>						
					1 WEIGHT TRANSFER	2 ROTATIONS
3 ROTATIONS	4 ROTATIONS	5 ROTATIONS	6 ROTATIONS	7 ROTATIONS	8 ROTATIONS	9 FITNESS WEEK
10 FITNESS WEEK	11 FITNESS WEEK	12 FITNESS WEEK	13 FITNESS WEEK	14 FITNESS WEEK	15 FITNESS WEEK	16 NO CLASS!
17 NO CLASS!	18 NO CLASS!	19 PJ PARTY	20 PJ PARTY	21 PJ PARTY	22 PJ PARTY	23 PJ PARTY
24 PJ PARTY	25 PJ PARTY	26 SWINGS	27 SWINGS PRE- REG	28 SWINGS PUBLIC - REG		
<b>MARCH 2019</b>						
					1 SWINGS	2 SWINGS
3 SWINGS	4 SWINGS	5 LOCOMOTIONS	6 LOCOMOTIONS	7 LOCOMOTIONS	8 LOCOMOTIONS	9 LOCOMOTIONS
10 LOCOMOTIONS	11 LOCOMOTIONS	12 LEAPS & TURNS	13 LEAPS & TURNS	14 LEAPS & TURNS	15 LEAPS & TURNS	16 LEAPS & TURNS
17 LEAPS & TURNS	18 LEAPS & TURNS	19 LAST DAY!	20 LAST DAY!	21 LAST DAY!	22 LAST DAY!	23 LAST DAY!
24 LAST DAY!	25 LAST DAY!	26	27	28	29	30



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