

Welcome to Mitchell Gymnastics Club Info 2022 2023

Arrival

Each GYMNAST to arrive **ONLY 5 minutes BEFORE their class time** dressed and ready to go, PLEASE **BE IN THE PARKING LOT FOR PICK UP 5 minutes before their designated class end** to allow for separate entrance and exit of gymnasts between classes. We ask all parents/drivers to abide by this please. DOOR WILL BE LOCKED AND OPEN AT EACH CLASS TIME BY COACH TO MEET CHILDREN AT THE DOOR. If you arrive late RING THE DOOR BELL TO THE RIGHT OF THE DOOR AND A COACH WILL COME. Parents will be asked NOT TO ACCOMPANY THEIR GYMNAST into the building, as we no longer have a lobby/waiting area. Parents/guardians are asked to pick up their gymnast outside 5 minutes before expected class end. DO NOT WAIT IN VEHICLE FOR YOUR CHILD AS OUR PARKING LOT IS BUSY AND VERY UNSAFE FOR THEM TO RUN OUT

Gymnastics Dress Code Requirements

We try to maintain a flexible outlook on gym attire as long as you follow some guidelines to ensure each gymnast is prepared as safely as possible. Your child is welcome to wear a body suit, but it is not mandatory. Clothing should not be overly baggy or restrictive, as you want your child to be able to move easily, but not have so much room in their clothes that they become a tripping hazard. Your child may wear a sweatshirt at the beginning of class as the weather cools off, but ensure that it is easily removed as they do get warm during class. **NO JEANS OR PANTS WITH EXPOSED ZIPPERS, SNAPS ETC.** as it can damage the equipment, as well as jeans are very difficult to do gymnastics in.

APPROPRIATE DRESS: * shorts *t-shirt (short or long sleeved) *pants (cannot go below the ankle and must not be too big)

IF YOU ARE CONCERNED YOUR TRAINED CHILD IS SUBJECT TO BATHROOM ACCIDENTS, WE ASK THAT YOU USE A PULL UP FOR CLASS PLEASE

Hair Requirements

It is MANDATORY that anyone with hair below cheek length including bangs be tied back out of face with a pony tail, barrettes or clips. We ask that you enforce this before class throughout the year please. It can create a great danger to your child if they can't see when they are doing gymnastics, and we would like to prevent injuries at all costs. If your child's hair is not tied back, they will not be allowed to participate, we do try to be accommodating, but safety is not negotiable. Older students, please note that this year there are no exceptions to this rule and we appreciate parents' support!

Drink Breaks

We provide drink breaks, your child **MUST bring their own WATER drink** to class clearly labelled with their name

Club Activities and Correspondence

Our website is a good place to keep track of activities at the club. If you have a question about something coming up at the club – cancellations etc. the website is the first place to go. www.mitchellgymnasticsclub.ca

All correspondence and reminders will come by way of email so please be sure to read the emails as they arrive. Due to our numbers, we are unable to phone people so if you take a positive approach to keeping up to date it would be appreciated. Please put all requests/questions in writing either by email or at the club on the forms there. Verbal ones are really easy to forget especially with amount of activity that is happening at the club during and between classes

Inclement Weather:

Please note we are not able to make up CANCELLED days due to the availability of extra class time. We will cancel classes by 4:00 pm at the latest if the weather looks to be unsafe for driving for students/staff; – we have a large number of out-of-town members as well as staff. **Please check your email before leaving to come to class if the weather looks unsure as we will send out an email BY 4 PM. if a class has been cancelled**

Club Phone and Hours:

Please note our club is open: Monday - Thursday 5:00 – 8:30 pm and Saturdays 9:00 am to 1:00 pm. We do not take registrations or cancellations of classes over the phone – you must email Michelle at m.chessell@ezlink.ca

We work very hard to provide a program that encourages fun while learning in a child and family friendly atmosphere; so, we encourage an open line of communication to provide you with the best service possible. We can be reached in the following ways:

Jen Daum Owner/Head Coach

Michelle Chessell Administrator Email: m.chessell@ezlink.ca

519 348 0244 home office