

Fall/Winter/Spring 2025/2026 Registration Procedure as of July 1/25 is by EMAIL ONLY

1. **Registration will be done by email only** – and spots will be assigned based on the date/time of receipt of your email with completed registration forms. **NOTE: ALL CLASS SIZES WILL BE A MAXIMUM 12 GYMNASTS ONLY**
2. Please note your EMAIL AND CONTACT PHONE NUMBER IS MANDATORY on your form - even though we are doing registration by email we need it on the form as well.
3. Register for all sessions; one, or two sessions you must register for those **now** to hold your spot.
4. You will find our registration form attached to this email, it is a fillable pdf form that you open fill in the appropriate sessions, then save it as a pdf form (this is your copy and receipt so be sure to save it), then attach to an email back to us at m.chessell@ezlink.ca - all registrations are by solely email and attached registrations and will be based on the date and time of receipt. Do no fill in and drop forms at club without emailing to us first as there is no way of recording receipt.
5. Class sizes are 12 GYMNASTS ONLY, and once a class is full - it is full - we will move you to your second- or third-class choice so be sure to choose those secondary class days and times on your registration form at time of registration. We cannot guarantee a class and will do our best to accommodate, however, classes are based on registration numbers with a minimum/maximum class size requirement.
6. If we do not have any spots available based on the time/date of receipt of your registration email, we will contact you to see if you want to go on a wait list.
7. Registration class choices **PAYMENTS DUE August 15, 2025** to guarantee your spot.
8. We will need a SEPARATE REGISTRATION FORM FOR EACH CHILD FOR EACH SESSION AS WELL AS SEPARATE PAYMENT FOR EACH CHILD FOR EACH SESSION.
9. If you prefer to pay in cash - we will either accept cash in a sealed envelope with child's name and class info (envelopes supplied at the club) or you can hold your spot with a post-dated cheque and then deliver cash the first week of classes - after the first week of classes if you have not paid by cash, your cheque will be cashed.
10. Cancellation of classes at no charge will be honored until August 20th, 2025 after that date there will be a \$25.00 cancellation fee.
11. We have a secure drop box at the gym club only - and we have envelopes available for you to drop off your payment - please note your payment must be clearly labeled with child's name and class day and amount paid.
12. We acknowledge each registration email received, and **your receipt will be your email copy of your registration** - we do not issue individual receipts due to volume of gymnasts so please be sure to save your email/registration forms.
13. PLAY PASS CLASS is for 6 months to 4-year-olds on a monthly basis from 10:00-11:00 am Tuesday mornings, where you come and assist your child in gymnastics activities. It is a monthly registration at \$10.00 per week for each month registered - your first month of registration there is an additional \$55.00 to pay for your Gymnastics Ontario fees.

This is our second year using this process, and we have found this easier for our gymnastic families. Regular general question emails we try to get to at the end of every day except Saturday/Sunday. Remember classes are age based, our advanced classes are set by the coaches, if you were in an advanced class previously you can register for those classes again, however, please note if you were not in those classes in the past, we will not be able to place you there without an ok from Jen/Ally. Thanks Michelle



MITCHELL GYMNASTICS CLUB

214 Cooper Street, Mitchell, Ontario, N0K 1N0

Info: www.mitchellgymnasticsclub.ca Email: m.chessell@ezlink.ca

NOTE: No parent viewing area ... NO Parent waiting room



Registration ALL GYMNASTIC SESSIONS 2025/26

Registration form/payment must be received before AUGUST 15TH 2025

TO HOLD SPOT EMAIL REGISTRATIONS ONLY

☐ Session #1 SEPTEMBER 8TH TO DECEMBER 13TH 2025

This section is mandatory PRINT CLEARLY ** 1 form & payment per gymnast

PRINT CLEARLY- ALL class correspondence is done by email please use one that you read regularly

Email Address Mandatory>

GYMNAST:

AGE:

DATE OF BIRTH:

ADDRESS:

TOWN:

POSTAL CODE:

PARENTS:

CELL # (1):

SPOTS 'FIRST COME BASIS' as of JULY 1/25 - CLASS CONFIRMATIONS GO OUT BY EMAIL MIDDLE OF AUGUST 2025

PLEASE CHECK A FIRST/SECOND/THIRD CLASS CHOICE AS MAXIMUM CLASS SIZE 12 GYMNASTS

Classes 2025	Monday PM	TuesdayAM/PM	Wednesday PM	Thursday PM	Saturday AM
PLAY PASS \$10/WK/Month (6 months – 4 yr old) (\$55.00 ONE TIME + \$10/WEEK)		10:00–11:00 AM ____			
Parents & Tots \$175 (1-3 yr) 1parent/1child	5:00 -5:45 ____		5:00 – 5:45 ____		9:00 – 9:45 ____ 5 SPOTS 9:45 – 10:30 ____
Kinder Gym \$215 (3-4 yr old) Toilet trained/or pull up	5:00 - 5:45 ____ 1 SPOT	5:00-5:45 FULL	5:00 - 5:45 ____ 3 SPOTS	5:00 – 5:45 ____	9:00-9:45 FULL
Beginner \$245 (5-6 yr old)	5:45 - 6:45 FULL 6:45 – 7:45 ____	5:45 – 6:45 ____ 4 SPOTS 6:45 – 7:45 ____	5:45 – 6:45 FULL	5:45 – 6:45 ____	9:45 – 10:45 ____ 5 SPOTS 10:45-11:45 FULL
Junior \$265 (7-9 yr old)	6:00 – 7:00 FULL	5:00 – 6:00 ____ 3 SPOTS 6:00 – 7:00 ____ 1 SPOT	6:00 – 7:00 FULL	5:00 – 6:00 ____ 4 SPOTS	10:30-11:30 FULL 11:30- 12:30 ____
Intermediate \$265 (10-13 yr old)	7:00-8:00 ____	7:00 – 8:00 ____ 4 SPOTS	7:00 – 8:00 ____		12:30-1:30 ____
NEW Senior \$265 (14+ yrs)				7:15 – 8:15 ____	
Gym Teams \$275 1¼ hr COACH ASSIGNED ONLY				Junior/Intermediate (7-13 yr old) 6:00 - 7:15 ____ 2 SPOTS	

FULL Payment WITH REGISTRATION BY AUGUST 15TH AT CLUB to hold spot - Cash ☐ Cheque ☐

Discounts: 2 or more family Gymnasts registered take \$10 off sessions fee & each child per session ☐

*Cheques postdated: SEPTEMBER 1 /2025 Session #1 -14 weeks

DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL

Payable to: MITCHELL GYMNASTICS (sorry no credit/debit or e transfer) DO NOT MAIL REGISTRATIONS

**ASSUMPTION FORM MANDATORY *No insurance coverage until full payment received FEES INCLUDE GO fees/ INSURANCE/ HST*



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Registration ALL GYMNASTIC SESSIONS 2025/26

Registration form/payment must be received before AUGUST 15TH 2025

TO HOLD SPOT EMAIL REGISTRATIONS ONLY

☐ Session #2 JANUARY 5TH TO APRIL 25TH 2026

All items in this section are mandatory PRINT CLEARLY ** 1 form per gymnast

PRINT CLEARLY- ALL class correspondence is done by email please use one that you read regularly

Email Address Mandatory >

GYMNAST:

AGE: DATE OF BIRTH:

ADDRESS: TOWN: POSTAL CODE:

PARENTS: CELL # (1):

SPOTS 'FIRST COME BASIS' as of July 1/25- CLASS CONFIRMATIONS GO OUT BY EMAIL MIDDLE OF AUGUST 2025

PLEASE CHECK A FIRST/SECOND/THIRD CLASS CHOICE AS MAXIMUM CLASS SIZE 12 GYMNASTS

Classes 2026	Monday PM	TuesdayAM/PM	Wednesday PM	Thursday PM	Saturday AM
PLAY PASS \$10/WK/Month (6 months – 4 yr old) (\$55.00 ONE TIME + \$10/WEEK)		10:00–11:00 AM ____			
Parents & Tots \$175 (1-3 yr old) 1parent/1child	5:00 -5:45 ____		5:00 – 5:45 ____		9:00 – 9:45 ____ 5 SPOTS 9:45 – 10:30 ____
Kinder Gym \$215 (3-4 yr old) Toilet trained/or pull up	5:00 - 5:45 ____	5:00-5:45 ____ 4 SPOTS	5:00 - 5:45 ____	5:00 – 5:45 ____	9:00 – 9:45 ____ 1 SPOT
Beginner \$245 (5-6 yr old)	5:45 - 6:45 FULL 6:45 – 7:45 ____	5:45 – 6:45 ____ 5 SPOTS 6:45 – 7:45 ____	5:45 – 6:45 ____ 1 SPOT	5:45 – 6:45 ____	9:45 – 10:45 ____ 10:45 – 11:45 ____ 3 SPOTS
Junior \$265 (7-9 yr old)	6:00 – 7:00 ____ 2 SPOTS	5:00 – 6:00 ____ 5 SPOTS 6:00 – 7:00 FULL	6:00 – 7:00 FULL	5:00 – 6:00 ____	10:30 – 11:30 FULL 11:30 – 12:30 ____
Intermediate \$265 (10-13 yr old)	7:00-8:00 ____	7:00 – 8:00 ____ 4 SPOTS	7:00 – 8:00 ____		12:30 – 1:30 ____
NEW Senior \$265 (14+ yr old)				7:15 – 8:15 ____	
Gym Teams \$275 1¼ hr COACH ASSIGNED ONLY				Junior/Intermediate (7-13 yr old) 6:00 - 7:15 ____ 2 SPOTS	

FULL Payment WITH REGISTRATION BY AUGUST 15TH AT CLUB to hold spot - Cash ☐ Cheque ☐

Discounts: 2 or more family Gymnasts registered take \$10 off session fee each child per session ☐

***Cheques postdated: JANUARY 1 /2026 Session #2 -15 weeks (EXTRA WEEK ALLOWS FOR SNOW DAYS)
DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL**

Payable to: MITCHELL GYMNASTICS (sorry no credit/debit or e transfer) DO NOT MAIL REGISTRATIONS

****ASSUMPTION FORM MANDATORY No insurance coverage until full payment received FEES INCLUDE GO fees/ INSURANCE/ HST**



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NOTE: No parent viewing area ... NO Parent waiting room



Registration ALL GYMNASTIC SESSIONS 2025/26

Registration form/payment must be received before AUGUST 15TH 2025

TO HOLD SPOT EMAIL REGISTRATIONS ONLY

☐ Session #3 MINI APRIL 27TH TO JUNE 18TH 2026

All items in this section are mandatory PRINT CLEARLY ** 1 form per gymnast

PRINT CLEARLY- ALL class correspondence is done by email please use one that you read regularly

Email Address Mandatory>

GYMNAST:

AGE: _____ DATE OF BIRTH: _____

ADDRESS: _____ TOWN: _____ POSTAL CODE: _____

PARENT: _____ CELL # (1): _____

SPOTS 'FIRST COME BASIS' as of July 1/25 - CLASS CONFIRMATIONS GO OUT BY EMAIL MIDDLE OF AUGUST 2025

PLEASE CHECK A FIRST/SECOND/THIRD CLASS CHOICE AS MAXIMUM CLASS SIZE 12 GYMNASTS

Classes 2026		TuesdayAM/PM	Wednesday PM	Thursday PM	
PLAY PASS \$10/WK/Month (6 months – 4 yr old) (\$55.00 ONE TIME + \$10/WEEK)		10:00–11:00 AM ____			
Parents & Tots \$135 (1-3 yr) 1parent/1child			5:00 – 5:45 ____		
Kinder Gym \$180 (3-4 yr old) Toilet trained/or pull up		5:00-5:45 ____	5:00 - 5:45 ____	5:00 – 5:45 ____	
Beginner \$210 (5-6 yr old)		5:45 – 6:45 ____ 6:45 – 7:45 ____	5:45 – 6:45 ____	5:45 – 6:45 ____	
Junior \$230 (7-9 yr old)		5:00 – 6:00 ____ 6:00 – 7:00 ____	6:00 – 7:00 ____	5:00 – 6:00 ____	
Intermediate \$230 (10-13 yr old)		7:00 – 8:00 ____	7:00 – 8:00 ____		
NEW Senior \$230 (14+ yr old)				7:15 – 8:15 ____	
Gym Teams \$240 1½ hr COACH ASSIGNED ONLY				Junior/Intermediate (7-13 yr old) 6:00 - 7:15 ____	

FULL Payment WITH REGISTRATION BY AUGUST 15TH AT CLUB to hold spot - Cash ☐ Cheque ☐

Discounts: 2 or more family Gymnasts registered take \$10 off session fee each child per session ☐

****Cheques postdated: APRIL 28 /2026 Session #3 - 9 weeks
DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL**

Payable to: MITCHELL GYMNASTICS (sorry no credit/debit or e transfer) DO NOT MAIL REGISTRATIONS

****ASSUMPTION FORM MANDATORY No insurance coverage until full payment received FEES INCLUDE GO fees/ INSURANCE/ HST**

GYMNASTICS ONTARIO and MITCHELL GYMNASTICS CLUB

MANDATORY INFORMED CONSENT AND ASSUMPTION OF RISK

AGREEMENT PARTICIPANT INFORMATION CARD 2025/2026

GYMNASTS, please fill out this information in full for each gymnast for insurance purposes. (Please note that this information is confidential and not available to unauthorized individuals)

Gymnasts Name: _____ Date of Birth: _____

Emergency contact: _____ 1 CELL PHONE #: _____

Medical condition related to partaking in gymnastics: _____

Previous injuries related to partaking in gymnastics: _____

Does the gymnast carry and know how to administer/medications? Yes _____ No _____

Other important information/conditions: _____

WARNING! Please read carefully
By signing this document, you will assume certain risks and responsibilities

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of gymnastics and the spectating, orientation, instruction, activities, competitions, programs, and services of Gymnastics Ontario and MITCHELL GYMNASTICS CLUB (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (if Participant is under 18 years old), (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.
2. Gymnastics Ontario, MITCHELL GYMNASTICS CLUB, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization").

By signing: ***We acknowledge we have read and agree to be bound by paragraphs 1 and 2***

Description and Acknowledgement of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury.
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction.
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers, and hazards. The risks, dangers and hazards include, but are not limited to:
- a) Privacy breaches, hacking, technology malfunction or damage.
 - b) Executing strenuous and demanding physical techniques and exerting and stretching various muscle groups.
 - c) Vigorous physical exertion, strenuous cardiovascular workouts, and rapid movements.
 - d) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment or apparatus.
 - e) Failure to follow instructions or rules.
 - f) Serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the Participant's body or to the Participant's general health and well-being.
 - g) Abrasions, sprains, strains, fractures, or dislocations.
 - h) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma.
 - i) Physical contact with other participants, spotters, spectators, equipment, and hazards.
 - j) Collisions with walls, any gymnastics apparatus, floors, or mats.
 - k) Falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces.
 - l) Failure to act safely or within the Participant's ability or designated areas.
 - m) Negligence of other persons, including other spectators, participants, or employees.
 - n) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.
 - o) Contracting COVID-19 or any other contagious disease.

By signing: ***We acknowledge we have read and agree to be bound by paragraphs 3 and 4***

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant.
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition.
 - c) That the Participant may experience anxiety while challenging themselves during the Activities.
 - d) To comply with the rules and regulations for participation in the Activities.
 - e) To comply with the rules of the facility or equipment.
 - f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way.
 - g) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19.
6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities.
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario.

By signing: ***We acknowledge we have read and agree to be bound by paragraphs 5 to 7***

Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives

Welcome to Mitchell Gymnastics Club Info 2025/26



Arrival

Each GYMNAST should 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 entrance and exit of gymnasts between classes. We ask all parents/drivers to abide by this please. For safety **DOORS are LOCKED DURING CLASSES** 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 please as we no longer have a lobby/waiting area. Parents/guardians are asked to arrive outside 5 minutes before expected class end for pick up at the door. We ask that you **DO NOT WAIT IN VEHICLE FOR YOUR CHILD AS OUR PARKING LOT IS BUSY AND IT IS VERY UNSAFE FOR THEM TO RUN OUT.**

Gymnastics Dress Code Requirements

We try to maintain a flexible outlook on gym attire but need to follow some guidelines to ensure each gymnast is dressed safely for participation. Your child is welcome to wear a body suit, but not mandatory. Clothing should not be overly baggy or restrictive gymnast needs to move easily, however do not have extra room 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.

APPROPRIATE DRESS: *gymnastic style body suit *shorts *t-shirt (short or long sleeved) *pants (should not go below the ankle and must not be too big) *yoga pants

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 cannot see when they are doing gymnastics, and we would like to prevent injuries at all costs. We ask that all gymnast adhere to this requirement as their safety is not negotiable. Older students, please note that this also applies to your classes, and we appreciate parents' support!

Drink Breaks

We provide drink breaks; your child **SHOULD bring their own 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 are through **email only, so please be sure to read the emails as they arrive.** Due to our class and gymnasts' numbers per session, we are unable to phone people individually, please take a positive approach to keeping up to date. 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. **IF YOU HAVE NOT RECEIVED ANY EMAILS – you need to reach out to us by email and let us know.** Sometimes emails go to 'junk mail or spam folders' so unless you do not let us know you are not receiving emails you could be missing important information.

Inclement Weather:

Please note due to class sizes and days of the week we have classes we are unable to make up snow days. We will aim cancel classes by 3:00- 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 or the website before leaving for class if the weather looks unsure, as we will send out any cancellation emails BY 4:00 PM. if a class has been cancelled.** Sometimes weather turns quickly during class and we will email you if you need to pick up your child or call the emergency number you supplied. Note – the Winter/Second session has an extra week added to allow for snow day cancellation classes.

Club Phone and Hours:

Please note our club is open: Monday - Thursday 5:00 – 8:00 pm and Saturdays 9:00 am to 12:30 pm

ALL REGISTRATIONS, CANCELATIONS ETC. are emailed only to: Michelle/Jen 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.



Mitchell Gymnastics Protocols 2025/2026



- **PLEASE DO NOT HAVE YOUR CHILD ATTEND CLASS IF THEY ARE UNWELL**
- ANYONE WHO HAS SYMPTOMS OR FEELING UNWELL WE ASK YOU DO NOT ATTEND CLASS. If your child has any signs of any unwellness PLEASE KEEP THEM HOME. **Please ask them prior to attending class.** If you child becomes sick during class; we will make a call to the phone number we have on file as soon as we are able to make the call – if unsure keep them home please
- Please be aware of your child's class times – if the door is closed when you arrive, please wait for a coach to open it to start classes. If you are late, please ring the door bell to the right of the door so a coach can let you in
- All gymnasts will need to **bring their own water bottle fully labeled and will need to make sure to take with them at the end of their class**
- **ALL REGISTERED GYMNASTS MUST SIGN THE *Assumption of Risk Agreement and Facility Declaration* supplied by Gymnastics Ontario to be completed by all participants/members before starting classes to participate – must accompany registration form**
- **FULL Payment DUE 30 days before classes start - cashed the END OF THE FIRST WEEK of classes**
- **ALL Kinder Gym gymnasts** if not fully toilet trained, please *wear a pull-up to class* to eliminate accidents
- Parents are asked TO LIMIT THEIR ENTRY into the building due to volume of members and space restriction We do not have a parent viewing area due to the club size and set up but offer an Open House for Sessions 1&2 Parents/guardians pick up their gymnast at the door. Instructors will greet your gymnast at the door help them with their coats etc. and take them to their class; at end of class and exiting a coach will be at the door
- **Each class to arrive ONLY 5 minutes BEFORE their class time dressed and ready to go. Please be at the club 5 minutes before their designated class end time to allow for entrance and exit of all gymnasts. If all parents/drivers abide by this schedule, we can keep classes on schedule and get out staff home on time as well**
- *Parents and Tots class is ONE PARENT per gymnast only please, sorry we do not offer a waiting area for parents*
- *Once classes are over athletes gather their belongings and wait in the designated area at front door for parental pick – we ask that they do not run across the parking lot as it tends to be busy*
- Lost and found items left from one week will be kept until the following week only, so please be sure to pay attention to missing items not returning home from week to week
- Chalk is available for any athlete who uses chalk on uneven bars. Athletes should not share personal training equipment (e.g., grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.)
- Everyone must practice personal safety measures such as coughing/sneezing into arm
- **If you have any protocol questions, please direct them to myself – as I am the Health and Safety person for the club so that way the answers are consistent**

We ask that if you have a concern or question that you email m.chessell@ezlink.ca and we will address them as soon as possible, we appreciate your understanding and co operation!

Jen and the staff are happy to be teaching your children the great sport of gymnastics, and look forward to making gymnastics a fun and welcoming place to come, so with everyone's full co operation to these procedures, we are positive this will be easy a positive experience for everyone.

Thanks Jen and Michelle

Mitchell Gymnastics Club, 2025/2026