

MEMBER NEWSLETTER FALL 2015

September

Theme:

Week 1 – Sept 8-14	Animals!
Week 2 – Sept 15-21	Safe Landings
Week 3 – Sept 22-28	Supports and Statics
*Week 4 – Sept 29- Oct 5	*Teamwork *Wear your favorite 'Team' jersey to class!!

October

Theme:

Week 5 – Oct 6-9	Rolls and Rotations
*Week 6 - Oct 13-19	Fall Fitness Challenge
Week 7 – Oct 20-26	I'm a STAR!
*Week 8 – Oct 27- Nov 2	*Halloween Week* Wear a 'gym safe' costume to class!!

November

Theme:

Week 9 – Nov 3-Nov 9	Tucks and Pikes
**Week 10 - Nov 10 -16	Testing Week # 1
Week 11 – Nov 17-23	*Backwards week * Wear your shirt backwards!
Week 12 – Nov 24-30	Leaps and Springs

December

Theme:

*Week 13 - Dec 1-7	*Pajama week* Wear your PJ's to class and bring a teddy!
Week 14 – Dec 8-14	Handstand week
**Week 15 – Dec 15-21	Testing Week #2

January

Theme:

January 2 & 3	** Regular class times (Thanksgiving Make-up)
*Week 16 – Jan 4-10	Cartwheels
Week 17 – Jan 11-17	Combinations and Connections
*Week 18 – Jan. 18-24	Beach party *Wear your bathing suit and bring a towel!
Week 19 – Jan. 25- Feb. 1	Look what I learned!

Note to Parents

* Starred weeks are special theme weeks are special participation weeks. When your child participates in our theme their name will be entered in a draw to win a special prize!!!

** Double starred weeks are testing weeks. We highly recommend attendance during these weeks

Specialized Classes

Our standard classes and ratios are design to fit and challenge the majority of children that will participate in them. However we also know there are times when a child may do better in a different setting. If your child has difficulty (over and above what is typical for their age) with listening, following directions, separation anxiety, attention span or has any special needs, you may find our standard classes are not the best fit. Should this be the case and as such your child is not thriving in our standard classes, we invite you to consider private, semi private or low ratio classes. These classes often allow children with specific needs to get the most out of his or her time in the gym. If these classes interest you, please stop by the office for more details and pricing information.

Inclement Weather Procedures

In the event of inclement weather, classes may be cancelled for the safety of our staff and members. To check on the status of your class on such days, please call the gym or visit our website, www.revolutiongym.ca for cancellation information. Classes may be cancelled up to 1 hour prior to the scheduled start time.

*Please note, due to logistics we do not offer rescheduled make up classes due to weather. Please visit the office should you require a make up due to a weather cancellation

Holiday Closures

The gym will be closed for the following holidays:

Thanksgiving Weekend – Oct 10 - 12

Christmas Break – Dec 22 – Jan 1

*Please note: The Thanksgiving weekend makeup classes will be held Saturday Jan. 2 – Sunday Jan. 3 at your regular class day/time. No signup is required for this. *Please note: Monday Classes' Thanksgiving Make-up will be February 1st at your regular class day/time. No signup is required for this.

Make-up classes are available, however, subject to availability. Should you miss a class and require a make-up, please call or stop by the office to sign up for the next available date. A maximum of 2 make-up classes are allowed per term (does not include make-ups for Stat holidays). All make-up classes must be completed prior to the end of the term in which the class was missed.

Recreational Handbooks

During the first week, each family received a Recreational Handbook. We ask that all parents take some time and read through it to ensure you are aware of the gym policies and expectations. Please communicate any pertinent points with your children, including the gym rules (located on the back of this newsletter). Please see your child's instructor if you did not receive a handbook.

Tot Classes

Tots Term 1-Week of Sept. 8- Week of Nov. 3

- Saturday & Sunday Classes will have a Thanksgiving Make-up November 14 & 15.

Tots Term 2 – Week of Nov. 17- Week of Jan. 23-29

Keeping The Gym Healthy

To help avoid the spread of illness to other members and staff, we ask that you please do not bring your child to class if they are exhibiting any of the following symptoms:

- **Fever**
- **Diarrhea within 24 hrs of class**
- **Vomiting within 24 hrs of class**
- **Fluid or mucus from the eyes or ears**
- **Unexplained/undiagnosed rash**
- **Sore throat**
- **Severe headache**
- **Dizziness**
- **Any other symptom that would prohibit your child from participating fully in their class or would need special care**

Please note: In the event your child develops or complains of any of the above symptoms, you will be contacted to come and pick them up. We ask that you arrange for pick up within a maximum of 30 minutes from the time you become aware of the issue. Make up classes are available in the event your child does miss class. Please review the handbook for make up policies.

A Few Safely Reminders...

Entering the gym

For the safety of all our members, parents and visitors should **NOT** be entering the gymnasium for any reason. Should you need to discuss something with your instructor, please do so at the beginning of your class.

Drop off and pick up

We insist that parents come into the facility to drop off and pick up their child. Children are dismissed promptly at the end time of their class. We ask that you ensure pick up for your child no later than their 'scheduled' end time. We are unable to supervise children prior to the beginning of and after the scheduled end of their class.

Arriving to class late

In the event you are late dropping off your child to class please ensure your child gets to their instructor so that they are aware they have arrived. We are unable to take responsibility for a child we are unaware is present.

Leaving class early

In the event you are in need of taking your child out of class prior to the completion of their program, please make sure you or your child inform their instructor upon leaving. Please do not remove your child or call your child out of class without informing the instructor.

Communicating With Your Child's Instructor

Communication is often the key to any successful experience. Gymnastics is no exception. We welcome and encourage open communication between parents and their child's instructor. Please be sure to keep your child's instructor up to date with any information they may need to help your child truly enjoy their class. Things of special importance that should always be communicated to your instructor include:

- Physical issues (cuts, bruises, headaches etc.)
- Emotional stress
- Recovering from illness or injury
- Fears and worries

For older children, we encourage you to help them communicate issues to their instructor to help build independence. We also ask that communication with your instructor take place at the beginning of, or prior to the start of your class. This allows our staff to be available to speak to all parents who may need to pass on important information.

Substitute Instructors

In the event your instructor is unable to attend a class due to illness or other reasons, they may reschedule your child class or bring in a substitute instructor. Substitute instructors are given a lesson plan as well as information on the class they are covering, however, just like with your regular instructor, please take a moment to inform them of any issues you feel are important to meeting your child's needs!

Facility Safety Rules

Below are our **Facility Safety Rules**. Please take a moment to review them with your child so they fully understand what is expected during class.

- 1. Any persons entering the gym must be accompanied by a qualified Revolution instructor.**
 - Participants must be a registered member participating in a supervised class or accompanying a registered participant for a class requiring adult assistance
- 2. Unruly, distracting or destructive behaviour is not permitted within the facility.**
 - Bullying and harassment is not allowed and, once addressed, will be met with removal from the program upon any further occurrence.
- 3. Inside the gym, participants must stay with their group at all times.**
- 4. Long hair that can reach the eyes must be tied back securely off the face and shoulders.**
- 5. Bare feet only.**
 - No slippers or shoes please past the gym entrance.
- 6. Appropriate clothing must be worn to all classes.**
 - No loose or baggy clothing.
 - Clothing with buckles, snaps or zippers will not be permitted.
- 7. Yelling or screaming is not permitted in the facility.**
- 8. All jewelry must be removed before entering the gym. (Stud earrings only.)**
- 9. No food allowed in the gym area.**
 - Chewing gum, candies, lozenges or eating items of this type must be discarded prior to entering the gym.
- 10. Participants must follow staff instruction and facility rules at all times.**

Please note: The safety of our members is our first priority! Participants who are unable or unwilling to follow these instructions will be asked to correct their behaviour and/or sit out of class. In severe or reoccurring situations participants may be asked to leave class or be removed from the program.