



# AEREO GYMNASTICS CLUB FALL 2017 NEWSLETTER



## Message from the Recreational Director

I would like to extend a warm welcome to the new and returning gymnasts and their families to Aereo Gymnastics Club. Taking part in recreational gymnastics is a great way to learn many new skills, gain self-confidence, make new friends, and HAVE FUN! I am looking forward to the Fall 2017 program and some of the exciting things that we have planned, like the Bring-A-Friend Week and the Halloween Dance. I would also like to thank those that have made pit donations. It is with your support that makes us successful, so thank you for choosing Aereo!

Coach Tara

## Important Dates & Upcoming Events

### **No Classes**

Thanksgiving Sunday - Sunday Oct. 8<sup>th</sup>  
Thanksgiving Monday - Monday Oct. 9<sup>th</sup>  
Halloween - Tuesday Oct. 31<sup>st</sup>

### **Bring a Friend Week**

Sunday Oct. 22<sup>nd</sup> – Saturday Oct. 28<sup>th</sup>  
*\*Please see permission for on back of sheet\**

### **Halloween Dance**

Saturday October 28<sup>th</sup>  
\$5.00 / child



### **Priority Winter 2018 Registration**

Sunday Nov. 6<sup>th</sup> – Saturday Nov. 11<sup>th</sup>



### **Fall Open House Show**

Saturday December 23<sup>rd</sup>

## Facebook & Website

We encourage all parents to follow us on **Facebook** and visit our new website [www.aereogymnastics.com](http://www.aereogymnastics.com) to ensure you are fully up to date with all aspects of our gym! **For communicating please email the gym not the Facebook Page.**



## Fall 2017 Program Open House

*Saturday December 23<sup>rd</sup>*

**\$2.00 / person admission fee**

<u>Time</u>	<u>Class</u>
9:00am-10:00am	<b>Kindergym</b> Sunday 11am-12pm <b>Advanced Kindergym</b> Tuesday 4-6pm & Friday 5-7pm
10:00am-11:00am	<b>Kindergym</b> Thursday 5-6pm & Saturday 10-11am
11:00am-12:00pm	<b>Kindergym</b> Tuesday 5-6pm & Saturday 9-10am
12:00pm-1:00pm	<b>Recreational</b> Sunday 12-1:30pm Wednesday 4:30-6pm
1:00pm-2:00pm	<b>Recreational</b> Thursday 6-7:30pm Saturday 11-12:30pm
2:00pm-3:00pm	<b>Recreational</b> Tuesday 6-7:30pm
3:00pm-4:00pm	<b>Developmental</b> Tuesday 7:30-9pm Thursday 7:30-9pm
4:00pm-5:00pm	<b>Advanced Recreational</b> Monday 4-6pm Friday 5-7pm <b>Advanced Developmental</b> Friday 5-7pm

*\*Parents please be aware the ONLY day for your child to receive their CANGYM or KINDERSTARS report/badge is the day of the Open House – coaches will not be handing them out before or after. No exceptions\**

## Snow Days

At Aereo, safety is always our #1 priority when it comes to our athletes, parents and staff. We kindly ask that parents understand our Winter Weather Policy, where we close the gym any evening that Welland school buses do not run – and any evening where we find it appropriate to cancel due to weather. Unfortunately, with our gym at an all-time high number of classes and registered gymnasts we do not have extra time during the week to offer make up classes for these missed practices. Again we apologize for any inconvenience and want to thank our athletes and parents for understanding and continuing to support Aereo. Please use our website and Facebook page to stay informed.





# AEREO GYMNASTICS CLUB FALL 2017 NEWSLETTER



## New Coach Ashley ☺

We would like to introduce the newest member of our coaching staff, Coach Ashley. Ashley has been a part of Aereo for many years. Ashley began gymnastics at Aereo as a Recreational gymnast, and worked her way up to Provincial Level 6. After volunteering during the Spring and Summer sessions this past year, Ashley has completed her NCCP level training and we are excited for her to begin her coaching career with us!

## Medical Conditions

Coaches ask that parents please be sure to notify us of ANY medical conditions your child has. This includes but is not limited to learning disabilities, attention disorders, allergies, recent injuries or skin conditions such as rashes/warts/etc. It is always best to notify the staff of these so we can do our very best to accommodate your child and make sure their experience with Aereo is enjoyable and that all other gymnasts are protected from anything that may be contagious and should be wrapped.



## Reminder Re: Pick Up Procedure

Parents, please come **down the stairs and INTO the gym** to pick up your child(ren) from class. It is very important that you always come into the building to pick up regardless of your child's age. We will no longer be allowing children to walk up the stairs without a parent. Thank you for understanding.

**\*\*\* Parents please be sure you are fully aware of all other policies at Aereo Gymnastics – they are posted on the board by the front desk and include DROP OFF POLICY, DRESS CODE, REFUND POLICY etc\*\*\***

## CANGYM & KINDERSTARS

Here at Aereo Gymnastics Club we use the CANGYM Badge Program for our Recreational + gymnasts and we developed a similar but more age appropriate system called KINDERSTARS for our 3-5 yr olds. Please understand that we are constantly re-testing the gymnasts in both age groups to ensure safety and proper technique. It is **VERY** common for gymnasts to be able to do a skill one month and lose it the next. In some cases a gymnast may be awarded with a Badge in December but by April have lost skills from that Badge. Gymnastics skills require constant training and strength development and many gymnasts, especially while growing, will lose skills and need to gain more strength to perform them again. Our coaches do their very best to be on top of CANGYM Levels from session to session and don't purposely give out the same badge or re-test gymnasts for levels they may have already passed. If we are working with a gymnast on Badge 4 and notice she is really struggling we will test her back on the skills from Badge 3. If she has lost any of the Badge 3 skills we will keep her working on them before moving on to the next level. We appreciate your support with our system and encourage you to speak with your gymnast's coach whenever concerned or interested in getting "at home conditioning". Please see the programs on the Recreational Board.



## HOODIES !

Please see the attached form for information on ordering an Aereo Hoodie !

## Bring a Friend to Gymnastics Permission Form

\*must be filled out and signed by the parents of the Aereo gymnast's friend\*

Visiting Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

- Aereo Gymnastics Club is not responsible for any personal loss or injury while at the club. I understand the risks involve with gymnastics and I am allowing my child to participate in the Bring a Friend night.