



AEREO GYMNASTICS CLUB FALL 2017 NEWSLETTER



Fall 2016 Program Open House

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 lots of new things, gain self-confidence, make new friends, and HAVE FUN! I am looking forward to the Winter 2017 program and some of the exciting things that we have planned, like the Bring-A-Friend Week and March Break Camp. We are also welcoming a new staff member, Coach Mikayla. It is with your support that makes us successful, so thank you for choosing Aereo !

Coach Tara

Important Dates & Upcoming Events

No Classes

Family Day – Monday February 20th

March Break – Mon. Mar 13 – Fri. Mar 17th



Good Friday – Friday April 14th
Easter Sunday – Sunday April 16th
Easter Monday – Monday April 17th

Bring a Friend Week

Sunday February 26th – Saturday March 4th
Please see permission for on back of sheet

March Break Camp

Monday March 13th – Friday March 17th

Priority Winter Registration

Sunday February 26th

Winter Program Open House

Saturday April 29th



Facebook & Website

We encourage all parents to follow us on **Facebook** and visit our website www.aereogymnastics.com to stay up to date with all aspects of our gym!



Saturday April 29th

\$2.00 / person admission fee

Time	Class
9:00am-10:00am	Kindergym Sunday 11am-12pm Pre-Team Thursday & Saturday
10:00am-11:00am	Kindergym Tuesday 5pm-6pm Saturday 9am-10am
11:00am-12:00pm	Kindergym Saturday 10am-11am Thursday 5pm-6pm
12:00pm-1:00pm	Advanced Kindergym Monday 4pm-6pm Recreational Wednesday 5pm-6:30pm Advanced Recreational Friday 5pm-7pm
1:00pm-2:00pm	Recreational Wednesday 6:30pm-8pm Saturday 11am-12:30pm
2:00pm-3:00pm	Recreational Tuesday 6pm-7:30pm Sunday 12pm-1:30pm
3:00pm-4:00pm	Recreational Thursday 6pm-7:30pm
4:00pm-5:00pm	Advanced Recreational Monday 6pm-8pm Advanced Developmental Friday 7pm-9pm
5:00pm-6:00pm	Developmental Tuesday 7:30pm-9pm Thursday 7:30pm-9pm

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

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*****



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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. We apologize for any inconvenience and thank our athletes and parents for understanding and continuing to support Aereo. Please use our website and Facebook page to stay informed.

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



Welcome Coach Mikayla

We would like to extend a warm welcome to our newest staff member Coach Mikayla ! Coach Mikayla has just completed her NCCP gymnastics coaching courses and after volunteering throughout the Fall classes she is thrilled to begin coaching with us this Winter.

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. We are constantly re-testing the gymnasts in both age groups to ensure safety and proper technique. It is **VERY** common for gymnasts to have 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.



March Break Camp

Please see the attached sheet and posted info to register for our March Break Camp ☺

Fall Raffle Winners

Congratulations!!!!

- 1st Prize \$600 → Kelly Cimek
- 2nd Prize \$300 → Christina Prevost
- 3rd Prize \$100 → Lindsay Temple



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: _____ Phone
#: _____

Parent's Name: _____ 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.