



AEREO GYMNASTICS CLUB WINTER 2018 NEWSLETTER



Message from the Recreational Director

With the winter session underway and going well, I just wanted to take a moment and welcome the new and returning gymnasts to Aereo! During the last session we fundraised to help fill up our pit. We were able to purchase 500 new sponges and they were delivered in the new year. It was a much needed upgrade and is being enjoyed by all, but it would not have been possible without the help from our gymnasts' families. So on behalf of the coaches and myself, we sincerely thank all of those who made donations. I am looking forward to the new year and as always thank you for your new and continued support to Aereo.

Coach Tara, Recreational Coordinator

Important Dates & Upcoming Events

No Classes

Family Day – Monday February 19th

March Break – Mon. Mar 12 – Fri. Mar 16th



Good Friday – Friday March 30th
Easter Sunday – Sunday April 1st
Easter Monday – Monday April 2nd

March Break Camp

Monday March 12th – Friday March 16th

Priority Spring Registration

Sunday March 4th

Winter Program Open House

Saturday April 28th



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!



Winter 2018 Program Open House

Saturday April 28th

\$2.00 / person admission fee

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

Fall Raffle Winners

Congratulations!!!!

1st Prize \$600 → Anna Campbell

2nd Prize \$300 → Lindsey Stewart

3rd Prize \$100 → Terri Stroomer



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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*****

MARCH BREAK CAMP

Full Week	Mon-Fri 8am-5pm	\$160 + G.O.
½ Week	Any 3 Days 8am-5pm	\$110 + G.O.
G.O. (Gymnastics Ontario Membership Fee) = \$30		

Camp Drop Off and Pick Up times are made to accommodate working parents. Our daily Camp schedule will remain the same from 9am-4pm, however campers can be dropped off anytime between 8am-9am and picked up anytime between 4pm-5pm. Coaches will be supervising quiet time activities during Drop Off and Pick Up hours.

Optimal wear for Winter Camp is a gymnastics body suit / conservative swim suit. Ultimately we want our campers to be comfortable while still being safe to spot. Boys should be dressed in shorts and a short sleeved shirt. Please ensure if your child has long hair it is tied back.

During Camp your child will need a water bottle, 2 snacks and a lunch. We encourage healthy options to ensure a "cranky free" day at camp ☺

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



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