

Parent Information for Classes



1. What should my child wear for gymnastics?

Children should wear lycra or cotton shorts and a properly sized T-shirt. Trail Gymnastics has a number of brand new and previously loved gym suits for sale in our lobby. Although not a necessity – special gymnastic suits are available. There's no need to spend a lot of money if your gymnast is just starting out. All long hair needs to be up in a ponytail. No jewelry and no shoes or socks. Bare feet only in the gym please.

2. Important Reminders for Each Session:

- Parents please do not enter the gym – unless you are in a child participation class with your child, or you need to purchase apparel.
- Bare feet in the gym please. No outside footwear in the gym.
- No food or drink in the gym. ABSOLUTELY NO GUM
- The viewing area is temporarily closed. We are attempting to schedule viewing weeks.
- Trail Gymnastics is not responsible for lost or stolen items. We strongly recommend that all children's clothing and valuables be kept with their parents or locked in the public lockers by the gym door entrance. Lockers are free, just bring your own lock and let us know which one you'd like and the combination (for when kids forget).
- Emergency Fire Lane: Emergencies happen when you least expect it. We always need to be prepared to keep our athletes safe. You can help by NEVER parking in the Fire/EMERGENCY Lane (by the picnic tables). It puts our children at risk. When you are dropping off or picking up your children, please remember the safety rules apply and please don't speed in the parking lot. LET'S ALL DO OUR PART TO KEEP OUR FIRE LANE CLEAR AND FREE AT ALL TIMES.

3. What activities does my child do in class?

Each program is designed for a particular age group, their physical and mental ability at each age. Throughout a session, children will learn gymnastic skills on the beam, bars, floor, vault, and trampoline particular to the level and age of the child.

4. How do I know which program or level to register my child?

We are in the process of adopting a new program for our recreational athletes, to prepare them better for the competitive program if their skill level allows them to transition. Instead of badges we have opted to provide Certificates of Completion. Your child will be working on the skills needed to master the level she/he is in. The coach will bring testing sheets around to record the progress. They will mark as "attempted", "learning" and "mastered". As soon as the athlete has shown proficiency in all the skills, she/he will begin to work on more challenging movements. The coaches will advise our office of the athletes levels before registration starts. If you are unsure of your athlete's level please check with our office prior to registration. ****coming soon****

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5. How many kids are in a class?

All classes at Trail Gymnastics fall within the guidelines laid out by Gymnastics Canada. Our younger programs are a ratio of 1:6 and the older groups are 1:8.

6. Why do the prices vary per program and session?

The rates depend on the time length of the class (ie. 45 mins vs. 1 hr) and the # of classes in the session (which is based on the # of weeks in the session). Prices can vary depending on the day of the week due to cancellations for holidays, long weekends, etc.

7. What happens if I register my child and they don't like it?

We are aware that gymnastics is not for all children. Our coaches will do our best to ensure your child enjoys their class. Should the class not a good fit, you can choose to withdrawal from the program. Please note after their second class, there will be a \$20 withdrawal/cancellation fee, the annual membership fee and the program fee are non-refundable. Prior to the second class, a prorated program fee is refundable.

8. What is involved in moving into the Competitive Program

Competitive programs are invitational programs only, meaning that movement of a child into these programs is not automatic at a certain age or level. If you are interested in a competitive program, please email nicola@trailgymnastics.ca

9. If there is an emergency evacuation at Trail Gymnastics Club

If there is a need to evacuated Trail Gymnastics Club, our coaches and staff will lead the children in classes to the nearest emergency exit. They will go directly to the meeting area in the parking lot across the street. If the weather is poor the children will be lead to the Colander restaurant. Depending on the reason for evacuation, classes may resume or the parents will be called to come pick up their child if they are not at the club.

10. Leaving Class Early

If you need to take your child out of class early, please make sure that you let the coach or office team know.

11. What does my annual membership cover?

The annual membership fee provides coverage from September 1st to August 31st each season and is non refundable. The following is a a break down of what is pays for the 2022-2023 Recreational season.

- Gymnastics BC Registration Fee \$43
- Insurance Levy (included in GBC fee above)
- Zone 1 Gymnastics Fee \$6

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- Gymnastics Canada Registration Fee \$8
- TGS Administrative fee \$43



Possible Funding

Parents can apply directly to these possible funding sources for support:

- Athletics 4 Kids: A4K
- JumpStart: JUMPSTART
- KidSport™ is a community based sport-funding program established in 1993 by Sport BC. KidSport™ provides grants for children ages 18 and under to participate in a sport season of their choice. There are 41 community chapters in BC and over 175 chapters across Canada. KidSport™ works to fulfill its mission of eliminating the financial barriers to sport participation, 'So ALL Kids Can Play!' For more information, please visit KIDSPORT