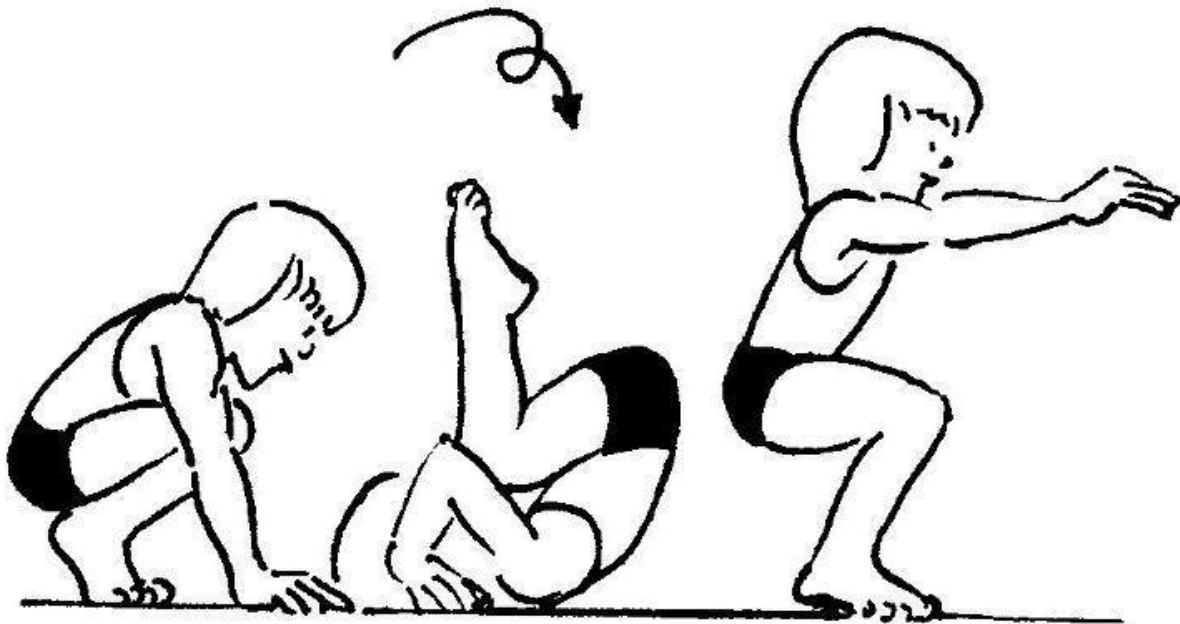


Canmore Illusions Gymnastics Club

Recreational Program Guide
2022-2023



Welcome to the
2022-2023
Recreational Gymnastics Season
At Canmore Illusions Gymnastics Club



Addendums to Recreational Program Guide or its guiding policies and procedures may be made as needed to remain current and in accordance with the AGF and CIGC Bylaws and Policies as approved by the Board of Directors. The membership will be advised of these changes as they occur.



Club Information

In January 1994, CIGC's former head coach, Marti Przibislawsky, started an after-school gymnastics program at Elizabeth Rummel School. One year later, an advanced group from the after-school program formed a small pre-competitive group and used the gymnastics facility available at the Canmore Recreation Centre. In September 1996, a Parents Committee was formed and the club was registered under the Societies Act with the name Rocky Mountain Illusions Gymnastics Club. In 2000, the club changed its name to the Canmore Illusions Gymnastics Club. In 2015 the club had outgrown the facility and was able to move to its new location in the previous swimming pool space at the Canmore Recreation Centre.

The CIGC is a member of the Alberta Gymnastics Federation (AGF). AGF is the governing body for gymnastics in Alberta and comprises more than 100 member clubs. They provide a range of information and resources to recreational gymnasts, athletes, coaches and judges.

Alberta Gymnastics Federation:

- Coordination of gymnastics activities that are provincial in nature, such as leadership development, the recreational development program and the competitive program.
- Provision of services to clubs (particularly services that would otherwise be unavailable to clubs).
- Provides insurance for clubs and membership.
- Safe Sport: Under the Gymnastics Canada (GCG) guidelines, AGF provides a safe sport agency. In as much, the AGF safe sport outlines behavior and expectations of all coaches and staff when working with youth to provide a safe environment for the children. CIGC follows and enforces all AGF safe sport guidelines.

As a not for profit agency, the Alberta Gymnastics Federation believes in supporting the passion of these athletes to promote and strengthen gymnastics as both a recreational activity and a competitive sport in Alberta.

Alberta Gymnastics Federation Dues: As a member of the AGF, all CIGC members must pay an annual, non-refundable fee to AGF. This fee is set by AGF and is determined based on the athletes level. The CIGC will collect and remit this fee to AGF on behalf of its members. The AGF registration fee covers training from July 1 to June 30. If transferring from another Alberta club, proof of AGF Membership is required to avoid paying this fee twice.



Recreational Programs

Preschool

Parent n' Tot (Born2020)

A structured parent participation class for toddlers. Class is 30mins long and includes songs, games, toys and tons of exploration.

Hotshots (Born2019)

A structured non-parented class for three year olds. Class is 45mins long and is an introduction to non-parented gymnastics with games, rolls, play and lots of fun!

Munchkins (Born2018)

Through games and activities, preschoolers learn the basics of gymnastics. In this 45mins class motor development, skill instruction and being part of a group become the focus.

Cubs (Kindergarten)

A class for pre-school children attending full day school. Participants will learn the basics of gymnastics including swings, springs, landings and rotations. This one hour long class will prepare for the badge program CANGym.

Elite Petite Girls (Born2018-19)

An advanced preschool class focused on preparing little ones for transition into our competitive JO Program. Entrance by invitation or evaluation only. Class is two times per week for 1.5 hours.

CANGym

Beginner Co-ed (ages 6-8)

An introductory class for school aged children. Suitable for newcomers to gymnastics, participants learn the basics of the sport in the beginner badge levels Burgundy and Red. Class is one hour in length and includes warm-up, skill instruction and cool down.

Intermediate Co-ed (ages 6+)

An intermediate class for beginners who have passed the Red Badge. Participants begin to build on existing skills and practice for 1.5 hours. The intermediate badge levels Tan and Bronze begin to focus more on handstands, cartwheels, landings, coordination and proper positions.

Girls Advanced (Ages 8+)

An advanced class for girls who have passed their Bronze badge. Classes run 2 days/wk. Participants build their strength through various exercises to help increase their skill development. Prior gymnastics experience or an evaluation is required. Groups are based on badge level completion and new skills are introduced.



Trampoline (7+)

Trampoline

Through strength and flexibility building and by using drills to break down skill, athletes progress at their own rate and learn the skills in Fundamentals and Trampoline disciplines. Athletes and coaches set individual goals while following proper basic drills for landings and safety.

Parkour (8+)

Parkour Introduction (8-10 years)

For boys and girls who want to learn “free running”. Participants train agility and parkour specific skills while they work through the different levels set by their coach. For new athletes that have recently joined the program and/or for athletes that are coming back from previous sessions.

Parkour Intermediate (8+ years)

For athletes that have passed the beginner level and/or for athletes that are coming back from previous sessions. Once the skills of the beginner class have been mastered participants are ready to move into intermediate.

Parkour Advanced (9+ years)

Ready for flips! Once all intermediate skills are mastered boys and girls move in the advanced parkour where they begin to learn drills, and safety for flipping upside down as well as further physical preparation for more advanced parkour skills.

Seasonal Programs **NEW!!!**

Elite Parkour

By invitation only or evaluation only, athletes develop further conditioning and agility training to prepare for more advanced parkour skills. Basics are solidified and flips are expanded on to encourage athletes to reach their individual physical goals and capabilities. A 10 month commitment is required to participate and classes will follow the recreational calendar.

Interclub

By Invitation or evaluation only and for advanced recreational gymnasts who are interested in learning routines and performing their skills at “fun meets”. By invitation or evaluation only and based on Turquoise badge level and up. Athletes practice twice per week for two hours. A 10 month commitment is required to participate and classes will follow the recreational calendar.



Drop-In Programs

CIGC offers drop-ins for every age! Punch Cards are available for purchase at a discounted rate and are current for the fiscal year from July to June annually.

Little Tot Drop In (ages 4 and under)

One hour drop in for tots and their caregivers. Unstructured free play in the gym with a variety of preschool equipment. Adults must stay within arms reach of their child/ren at all times.

School aged Drop In (ages 5 to 12)

Drop-in for free play for 1.5 hours. Unstructured with certified coach supervision. Children will have the opportunity to practice their skills, use the trampoline and play with their friends in an open gym environment.

Teen/Young Adult Drop In (ages 13+)

A drop in for ages 13 years of age and up. Unstructured gym time with access to our gymnastics equipment. This is a great way to spend some time with your friends! Certified coach available to ensure your time is safe and supervised.

Family Drop In

Come and play with your family and friends in this interactive, social and educational environment. Coach supervised free time in the gym. Parents/Caregivers 18 years + must be present in the gym at all times. 1 adult per 3 children ratio maximum. Children under 4 must be within arms reach of their child at all times. All participants must sign a waiver.

Birthday Parties

There will be games played, gymnastics skills learned and fun time in the foam pit! Birthday party goers will experience instructed gymnastics time, free play and time in the party room for food, cake and presents! Access to the birthday party room is available 15 minutes prior to the party and for the duration of the party.

Party Price: 250\$ plus 25\$ AFG Insurance Maximum of 15 children

Party Times: Please see Uplifter calendar

Register via <https://canmoregymnastics.uplifterinc.com/registration>

CIGC does not provide decorations or eating utensils.





Day Camps

When the kids are out of school CIGC offers Full Day Camps for school aged children from 9am-4pm and Half Day Camps for preschool aged children and Parkour! Camps include games, skills training, event practice, arts & crafts and outdoor activities. Certified gymnastics coaches will lead participants through scheduled fun activities throughout the day. Before and after care may be offered depending on coach availability. Groups are formed by age group and the number of registered participants.

Available camps:

- Summer Camps July-August
 - Holiday Camps December
 - Spring Camps April
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Gym Rules

Look before you leap! For a safe and positive experience, these are the rules at CIGC:

- Group leaders are responsible for the conduct of their group and must adhere to the following rules of the gym
- All participants are to wait in the lobby to be called into the gym by the coach, where drop-off and pick-up will occur. No use of equipment without permission or direct supervision of the coach
- In registered programs, participants must remain with their group at all times. Coaches must be notified of the need to leave class for any reason.
- No shoes or socks in the gym. Bare feet only.
- No jeans. Proper attire must be worn (shorts and t-shirts are acceptable).
- No jewelry. Leave valuables at home. CIGC is not responsible for lost or stolen property
- No gum, food or drinks except water are allowed in the gymnasium
- Hair must be tied back
- No rough play
- Wash hands after bathroom use
- Plantar warts must be taped on feet and hands
- CIGC is a nut-free facility. We have some members with life threatening allergies.
- Allergies/medical conditions: If required to carry medication, advise the coach and keep medication labeled and in a designated spot. (Epi-Pens, inhalers, medical alert bracelets, etc)
- Parents are asked to watch classes from the viewing area outside the office. If a parent has a message for their child, they are asked to relay the message through a staff member. Parents should always receive permission to enter the gym from a staff member to help keep athletes focused on their training.



2022-2023 Season Recreational Calendar

FALL Session

September 5	Labor Day GYM CLOSED
September 6	First Day of Classes
September 30	Truth and Reconciliation Day GYM CLOSED
October 8-10	Thanksgiving Weekend GYM CLOSED
October 25-31	Halloween week - costume day
November 18	Registration Day for Winter Session and Holiday Camps
November 11	Remembrance Day GYM CLOSED
December 17	Last Day Fall Session
December 17-24	No Camps, Classes or Drop-ins
December 26-30	Holiday Camp 1 (no classes or drop-ins)
January 2-6	Holiday Camp 2 (no classes or drop-ins)

WINTER Session

January 9	First Day Winter Session
February 20	Family Day Gym Closed
March 3	Registration Day for Spring Session and Spring Camps
March 31	Last Day Winter Session
April 1-2	No Drop-ins or Birthdays
April 3-6	Spring Break Camp 1 (no classes or drop-in)
April 7-9	Easter Long Weekend GYM CLOSED
April 10-14	Spring Break Camp 2 (no classes or drop-in)
April 15-16	No Drop-ins

SPRING Session

April 17	First Day Spring Session
May 5	Registration Day for Summer Camps
May 20-22	May Long Weekend GYM CLOSED
May 31-June 6	Summit Invitational No classes, Birthdays or Drop-ins
June 11	Year End
June 17	Last day Spring Session



Policies

Registration Policy

- Ways to register: <https://canmoregymnastics.uplifterinc.com/registration>
- \$30 NSF charges apply to all declined transactions
- Late registrations, if available, will be accepted
- No new registrations accepted after 50% of class completion
- Schedule is subject to change. Classes run pending enrollment and coach availability
- Make-up classes are provided if CIGC cancels a class due to unsuitable practice conditions or unforeseen circumstances
- No refunds are given for individual missed practices

Refund Policy

All refunds are subject to a \$30.00 administration fee. Refund and credit requests are to be made in writing to the Club Manager and issued by the Club Administrator.

1) Voluntary withdrawal for per session programs: There is a one-week grace period in which the child is entitled to a full class refund or credit. Refund/credit requests made after one week of the start of the program:

- a) In the case that a replacement participant can fill the spot, a gym credit for the remaining weeks may be granted. The credit will exclude the class cost for the first and second classes.
- b) In the case that the spot cannot be filled by a replacement participant, there will be no credit or refund.

2) Voluntary withdrawal for year long programs: In the case of a voluntary withdrawal the participant will be responsible for 1 additional month's payment of training fees beginning on the 1st of the month preceding the date of withdrawal received by the Club Manager.

- a) If the withdrawal request is received on April 10, the participant will be responsible for April and May monthly training fees.
- b) If the withdrawal is received by December 1, the participant will be responsible for December monthly training fees.

3) Involuntary withdrawal: A refund or credit may be given for involuntary withdrawal from the program for the remainder of the session due to injury, illness, behavior protocol, etc. A medical note is required for all withdrawals due to medical reasons.

4) Additional Programs (camps, birthday parties and other):

- a) Camp, user group and birthday fees may be refunded or given credit if the participant withdraws involuntarily (see section 2 for policy).
- b) In the case of voluntary withdrawal from the program, program fees may be refunded or credited if the withdrawal is made more than one week prior to the commencement of the program. No refunds are given for voluntary withdrawals within one week of the start of the program.



FINANCIAL ASSISTANCE

The club endeavors to provide gymnastics to all athletes. Alternative sources of funding may be available. Please contact the office if interested in learning more about these resources. There are a number of grants, a variety of funding programs and other support we can access.

BEHAVIORAL PROTOCOL

The following is the recommended disciplinary protocol for unacceptable behavior in a single class; however, it is the coach's discretion as to the appropriate level of discipline required.

1. Verbal warning
2. Time out from class
3. Parents phone to pick up their child and
4. Class suspension (without reimbursement of fees)

The coach may fill out a Behavioral Incident Report following the class. Upon completion, the coach will provide a copy or the report to the parent.

Removal from a Program

CIGC commits to the participant and his/or family for the gymnastics session. However, the program director and club manager have the right to remove a participant from the program at any time during the season, temporary or all together under of the following conditions:

- If the appropriate Program Director in his/her discretion feels that the child's temperament, development or skills level prevents the participant from meeting the requirements of the program
- If the conduct of the child or his/her parents are disruptive or disrespectful to the club or other participants
- If the fees are in arrears
- If the participant receives 3 Behavioral Incident Report Forms

If the above situation(s) occur at any time, protocol is as follows:

- 1) A 1st warning in writing to the individual from the appropriate Program Director.
- 2) If unresolved, a 2nd written warning to the individual from the Club Manager.
- 3) If unresolved, removal from the program.

DROP OFF/PICK UP POLICY

- Please be on time for the start of class. Warm-up is an important part of all programs.
- Guardians must ensure that gymnasts are dropped off and picked up inside the building at the front entrance of the gymnasium.
- CIGC staff cannot supervise children before or after their class. Please remain with your child until their program begins and arrange pick up for the time their class is over.



RECREATIONAL PROGRAM GUIDE

COMPLAINTS

Coaches have the responsibility to provide a safe environment for their athletes. Parents have the right to speak with the coach or CIGC management if they have questions or concerns about their child's gymnastics practice. CIGC endeavors to run the club to the best of their ability, however, the club is unable to foresee every problem that may occur. Please do not let a concern go unaddressed or assume it cannot be resolved. Parents/Guardians must follow the outlined steps below:

- 1) Request a meeting, in writing, with the Coach.
- 2) Request a meeting, in writing, with the Program Director.
- 3) Request a meeting, in writing, with the Club Manager.

PRIVACY POLICY

When registering for a CIGC Recreational program, the personal information collected may be shared within the CIGC and with the AGF for registration and emergency purposes. This information may also be used for insurance claim purposes with the Town of Canmore.