

Orientation Winter 2025

Please carefully read our rules and policies before registering; If you need to review this document, it's included on your electronic invoice.

Important Gym Reminders:

- Arrive to the gym 5 minutes early
- Drop off is only available at the front entrance (Unit "A") and we have some parking available at the back of our building. PLEASE DO NOT park in other businesses' parking lots especially not the Centre Stage Dance Studio, LUCO concrete (across from us) or beside EVOLVE martial arts.
- When you drop your child off, leave them at the door (we prefer parents not to come into the gym as space is limited).
- Unfortunately, we do not offer viewings. We do not have a seating area within the gym nor a viewing window for parents to watch their children. Parents, please drop off your children at the front and refrain from entering the gym. This policy was in place pre-Covid 19 and is not a result of the pandemic. Exceptions will be made on a case-by-case basis (anxiety, medical needs etc.) but please email us in advance and we will try our best to accommodate you. During warm weather, the gym doors at the back parking lot will be open and parents are allowed to sneak a peek. Please note that if you choose to watch your child through the back gym doors, the expectation is that coaches and gymnasts will not be disturbed or distracted by guests.
- **New: For the Winter session we will have a Viewing Day on the last week of classes March 10-16th, classes will be shortened to 45 min only for 1h classes and 1h for 1h 20 min classes.**

We invite a maximum of 2 adults /per family (no siblings, no shoes, no food and no drinks except for water in the gym). Unfortunately, we can't accommodate siblings or more adults per family. Extra people will be turned away at the door due to fire code restrictions. Please don't make us turn someone away for not following these guidelines as set by the Maple Ridge Fire Department (MAX # OF PERSONS occupancy in the gym)

For new members, we offer gym tours on Saturdays between 9am-12pm; please send us an email at: celestina@popa@hotmail.com to book.

- We are CLOSED on all stat holidays but **Saturday or Sundays classes are always on**
- For PARENT & TOT classes, please send only **ONE parent per child and stay off your devices for the duration of the class**. The idea of this class is to have the parent attentive and involved. In the event that the parent is frequently distracted, the coach reserves the right to speak with the parent and potentially remove the participant from class.
- Please send a water bottle with your child and have them wear comfortable clothing. Tie long hair back in a ponytail. Female gymnasts can wear a leotard/bodysuit or an athletic

one-piece bathing suit. We offer locally-made gym bodysuits/leotards at great prices from \$20 to \$35 (tax included). Cash or E-T to: saanca@hotmail.com (use the password "Celestina"). They can also wear stretchy t-shirts and shorts if they like. Male gymnasts are required to wear shorts. Cotton blends are excellent choices (no tops with low, scoop necks; loose tops or loose pants/shorts, pajamas) Bare feet inside the gym. No big jewellery

- Parents, please pick up your children on time. When classes are completed, all athletes must leave promptly
- If your child needs support to participate in class (1-on-1 support), we welcome an email or a conversation in advance of registration to discuss your child. Our goal is to ensure your child's success in gymnastics. Unfortunately, we cannot provide 1-on-1 support with our staff; please arrange for a parent or caregiver to attend with your child.
- *Keep your child at home...If they are feeling unwell, have a fever, cough and/or headache and notify us by email if your child will miss training.*

Winter 2025 session (Jan 6th to March 16th - 10 weeks)

No classes on Monday, February 17th 2025 (Family Day)

For new members: yearly membership fee: \$50.00 (\$44.00 Gymnastics BC insurance + zone/admin fee \$6.00) valid until August 31 2025 and cannot be pro-rated.

Our programs are: P&T 2.5y-4y, Kinder level 1 4-5y, Kinder level 2 5-6y, level 1 & 2 6-7y and 7-8y, Level 3&4 6-8y, Pre-teen level 1-2 and level 3-4 9-13y and Artistic gymnast (girls only) level 5-6 7-13y.

Notice for next semester (Spring 2025 session- March 31st to June) will be sent home in the week of Feb 22nd-28th and registration for Spring session will start on Saturday, March 1st at 10:00am online.

Our gym hosts birthday parties for children 5y-10y on Saturdays or Sundays
Please send us an email at: celestinapopa@hotmail.com to check availability

All of our coaches have at least the NCCP coaching level 1, trampoline 1 trained or certified, all the 19y and older coaches have a clean up to date criminal record check and one coach with first aid certification is in the gym at all times.

Certificate & Report cards

Gymnasts in P&T, Kinder 1 and Kinder 2, at the end of a session, will get a certificate of achievement.

For gymnasts in Level 1, 2, 3, 4 and Pre-teen L1-2 or L3-4, report cards *will be filled and given to gymnasts on the week of March 3rd-9th*. Athletes that miss the week when the report cards are filled will only get a certificate of participation.

For the AG 5-6 program, athletes will have a viewing /show close to the end of the session

Refund Policy:

- Applies to all of our recreational programs
- If the session has not yet started (at least 14 days prior to commencement) all members are eligible for a refund of the full session's cost less a \$20.00 administration fee. Requests for withdrawal MUST be done in writing to celestinapopa@hotmail.com.
- NO REFUNDS will be issued after the second class. For withdrawals after the first class but before the second class, the cost of the first class will be retained per child and an administration fee of \$20.00. (Plus, applicable taxes).
- Credit will only be given mid-session to athletes with serious injuries (i.e. fractures) and a doctor's note. A pro-rated credit will be issued for the balance of the remaining classes to be used for the next available session ONLY.
- No credit or refund will be issued if a second child (sibling) is withdrawn.
- Illness or self isolation: Unfortunately, no refunds nor credits will be provided for illness or isolation.
- Try out or make up classes: We are at full capacity and we are not able to offer make up or trial classes.
- Cancelled classes will be announced on our website at www.celestinapopagymnastics.com, our Facebook page, or please listen to our voicemail at 604-459-4458 if you are in doubt. All of our sessions run back-to-back with coaches in place and we are not able to offer make up classes.
- The club accepts payments from any organization that sponsors vulnerable families (JumpStart, KidSport, ISPARC, A4K etc.). You are still required to make the full payment for the classes at the time of registration; please mention the organization's name when registering. When the cheque arrives from the sponsor, a refund will be issued to reimburse the parent/guardian. If the amount given by the organization is less than the cost/semester, the parents pay the cost difference.

If you are planning to apply for funding, please send us an email in advance to ask about the next session's price.

Code of conduct

The safety of participants, coaches and staff is essential at Celestina Popa Gymnastics Inc. (CPG). All participants, parents/guardians and coaches/staff at Celestina Popa Gymnastics Inc. deserve to be treated with care, respect, compassion and to never experience harassment.

Participant/athlete Code of Conduct:

As participants in the programs at Celestina Popa Gymnastics Inc., your child affects and influences a wide range of people every day – from younger, impressionable participants, to teammates and coaches, to the greater community. Our expectations of our participants are as follows:

- Participants should always listen to their coach and are expected to be respectful to their teammates, other participants and coaches.
- Have fun learning and performing safe gymnastics tricks on all the artistic events

Parent/Guardian Code of Conduct:

Parents/Guardians play an incredibly important role in the success of all CPG participants. We respectfully ask the following:

- Treat participants, athletes, families, visitors, and staff with courtesy, respect and understanding;
- Encourage your child in their best efforts and always play by the rules and participate in the spirit of fair play and honesty. Also encourage your child to be responsible towards training, have fun in a safe manner, and to learn, grow and excel.
- Remember that your child is involved in gymnastics for their enjoyment, not yours.
- Allow the coach to do the coaching. Trust the process the coaches use to instruct the fundamentals of physical literacy through the sport of gymnastics.

Coaches/staff Code of Conduct:

Coaches and administrative staff are deeply committed to providing a positive, respectful and safe experience for each participant. To reach those goals, coaches and staff of Celestina Popa Gymnastics Inc. shall:

- Treat participants, athletes, colleagues, parents, volunteers and visitors with courtesy, respect and understanding; honor commitments, word given, agreed objectives and always ensure decisions are taken equitably and respect the principles, rules, and policies in force;
- Always keep the participants' best interests first and foremost when delivering an CPG program or making operational decisions; use your authority wisely and only in the best interests of your gymnasts;
- Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the involved participants;
- Provide participants and their parents/guardians with the information necessary to be involved in the decisions that affect the participant and report parent concerns to their program Head Coach;
- Follow the 'rule of two', ensuring that any staff member is never out of sight with a child;

Results of unacceptable behaviour within the facility by participant:

Participants who are noncompliant, impolite (verbal/physical language), unable to regulate themselves, or lack engaged participation, may be required to withdraw from the program.

If you have any questions or concerns, please send us an email at celestinapopa@hotmail.com and we will get back to you as promptly as possible.

**Let's take to heart the spirit of Celestina Popa Gymnastics Inc. in every aspect of training and
life:
Have fun while learning!**