

Orientation Fall 2024

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-Covid19 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.
- For the **Fall session** (tentative on Sun Nov 3rd) and **Winter session** (tentative on Sun Feb 23rd) we will have a **Viewing Day** for registered members currently enrolled in our program (gymnasts aged 2.5-13y).

Registration will be online (Uplifter platform) and the registered gymnast will receive tickets.

(Tickets will be required for entrance on the viewing day. Please do not lose your tickets.)

We invite a maximum of **2 adults per family** (no siblings) with 2 timeslots available: 10-10:45 and 11-11:45; pick **ONE** time to attend with your child.

The number of guests is limited by Fire Safety Rules (MAX # OF PERSONS occupancy in the gym)

Viewing day: Gymnasts will enjoy supervised free-time in the gym following 3 important rules: always one at a time on any equipment, always land on their feet, and always walk from station to station. **Parents** get to see what we have working on in class and take photos or video of their child. **No shoes, no food and no drinks** (except for water in the gym). We do not have a water fountain so please bring your own. Our coaches will be supervising; please feel free to ask any questions you may have and have fun!

For new members, we offer gym tours on Thursdays between 4-7:00; please send us an email at: celestinapopa@hotmail.com to book.

- **We are CLOSED on all stat holidays but MOST Saturday classes are always on (with the exception of Easter)**
- 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.**

Please 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**.

Our gym runs 4 sessions per year, co-ed classes for children age 2.5y-13y

Fall session from Sept-Dec. includes 13-15 weeks of classes + Yearly membership

Yearly membership fee: \$50.00 (\$44.00 Gymnastics BC insurance + zone/admin fee \$6.00) valid September 1 2024 to August 31 2025 and cannot be pro-rated.

Winter session from Jan-March includes 10 weeks of classes.

Spring session from April -June includes 12 -13 weeks of classes

Summer session July and August 6-8 weeks + 3-day morning camps

Summer membership fee for new members: \$20.00 (\$15.00 Gymnastics BC insurance + zone/admin fee \$5.00) valid July & August 31 2025 and cannot be pro-rated.

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

Our gym hosts birthday parties for children 5y-10y on Saturdays from 3:15-5:00 and Sundays from 10:15-12:00 and 12:30-2:15 from September 2024 to June 2025.

Please send us an email at: celestinapopa@hotmail.com to check availability

You need to re register for the next session and space is limited. Please register ASAP, especially if you have 2 or more children, we will NOT have a waitlist, so please register for what is available.

Please register your child in the correct age and level. Children more than 2 months younger than the requirement for a class will not be permitted to register. Please do not assume that your child will move to the next level; they need to be able to perform the necessary skills.

All our coaches have 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 the 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 (6-8y) and Pre-teen L1-2 or L3-4, report cards will be completed before the last class of every semester and will be sent home at the last class unless alternate arrangements are made in advance (ie. gymnast will miss last class). For AG 5-6 program athletes will have a viewing /show at the end of each session

Children that miss the week when the report cards are filed will only get a certificate of participation.

Refund Policy:

- applies to all 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.
- Make Up Classes: We are at full capacity and we are not able to offer make up classes.
- **Cancelled classes will be announced on our website at www.celestinapopagymnastics.com, our Facebook page, or please listen to our answering machine at 604-459-4458 if you are in doubt. . All the session 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 to ask about the next session 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!**