

Orientation September 2026 -August 2027

Please carefully read our rules and polices 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.
- Unfortunately, **we do not offer viewings**. We do not have a seating area within the gym or a viewing window for parents to watch their children. Parents, please drop off your children at the front and refrain from entering the gym. 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, (**end of Spring session and Summer**) 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.
- **We are CLOSED on all stat holidays but Saturday 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
- 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. They can also wear a stretchy t-shirt and shorts if they like. Male gymnasts are required to wear shorts. Cotton blends are an excellent choice (no tops with low, scoop necks; loose tops or loose pants/shorts, pajamas) Bare feet inside the gym and 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.
- Please send us an email if you are not sure or you want to know more about your child progress at: celestinapopa@hotmail.com.
- Ones a month an email will be send (through the Uplifter platform) with the upcoming news (gym closer, notices for next session, last week of class etc.)

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 and 4 (6 -8y), Pre -teen 1-2, 3 ,4, 9-13y and Artistic Gymnast (AG) level 5-6 **for girls only**, 8-10y and 10-15y

****Note:** children registered in the Kinder level 1 4-5y who can't participate independently, will be asked to move to the Parents and Tots class (2.5-4y) which requires parent participation.

Our casual half day camps are for children aged 5-11y (5-7y and 7-11y) and feature beginner gymnastics skills development, organized games, free play in the gym, a snack break (snack is NOT INCLUDED) arts and crafts. Please send healthy snacks (no peanuts) and a water bottle with your child.

Our camps are not recommended for children who need additional support; please register for a 1-hour class.

Birthday Parties on Saturday /Sundays: for children 5-10y email us to inquire availability at

celestina@popa.com.

Our Sessions:

Fall session: from September 8th-December 19th; **No gym** on Wednesday September 30th (Reconciliation Day); Monday October 12th (Thanksgiving Day) and Wednesday November 11th (Remembrance Day)

Report cards for Level 1 and up, will be completed in the weeks of December 14th -19th.

Winter session: from January to March.

Spring session: April -June.

Summer session: July /August.

Yearly membership fee: \$50.00 (\$45.00 Gymnastics BC insurance + zone/club fee \$5.00) valid September 1 2026 to August 31 2027 and cannot be pro-rated.

***For new members:** July & August casual membership fee: \$20.00 (\$18.00 Gymnastics BC insurance + zone/club fee \$2.00) valid until August 31 2027.

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 in the first few weeks 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.

Refund Policy applies to all our recreational programs:

- If the session has not yet started (at least 10 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).
- **Only for Parent and Tot .NO REFUNDS will be issued after the third class.** For withdrawals after the second class but before the third class, the cost of the first 2 classes 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 refund or credit for camp will be issued, even if only one class has been attended.
- 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.
- The club accepts payments from any organization that sponsors 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 payment 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, the GST and Gymnastics BC ins must be considered on top of the class cost, also each session is different length and cost.

Code of conduct:

- The safety of participants, coaches and staff is essential at Celestina Popa Gymnastics Inc. (CPG).

Participant/athlete Code of Conduct:

- 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:

- 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, honesty, have fun in a safe manner, to learn, grow and excel.
- Remember that your child is involved in gymnastics for their enjoyment, not yours.

Coaches/staff Code of Conduct:

All of our coaches have NCCP coaching level 1, trampoline 1 trained or certified, all of 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.

- 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;
- Follow the 'rule of two', ensuring that any staff member is never out of sight with a child;

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!