

## Orientation Spring-Summer 2026

**Please carefully read our rules and polices before registering; if you need to review this document, you will find it in your 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.

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. 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. The gym doors at the back parking lot will be open and parents are allowed to sneak a peek but please do not disturb/distract the gymnast or coach.

During warm weather, (**Spring 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!

Please send a water bottle with your child and have them wear comfortable clothing, bare feet inside the gym and no big jewellery

Tie long hair back in a ponytail. Female gymnasts can wear a leotard/bodysuit or an athletic one-piece bathing suit. Male gymnasts are required to wear T shirt and shorts.

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.**

### Our Sessions:

**Spring break camps in March:** casual camps

**Spring session:** March 30<sup>th</sup>-June 27<sup>th</sup>

**Our Summer Session** runs from July until August (6-8 weeks)

Our *casual half-day summer camps* are for athletes aged 5-10y 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 and a water bottle with your child. (No peanuts)**

**Our casual half day camps are not recommended for children who need additional support;**

**please register for a 1-hour class**

**\*\*\* For new members:** casual membership fee: \$20.00 (\$16.00 Gymnastics BC insurance + zone/admin fee \$4.00) valid until August 31 2025

**Our programs are:** Kinder 1 4-5y (**only in the Spring session**) Kinder level 2 5-6y, level 1 or 2 6-7y and 7-8y, Level 3 or 4 6-8y, Pre-teen level 1-2 & 3-4, 9-13y and AG 5-6, 8-10y and 10-13y (Artistic gymnast program is for girls only).

**Certificate:** All gymnasts for the Summer will get a certificate of achievement .

**Registration for Fall session (running from September to December) will start on July**

**Refund Policy:**

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](http://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.

**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:**

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:**

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](mailto: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!**