



# Celebrating 46 years!

## Nepean Corona School of Gymnastics

Fall Session 2018

### Program Director

Tamara (Tammy) Cromwell

Welcome all parents and gymnasts to the Fall 2018 session. The following is a newsletter to give you important information on this session's format, holidays, make-up classes, and special events.

*All of Corona's coaches are trained with the National Coaching Federation*

### **MEET THE COACH! September 16-22-Recreation Classes**

You will be invited into the gym during the 2nd week of classes, September 16-22 to meet your coach. At this time you will have the opportunity to confirm any badge/stickers your child has earned up to this date. (This does not apply to preschool classes).

#### **Monday to Friday Classes:**

- All recreation classes that begin at **4:00, 4:30, 5:00, 5:30 & 6:00**-Please meet with your coach at the **start** of your child's class.
- All recreation classes that begin at **7:00 or 7:30**-Please meet with your coach at the **end** of your child's class.

#### **Saturday:**

- All recreation classes, *with the exception of 1:30 Intermediate and Advanced*, please meet with your coach at the **start** of your child's class.
- **Intermediate and Advanced 1:30**, -Please meet with your coach at the **end** of your child's class.

#### **Sunday:**

- Dynamo/Spartan classes-Please meet with your coach at the end of your child's class.

If you are unable to attend the Meet the Coach, please confirm your child's previously earned badges/stickers by sending an email to [tammy@coronagym.ca](mailto:tammy@coronagym.ca)

### **GYM CLOSURES-updated!**

**Monday, October 8**-Thanksgiving Monday

Makeup class for all Monday evening classes will **SUNDAY, OCTOBER 14**

**Wednesday, October 31**- Hallowe'en

Makeup class-**Sunday, November 18**

**Power Outage makeups**

**Friday classes-Sat, Nov. 10, Saturday classes-Dec. 8 Sunday classes-Dec. 2**

**PARENTS WEEK IS WEEK 11**

Parent's week is an opportunity for you to come into the gym and watch your child's class. Please join us after warmup.

Monday to Friday-November 19-23. Saturday, Dec. 1, Sunday, Nov. 25

Last class is the following week.

### **Hallowe'en Parents Night Out!**

Come and join us for a spook-tacular evening! Filled with Hallowe'en fun....games, pumpkin carving...costume parade...and of course, gymnastics

Saturday, October 27<sup>th</sup>, 2018

6:30-10:00

Cost: \$22 per child, \$18 for siblings



### **Skills Night**

Skills Corona is offering a special opportunity to Recreation gymnasts. "SKILLS NIGHT" a special class focusing entirely on cartwheels and round-offs. This hour and a half class will work progressions, skill specific conditioning, drills and spotting to help gymnasts learn and improve these skills.

Due to the technical nature of this clinic there are limited spaces available.

Saturday, November 17<sup>th</sup>

Ages: 6 and up

Cost: \$28



### **PD Day Camps**

Friday, October 5<sup>th</sup>

Friday November 23<sup>rd</sup>

**Half Day Camp:**

**9:00-12:00-Cost \$31**

**Full Day Camp:**

**9:00-4:00-Cost \$55**

Before Care-8:00am-  
no charge

After Care-4:15-5:00  
\$5 a day





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*Fall Session 2018*

Page 2

**GENERAL INFORMATION**

**OUTDOOR FOOTWEAR IS NOT PERMITTED PAST THE LOBBY. If you are planning to stay and watch your child's class please be prepared to remove your outdoor footwear. You are welcome to bring indoor footwear.**

**PARKING-Please use the parking spots that are not reserved for other businesses. For the safety of the children at Corona, parking/stopping in front of the entrance is strictly forbidden (both sides of the road).**

Gymnasts should arrive no earlier than 10 minutes prior to class and be picked up promptly after the class finishes. If for some reason you are running late after class please call the office so that we can have your child wait in the office or gym until you arrive.

Parents are not required to stay during their child's class (Squirt program accepted). Our parent's lounge is equipped with a large screen television and Wireless internet, is available for you if you wish to stay.

**Club policy is that parents are NOT permitted in the gym during class times.** Children wait in parent's lounge prior to their class and will be invited into the gym, **by a coach**, 2-3 minutes prior to their class starting.

**Girls are required to wear the club leotard during class and boys the Corona T-shirt.**

Pre-school gymnasts should wear t-shirt and shorts, bodysuit or other comfortable clothing. Clothing with zippers, straps, belts or skirts should be avoided. All gymnasts need to go in bare feet.

No gum, food or drinks are permitted in the gym. No jewelry should be worn, and long hair must be tied back.

Ensure that you have informed of us of any medical concerns your child may have, such as allergies.

All valuables should be left at home. CORONA IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

Lost and Found is located in the storage ottomans in the foyer, please check regularly as we do donate unclaimed items to charity on a regular basis.

If your child has contracted head lice do not send them to gymnastics until the treatment shampoo has been applied and the head is lice free.

**WATERBOTTLES-We have a water fountain in the gym, gymnasts are not required to bring a water bottle. If you wish to send one with your child, please have them leave it in the change-room during their class.**

**PARENT & TOT DROP IN**

**Begins September 11, 2018**

**Come and join us on Tuesday 1:15-2:15 for an hour of gymnastics fun!**

**For children 5 years and younger, must be accompanied by an adult. No cost!**



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*Fall Session 2018*

Page 3

### **PROGRAM OBJECTIVES**

The objectives of the program are to teach the children fundamental gymnastics movements in a fun and positive environment. Such gymnastics skills build a strong foundation for a healthy active lifestyle. Keep in mind, the learning of gymnastics skills is a steady process based on repetition and progression.

### **What are the Gymnastics levels at Corona?**

#### **CORONA PRESCHOOL PROGRAM**

Our Preschool Programs follow a multi-movement approach. With a multi-movement approach, children will be challenged to creatively explore and repeat skills in all movement patterns and manipulative skills, to develop movement concepts such as space, time, direction and effort. Through this approach, children will develop an extensive movement vocabulary. Creating physical literacy that will carry over into any sport.

**SQUIRT**-18 months to 3 years **MIGHTY SQUIRT** ages 3 to 4 **KINDERGYM**-ages 4.5-5 years

### **CanGym Incentive Program**

#### **Dynamo & Spartan**

This is our entry-level recreation program for 5 & 6 year olds. Young gymnasts progress through this program earning stickers as they accomplish skills. There are two levels within our sticker program, Dynamo/Spartan 1 and Dynamo/Spartan 2. The skills learned are equivalent to our Novice 1 program. If a gymnast finishes all the requirements in Dynamo/Spartan 1, they will also earn their Burgundy Badge. If a gymnast finishes all the requirements in Dynamo/Spartan 2, they will earn their Red Badge.

#### **Novice 1**

This is our entry-level recreation program for children 7 and older. This program is appropriate for new gymnasts and gymnasts who have participated in our Dynamo/Spartan. The first two CanGym badges Burgundy & Red, develop the movement patterns that must be mastered to successfully perform all future gymnastics skills, regardless of their level of complexity. 'Skills' in these two Badges are grouped into one of the six gymnastics Movement Patterns of Landings, Locomotions, Stationary Positions, Rotations, Springs and Swings.

#### **Novice 2**

This is the second level in our Novice program and is for children 7 and older. This program is appropriate for gymnasts who have completed Burgundy & Red CanGym badges. Badges Tan & Bronze, continue to develop the movement patterns that must be mastered to successfully perform all future gymnastics skills, regardless of their level of complexity. 'Skills' in these two Badges are grouped into one of the six gymnastics Movement Patterns of Landings, Locomotions, Stationary Positions, Rotations, Springs and Swings.

#### **Intermediate**

Gymnasts must have earned the first four CanGym badges. The next two badges Purple & Blue are broken down into apparatus specific skills. Female participants work on the four Women's competitive apparatus and Artistic Preparation; dance, leaps, turns, which has been added as the 'fifth' apparatus. Male participants will work on the six Men's Competitive apparatus.

#### **Advanced**

Gymnasts must have earned the first six CanGym badges. There are 2 parts to our Advanced program, the first part is the Turquoise and Silver CanGym badges. Once completed, our Advanced Gymnasts will work on a new, enhanced skill-based program. These skills are challenging, but attainable for many. Gymnasts will be rewarded with ribbons and medals as they progress through the program.