



WELCOME TO RECREATIONAL GYMNASTICS!

What parents and athletes should know before class begins

Recreational Gymnastics

The goal of our Recreational Program is to provide fitness activities in a fun and exciting environment, while teaching fundamental gymnastics skills and building confidence. Our levels are progressive and require repetition and mastery of the skills in the previous level before moving on to higher levels.

Our short 2-month sessions mean that most athletes require multiple sessions to master all the skills in a level before advancing.

Our coaches focus on safety, fitness and fun to ensure every athlete enjoys the journey while building a strong foundation for future growth.



View the recreational yearly calendar!

Keep to date on no class days and up-coming registration dates!



Fire drill

In the event of a fire drill or fire alarm, the athletes will remain with their coach and proceed to the muster point, which is the LOBBY OF THE HOLIDAY INN across the parking lot.

Parents/guardians will exit the building using the nearest exit and meet their child's class at the Holiday Inn.

ATHLETES MUST REMAIN WITH THEIR COACH UNTIL THE ALL CLEAR HAS BEEN GIVEN TO RETURN TO THE GYM. Coaches will take attendance at the muster point, so it is important that all athletes remain with their coach until the fire drill is complete.



What to wear

Athletes should wear comfortable athletic clothing (no jeans, crop tops, sports bras, or clothing with metal buttons/zippers). Tie back long hair and remove jewelry. Socks and shoes stay on the racks. Only water is allowed in the gym (no juice, milk, or sports drinks).



Washroom reminder

Remember to take younger gymnasts to the bathroom prior to the start of class. If your gymnast is still working on potty training, they should be sent in a diaper or pull up.



Parented classes, siblings and PD days

For parented classes, each athlete must have one accompanying adult on the gym floor, additional adults, Siblings are not allowed on the floor, even in carriers, car seats or strollers. During classes on non-school days, only enrolled athletes may enter the gym; siblings must stay in the upstairs viewing area with a supervising adult.



Stay home when sick

Do not bring your child to gymnastics if they are not feeling well (such as vomiting, diarrhea, fever, excessive coughing & runny nose, green mucous, pink eye, or any symptoms that may prevent the child from participating comfortably in their class).



Parent viewing

The parent viewing area is upstairs. Parents may wait in the waiting area with young athletes, until they are called in by the coach. After the class is called in, please watch from upstairs. If your young child is nervous, you may stay on the bench until they feel more comfortable.



Family fundraising requirement

To help keep our programs running, each family contributes \$45 per session. You can either fundraise or pay the \$45 directly. Extra credits roll over for one year toward future fundraising. Forms are online and at the front desk.



Forms and waivers

Complete the PIPA and Liability waiver in your Uplifter account before the first class — no waiver means no entry. Log in at aerialsgymclub.uplifterinc.com. New users click Forgot my password to set one up. Consent can be withdrawn anytime by emailing info@aerialsgymclub.ca with your child's name and details.



Athlete evaluations

Check athlete evaluations in your Uplifter account before the next session's registration. They may be posted up to the day before registration starts. To view, log in at aerialsgymclub.uplifterinc.com, click your name, select 'Participants', choose your child's name, and view the latest evaluation.



Cell phone policy

Cell phones and other devices are not permitted in the gym or change rooms. Athletes should leave devices at home or with a parent/guardian.



We're excited to welcome your family to Aerials Gymnastics—see you in the gym!

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