

Welcome to Mitchell Gymnastics Club Info 2018

Arrival

Our entry way is the busiest place in the gym and we ask that you have patience during the transition times between classes. We ask that **you and your child remove their shoes**, socks and jackets etc. and hang them up on the hooks. WE THANK YOU FOR TREATING OUR LOBBY WITH THE SAME RESPECT AS YOU WOULD YOUR OWN HOME. Due to the amount of little feet walking in the entrance we try to keep it as clean and dry as we can. Your child's coach will come to the door and call them in for their class when they are ready for them. Please keep any siblings that are not in a class in the lobby with you, as our classes are full and the safety of your children is very important to us.

Gymnastics Dress Code Requirements

I try to maintain a flexible outlook on gym attire as long as you follow some guidelines to ensure each gymnast is prepared as safely as possible. Your child is welcome to wear a body suit, but it is not mandatory. Clothing should not be overly baggy or restrictive, as you want your child to be able to move easily, but not have so much room in their clothes that they become a tripping hazard. Your child may wear a sweatshirt at the beginning of class as the weather cools off, but ensure that it is easily removed as they do get warm during class. **NO JEANS OR PANTS WITH EXPOSED ZIPPERS, SNAPS ETC.** as it can damage the equipment, as well as jeans are very difficult to do gymnastics in.

APPROPRIATE DRESS: shorts t-shirt (short or long sleeved) pants (cannot go below the ankle and must not be too big)

Hair Requirements

It is MANDATORY that anyone with hair below cheek length including bangs be tied back out of face with a pony tail, barrettes or clips. We ask that you enforce this before class throughout the year please. It can create a great danger to your child if they can't see when they are doing gymnastics, and we would like to prevent injuries at all costs. If your child's hair is not tied back they will not be allowed to participate, we do try to be accommodating, but safety is not negotiable. Older students, please note that this year there are no exceptions to this rule and we appreciate parents support!

Drink Breaks

We do provide Dixie cups and a water cooler to allow for a drink break, but your child is more than welcome to bring their own drink to class. I do encourage water, or juice and prefer not to see them drinking pop during class.

Club Activities and Correspondence

Our website is a good place to keep track of activities at the club. If you have a question about something coming up at the club – want to review club calendar or class lists, cancellations etc. the website is the first place to go. www.mitchellgymnastics.ca

All correspondence and reminders will come by way of email so please be sure to read the emails as they arrive. Due to our numbers we are unable to phone people so if you take a positive approach to keeping up to date it would be appreciated. Please put all requests/questions in writing either by email or at the club on the forms there. Verbal ones are really easy to forget especially with amount of activity that is happening at the club during and between classes.

Inclement Weather:

Please note we are not able to make up snow days due to the availability of extra class time. If we experience a large number of snow days we will do our best to try and schedule an open gym night for those classes that missed class. We will cancel classes by 4:00 pm at the latest if the weather looks to be unsafe for driving for students/staff – we have a large amount of out of town members as well as staff. Please check your email before leaving to come to class if the weather looks unsure as we will send out an email if a class has been cancelled.

Club Phone and Hours:

Please note our club is open: Monday - Thursday 5:00 – 8:30 pm and Saturdays 9:00 am to 1:00 pm. We do not take registrations or cancellations of classes over the phone – you must email Michelle at m.chessell@ezlink.ca or call 519 348 0244

We work very hard to provide a program that encourages fun while learning in a child and family friendly atmosphere; so we encourage an open line of communication to provide you with the best service possible. We can be reached in the following ways:

Jen Daum Owner/Head Coach

Michelle Chessell Administrator Email: m.chessell@ezlink.ca
519 348 0244 home office