



# KINDERGYM

www.ottawagymnasticscentre.ca



## GENERAL INFORMATION FOR PARENTS

### **WINTER REGISTRATION:**

#### **KG: WEDNESDAY, OCT. 19**

Registration will begin for Winter Classes on Monday, Oct. 19th. Online registration is available. The schedule will be on our website 1 week prior to the registration start date.

#### **NO CLASSES:**

- Sun. Oct. 9 or Mon. Oct. 10 (Thanksgiving)
- Fri. Dec. 2-Sun. Dec. 4 Inclusive (Hosting Girl's Provincial Level Qualifier)
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#### **Important!**

Keep your payment invoice sent by email as this is your official tax receipt. There will be a charge for an

#### **Wait in the Lobby**

Please remain in the lobby until the class is called in. We ask that parents not enter the gym if possible. If your child is very nervous, you may come in for the first little while until they are settled. The sooner you are able to step back, the sooner we will be able to make the gym a comfortable and enjoyable place for your child. We can't compete with Mom and Dad! If your 2 yr old or 3 yr old is still uncomfortable after a couple weeks, it may be best to switch to a Tall'n Small class where you can participate with them. Two years olds must do a Tall'n Small class before they go into an independent class.

#### **Gym Clothes**

Please have your child dressed in t-shirt and shorts or gymsuit. Long hair should be tied back and no jewelry please. Bare feet are best.

#### **Changerooms**

At the end of class, children will be brought out into the viewing area. Please do not crowd the hallway as this is a very small area. We will bring the children into the lobby and need the hall clear to bring the next class in.

There is a coat room to the left as you enter the facility or change rooms down the hall on your right which are much less crowded.

Please be on time to pick up your child as instructors have classes back to back and children often are upset if they do not see their parents when they are done.

#### **Bathroom Please!**

Please, Please, take your child to the washroom before class! Jumping on a trampoline can do in the best of us! We do not allow children to be unsupervised so it slows things down to take kids to the bathroom.

**Program Director****Lori Ierullo:** [lierullo\\_ogc@rogers.com](mailto:lierullo_ogc@rogers.com)**613-722-8698 ext. 301****Saturday Supervisor: Denise Bussiere (am)****Shawnee Flagg (pm)****Sunday Supervisor: Tracey Wickett**

**PARKING PASSES:** Parking on the weekend in particular can be a challenge. Make sure you have a parking pass (you will be given one at the end of the class) for our two lots. You must display this on your dash to avoid a ticket. Please do not lose your parking pass. You may also park for 1 hr on Athlone ( 1 block east of Winona) and take the path beside the chain link fence to our gym.



details as they become available.

**Gym Clothes:**

Children should be in clothing they can move in easily. Bare feet are best. Parents, please leave any footwear on boot racks.

**Give it Time:**

The gym can be very overwhelming. Give your child about 3-4 weeks to settle in. It is structured for safety reasons and they will adapt if you stick with it!

**Change Table:**

We have a pull-down change table in the family washroom across from the office for your convenience. There is also a Diaper Pail so please do not dispose diapers in the regular garbage bins. Thank you!

**Special Camps:**

We offer half day camps for PD days, and during the holidays. Check the bulletin board and website for

**HEALTH CONCERNS**

Although we note any health concerns you may have provided when registering, it is always a good idea to double check with the instructor. We want to be aware of any needs your child may have regarding his or her health (ie. peanut allergies, special needs etc.) Please, no peanut products at the gym. There are special forms to be filled out for health concerns. Please see the office.

**REGULAR UPDATES**

Check the KG bulletin board in the lobby for upcoming events and copies of recent handouts. We also try to keep our website up to date with current events and dates.

**Birthday Parties****THEME DAYS!****HALLOWEEN THEME DAY:**

During the week of Sat., Oct. 25 - Fri. Oct. 31, we will have a special week planned. Kids can dress up for class (something easy to do gym in).

**PYJAMA PARTY!**

During the week of Mon., Nov. 21 - Sun. Nov. 27, we will have a pJ Party! Wear your PJ's to gym and bring your favourite teddy or stuffed animal!

You can now register online for Birthday Parties!

**PARENT'S DAY**

See below for final class dates/Parent's Day:

- Tues. Dec. 6
- Wed. Dec. 7
- Thurs. Dec 8
- Mon. Dec. 12
- Fri. Dec. 16
- Sat. Dec. 17
- Sun. Dec. 18

**SPECIAL EVENTS AT OGC!**

- Picture Day Nov. 12 & 13
- Chocolate Fundraiser in Nov.

**NEW!**

Thanks to funds raised last year from our KG Gymathon fundraiser, we have purchased a mini tumble trak. Should be a favourite for the kids.