

KINDERGYM



GENERAL INFORMATION FOR PARENTS

NO CLASSES:

Friday, April 2 -
Sunday, April 4 for
Easter Weekend

No Class on Monday,
May 24 (Victoria Day)

No Classes Sat. May 29
(hosting Regional
Competition)

SUMMER REGISTRATION:

Starts Monday, April 5th

Register for Half Day
Weekly Camps (am or pm)
or

Regular Weekday Classes
(8 week Session)

Space is Limited!!

Wait in the Lobby

Please remain in the lobby until the class is called in. We ask that parents not come into the gym. 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. We strongly recommend that 2 yr olds 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 as well as change rooms down the hall on your right as you enter 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**613-722-8698 ext. 301****Saturday Supervisor: Jessica McDonough****Sunday Supervisor: Tracey Wickett****WEEKEND PARKING:**

Parking on the weekend can be a challenge. We are permitted only on Sat. and Sun. to park behind the gym. The lot is located off Picton (1 block south of Elmgrove). You can then walk down the path along the side of the building.



convenience.

BABYNASTICS AND TALL'N SMALL**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

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 by the drink machines for upcoming events

THEME DAYS!**DINOSAUR DAYS:**

During the week of Mon. Apr 19 - Mon. Apr. 25, we will have a special week planned with Dinosaurs as a theme!.

**PYJAMA DAYS:**

During the week of Monday, May 17 - Sunday, May 23rd we will be having a Pyjama Party! No need to get dressed, just wear your PJ's to gym and bring a favourite small stuffed animal.



and copies of recent handouts.

LAST CLASS

- Tues. June 8
- Wed. June 9
- Thurs. June 10
- Sun. June 13
- Mon. June 14
- Fri. June 18
- Sat. June 19

GOODBYE TO ONE OF OUR KG COACHES!

One of our Kindergym Coaches, Debbie Cogliati is retiring from OGC. She has been working in the KG program for over 25 years sharing her love for both children and gymnastics. She will be missed although she has told us she will be around to sub when she is not travelling!!