

Welcome to the *Smiths Falls Gym Stars!*

Our club is an incorporated, non-profit children's club in operation since January 1995.

Smiths Falls Gym Stars offers a variety of classes in gymnastics for both girls and boys aged 3 and up. Some of our goals include providing the children of Smiths Falls and surrounding area with:

- The opportunity to become familiar with the sport of gymnastics in its recreational form.
- A productive way to use their leisure time
- A chance to express themselves at a level appropriate to their physical abilities.
- A chance to develop social skills, self-esteem and pride in themselves and their community.

Our Coaching Staff are certified with the National Coaching Certification Program and registered with Gymnastics Ontario. Most are retired gymnasts while some are still active in the sport. Coaches are also trained in Risk Management, First Aid and CPR.



Gym Rules

1. No person (gymnast, parent, sibling, spectator) is allowed in the gym area, or on the equipment without the supervision of a certified, registered coach.
2. No food or drink is allowed in the gym area.
3. Jewelry must be removed, long hair tied back, and proper attire worn in order for participation to take place.
4. Outdoor shoes and boots must be removed before entering the gym.
5. Please do not encourage children to perform skills (flips, somersaults etc.) without the consent of or advise from a certified coach!!!



2 Gould St.,
(old high school gym)
Smiths Falls, ON

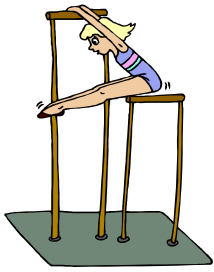
Mailing Address:
Smiths Falls Gym Stars
c/o Smiths Falls Rec. Dept.
77 Beckwith St. N.,
Smiths Falls ON K7A 2A9

Amy Callan B. Ed M.A., Head Coach

(613) 283-9343

www.smithsfallsgymstars.com

Jan. 18, 2011



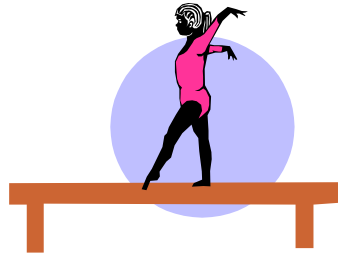
RECREATIONAL PROGRAMS

The **Parents & Tots** (ages 2—3) program is geared for children who are ready to be physically active in a social setting but are not quite ready to work in groups independent from their parents. In this 45 minute class the parent helps the child to follow instructions, and take turns with their peers while the coach facilitates the gymnastics activity.

The **Twinkling Stars** (ages 4—5) and the **Shining Stars** (ages 5—7) programs offer sticker incentives to young gymnasts. Each child is given a colouring sheet with a gymnastics theme at the beginning of each session. For every class that the child participates in and follows their coach's instruction they are given a sticker to take home and add to their "sticker" sheet.

The **Shooting Stars** (ages 7 & up) program follows the CANGYM Badge Program. CANGYM is Canada's national skills development program for artistic gymnastics. One of its objectives is to provide a badge-based, skills development program for Canadian gymnastics clubs.

The **Advanced Recreational** program is for those gymnasts who are older or more experienced, ready to learn more advanced skills and spend a little more time in the gym in a **non-competitive** program.



COMPETITIVE PROGRAMS

The **Little Dippers** program for ages 5—7 is offered to those who demonstrate a keen interest, physical potential and an ability to follow instruction and work in a "team" environment.

These children attend classes for 1 1/2 hrs, 2 times per week.

Children in this group may be invited to participate in various demonstrations throughout the year.

Participants will be required to purchase a team body suit.

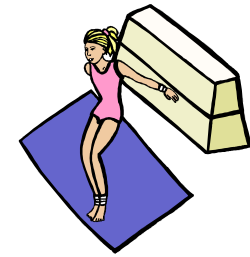
The **Competitive** program for ages 7 and over is offered to those who demonstrate a good work ethic, a willingness to learn, the ability to work as a "team" member and basic physical ability.

Participants in this program are strongly encouraged to participate in beginner level gymnastics competitions.

Children in this program attend two 3-hour sessions per week.

Participants will be required to purchase a team uniform (body suit, pants & jacket).

Admittance into these programs is conditional upon an evaluation of the child's ability by the coaching staff.



SMITHS FALLS GYM STARS

ALSO OFFERS:

March Break & Summer Day Camps

Gymnastics, Games, Crafts, Movies and more gymnastics!!!

Drop off and pick up any time between 8-4
\$30.00 per day or \$20.00 half day (8-12 or 12-4)
Bring your own lunch, drinks and snacks.

Camper's Checklist!

- Campers spending a full day with us should bring a lunch and two snacks with plenty to drink.
- Campers spending a half day should bring a snack and plenty to drink.
- Campers must have appropriate gym attire: shorts and t-shirt or body suit (note: loose t-shirts that pose a safety hazard must be tucked into shorts)
- Campers must have appropriate outdoor attire: hat, running shoes and sunscreen

Birthday Parties

Birthday Parties are 1 hour in length - up to 8 children (1 coach) for \$40 or 9-16 children (2 coaches) for \$70

We will do extended birthdays or more children – the cost is adjusted accordingly.