



## Adventures in Gymnastics

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# Parent Handbook

## Winter Session 2025

### About Gymworld:

*The goal of Gymworld is to provide children with a safe yet exciting opportunity to participate in gymnastics activities.*

*We believe that childhood is a period of life when invaluable foundations are laid: personality and self esteem are fostered and physical and mental abilities are developed. Gymnastics is unsurpassed in its ability to develop strength, flexibility, balance and co-ordination as well as concentration, persistence, social skills and self-discipline, all of which form a strong foundation for lifelong activity, health and success.*

### **Gymnasts**

- gymnasts must wear their gymnastics clothes to the facility. Changerooms are unavailable
- girls should wear a body suit or shorts and a T-shirt (tucked in)
- boys should wear shorts and a T-shirt (tucked in)
- bare feet are required
- long hair must be tied back

### **Parents**

- Spectators will be allowed to view classes from the designated parent area.
  - Children will wait in the spectator area with their parents/guardians until they are called into the gym by the coach (at the beginning of the class).
  - **Tumble Tot and Kindergym children MUST be accompanied in the gym** by a designated parent/adult guardian. All caregivers must be within arm's reach and be directly interacting with their child for the duration of the class.
- there will be NO make-up classes
- if classes are cancelled due to weather or any other unforeseeable event, we will update our website at [www.gymworld.ca](http://www.gymworld.ca) and will update our phone message as well

## REGISTRATION POLICIES

### Registration Process for Classes and Camps:

**Please register for classes online** through our website at [www.gymworld.ca](http://www.gymworld.ca). (You can access our registration site by clicking the "Register/Schedule" tab in the upper left corner). Successful online payments receive two detailed email confirmations, one from our site and one from PayPal.

### Registration Process for Gymworld Gems:

Our Gymworld Gems program is available to girls 4+ by invitation or assessment only. Registration is password-protected so please contact the office at [info@gymworld.ca](mailto:info@gymworld.ca) if you are interested in enrolling your daughter.

### Pro-Rated Class Fees:

We continue to accept registrations up to 6 weeks into each session. Registration stays open on our website and **prices are pro-rated to the number of classes remaining**. Please be sure to read this handbook and follow the instructions in your confirmation email to learn all pertinent information about the session.

## **Important Dates:**

<b>November 4</b>	<b>Winter session registration begins</b>
<b>November 15</b>	<b>P.A. Day Adventures #3*</b>
<b>December 10 &amp; 11</b>	<b>Last Fall Session class for TUESDAY &amp; WEDNESDAY classes -- PARENT DAY</b>
<b>December 13 - 16</b>	<b>Last Fall Session class for FRI, SAT, SUN &amp; MON classes -- PARENT DAY</b>
<b>December 19</b>	<b>Last Fall Session class for THURSDAY classes -- PARENT DAY</b>
<b>January 6 - 12</b>	<b>Winter session classes begin</b>
<b>January 17</b>	<b>P.A. Day Adventures #4*</b>
<b>January 26</b>	<b>Deadline for Winter session refund requests</b>
<b>January 27</b>	<b>March Break Camp registration begins**</b>
<b>February 10</b>	<b>Spring session registration begins</b>
<b>February 10</b>	<b>Summer Camp registration begins***</b>
<b>February 17</b>	<b>Family Day – Classes are running as scheduled</b>
<b>March 10 - 16</b>	<b>March Break – Classes are running as scheduled</b>
<b>March 10 - 14</b>	<b>March Break Camp**</b>
<b>April 11</b>	<b>P.A. Day Adventures #5*</b>
<b>April 7 - 13</b>	<b>Last week of Winter Session classes -- PARENT DAY</b>

\*Our **P.D. Camps** coincide with both the Thames Valley District School Board and the London District Catholic School Board and their combined Professional Development Days. The goal of this program is to provide children and parents a great alternative for those days when there is no school and parents are concerned with finding child care and children just want to have fun! Full day and half day camps are both available and are structured similarly to our March Break and summer camps. Registration is ongoing and available online for all 2024-2025 PD Day Camp dates.

\*\*Our March Break Camp will run with both full-day and half-day morning options. The minimum age is 5 years for full-day camp (or turning 5 by the end of June), and 4 years for half-day camp (must have had their 4<sup>th</sup> birthday by the first day of camp as per government regulations on day camps). Registration for all interested campers will begin Monday, January 27<sup>th</sup>.

\*\*\*Our Summer Camp will run with full-day as well as half-day morning and afternoon options. The minimum age is 5 years for full-day camp (or born in 2020 or earlier), and 4 years for half-day camp (must have had their 4<sup>th</sup> birthday by the first day of camp week as per government regulations on day camps). Registration for all interested campers will begin Monday, February 10<sup>th</sup>.

## **Office Hours:**

These times reflect when the office is open to answer phone inquiries or complete in-person functions. Emails and voicemails are monitored regularly and we make every effort to respond as quickly as possible.

For the safety of the children in our programs, coaches will NOT leave them to perform office duties outside of office hours (i.e. payments, registrations). Please feel free to call us at (519) 474-4960 and we will return your call during office hours. The best way to reach us is via e-mail at [info@gymworld.ca](mailto:info@gymworld.ca). We will return your e-mail as soon as possible.

Winter Office Hours (tentatively scheduled) are as follows:

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
9:00am-1:30pm	Office closed	4:30-7:30pm	4:30-8:30pm	4:30-8:00pm	Office closed	9:00am-1:30pm

# FEE POLICIES

The following fees are based on a fourteen-week session of gymnastics. All fees are subject to HST.

Spots can now be held, pending payment, for up to 10 days following registration. On day 7, an email reminder will be sent. If payment is not received or payment arrangements are not made through the office by the 10<sup>th</sup> day after registration, the held spots will be removed from the respective class or camp. If that happens, an additional email will be sent as notice that those spots have been deleted.

## Winter 2025 Class Fees

Program	Age	Class Length*	Winter Class Fees (14-week session)	Annual Membership Fee**
<b>Recreational Classes</b>				
Stay & Play	3 years & under	30 minutes	\$180.00	\$40.00
Tumble Tots	2 years & under	45 minutes	\$280.00	\$40.00
Kindergym	3 & 4 years	45 minutes	\$280.00	\$40.00
Junior Jumpers	4 & 5 years	60 minutes	\$350.00	\$40.00
Future Flyers	6 & 7 years	60 minutes	\$350.00	\$40.00
Gym Stars	8-9 years	60 minutes	\$350.00	\$40.00
Gym Stars Tumbling	8-9 years	60 minutes	N/A	\$40.00
Senior	10+ years	60 minutes	\$350.00	\$40.00
Senior Tumbling	10+ years	60 minutes	\$350.00	\$40.00
<b>Homeschool Classes</b>				
4-6 Years	4-6 years	60 minutes	\$350.00	\$40.00
7+ Years	7+ years	60 minutes	\$350.00	\$40.00
<b>Advanced Classes – Gymworld Gems Program****</b>				
Ruby	5-8 years (Born 2017-2019)	2 hours	\$490.00	\$40.00
Jade	8-10 Years (Born 2015 & 2016)	2 hours	\$490.00	\$40.00
Sapphire	10+ Years (Born 2014 & earlier)	2 hours	\$490.00	\$40.00
Ivory	6-10 Years (Born 2015-2018)	2 hours x 2 days/week	\$665.00	\$40.00
Crystal	10-12 Years (Born 2013 & 2014)	2 hours x 2 days/week	\$665.00	\$40.00
Amethyst	12+ Years (Born 2012 & earlier)	2 hours x 2 days/week	\$665.00	\$40.00

\*\*An Annual Membership Fee of \$40 + HST applies to all registered children. This non-refundable insurance/administrative fee covers the child's registration from the day they begin programs until June 30, 2025. Children who attended our Fall Session 2024 classes have already paid this fee for their 2024-2025 season.

Financing options may be available upon request. To be eligible for financing, please register for the class without paying and follow up with an email to [info@gymworld.ca](mailto:info@gymworld.ca) with your request.

## **Refund Policy:**

If, before the first class date, we are notified that a gymnast is withdrawing from their program, a full refund will be issued. If requested on or after the first class date, a pro-rated refund will be issued. The Winter Session 2025 refund deadline is January 26<sup>th</sup>.

Pro-rated refunds that are requested prior to the deadline will be issued and will be calculated based on the number of classes that had taken place prior to the request being made, regardless of the child's attendance in those classes.

If, after the session has begun, a request is made to switch classes to another day or time for any reason, that request will be subject to availability in the requested class.

## **Information Privacy Policy (Updated August 28, 2020)**

Gymworld Inc. is committed to protecting your privacy and the privacy of all our members, clients and visitors. Upon registering for any of our programs, you may be asked to provide information that personally identifies you, your child(ren) and other caregivers. This information is used to ensure the safe provision and quality of the program(s) for which you register and allows for the ability to contact you, if and when necessary, with information about your membership or additional programs or services provided by Gymworld Inc. Member or client information is used by Gymworld Inc.'s administrative staff for administrative purposes only, as well as by our coaching staff for the purpose of providing appropriate programs and services for each member or client. Files are kept for each member which include - but are not restricted to - registration forms submitted for programs, fee information for such programs, copies of progress reports, and notes or information we believe to be relevant to providing our programs and services to the best of our ability. Such files are kept for up to seven years following the latest date of registration and, when appropriate, are destroyed by shredding. Gymworld Inc. will not share any personal information with additional parties without your consent, other than if required to do so by law, or in good faith belief that such disclosure is necessary either to comply with the law, to prepare and defend the rights and properties of Gymworld Inc., or to protect a member or client of Gymworld Inc.

Registration in any of our programs or submission of any Gymworld Inc. form implies your agreement to our Information Privacy Policy statement.

## **Special Needs Policy (Updated November 15, 2022)**

Gymworld Inc. is committed to providing an inclusive program for all children from eighteen months of age and up. Children with special needs are welcome to participate in our programs provided we can offer a safe environment for their particular special need.

Regardless of the level of integration (from fully integrated to requiring 1-on-1 support) it is imperative that we receive full disclosure from the family regarding the precise nature of the special need **prior to registration**. An additional form may be required to be completed by the parent or guardian of the child. For children with Down's Syndrome, a cervical x-ray must be completed and the results must be negative in order to participate. All children participating in our programs must be able to go to the bathroom independently or have their own support provided in the event that they need to use our bathroom facilities. Gymworld staff are not trained nor licensed to toilet children. Please refer to the following guidelines for children who require 1-on-1 assistance in the gym:

Gymworld staff **cannot** provide one-on-one support to children with special needs at this time. We continue to welcome any child needing one-on-one assistance to participate in our programs, so long as they can provide their own support person (i.e. parent/guardian) and with that support are able to safely participate on the gymnastics equipment, are able to stay with their class in their designated area of the gym, and are able to follow class rules. Please email [info@gymworld.ca](mailto:info@gymworld.ca) to arrange this accommodation.

## **Social Media Privacy Policy (Updated August 28, 2020)**

The registration process includes a photo consent disclosure, which can be changed or revoked at any time. Please email [info@gymworld.ca](mailto:info@gymworld.ca) if you have any questions or concerns.

To see our great photos, Like us on Facebook and Follow us on Instagram!

[www.facebook.com/GymworldInc](http://www.facebook.com/GymworldInc)

[www.instagram.com/gymworld\\_inc](http://www.instagram.com/gymworld_inc)

## **FAQs**

### **1. Is there a spot to put coats and shoes?**

Upon arrival, children, participating adults and all spectators will be asked to remove their shoes and place them on a shelf by the gym door. Coats may also be hung on hooks in the coat room located by the front door.

### **2. Should my child bring a water bottle?**

There are no drinking fountains in the facility. We suggest that children bring a full water bottle, which they can refill at the water bottle filling station if needed. *Only water is permitted in the gym.*

### **3. What happens if my child misses a class?**

Unfortunately, there are no make-up days for missed classes. If classes are cancelled due to weather, a COVID outbreak, or any other unforeseeable event, we will update our website at [www.gymworld.ca](http://www.gymworld.ca) as well as our phone message and social media accounts. In the event of a closure or shutdown, we will make every effort to either make programming available online or to delay the remainder of the session until re-opening is permitted.

Please do not bring your child to gymnastics if they are showing symptoms of any other virus or transmissible bacterial infection, disease, or ailment.