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| A picture containing text  Description automatically generated  FALL 2023 Recreational Participant Registration Form | | | | |
| Gymnast’s Last Name | **First Name** | **Date of Birth(Y/M/D)** | **Sex: M F** | **Alberta Health Care Number** |
| Mailing Address | | | | **Postal Code** |
| City/Town | | | | **Email** |
| Parent or Guardian | | **Residence Phone** | **Cell Phone** | **Notice:** Gymnastics activities, by their nature, involve certain elements of risk which involve a potential for bodily injury. A portion of the registration fees paid to the Alberta Gymnastics Federation (AGF) is allocated for the provision of accident insurance should such injury occur. I acknowledge this element of risk and agree to permit my child to participate. |
| Any Known Medical Problems or Physical Impairments (prescribed medications/etc.) | | | |
| Emergency Contact (other than parents) | | **Residence Phone** | **Cell Phone** |
| Class Selection  Mommy and Me / Kinder Gym / Advanced Preschool/  Beginner REC/ Intermediate REC/ Advanced REC/ Speciality classes  \*Monday \*Tuesday \*Wednesday \*Thursday | | **Current Date** | **Parent Signature** | |
| Payment (to be completed by Brooks Gymnastics Club):  Class Fee: $ \_\_\_\_\_\_\_\_\_\_\_\_\_  Yearly Membership Fee $ 79.00 (includes AGF Fee) (AGF # if already paid)  Adjustments $ \_\_\_\_\_\_\_\_\_\_\_\_\_ Reason: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Total: \_\_\_\_\_\_\_\_\_\_\_\_\_ Cash Cheque # \_\_\_\_\_\_\_\_ e – Transfer  \* Any outstanding fees from prior sessions must be PAID IN FULL prior to registration. | | | **AGF Fee Chart**  **Drop-In Annual Membership Fee $ 25.00**  **Preschool Classes/CanGym (Burgundy-Bronze) $49.00**  **Purple+ Badge (Advanced Rec.) $49.00**  **CanJump Level 1 and 2 $49.00**  **Trampoline/Tumbling $49.00** | |
| **Completed Forms:**  Personal Information Protection Act (PIPA)  Notification and Assumption of Risk, First Aid, Liability | |

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| Text  Description automatically generated with low confidence FALL 2023 Recreational Participant Registration Information |
| **Brooks Gymnastics Club** believes that emotional wellbeing, self-confidence, team spirit and a sense of sportsmanship are as important to a gymnast as the development of physical skills. Our programs promote discipline, dedication and strong work habits in order to help athletes use their own special talents to achieve their goals. We provide quality training in a positive atmosphere at affordable rates. |
| **NEW THIS YEAR::**   * AYearly Membership fee that includes your AGF Insurance fee $79.00. * Classes will run in 12-week sessions. Please note that all fees must be paid upfront. * Please note that speciality classes (trampoline, tumbling) will be coming out in 6-week sessions throughout the year, so watch for those. |
| PLEASE CHOOSE YOUR CLASS SELECTION(S) BELOW. |
| **Mommy and Me class** With the help of mom or dad, your child will have the chance to explore a new environment and face new challenges. Your child will be able to climb, jump, run and play! With the guidance of a qualified coach, your child will improve their gross and fine motor skills and gymnastic abilities.This class is designated to children 18 months to 3 years old.  □ Tuesday 10:15 – 10:45 □ Wednesday 9:15 – 9:45 |
| Our **Kinder Gym class** is designed for young gymnasts to participate in an interactive and fun coach lead movement class, without mom or dad. Children will learn the basics of gymnastics movement and bodily awareness, basic skill terminology, and continue to build on their gross motor development, all the while using their senses and imagination. The perfect class for those little movers and shakers! (Unparented)  □ Monday 10:00 – 10:45 □ Tuesday 11:00 – 11:45 □ Wednesday 10:00 – 10:45 □ Thursday 10:00 – 10:45 |
| **Advanced Preschool Ages 4 – 6.** This is the first step towards the competitive program. Children who love gymnastics and demonstrate special skills will have the opportunity to do 1.5 hours per week. Gymnastics movements are consistently practiced and refined. The emphasis is on the development and the improvement of physical qualities.  □ Monday 11:00 – 12:00 □ Thursday 11:00 – 12:00 |
| **Beginner REC (**Burgundy and Red Badge Level). This is for those gymnasts that are 5 – 6 years old. The gymnasts learn beginner skills to earn a badge to the next level. They practice skills on the Floor, Vault, Bars, and Beam. Some of these skills include landing, rolls, jumps, walks, and hangs, tripod stands and cartwheels  □ Monday 4:00 – 5:00 □ Wednesday 4:00 – 5:00 |
| **Intermediate REC (**Tan and Bronze Badge Level). This class is for those gymnasts that have completed the previous red badge. They practice more complex skills on four events: Floor, Vault, Bars, & Beam. Some of the skills include landing, rolls, headstands, cartwheels, handstands, casts, swings, pullovers, and under swings.  □ Monday 5:15 – 6:30 □ Wednesday 5:15 – 6:30 |
| **Advanced REC (**Purple, Blue and Turquoise Badge Level). This class is for those gymnasts that have completed the previous bronze badge. They practice Floor, Vault, Bars, and Beam skills. Some of these skills include handstands, dive rolls, roundoffs, prone falls, casts, leaps, roundoff dismounts, straddle under swings, swings, back hip circles, and handspring vaults.  □ Monday 6:45 – 8:15 □ Wednesday 6:45 – 8:15 |
| **Speciality classes.** The Brooks Gymnastics Club might offer throughout the year a 6 weeks session trampoline or tumbling classes. These classes are especially for intermediate to advanced participants or athletes involved in other sports who would like to improve their acrobatic skills, strength and flexibility.  □ Monday 6:45 – 7:30 □ Wednesday 6:45 – 7:30 |

**WELCOME TO OUR FALL 2023 SESSION AT THE BROOKS GYMNASTICS CLUB!**

**ALL RECREATIONAL CLASSES WILL START THE WEEK OF MONDAY SEPTEMBER 11TH AND END BY WEEK OF MONDAY DECEMBER 4TH, 2023.**

* **CANCELLATIONS –** THERE WILL BE NO RECREATIONAL CLASSES:

Thanksgiving Day – October 9th, Christmas break (December 21rd – January 7th )

**New for 2023-2024 @ Brooks Gymnastics Club for Recreational Participants**

* Gym club Yearly Membership fee of $79.00 includes your AGF Insurance fee
* Separate Family Membership fee strictly fee for Drop-In Customers
* **One time $15 dollar charge for Family Membership** to Drop-In from September 1st, 2023, to June 30th 2024
* Please note this membership must be upgraded to Gym club Yearly Membership if you wish to participate in classes
* Those participants that have an individual membership to participate in classes do not have to buy a separate drop in memberships
* DROP IN MEMBERSHIPS ARE FOR THOSE THAT ONLY WILL PARTICIPATE IN DROP-IN SESSIONS.
* Birthday Parties price is $175.00 for up to 15 Participants and two hours with a $5.00 fee for each extra participating child. Please, inquire to the Office for bookings!
* Classes will run again in 12-week sessions.
* Please note that speciality classes will be coming out in 6-week sessions throughout the year, so watch for those.

JUST A FEW REMINDERS

* Please arrive on time for your class.
* No child is allowed to play on the gym equipment until invited to do so by a coach.
* Please pick up your child promptly when class has ended. The next classes are starting, and coaches cannot keep watch over unattended children.
* Parent viewing area is upstairs: Please watch your child from there. It is a distraction to have parents watching from the doorway or by the office.
* Gymnasts need to have their hair pulled back and must be in appropriate gym clothing such as a gym suit, shorts, or yoga pants. No jeans or dresses.
* Gymnasts must be in bare feet as socks, leotards, and slippers are too slippery on equipment.
* Please be considerate of the coaches and other children and keep your child home if they are sick!

\*\*\* FUNDRAISER FOR FALL 2023 – TBD \*\*\*

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Sept 11, 18, 25  Oct 2, 16, 23, 30  Nov , 6, 13, 20, 27  Dec 4 | Sept 12, 19, 26  Oct 3, 10, 17, 24, 31  Nov 7, 14, 21, 28 | Sept 13, 20, 27  Oct 4, 11, 18, 25  Nov 1, 8, 15, 22, 29 | Sept 14, 21, 28  Oct 5, 12, 19, 26  Nov 2, 9, 16, 23, 30 | Make-Up Classes Only if Necessary | Drop-in  9:00 am – 10:00 am |
| Bring a Friend Day – December 4 | Bring a Friend Day – Nov 28 | Bring a Friend Day – Nov 29 | Bring a Friend Day – Nov 30 |  |  |

**Registration Dates for FALL Session 2023:**

* August 28th, 30th and September 1st 5:30 – 7:30 at the Brooks Gymnastics Club
* By email ([brooksgymclub@gmail.com](mailto:brooksgymclub@gmail.com)) or contact us on our Facebook page

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Drop-In**  9:00 – 10:00 | Office Hours  9:00 – 10:00 | **Mommy and me**  9:15 – 9:45 | Office Hours  9:00 – 10:00 |  | **Drop-In**  9:00 – 10:00 |
| **Kinder Gym**  Ages 3 – 5 years old  10:00 – 10:45 | **Mommy and me**  10:15 – 10:45 | **Kinder Gym**  Ages 3 – 5 years old  10:00 – 10:45 | **Kinder Gym**  Ages 3 – 5 years old  10:00 – 10:45 |  | **Birthday**  **Parties**  **10:00 – 6:00** |
| **Advanced Preschool**  Age 4 – 6  11:00 – 12:00 | **Kinder Gym**  Ages 3 – 5 years old  11:00 – 11:45 | **Drop-In**  11:00 – 12:00 | **Advanced Preschool**  4 – 6 years old  11:00 – 12:00 |  |
|  |  |  |  | Office Hours  2:00 – 4:00 |
| **Beginner**  Recreational  4:00 – 5:00 | **Competitive**  **Training**  4:00 – 8:00 | **Beginner**  Recreational  4:00 – 5:00 | **Competitive**  **Training**  4:00 – 8:00 | **Competitive**  **Training**  4:00 – 8:00 |
| **Competitive**  **Training**  **4:00 – 7:00** | **Competitive**  **Training**  **4:00 – 7:00** |
| **Intermediate** Recreational  5:15 – 6:30 | **Intermediate**  Recreational  or Tan/Bronze  5:15 – 6:30 |
| **Advanced** Recreational  6:45 – 8:15 | **Advanced** Recreational  or Purple +  6:45 – 8:15 |
| 6-week speciality classes (when offered)  6:45 – 7:30 |  | 6-week speciality classes (when offered)  6:45 – 7:30 |  |  |  |

Brooks Gymnastics Club – 2023/24 Fall Session Recreational Schedule

**Fall 2023/2024 Recreational Fees**

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| Class/Level | Class Length | Session Fees (12 weeks) | Monthly Fee | One Month  (With Membership) | Total for  3 Months (with Membership) |
| Mommy & me | 30 min | $96.00 | $32.00 | $111.00 | $175.00 |
| Kinder Gym – Age 3 to 5 | 45 min | $144.00 | $48.00 | $127.00 | $223 |
| Advanced Preschool  Age 4 to 6 | 1 hour | $192.00 | $64.00 | $143.00 | $271 |
| Beginners Rec. (Burgundy/Red) | 1 hour | $192.00 | $64.00 | $143.00 | $271 |
| Intermediate Rec. (Tan/Bronze) | 1 1/4 hour | $237.00 | $79.00 | $158.00 | $316.00 |
| Advanced Recreational (Purple +) | 1.5 hour | $285.00 | $95.00 | $174.00 | $364.00 |
| Trampoline/Tumbling Class  6 weeks session | 1 1/4 hour | $120.00 | $80.00 |  |  |

Preschool and Recreational classes Membership Fees: $79.00

(Membership Fee includes $49.00 Insurance Fee with AGF, and $30.00 Club maintenance)

There is no fee increase compared to last year!

**Reminder for Recreational Participants**

* Gym club Yearly Membership fee of $79.00 includes your AGF Insurance fee
* Separate Family Membership fee strictly fee for Drop-In Customers
* **One time $25 dollar charge for Family Membership** to Drop-In from September 1st, 2023, to June 30th 2024
* Please note this membership must be upgraded to Gym club Yearly Membership if you wish to participate in classes
* Those participants that have an individual membership to participate in classes do not have to buy a separate drop in memberships
* DROP IN MEMBERSHIPS ARE FOR THOSE THAT ONLY WILL PARTICIPATE IN DROP-IN SESSIONS.
* Birthday Parties price is $175.00 for up to 15 Participants and two hours with a $5.00 fee for each extra participating child. Please, inquire to the Office for bookings!
* Classes will run in 12-week sessions (Fall and Winter Session). Spring Session will be 10 weeks long.
* Please note that speciality classes will be coming out in 6-week sessions throughout the year, so watch for those.