



QEII Campus / Travis Road  
CSG West Campus / Watts Road

# START OF TERM INFORMATION

## Term 1, 2018

## Junior Gymnastics

*Welcome to a new term at Christchurch School of Gymnastics.*

Did you know that gymnastics is the basis of all sport? Strength, balance, power, flexibility, speed – we have it all!

<u>TERM 1, 2018 for 1 hour &amp; 1.5hr classes</u>	<u>Start Date</u>	<u>Finish Date</u>	<u>No Classes on:</u>	<u>Number of weeks</u>
<b>Monday Classes</b>	29 <sup>th</sup> January	9 <sup>th</sup> April	Easter Monday 2 <sup>nd</sup> April	10
<b>Tuesday Classes</b>	30 <sup>th</sup> January	10 <sup>th</sup> April	Waitangi Day 6 <sup>th</sup> February	10
<b>Wednesday Classes</b>	31 <sup>st</sup> January	4 <sup>th</sup> April		10
<b>Thursday Classes</b>	1 <sup>st</sup> February	5 <sup>th</sup> April		10
<b>Friday Classes</b>	2 <sup>nd</sup> February	13 <sup>th</sup> April	Good Friday 30 <sup>th</sup> March	10
<b>Saturday Classes</b>	3 <sup>rd</sup> February	7 <sup>th</sup> April		10

**\*PLEASE KEEP THESE TERM DATES FOR YOUR FUTURE REFERENCE\***

### TERM FEES

Your term fee includes GST and the GSNZ Affiliation fee. Fees and deposits are non-refundable, except if notification is given at least 3 working days prior to the start of the first class – refunds attract a \$15 administration fee. If you have not received your invoice yet, please expect it very soon. **Fees are due in full before the start of the term. Your payment confirms your place in the class.** If we do not receive any payment from you, your place in the class may be lost. There are no refunds for missed classes. If you do miss a class during the term we endeavour to offer free catch up sessions.

### RE-ENROLMENTS FOR TERM 2, 2018 – IMPORTANT CHANGES

Our enrolment process is changing. From term 2, 2018 you will enrol for classes through an online booking system. This should help streamline the re-enrolment process for both parties. Please be assured our admin team will still be on hand to assist with those that do not have access to the internet or encounter any difficulties with the new process. Classes will need to be paid for in full at the time of booking. We will be sending out more information during the terms, but please do not hesitate to contact us with any questions you might have.

### YELLOW TICKET SYSTEM FOR THE FIRST DAY OF TERM AT QEII CAMPUS (QEII CAMPUS ONLY)

Please ensure your child's fees are paid in full **BEFORE** the first day of term. Please arrive **EARLY** on the first day of term as it takes time to get everybody sorted. When you check in at the sign in desk on the first day of term you will be given a yellow ticket to confirm that you have paid. Your child will need to give their yellow ticket to the coach to be able to join the class (first day of term only). **If you have not paid in full your child will not be able to join the class.** If you have any concerns about this policy please contact us.

### INTERNET BANKING

Christchurch School of Gymnastics / Westpac Eastgate / 03 1591 0125730 00. Add **gymnast's full name & class** as reference. Please note it can take up to 48hrs to process online payments.

### WHAT TO WEAR

Please wear a leotard, or shorts and a t-shirt to all classes. Clothing must be snug fitting but flexible (jeans are NOT appropriate). No belts, buckles, zippers or anything that will catch on the gymnast, the coach, or the equipment. Gymnasts participate in bare feet. Long hair must be tied back. Please wear shoes to and from the gym - bare feet traipse in dirt which damages our equipment. Extension gym/tramp classes at CSG West: Gymnasts must bring clean, white socks for the trampolining component of the class. *The extremely popular GYMNAST shorts are available from reception at QEII \$35 a pair.* New and second hand leotards also available from reception at various prices. Underwear must always be worn beneath leotards.

### WHEN YOU ARRIVE

Please ensure you tick the roll every week as you come in at both venues. If at QEII, head straight up the stairs after ticking the roll. Children line up upstairs at QEII and the whole class is called down together. No parents downstairs at QEII please.

### Phone App

We have a CSG phone App. Please download this free of charge from your app store, to keep up to date with all the latest information and events at CSG.

### FOOD

No food on the floor or any of the other equipment please. We have members with severe food allergies so we ask please that any food be consumed either upstairs or in the couch area in the foyer at QEII, or in the seating area at CSG West.

### LOST PROPERTY

Please make sure all of your child's clothing + drink bottle is named. We have lost property bins at both venues. Please check these regularly. They are emptied and all un-named items given to charity at the end of each term.

## **CSG ONLINE**

Please check our website [www.csg.org.nz](http://www.csg.org.nz). Like us on Facebook to receive regular updates:

<https://www.facebook.com/pages/Christchurch-School-of-Gymnastics/163321601373> or follow us on Twitter or Instagram @ChchGymnastics

## **E-MAIL CORRESPONDENCE**

Our main form of contact is via E-Mail. Please check your Spam and Junk boxes on a regular basis as not to miss any important information. You can also download our free smart phone App from your apple or android app store. We use this app to communicate lots of important information.

## **COACH FEEDBACK FOR PARENTS**

Gymnasts in our Junior Gymnastics and Advanced Junior Gymnastics classes will be assessed at the end of Term 1, 2 and 3 on our skills award programme, you can find more information about this, on our website. If you wish to speak to a coach please ask at reception to arrange a time.

## **FLIPPING BRILLIANT CLUB NEWSLETTER**

Watch out for the Flipping Brilliant Club Newsletter released mid-term. This will keep you up to date on all news. It will be emailed out to all parents. Hard copies will be available at the gym.

## **RECEPTION HOURS**

### **QEII:**

Monday 9.00am-6.30pm  
Tuesday 9.00am-6.30pm  
Wednesday 9.00am-6.30pm  
Thursday 9.00am-6.30pm  
Friday 9.00am-5.30pm  
Saturday 8.15am-12.30pm  
Sunday 4.00pm-7.00pm

### **CSG West:**

Monday 1.00pm-6.00pm  
Tuesday 9.00am-5.00pm  
Wednesday 9.00am-9.00pm  
Thursday 9.00am-5.00pm  
Friday 10.00am-6.00pm  
Saturday 9am-1pm  
Sunday CLOSED

## **PARKING & VIEWING**

Parking is available just outside at both venues. Please supervise your children to and from the car. We have viewing areas at both venues if you wish to stay and watch, but please do not speak to your child while they are on the gym floor. Parents can take a gymnast's focus away from the task and may undermine the relationship between the coach and the gymnast. Please remain seated and do not enter the gym floor area. If there is an emergency and you need to take your gymnast from class please talk to reception.

## **VIDEO FOOTAGE**

Just a reminder, we do not permit any video footage to be taken at our club during classes.

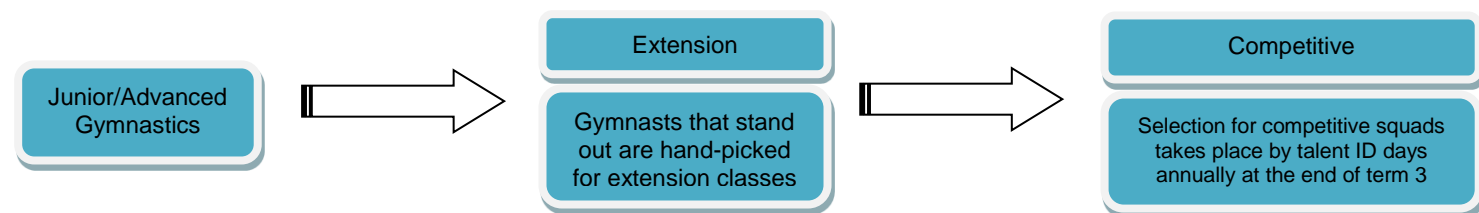
## **ARE YOU INTERESTED IN WHATS CURRENTLY GOING ON AT QEII PARK?**

We are posting regular updates on what's happening on QEII Park on our website. Including the new CSG facility, the New Eastern Recreation and Sport Centre and the two High Schools.

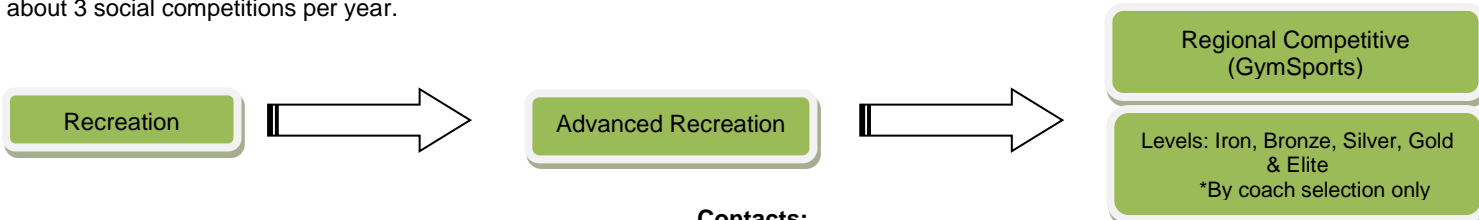
<http://www.csg.org.nz/>

## **PATHWAYS FOR NATIONAL STREAM COMPETITIVE GYMNASTICS VS. NOVICE COMPETITIVE**

**National Stream Competitive:** This pathway is for gymnasts aged between 5 and 9 only. Gymnasts are chosen by raw talent: strength, flexibility, body shape. Gymnasts compete in about 5 or 6 competitions per year.



**Regional Competitive (GymSports):** This pathway is for gymnasts who want to experience the challenges and excitement that regional competitions provide without the intensity of training that the national competition structure requires. This route is best suited for gymnasts who enjoy a more social training atmosphere while training to achieve competition skills and routines. Gymnasts compete in about 3 social competitions per year.



### **Contacts:**

Christchurch School of Gymnastics PO Box 18-827, Christchurch  
QEII Campus: QEII Park, Travis Rd, North New Brighton  
(03) 388 6616 / 0223947268  
CSG West Campus: 18 Watts Road, Sockburn  
(03) 3434950 / 0275033320

[admin@chchgymnastics.co.nz](mailto:admin@chchgymnastics.co.nz) / [www.csg.org.nz](http://www.csg.org.nz)