

Orientation September 2025 -August 2026

Please carefully read our rules and policies before registering; If you need to review this document, it's included on your electronic invoice.

Important Gym Reminders:

- Arrive to the gym **5 minutes early**
- **Drop off** is only available at the **front entrance (Unit "A")** and we have some parking available at the back of our building. **PLEASE DO NOT** park in other businesses' parking lots especially not the Centre Stage Dance Studio, LUCO concrete (across from us) or beside EVOLVE martial arts.
- Unfortunately, **we do not offer viewings**. We do not have a seating area within the gym or a viewing window for parents to watch their children. Parents, please drop off your children at the front and refrain from entering the gym. Exceptions will be made on a case-by-case basis (anxiety, medical needs etc.) but please email us in advance and we will try our best to accommodate you.
- During warm weather, (**Spring and Summer**) the gym doors at the back parking lot will be open and parents are allowed to sneak a peek. Please note that if you choose to watch your child through the back gym doors, the expectation is that coaches and gymnasts will not be disturbed or distracted by guests.
- **We are CLOSED on all stat holidays but most Saturday classes are always on, except for Easter.**
- For **PARENT & TOT** classes, please send only **ONE parent** per child and stay off your devices for the duration of the class. The idea of this class is to have the parent attentive and involved
- Please send a **water bottle** with your child and have them wear **comfortable clothing**. Tie long hair back in a ponytail. Female gymnasts can wear a leotard/bodysuit or an athletic one-piece bathing suit. We offer locally-made gym bodysuits/leotards at great prices from \$20 to \$35 (tax included). Cash or E-T to: saanca@hotmail.com (use the password "Celestina"), while quantities last. They can also wear a stretchy t-shirt and shorts if they like. Male gymnasts are required to wear shorts. Cotton blends are an excellent choice (no tops with low, scoop necks; loose tops or loose pants/shorts, pajamas) Bare feet inside the gym. No big jewellery.
- Parents, please **pick up your children on time**. When classes are completed, all athletes must leave promptly
- **If your child needs support to participate in class (1-on-1 support)**, we welcome an email or a conversation **in advance of registration** to discuss your child. Our goal is to ensure your child's success in gymnastics. **Unfortunately, we cannot provide 1-on-1 support with our staff; please arrange for a parent or caregiver to attend with your child.**
- Please keep your child at home...If they are feeling **unwell**, have a **fever, cough** and/or **headache** and **notify us by email if your child will miss training.**

Our programs are: P&T 2.5y-4y, Kinder level 1 4-5y, Kinder level 2 5-6y, level 1, 2 (6-7y and 7-8y) Level 3 ,4 (6 -8y), Pre -teen 1-2 ,3-4, 8-13y and Artistic Gymnast level 5-6 (AG) for girls only, 7-13y

****Note:** children registered in the Kinder level 1 4-5y who can't participate independently, will be asked to move to the Parents and Tots class (2.5-4y) which requires parent participation.

Our casual half day camps are for children aged 5-10y and feature beginner gymnastics skills development, organized games, free play in the gym, a snack break (snack is NOT INCLUDED) arts and crafts. Please send healthy snacks (no peanuts) and a water bottle with your child.

Our casual half day camps are not recommended for children who need additional support; please register for a 1-hour class.

****New:** Starting on September 27th “drop-in” gymnastics **for children aged 1-5y and 6-13y will be offered on Saturdays from 3:10-4:10.** Registration is required in advance on the uplifter registration program and the participant must have GBC insurance. Space is limited. Cost: \$10.00+GST. Please note, this is not a trial class.

Please send an email at: celestinapopa@hotmail if you have any questions; drop-in time will be added to future sessions depending on demand.

Our Sessions:

Fall session: from September 8th-December 20th (14-15 weeks of classes)

Winter session: from January 6th -March 15th (9-10 weeks of classes)

Spring break camps in March: casual camps

Spring session: March 30th-June 27th (12-13 weeks of classes)

Summer session: classes and 3 half day camps in July /August (6-8 weeks of classes).

Yearly membership fee: \$50.00 (\$45.00 Gymnastics BC insurance + zone/admin fee \$5.00) valid September 1 2025 to August 31 2026 and cannot be pro-rated.

***For new members:** July & August casual membership fee: \$20.00 (\$17.00 Gymnastics BC insurance + zone/admin fee \$3.00) valid until August 31 2026

You need to re-register for the next session and space is limited. Please register ASAP, especially if you have 2 or more children, we will not have a waitlist in the first few weeks so please register for what is available.

- Please register your child in the correct age and level. Children more than 2 months younger than the requirement for a class will not be permitted to register. Please do not assume that your child will move to the next level; they need to be able to perform the necessary skills.
- All of our coaches have NCCP coaching level 1, trampoline 1 trained or certified, all of the 19y and older coaches have a clean up to date criminal record check and one coach with first aid certification is in the gym at all times.

Refund Policy applies to all our recreational programs:

- If the session has not yet started (at least 14 days prior to commencement) all members are eligible for a refund of the full session's cost less a \$20.00 administration fee. Requests for withdrawal MUST be done in writing to celestinapopa@hotmail.com.
- **NO REFUNDS will be issued after the second class.** For withdrawals after the first class but before the second class, the cost of the first class will be retained per child and an administration fee of \$20.00. (plus applicable taxes).
- Credit will only be given mid-session to athletes with serious injuries (i.e. fractures) and a doctor's note. A pro-rated credit will be issued for the balance of the remaining classes to be used for the next available session ONLY
- No credit or refund will be issued if a second child (sibling) is withdrawn.
- Refund /credit for camp will be issued under our existing refund policy with the exception of the insurance being non-refundable even if only one class has been attended. A full refund can only be issued if the withdrawal is 14 days prior to the commencement of the class (less \$20 admin fee).
- Illness or self isolation: Unfortunately, no refunds nor credits will be provided for illness or isolation.
- Make Up Classes: We are at full capacity and we are not able to offer make up classes.
- Cancelled classes will be announced on our website at www.celestinapopagymnastics.com, our Facebook page, or please listen to our answering machine at 604-459-4458 if you are in doubt.
- The club accepts payments from any organization that sponsors vulnerable families (JumpStart, KidSport, ISPARC, A4K etc.). You are still required to make the full payment for the classes at the time of registration; please mention the organization's name when registering. When the payment arrives from the sponsor, a refund will be issued to reimburse the parent/guardian. If the amount given by the organization is less than the cost/semester, the parents pay the cost difference. **If you are planning to apply for funding, please send us an email to ask about the next session price.**

Code of conduct:

- The safety of participants, coaches and staff is essential at Celestina Popa Gymnastics Inc. (CPG).
- **Participant/athlete Code of Conduct:**
 - Participants should always listen to their coach and are expected to be respectful to their teammates, other participants and coaches.
 - Have fun learning and performing safe gymnastics tricks on all the artistic events.
- **Parent/Guardian Code of Conduct:**
 - Treat participants, athletes, families, visitors, and staff with courtesy, respect and understanding;
 - Encourage your child in their best efforts and always play by the rules and participate in the spirit of fair play, honesty, have fun in a safe manner, to learn, grow and excel.
 - Remember that your child is involved in gymnastics for their enjoyment, not yours.

Coaches/staff Code of Conduct:

- Coaches and administrative staff are deeply committed to providing a positive, respectful and safe experience for each participant. To reach those goals, coaches and staff of Celestina Popa Gymnastics Inc. shall:
 - Treat participants, athletes, colleagues, parents, volunteers and visitors with courtesy, respect and understanding; honor commitments, word given, agreed objectives and always ensure decisions are taken equitably and respect the principles, rules, and policies in force;
 - Always keep the participants' best interests first and foremost when delivering an CPG program or making operational decisions; use your authority wisely and only in the best interests of your gymnasts; ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the involved participants;
 - Follow the 'rule of two', ensuring that any staff member is never out of sight with a child;

Results of unacceptable behaviour within the facility by participant:

Participants who are noncompliant, impolite (verbal/physical language), unable to regulate themselves, or lack engaged participation, may be required to withdraw from the program.

If you have any questions or concerns, please send us an email at celestinapopa@hotmail.com and we will get back to you as promptly as possible.

Let's take to heart the spirit of Celestina Popa Gymnastics Inc. in every aspect of training and life: Have fun while learning!