

Flex-Art

Gymnastics

For the past 20 years Flex-Art Gymnastics has provided a fun and engaging environment for young girls and boys to experience the sport of gymnastics. Kids, ages 4 to 14, are taught using CANGYM, Canada's National Skill Development Program, as our guide, giving each of the gymnasts a chance to learn complex moves in an easy, step by step fashion.

In order to maintain the fun element in our programs, our coaches keep repetition to a minimum and they use circuits (mini-routines) to ensure that each gymnast is adequately active. Groups are limited to 6 to 9 kids per coach dependent on the level.

Here are some important pointers to get you and your gymnasts off to a good start.

What To Wear: All girls must wear the red and white **Flex-Art gym suit** to every class. Sweatshirts and other tops are not allowed. Only **lycra / spandex shorts** may be worn with the gym suit if desired. Boys must wear **shorts** and the black or red **Flex-Art T-shirt** -- no long pants. Gymsuits, girls' shorts and t-shirts are available for purchase directly from Flex-Art. All children must be **barefeet**. This is for their own safety on the apparatus. **Deodorant** is highly recommended for those kids who need it. Also note that everyone should change in the locker rooms, and all clothing should be left

there as well. You may bring a lock if desired, for the lockers. No one should be changing or leaving clothes upstairs.

Hair / Jewelry: Long hair must always be **tyed back**, out of the child's face, with proper elastics and/or hair clips. It must hold for the entire class! Jewelry and watches must not be worn. Kids will be asked to remove their necklaces, bracelets and watches before class for safety reasons. In order to avoid having items lost or stolen, we strongly recommend leaving them at home.

Picking Kids Up At The End Of Class: Kids are to be picked up promptly at the time that their class ends. If you need to pick up your child early or absolutely need to speak to them, please advise the front-desk person and/or the program director. Parents are not allowed on the gym floor (or any part of the workout area) under any circumstance. The distraction poses a real hazard to the other children in the program.

Parents' Waiting Area: Parents are to remain downstairs for the duration of the class for safety reasons. Also, kids are less distracted that way. Parents are welcomed to wait in our party room at the end of the downstairs hall where there are tables and chairs at your disposal. Also, please **DO NOT SIT NOR WAIT ON THE STAIRS** as this is a fire hazard and is dangerous. Only 5 minutes before the end of the class may anyone wait in the upstairs seating area.

Boots And Shoes: Everyone must remove their shoes or boots in the front lobby, even during the spring season. The kids are barefeet and do walk up and down the stairs during class

time. Please make sure that your child's name is clearly written on their boots.

Discipline: Gymnastics is a high-impact sport, which pushes the mind and body beyond the norm. It is therefore important that gymnasts learn to **look** carefully, to **listen** attentively, to **be aware** of their surroundings, and to **follow instructions** closely. Safety on the gym floor is directly related to how well these basic principles are observed.

Class Structure: Each class is broken up into 3 segments: Warm up; Training; and Conditioning. The **warm up** is an important transition for the kids allowing them to prepare their bodies for training without injury. During **training**, each gymnast will be expected to do his/her best to learn and perform the moves and activities set out by the coach. Learning gymnastics moves is a slow and steady process, where each move learnt leads to a more advanced one. As a goal, **conditioning** targets the development of specific muscles needed to make a better gymnast...or sometimes we just play a game.

Gym Hours: Recreational Gymnastics staff are only available in person and by phone during the following hours.

Tuesday 3:45pm – 9:00pm

Thursday 3:30pm – 9:00pm

Saturday 9:30am – 2:00pm

Contact Information:

Phone: (514) 872-0489

Website: www.flexart.ca

Email: info@flexart.ca

Address: 5225 Décarie, Montreal, QC
H3W 3C2, Canada

Flex-Art

Gymnastics Club 2007-2008

KINDERGYM (Girls and Boys)

4 and 5 yrs old – 1 hr/week

Fall	\$130
Winter-Spring	\$220
Tue 3:45-4:45pm or 5:00-6:00pm	
Thu 3:30-4:30pm Sat 9:30-10:30am	

BOYS

6 and 7 yrs old – 1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Thu 4:30-6:00pm or Sat 10:45-12:15pm	

8 to 10 yrs old – 1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Thu 6:15-7:45pm	

TEENS / ADULTS (co-ed)

14 yrs and Up – 1.5 hrs/week

Fall	\$110
Winter-Spring	\$190
One Class	\$10
Tue 7:45-9:15pm	

CANGYM All Levels (Girls)

13 to 17 yrs old – 1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Thu 7:45-9:15pm	

CANGYM Levels 1-3 (Girls)

6 to 13 yrs old – 1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Tue 4:30-6:00pm or 6:15-7:45pm	
Thu 4:30-6:00pm	
Sat 10:45-12:15pm or 12:30-2:00pm	

CANGYM Levels 4+5 (Girls)

1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Full Year	\$410
Thu 4:30-6:00pm or 6:15-7:45pm	
Sat 10:45-12:15pm or 12:30-2:00pm	

CANGYM Levels 5+6 (Girls)

1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Full Year	\$410
Thu 6:15-7:45pm or Sat 12:30-2:00pm	

CANGYM Levels 4+5+6 (Girls)

1.5 hrs/week

Fall	\$160
Winter-Spring	\$260
Full Year	\$410
Tue 6:15-7:45pm	

CANGYM Levels 6-9 (Girls)

3 hrs/week (2 classes 1.5 hrs each)

Fall	\$260
Winter-Spring	\$440
Full Year	\$690
Tue and Thu 6:15-7:45pm	

Fall Session (12 weeks):

Registration: Sept 5th-7th, 6:00-8:30pm
Session dates: Tue September 18th to Dec 15th
Gym closed: September 22

Winter/Spring Session (20 weeks):

Registration: Dec 13th – 14th, 6:00-8:30pm
Session dates: Tue, January 15th to Jun 7th
Gym closed: March 22, 25 & 27, and April 19

- All payments in CASH or certified check
- Personal checks will be accepted for Full-Year and pre-registrations only
- Separate Winter and Spring sessions are still available upon request.
- No refunds after the 2nd class
- Medicare card required to register
- Mandatory club gym suit for girls (\$25) and T-shirt for boys (\$15)
- Sibling discounts: 25% off 3rd child, 50% off 4th child!

All Flex-Art Coaches are certified by the Canadian Gymnastics Federation and the National Coaching Certification Program.

514-872-0489
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www.flexart.ca