



Fall 2006
Volume 3, Issue 1

Capital City News

WELCOME BACK

Please do not leave any valuable items or belongings unattended in the gym. Capital City is not responsible for any items lost or stolen.

Welcome back to all returning athletes and families and welcome to all of the new families that have recently joined the CCGC family. What a year!!! This past year has been full of many accomplishments by our athletes and coaches.

The gym is looking great! We have completed lots of painting in many areas of the gym this past summer and the gym is looking bright and fresh to start the new year.

FUNDRAISING

Fundraising provides an essential part of our operating cost and allows us to offer a center of excellence filled with the best equipment available. We appreciate your help in all of our fundraising ventures!

JACK LINKS BEEF JERKY

This is a healthy snack that can be used for your children's snacks, lunches, etc. Promote the health of our athletes with these great snacks and support the gym! Order forms will go out on the 23 of September and must be back by October 14th.

The top 2 sellers will win an iPod!

ENGLISH BAY COOKIE DOUGH

CCGC will be selling English Bay Gourmet Pre-Portioned Cookie Dough. This is a product that our supporters will certainly enjoy while our group will earn 40% profit per item sold. Just in time for the Christmas season. They are great to have on hand... and make great gifts too! Stock up your freezers and support our gym and our children. Watch for orders forms to come out in November!

THANK YOU FOR YOUR SUPPORT!

Upcoming Gym Events

Halloween Gym Sleepover
October 28, 2006
See the office for more details!

CCGC 3rd Annual Christmas Party!
More info to follow

Gym Office Hours
Monday to Friday
1:00 - 7:30 pm
Saturday
9:00 - 1:00 pm



Board Update

Christmas Camps

Keep your kids active over the holidays by signing them up for a gymnastics camp! Camps will consist of gymnastics instruction as well as fun-filled field trips! We offer $\frac{1}{2}$ day as well as full day camps.

Dates: January 2 - January 5

Times: 8:30 - 12:00 or 1:00 - 4:30 (1/2 Day)
8:30 - 4:30 (Full Day)

Costs: \$80 $\frac{1}{2}$ Half Day \$130 Full Day

Ages: 6 & Up

Please see the office to register!

Fall Session

The last day of classes for the fall session:

Monday December 18

Tuesday December 19

Wednesday December 13

Thursday December 14

Friday December 15

Saturday December 16

Winter Registration

Look for the new schedule in late-November. Register early to ensure your child's spot. If you are unsure of which class to register in please see your child's coach or the office for assistance.

Questions or concerns?? If at any time you have any questions or concerns, please feel free to speak with your child's coach or the Program Director. Please keep in mind however, that at times coaches may have classes back to back and would therefore not be able to speak with you at that time. Simply leave a message at the front desk and either your child's coach or the Recreation Director will get in touch with you as soon as possible!

**Capital City
Gymnastics**

8278 175 Street
Edmonton, AB
T5T 1V1

Phone:

780-469-0662

Fax:

780-466-0839

E-Mail:

ccgc@telus.net

Capital City Talks.....

If your child has a wart please tape it with hockey or duct tape or a Band-Aid. Also please take the appropriate steps to remove it. We appreciate your attention to these matters.

Did you know CCGC hosts field trips for schools, daycares, and company parties? Is your school looking for field trip ideas? Mention us to your school and help us keep our youth fit and active!

On Saturdays, starting Sept 16th, we will have a concession upstairs in the kitchen offering a variety of snacks and meal choices.

As the weather gets colder please remember that no outdoor shoes are allowed upstairs to help keep the gym clean.

Lost & Found

The lost & found is located inside the Recreation coat room/change room. Please check it regularly for articles, as any items not claimed at the end of the session will be donated to

Goodwill.

We're on the Web!

See us at:

www.capcitygym.com