

# Capital City Gymnastics Club

## Recreational Program Newsletter

### WINTER SESSION 2006

The Capital City Gymnastics Club is a non-profit organization that is run by a Board of Directors. The Board consists of various positions and the positions are filled by current members who generously volunteer their time to keep the club running. The Board is always looking for fresh faces and input, so if you feel it is something you might be interested in, please leave your name and phone number at the front office.

We are very proud of our coaching staff here at Capital City! All of our coaches have a minimum Level 1 NCCP (a majority have Level 2) and all of our coaches have current first aid as well as cpr training and certification.

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!

Monday, Wednesday & Friday  
12:00 pm - 7:30 pm  
Tuesday & Thursday  
2:00 pm-7:30 pm  
Saturday  
9:00 am - 1:00 pm

### Spring Registration

Registration for our 8 week Spring Session will open to members (families with children currently registered) beginning Monday, March 6th. Registration will open to the Public on Monday, March 20th. Please take advantage of the pre-registration, as classes fill up quickly.

### NO CLASSES:

Please note, there will be no classes on the following dates:

Monday: Feb.20th, March 27th & April 17th

Tuesday: March 28th

Wednesday: March 29th

Thursday: March 30th

Friday: March 3rd, March 31st & April 14th

Saturday: March 4th, April 1st & April 15th

## **Spring Break Camps!**

Looking for childcare while your child is on Spring Break? Look no further! Drop your kids at the gym for tons of fun! Camps will consist of Gymnastics instruction as well as action-packed field trips!

We are offering Full Day & Half Day Camps.

**Dates:** March 27th - 31st

**Time:** 9:00-12:00 or 1:00-4:00 (half day) or 9:00-4:00 (full day)

**Cost:** \$75.00 Half Day or \$150.00 Full Day

**Ages:** 6 and up

Register early, spaces are limited.

Please inquire at the Office for more info or to register!

## **Lost & Found**

The lost & found is located inside the Rec 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.

### **Please Note:**

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

## **Last Day of Classes:**

The last day of classes for the Winter Session are:

Monday, April 24th

Tuesday, April 18th

Wednesday, April 19th

Thursday, April 20th

Friday, April 28th

Saturday, April 29th

## **Cookie Dough Fundraiser**

CCGC is 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.

**Please, No "door to door" selling.** We encourage you to contact friends, neighbors, relatives and work associates. They are great to have on hand... and make great gifts too! Stock up your freezers and support our gym and our children.

**Deadline for orders is February 15th. Orders will be available for pick-up @ 4:00 pm on February 27th. All orders must be picked up on this day. If you are unable to personally pick up your order, please have an alternate person pick it up for you.**

**THANK YOU FOR YOUR SUPPORT!**