

Milton Springers Recreation Program

Red Zone Parent Information

Who we are:

Milton Springers Gymnastics Club is a not-for-profit organization proudly serving the Halton region since 1974.

Our mission is to be the leader in teaching gymnastics excellence to children and youth using a progressive and encouraging manner that recognizes both effort and achievement. Through gymnastics we build a foundation for a healthy, active lifestyle.

RED Zone Programs:

- ✓ 1:1 Classes
- ✓ Drop Ins
- ✓ Pop Up Classes

No long commitments required.
Just pay as you go!

1:1 Classes ✓

- \$30 /class
- 45 minutes
- Age: 4+
- 1-on-1 with trained coach
- **Typical class will include** a warm up, stretches, time on 3-5 events (vault, bars, beam, floor, tumble track, conditioning)
- **Coaches will use our level system as guidance** for learning, but will not be testing/evaluating.

Drop-Ins ✓

- \$18 /class
- 45 minutes
- Age: babies (walking) to 6
- **Small groups**, 4:1 ratio with trained coach
- **Children 3 or younger** will require one adult to accompany the child in class.
- **Typical class will include** a warm up, stretches, time on 3-4 events (vault, bars, beam, floor, tumble track).

Pop-Ups ✓

- \$24 /class
- 75 minutes
- Age: 6+
- **Small groups**, 5:1 ratio with trained coach
- **Each class has a special focus activity!**
- **Examples:**
 - Cartwheels/Handstands
 - Swing & Balance
 - Ninja Training
- **Check our website for upcoming Pop Up classes**

Important:

- **We are only opening classes up 1-2 weeks at a time**, until we can resume regular programs.
We will email & post on social media to let you know when we open up subsequent weeks.
- **Peak times for 1:1s will open first** (usually in the 5-7pm range and early afternoon on weekends).
Once those fill we will open up more options, so check back or call to be on a waitlist.
- **Interested in 2:1s?** Please give us a call. *We have limited options, but might be able to find something for you.*
- **New members** will need to pay the annual Gymnastics Ontario Fee (\$35) along with the first class.
- **Refund policy:** If you need to cancel a class, please call the office (905-878-5030). Full refunds will be provided with 24+ hours advance notice. Partial refunds (50%) will be provided with less than 24 hours notice, as we staffing will have already been arranged.

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Arrival & exit procedures

- **Completion of our pre-screening questionnaire is required before entry.** You can fill it out up to 24 hours prior to your child's class via [this link](#).
- **Access is via the side door** facing the parking lot
- **On arrival**, please wait on the sidewalk until a coach lets you in.
- **Exiting the gym, the coach will bring your child to the door.** If we cannot see you, we will not dismiss your child - please come out from your vehicle.

Keeping safe in the gym



Hand sanitizer (or hand washing) will be required on entry and between each rotation in the gym. If your child has a sensitivity, please bring an alternative.



We are limited to 10 participants in each gym - so there is lots of room to spread out. All class activities are designed with 2m physical distancing in mind!



Thorough cleaning & equipment sanitation between each class' use. Washrooms are cleaned hourly and the entire gym is "fogged" with a hospital grade cleaner at the end of each day.



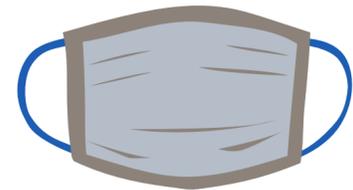
Hard-to-clean props & equipment have been put away until further notice. The foam pit is currently allowed for competitive athletes only (with lots of cleaning).



Coaches will be getting creative using their words & setting up fun drills as we are not allowed to "spot" gymnasts in the current phase.

Masks

Masks are required for all gymnasts, visitors and staff inside the facility.

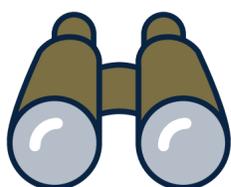


For children who are age 2 or younger, we ask that accompanying adults try their best to enforce mask use. If it's not possible, please help us ensure your child stays 2+ metres from others in the gym.

If a gymnast needs a drink of water, or needs to catch their breath after physical exertion, a mask break with the coach can be arranged, ensuring they have a safe space to do so.

Spectators in the Gym

We have a limited capacity in the gym so we've adjusted our spectator policy for the time being.



Age 3 of younger - one adult to accompany child into the gym, no additional spectators

Age 4-5 - one adult spectator is permitted

Age 6+ - drop-off program only

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What to wear:

- Comfy & stretchy clothes that are good for exercise (such as leggings, shorts, t-shirt, leotard, etc).
- Avoid big buttons, buckles & zippers
- Long hair tied up
- **No** necklaces, bracelets, anklets, fit bits, etc.
- **No** dangling earrings (studs are okay)
- Bare feet in the gym (so we don't slip)
- **Please bring** a water bottle (fountains closed)



A couple more questions you might have...



What happen if my child shows signs of illness during class?

As mandated, if a child shows signs of illness they cannot be in class. Any children who develop signs of illness during a class will be brought to our office and isolated from others until they can be picked up by a parent/guardian. *If your child is sick, please stay home!*



What happens if my child struggles with physical distancing?

Our coaches will do their very best and employ multiple strategies to help your child(ren) understand & ensure physical distancing. If, despite all best efforts, a child is unable to comply, we will discuss options with the parent including additional support, changing classes or withdrawal from program. We recommend parents speak with their children about the importance of following physical distance before coming to gymnastics.

Any questions?



No problem, reach out to us by email at info@miltonspringers.ca or call 905-878-5030. You can also find additional details about schedules, fees & policies are on our website.

Not signed up yet?

Registration opens on February 25 (ongoing)

Visit our website to register - spots are limited!

www.miltonspringers.ca

