



FREQUENTLY ASKED QUESTIONS

General Questions

What are the regular office hours?

Monday – Friday 12:00pm – 7:30pm
 Saturday 9:00am – 2:00pm

What is the Gymnastics Ontario (GO) / Administration Fee?

It is a mandatory annual insurance fee that covers the athlete's participation in any of our programs from July 1 – June 30 of each year. Recreational programs require a \$50 +HST GO / Admin fee upon registration in the athlete's first session of the season. Camps, Clinics, and Private Lessons only require a \$25 +HST GO / Admin fee.

How do I register my child?

You can register in person through the Dynamo Office, or online through our website (www.dynamogymnastics.ca). To register online, login to an existing family account (new members will need to create an account) and view the interactive class schedule. The schedule will indicate the classes that still have space remaining; to add an athlete to the wait list, simply attempt to enroll in a class that appears to be full. Unfortunately, we cannot hold/reserve spaces, or accept registrations over the phone. For assistance, please phone the Dynamo Office.

Can I request a specific coach / teacher?

We will do our best to accommodate you; however, there is no guarantee, as decisions are based on scheduling. Please include your preferred coach's name on the registration form.

Can my child try a class before signing up?

Yes. All trial classes are subject to availability. Please arrange a trial date with the office.

What if I can't make a class?

Unfortunately we are unable to provide make up classes, as we need to ensure that each class safety ratio is maintained.

Class cancellations?

Classes may be cancelled in the event of inclement weather. No make-up classes offered due to weather / power outage related gym closures. All information will be posted on the website.

Am I eligible for any registration discounts?

Yes. The first child is regular price. The second would receive a 5% discount. The third (and any additional children after that) would receive a 10% discount from their enrolment.

What payment methods do you accept?

Online: Visa, Mastercard
 Office: Cash, Interac, Cheque, Visa, Mastercard

What is the refund policy?

Refunds are offered for enrolment cancellations prior to the start of the first class. Mandatory \$50 GO / Admin fees are non-refundable. For additional details, please see the registration form.

Can parents go into the gym?

Safety first! Only parents enrolled in a specific program are permitted to enter the gym. If you need to communicate with your child, please inform the office, and they will be able to help.

Program Information

When does each session start?

Each session is designed to start / end naturally with each major holiday. Current Members (those families enrolled in the current session) will be given a 2 week priority enrolment window for the upcoming session. Please remember to sign up early to ensure space will be available.

Session	Dates	Weeks	Exceptions (M/T/W/R/F/Sa/Su)
Fall Session	Sun Sept 7 – Sat Dec 20	15 weeks	M = 14 weeks
Winter Session	Sat Jan 10 – Fri Mar 13	9 weeks	M = 8 weeks
Spring Session	Sun Mar 22 – Mon Jun 29	14 weeks	F = 13 weeks
Summer Session	Mon Jul 6 – Fri Aug 28	8 weeks	M = 7 weeks

Are there classes on statutory holidays?

No. Dynamo Gymnastics will be CLOSED on the following holidays:

Mon Sept 1	Labour Day
Mon Oct 13	Thanksgiving
Dec 24 - Dec 28	Christmas
Thurs Jan 1	New Year's Day
Mon Feb 16	Family Day
Fri Apr 3	Good Friday
Sun Apr 5	Easter Sunday
Mon May 18	Victoria Day
Wed Jul 1	Canada Day
Mon Aug 3	Civic/Provincial Day

If this is your child's first time trying gymnastics, we recommend starting with a Kindergym or Girls / Boys Gymnastics program before specializing in our other programs. This provides your child with the opportunity to experience all events & equipment. Often, there are multiple groups of the same class occurring at the same time; these groups are divided based on age and ability.

< 3 years	Tiny Tots Parent-and-Tot
3-5 years	Jr. Kindergym Kindergym
4-6 years	Advanced Kindergym* Advanced Kindergym 1*
6+ years	Girls/Boys/Teen Gymnastics Intermediate Girls/Boys/Teen Advanced Girls 1, 2, 3* Advanced Boys 1* Tumbling Trampoline

***All advanced classes require an assessment prior to registration.**

PD Camps	Summer & Holiday Camps
Fri Sept 19	Dec 22, 23, 29, 30 Christmas Camp
Fri Nov 7	Mar 16 – 20 March Break Camp
Fri Jan 30	Jul 6 – Aug 28 Summer Camp
Fri Apr 17	
Fri May 29	*March Break & Summer Camp is booked on a weekly basis. Drop in days are subject to availability 24 hours in advance.
Fri Jun 26	



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Program Information

What should the athlete wear / bring to class?

The following recommendations are made to ensure the safety of all participants. Girls are permitted to wear a body suit (without an attached skirt), or shorts and a T-shirt. Boys are permitted to wear a T-shirt and elastic waist shorts. Athletes should avoid clothes with any buckles, belts, or zippers. All participants must be in bare feet for safety. No jewelry is permitted in the gym; only medic alert bracelets, EpiPens and other medical necessities are accepted. Please see the office if any of these apply to you. Hair should be pulled back away from the face into a ponytail with an elastic band. We encourage athletes to bring reusable water bottles. Only water is permitted in the gym, other beverages should be left in the fridge near the viewing room.

I love it! What else can I try?

We love for Dynamo members to try new things...
...Attend one of our camps!
...Add a specialized class like Tumbling or Trampoline!
...Practice a challenging skill at one of our clinics or workshops!
...Even have your birthday party here!! (ages 3+)

What information can I learn from my child's report card?

Report cards are composed of progressive stages (levels) for athlete development in the sport of gymnastics. At the end of the term, each athlete receives a report card that measures their progress and illustrates the skills the athlete has mastered and/or is working towards. The report card may also be used as a tool to determine if an athlete is ready for an assessment for one of our advanced programs.

The Next Step...

When is my child ready for an advanced program?

The best way to find out is to talk to your child's coach, as they will know your child's skill level best. If the coach recommends the advanced program, the next step is to get an assessment.

Who can join the Advanced Programs?

The athletes that are selected to be in our advanced programs are assessed on a few different elements; physical strength, flexibility, power and endurance; cognitive ability to receive, understand and apply corrections to improve old skills and learn new ones; and of course determination, co-ordination, natural talent and a passion for gymnastics. Assessments are free and take about 10-15 minutes. They are scheduled with an advanced coach and may be available before or after your child's regular class time. Please book your free assessment through the office.

I am so close! What will help me get to the next level?

If you have had an assessment, the coach may have identified areas for improvement (for example: strength, flexibility, specific skills, etc.). We offer a number of services to assist athletes looking to transition into the next level. Some of the programs include: (semi) private lessons, home conditioning programs, skill building and conditioning clinics.

Interested in the competitive program?

Please inform your child's coach. They will forward all information to the Recreational Director, who will be able to put you in touch with the Competitive Coordinator to conduct an assessment.

Additional Information

Where can I find updates and new information?

All information will be posted on the bulletin boards in the lounge area at the gym or can be found online at:

Website: www.dynamogymnastics.ca

Facebook: Dynamo Gymnastics

Twitter: @DynamoGymnastic

What is on the Dynamo website?

- Recreational Programs & Schedules
- Gymnastics & Tumbling Clinics
- Summer & Holiday Camp Schedule
- Birthday Party Information
- Special Events & General Updates

Other questions? Who can I ask?

General Inquiries

Info@dynamogymnastics.ca

Birthday Party & Camp Inquiries

Aly@dynamogymnastics.ca

Marketing & Sponsorship

Lisa@dynamogymnastics.ca

Recreational Programming

Erica@dynamogymnastics.ca

Allison@dynamogymnastics.ca