



Frequently Asked Questions

Q: Where does my child wait for their class to begin?

A: Your child can wait for their class in the parent viewing area or the lobby. If your child is in an Active Start class (Pre-school, Parent & Tot or Kindergym), please find their name tag on the front desk before entering the gym.

Q: Where can I watch my child?

A: The viewing area is located inside the gym and to the right. Please feel free to come and watch your child's class at any time.

Q: Do I have to stay during my child's class?

A: The only parents that need to stay in the facility during class are parents of children in the 2 & 3 year old Preschool and Parent & Tot classes.

Q: What should my child bring to class?

A: Your athlete should bring their own water bottle full of water, as well as arrive in clothing suitable for class. This includes a leotard or shorts and a t-shirt that is not too loose as to get caught in equipment. Please do not bring food unless your child trains more than 3 hours at one time.

Q: What should my child wear to gymnastics?

A: Anything your child is comfortable in will be great but we do suggest you stay away from clothing that has buttons, zippers, buttons or buckles as these can get easily caught in or on equipment. Jeans and dresses are not allowed. We ask that all participants have bare feet and that any hair MUST be pulled back off the face. Jewelry of any kind is not allowed.

Q: Do I need to keep my child's report card?

A: Yes! Like most gymnastic clubs, we do not keep a copy of your child's report cards. If there is a discrepancy or a clerical error, your child's report card is proof that they have completed a badge level.

Q: What is the AGF membership and why am I required to pay it?

A: The Alberta Gymnastics membership fee is insurance for both your child and the club. This membership MUST be renewed yearly and always expires in June.

Q: My child has never done a gymnastics class before, but they are self taught. What level do I register them for?

A: All beginner gymnasts must register in the beginner Cangym class. This class consists of the first 4 beginner levels of the Cangym program. Your child will be assessed in the first few weeks and the coach will inform you if they should be registered in a different class.

Q: My child is interested in doing gymnastics more than once a week and is very keen to learn more challenging skills. What class is right for them?

A: If your child is interested in attending more classes or would like to work towards competition one day, please contact one of our Team Leads below. They can answer all your questions as well as have your child come in for a tryout in their program to see if it is the right fit for them.

Sydney Jones- Women's Artistic and Xcel Team Lead- competitive@glenmoregymnastics.ca

Robert Knight- Acrobatics Team Lead- acro@glenmoregymnastics.ca

Q: Do you offer special events?

A: Yes! We offer all sorts of special events including:

- Drop In for adults, teens and families
- Birthday Parties
- Summer Camps
- Private Lessons
- Dryland Team Training
- Out of School & PD Day Camps
- Kids Night Out
- Corporate Events
- Facility Rentals

See our website for more information!

Q: How does your pricing work for recreational classes?

A: All of our recreational programs are charged monthly and each time it is based on the number of classes for your child that specific month. For example; if your child is registered for Tuesdays in January and that specific January happens to have 4 Tuesdays, you will be charged for 4 classes. If the next month only has 4 Tuesdays, you are charged for 4 classes. The price you see online is based on 4 classes and will be adjusted as needed.

All NEW members will also be required to pay an Alberta Gymnastics Federation membership fee once per year. The year runs July 1- June 30th.

We also charge a Facility Enhancement Fee each month per registered participant. This fee is \$5 and covers the cost of maintenance and renovations in the facility.

