

BOWEN ISLAND GYMNASTICS CLUB  
NEWSLETTER FOR BIGC PROGRAM MEMBERS

# GYMFORMATION

OCTOBER 2011



## FALL SESSION DATES:

### Wednesdays:

\*no class Oct 5th\*

### Fridays: Sept 16–Dec 2, 2011 :

\*no classes Oct 7, Oct 21,  
Nov 11, Nov 18th \*

### Saturdays: Sept 17–Dec 3:

\*no classes: Oct 8, Nov 19th \*

## Message from the Program Director

Welcome back to our returning members and a big welcome to those of you who are new members to Bowen Island Gymnastics

We hope you had a safe and happy summer and are ready to “rock” “roll” and “jump” around the gym this session!

The Fall Session at BIGC is full of many special events and theme days.

In the preschool program we will have Transportation and Traffic, Old MacDonald’s Farm and our famous Halloween Howl!!

The Gym Stars program will get to work on new gymnastics skills, conditioning, as well as group and partner balances and do “tricks for treats “ at our Halloween Howl on Oct 28 & 29<sup>th</sup>.

Please take a look at the Fall Program Synopsis for your child’s class and mark important dates on the calendar!

If you have any questions or concerns please do not hesitate to contact:

Lisa Brougham  
Program Director  
Bowen Island Gymnastics  
604-313-7286  
ljbrougham@look.ca

## Important Dates to Remember:

*Sept 28: PD Day Gymnastics Camps*

*Oct 1<sup>st</sup>: Used Bodysuit Sale*

*Oct 12 - 22<sup>nd</sup>: New Bodysuit Sale*

*Oct 28 & 29<sup>th</sup>: Halloween Howl: Wear a costume to gymnastics!*

*Dec 2nd-3rd: Last day of recreational classes*

*Dec 3rd: Winter 2012 Recreational Registration 9:30 - 12:30*

## **FALL 2011: Little People Program Synopsis**

**Week 1: Welcome to Gymnastics!**

**(Sept 17)**

**Week 2: Transportation and Traffic (gym safety)**

**(Sept 24)**

**Week 3: The "Tuck" Position**

**(Oct 1)**

**Week 4: Old Macdonald had a Farm! (animal locomotions)**

**(Oct 15)**

**Week 5: The "Straddle and Star" position**

**(Oct 22)**

**Week 6: HALLOWEEN HOWL! \*wear a costume to gymnastics!**

**(Oct 29)**

**Week 7: 101 ways to Jump!**

**(Nov 5th)**

**Week 8: The Pike Position: bent and straight**

**(Nov 12)**

**Week 9: Musical Shapes: review of basic body shapes**

**(Nov 26)**

**Week 10: Jingle Bell Rock!**

**(Dec 3rd) Last Day of classes**

**Winter 2012 Registration: 9:30 - 12:30 p.m.**

## **FALL 2011: Gym Stars Program Synopsis**

**Week 1: Welcome to Gymnastics!**

**(Sept 17)**

**Week 2: Transportation and Traffic ( gym safety )**

**(Sept 24)**

**Week 3: Jumps, Leaps and Turns**

**(Oct 1)**

**Week 4: Conditioning Circuit: build strength & fitness!**

**(Oct 15)**

**Week 5: Focus on Handstands**

**(Oct 22)**

**Week 6: HALLOWEEN HOWL! \*wear a costume to gymnastics!**

**(Oct 29)**

**Week 7: Cartwheels and Round off drills**

**(Nov 5th)**

**Week 8: Rotations: forward & back!**

**(Nov 12)**

**Week 9: Partner and Group Balances**

**(Nov 26)**

**Week 10: Jingle Bell Rock!**

**(Dec 3rd) Last Day of classes**

**Winter 2012 Registration: 9:30 - 12:30 p.m.**

# **HELPFUL HINTS FOR A HAPPY GYMNASTICS SESSION**

**WHEN YOU ARRIVE:** Please **visit the washroom**, and wait outside in the viewing area until your instructors call you into the gym.

There are children who attend gymnastics that have life-threatening allergies to nuts, please refrain from bringing snacks that contain nuts to gymnastics.

**BE ON TIME:** The warm-up is important to ensure the proper mental and physical preparation before each class.

**COMMUNICATION:** Communication lines at BIGC are always open. Please feel free to introduce yourself to your child's instructor and ask them about your child's progress. If you have any further questions or concerns please call me, the Program Director, Lisa Brougham at 604-313-7286

**WHAT TO WEAR:** What you wear to gymnastics plays a large part in what you will get out of your gymnastics class. Wearing the wrong attire could limit your mobility and cause you discomfort. **Participants should wear:** shorts and a T-shirt and bare feet. No zippers buttons or belts please! Leather soled gym slippers and bodysuits are fine but not necessary. Please make sure long hair is tied back and remove any jewelry. Parents/Caregivers attending Rock'n Rollers and Jumping Jellybeans will be actively involved and must be within arm's reach of their child at all times. Wear comfortable clothing and remove any street shoes.

**MAKE-UP CLASSES:** Due to full classes we are unable to offer makeup classes for missed classes due to illness, vacations etc...

**PARENTS IN THE GYM:** Due to the noise and distraction of having parents in the gym we ask that parents view classes from outside the gym at the viewing window.

## **CAN I BRING A FRIEND?/CAN A SIBLING PARTICIPATE TOO?**

No. Only children whose names appear on the class list may participate. If you participate with your child in Rock'n Rollers or Jumping Jellybeans and have to bring a sibling to class they must stay on the sidelines, and entertain themselves with books and crayons etc. Babies are fine in a "baby sling" or car seat.

## **BOWEN ISLAND GYMNASTS ATTEND 2011 WORLD GYMNAESTRADA!**

On July 6th 2011, after years of training together in the BICS gym, 8 gymnasts from Bowen Island ventured to Lausanne, Switzerland for the 2011 World Gymnaestrada event; representing Canada at one of the biggest mass sports events in the world.

Held every 4 years, World Gymnaestrada brings together over 20, 000 gymnasts from 55 different countries for ten days of trend setting and spectacular gymnastics performances.

Long time competitive Bowen Island Sr Gymnasts : Lissy Allan, Callie Brougham, Katie Brougham, Maia Blomberg, Ashley Murphy, Shilanne Steadmances, Neela Todd, and Chelsea Hillhouse performed a physically demanding 8 minute group gymnastics routine at the world venue in Lausanne on three separate days.

Beyond the world level gymnastics performances, the experience of attending this World event will be savoured for its celebratory spirit and the daily cultural exchanges we enjoyed with athletes from around the world

The gymnasts along with coaches: Lisa Brougham , Connie Sherman and chaperones : Melina Blomberg and Yukiko Hillhouse had the experience of a lifetime that will remain indelibly engraved in our memories.

The 2011 Bowen Island World Gymnaestrada Team would like to thank Bowen Island Gymnastics and the Bowen Island community and businesses for supporting our team.

A slide show of the trip is planned in the near future.

