



Recreational Family Handbook

Welcome to Trillium Gymnastics! We are looking forward to having your family join the sport of Gymnastics at our club. Trillium Gymnastics is a Not-for-Profit club run by a volunteer board of directors and has been in the Kingston community since 1984. We moved to our current airconditioned facility located at 631 Fortune Cres in 2015.

Fee Information:

Trillium Gymnastics is a proud member of Gymnastics Ontario. Gymnastics Ontario provides sports accident insurance for all registered members. All participants are required to be registered with Gymnastics Ontario. The insurance fee for July 1st 2024-June 30th 2025 is \$40.00 per person. This fee is non-refundable and is paid directly to Gymnastics Ontario.

If your gymnast must withdraw due to injury or illness please contact us at clubadmin@trilliumgymnastics.ca for assistance with your account. All refund requests are required in writing and will be subject to an additional administration processing fee of \$10.00.

Trillium Gymnastics reserves the right to cancel classes if weather conditions are severe and warnings are issued/forecasted. No refunds or makeup classes will be given for cancelled classes due to circumstances beyond our control.

Attire: All gymnasts should come to gym with their hair neatly tied back. Bodysuits, shorts, and t-shirts are all acceptable.

It is important your child can move comfortably in their clothing and that it isn't too long or baggy.

Bare feet are best! Socks pose a slipping hazard on gym equipment even the ones with rubber grips.

No gum, jewelry or fitbit/apple watches. (except medic alert)

These requirements are for the safety of all participants and coaches.

Gymnasts are encouraged to bring a reusable water bottle to class - please no glass bottles.

There is a water refill station located within the gym.

Notes of Importance:

-We have an accessible washroom equipped with a change table for families.

-We encourage parents to view their child from our viewing area. Parents are not allowed in the gym unless it is requested to assist your child or for our specific parent & tot programs.

-We will have a Memories Week during each session where families can take photographs/videos of their child.

-Trillium is a NUT aware facility. Please refrain from bringing these items into the club.

SWAG: If you are looking to purchase Trillium Gymnastics Gear please visit our online E-Store at

www.specialtytrophies.ca/trillium Families can purchase items directly while supporting our club through this local company.

Vision

To be the Premier Gymnastics Club for Recreational and Competitive Programs in the Greater Kingston Area.

Mission

Driven by Excellence in Leadership and Innovation, Trillium Gymnastics develops strong, confident, resilient individuals through quality programs within a fun, safe and positive environment.

Values

Wellness: Fostering the physical, mental, and emotional well being of all.

Belonging: Creating a place where everyone feels secure, respected, accepted, and supported.

Excitement: Inspiring everyone to be their very best.

Innovation: Encouraging new ideas and forward thinking



**TRILLIUM
GYMNASTICS**