

THE SALTOS HIGH FLYER

"Hard days are best because that's when champions are made." — Gabby Douglas

Saltos Gymnastics Club

1 CANADA GAMES DRIVE, CORNER BROOK, NL

Begin your Gymnastics Journey Today! Did you know GYMNASTICS provides the base for all other sports!? Early participation in gymnastics develops the most fundamental movement skills, physical and motor abilities, mental abilities, social and emotional abilities and performance skills that carry over into all aspects of life. Start today! Register now! We offer competitive programming in men's and women's gymnastics, trampoline and cheer. And we are proud to offer a variety of recreational programming for toddlers all the way to adults. Visit our website to find more details about all that Saltos has to offer!

www.saltosgymnastics.com

A Message from the Saltos Board & Staff

Good day Saltos members,

On behalf of our Staff and Board of Directors, Saltos would like to send a big thank you to all our Competitive and Recreational members on a great season! We look forward to seeing you in the gym during the summer months or when you return in the Fall.

2020-21 has been a year with many challenges for many and it was a pleasure for us to be able to provide a regular activity for all our members.

We would like to send a special thank you out to all our coaches. Thank you for all that you do!

Wishing you all a safe and happy summer and looking forward to seeing you all in the gym soon!

Upcoming @ Saltos:

2021 Spring Rec Session

The abbreviated Spring Rec Session has now concluded! Congratulations to all on your participation.

Summer Activity Camp

Saltos will once again offer week long summer activity camps this July & August! 9 weeks of camp are available starting July 5th!

Registration is now open and weeks are filling quickly!

See Page 2 for more details!

Summer Rec Session

A 6 week summer rec gymnastics session will take place in July/August. Registration is now available @

www.saltosgymnastics.com/
Class dates & times, are very limited. Register early!

Fall 2021 Registration

Registration for the Fall 2021 Recreational session will be held mid to late August. Please watch our Facebook page to get the the most up to date information on upcoming programming and registration times!



Saltos as your Child Care Option!

Summer Activity Day Camp

We are excited to announce that Saltos will be offering a 9 week Summer Activity Camp! Gymnastics & Games; Obstacle Courses & Forts; Outdoor Adventures, Crafts & Special Guests.

A Jammed Packed Summer of Flippin' Fun! **Pre-registration is required!**
Space is Limited

Camp Dates:

Week 1 - July 5th to July 9th

Week 2 - July 12th to July 16th

Week 3 - July 19th to July 23rd

Week 4 - July 26th to July 30th

Week 5 - August 2nd to August 6th

Week 6 - August 9th to August 13th

Week 7 - August 16th to August 20th

Week 8 - August 23rd to August 27th

Week 9 - August 30th to September 3rd

Camp Hours:

8:30am to 5:00pm

Age:

We are welcoming Campers born in 2015 and earlier.

bathrooming must be independent!

Cost:

\$175 per week

To Register:

Registration is available online @ www.saltosgymnastics.com

For More Information:

Please call 709.639.7080 or email office@saltosgymnastics.com

What to Bring

1. A backpack that can hold all belongings
2. Peanut free lunch, 2 snacks & water bottle
3. Hat, Sunglasses & appropriate outdoor footwear (no flip flops for outside play) & sunscreen
4. Additional clothing to allow for change in weather (hoodie, pants/leggings)

Gym Fun at Saltos!

SKILL EVALUATION WITH
CAMRYN AND COACH ANNA!



CHEER INFUSION ATHLETES
WORKING HARD & PERFECTING
SKILLS



Meet our Coaches!

Anna Blackwood

Meet Recreational Coach Anna!

Coach Anna is a 16 year old, Grade 11 French Immersion student at Corner Brook Regional High. She is NCCP trained at the Foundations level in Artistic Gymnastics and Trampoline! Anna was a volunteer coach in training for 3 years at Saltos before beginning her employment as a Coach in September 2020. You will find coach Anna working with classes in Initiation, and Rec Gym Blue & White as well as our Saltos group rentals and activity day camps!

Besides her dedication to Saltos, you can catch Anna downhill skiing in the winter, reading and travelling, or enjoying her favorite food, sushi while watching her favourite movie series, Harry Potter.

“As a coach, my hope is to teach and develop children's gymnastics skills that will allow them to fulfill their goals and full athletic potential in a fun and happy environment!”



Summer Camp Coaches

Meet our summer camp coaches!

We are please to announce that Recreational Coaches Anna Blackwood and Kristen Randell have accepted positions as camp coaches for the 9 week summer camp! Joining them as a new coach is experienced Saltos gymnast and previous CIA cheer athlete of the year, Sarah Flynn. The summer coaches have began their training and started planning! They are excited to offer a fun and eventful summer camp!



Saltos Program Spotlights:

Parkour @ Saltos

Parkour is for athletes looking to improve their body and aerial awareness. This program will teach skills through easy and complex circuits along with trampoline training. This is a diverse program including games, circuits, ninja courses and trampoline fun.

Beginner: For boys and girls, ages 7+ and new to the discipline.

Intermediate: For boys and girls, ages 8+ and for athletes who have mastered the basic skills. Minimum of 2 beginner sessions must be completed before registering in intermediate.

Advanced: Aged 12+ & for athletes who are ready to learn complex movements, flips, twists, jumps & rolls. This program is by invite only.

Competitive Gymnastics

By Invitation/ Assessment Only

Ready to make the leap into competitive gymnastics? We are ready to put you to the test!

The Competitive Program is a structured, year round skill based program for the athletes who demonstrate an love for gymnastics. These girls & boys show developing skill in balance, strength, flexibility, coordination, independent work ethic and have the ability to accept corrections.

WHY JOIN GYMNASTICS?

- o Improves strength, flexibility, spatial awareness, coordination, and focus.
- o Gymnasts learn to work as a team while striving for personal goals.
- o Emphasis on a healthy and active lifestyle.
- o Develops and enforces important life skills such as discipline, toughness, determination, consistency and respect.

If your child (Boys & Girls!) are aged 5+ and is interested in competitive gymnastics please contact us today! Competitive assements and team placements will take place late August/early September.

Saltos Office:

office@saltosgymnastics.com

709.639.7080

www.saltosgymnastics.com





Did You Know?

Saltos is once again offering Group Rentals (Party Rentals)!

Gym & Party Room Rental - July & August

Cost: \$175.00 per booking
1 hour gym & 45 minute party room
Fridays: 6:00 - 8:00pm
Saturdays: 1:00 - 3:00pm or 2:30 - 4:30pm
Sundays: 1:00 - 3:00pm or 2:30 - 4:30pm

Please visit our website or contact the office to register and for more details and for information regarding NEW Covid-19 regulations and practices for all group rentals.

Gym Only Rentals

Cost: \$80.00 per 50 minute private rental.
Available upon request and subject to availability. Call or email for more information.

Club Reminders!

- The last sessions of the spring recreational programs were Tuesday June 15th to Monday, June 21st. Registration for the 6 week summer rec is now available online!
- Masks must be worn during entering and exiting. Masks are encouraged during gym time but are not mandatory.
- We ask that all participants please complete the COVID self-assessment tool daily before entering our Saltos facility. Please do not attend programming if you are experiencing any flu like symptoms.
- Please do not park, idle or drive in front of our doorways. We ask that you use the marked parking spaces **even for drop off**. We are working with the Civic Center to ensure all other user groups follow this same policy. Congestion and speed around our building and doorways cause safety concerns for our young athletes.
- All Athletes will be admitted just prior to session beginning and must depart directly after activity (no change room /waiting area access). All gym wear must be on before arriving. Tardiness cannot be accommodated; Due to the required processes admitting participants, late arrivals cannot be accommodated, please take care to be on time.
- Only one parent is permitted in the gym for our Parent and Tot and Gym Champs programs. Absolutely no siblings will be permitted in the gym for these sessions.
- Please refer to our covid transitions manual for further information on the Saltos policies and procotols.

Comp Corner!

- Competitive regular training for the 2020-2021 season concluded on Thursday, June 17th with our Wacky Olympics.
- Congratulations to all who participated in our showcase on Saturday! It was a wonderful display from our competitive athletes across all disciplines!
- Thank you for your responses on our short summer training survey. We are still looking for input on interest for summer training. Planning is underway and information will be available soon. Please watch your email for updates!
- A questionnaire for fall 2021 intentions will be distributed in the near future. It is essential that you complete and return this by the deadline to ensure your child is placed in the proper training group for the 2021-22 competitive season.

