

THE SALTOS HIGH FLYER

"If you're having fun, that's when the best memories are built."

— Simone Biles



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

Wishing the warmest welcome back to all our 2021 winter session to all parents, and participants. We are so happy to have all our athletes returning to the gym after COVID once again temporarily shut our doors. We are excited to see all the happy and energetic participants arrive and the smiling and tired faces leave each day. Our winter session thus far has been a great success and I would like to thank all our members for their cooperation in helping us successfully introduce our new guidelines that allow us to continue to offer quality programs that provide fun and activity to as many people as possible. If you would like to reference our COVID transition at anytime it is located under the Recreational Programming section on our website.

Did you know we have both Teen and Adult Personal improvement classes? Saltos offers conditioning and gymnastics classes for both teens and adults. The conditioning classes take place on Monday evening and the Gymnastics classes take place Wednesday evening. All levels from beginner to advanced are welcome in both programs. You are sure to have a challenging and enjoyable session no matter what your ability or experience. We hope all participants are as excited as to return as our coaches and staff are! See you in the gym!

Jeff Young
Executive Director

Upcoming @ Saltos:

Winter Rec Session

All recreation sessions will pick up where we left off due to the February Covid Closure!

Recreation classes will resume starting Wednesday, March 31st. Please see page 3 for a more detailed schedule!

Easter Activity Camp

April 5th - 9th.
8:30am - 5:00 daily
Register online now!

Spring Rec Session

A shortened spring recreation session will be offered this year from May 25th to June 21st. Registration dates for the 4 week session will be announced soon!

Summer Activity Camp

You've asked, we've agreed! Yes, Saltos will once again offer week long summer activity camps this July & August! Watching for upcoming registration details in the near future.

Meet our Coaches!

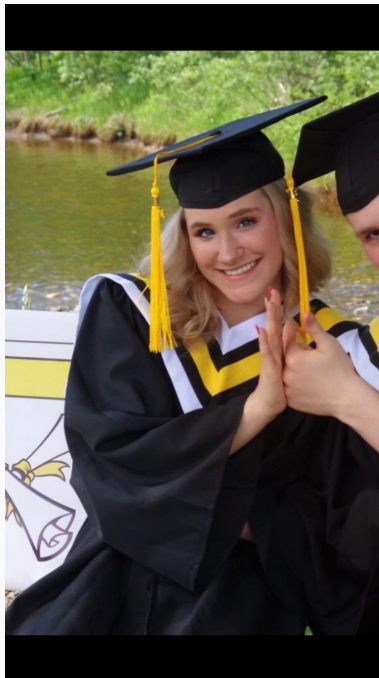
Sarah Hansen-Robitschek

Meet Recreational Coach Sarah!

Coach Sarah is a 1st year university student at Grenfell Campus of MUN. She is NCCP trained at the Foundations level in Artistic Gymnastics and Trampoline and is looking forward to completing more training to grow as a coach.

Sarah has been a coach with Saltos for nearly 4 years and has been a volunteer at Saltos events for several years before that. This session coach Sarah is working with classes in Parkour, Parent & Tot, Initiation, and Rec Gym Blue.

“Coaching has made me the best person I can be because meeting new kids and getting to know them and watch them grow and progress is the best thing you can do and see. Working at Saltos is hands down the best job ever!”



Shawn Holloway

Meet coach Shawn Holloway

Shawn is an experienced senior coach at Saltos; he has been coaching for 30 years and 4 years ago moved from Vancouver, B.C to join the Saltos team. Shawn’s coaching qualifications include NCCP level 2 WAG Gymnastics and NCCP level 3 Trampoline. This season you will find Shawn coaching in the Saltos progression, experience and emerge competitive women’s training groups, the Saltos competitive trampoline team and recreational trampoline. Being a Canadian trampoline team member for 12 years and being ranked 2nd in the world in trampoline gives Shawn knowledge not only on how to coach but also relate to the competitive athletes. Training can be long and rigorous and because of that understanding, he always strives to make training as fun as possible with a serious twist.



“I want to use this year as a building year to emphasize the importance of a team/family environment. Using healthy competitiveness to motivate and push the athletes. New routines come out this year so it is important to focus on gaining more difficulty for all competitive athletes. Gymnastics is a very all rounded sport and acts as a development sport for all others. Gymnastics and trampoline is my passion and I love what I do on a daily basis.”

Saltos Program Spotlights:

Trampoline @ Saltos

Recreational Trampoline

For boys and girls, ages 7+

This program focuses on fun & improving athletes trampoline skills and aerial awareness through the use of our super trampolines. Classes are 1 hour per week and rec trampoline registration is available during fall, winter and spring sessions.

Competitive Trampoline

By Invitation/ Assessment Only

Competitive trampoline involves a longer warm up, focuses on form, technique, skills required for routines, as well as some body strengthening and stretching which is necessary to progress and stay healthy. Competitive trampoline athletes train approximately 6 hours per week with Coach Shawn with the goal of attending competitions provincially and beyond.

Saltos Office:

office@saltosgymnastics.com

709.639.7080

www.saltosgymnastics.com

Please contact Jeff or Christine with any questions and for further information on any of our programs.



Saltos Winter Recreation New Dates

Monday Rec Classes:

Saltos Sport Fit & Adult Conditioning: 2 classes remain of the 6 week winter session and will go ahead Monday, March 29th & April 5th. Registration for 6 week spring session, from April 12th - May 17th, is now open.

Tuesday Rec Classes:

Beginner, Intermediate and Advanced Parkour: 7 of 13 classes remain in all Parkour classes and will take place Tuesday, April 6th, 13th, 20th, 27th, May 4th, 11th & 18th.

Wednesday Rec Classes:

Afternoon Parent & Tot (12:00) & Initiation (1:00) Classes: 7 remaining afternoon classes and will go ahead Wednesday, March 31st, April 14th, 21st, 28th, May 5th, May 12th & May 19th. Please note there are no afternoon classes during Easter break on Wednesday April 7th.

Evening Initiation (5:00), Rec Gym (3:45 & 5:30) & Rec Trampoline (6:30) Classes: 8 remaining classes and will go ahead Wednesday, March 31st, April 7th, 14th, 21st, 28th, May 5th, May 12th & May 19th

Teen & Adult Gymnastics: 2 classes remain of the 6 week winter session and will go ahead Wednesday, March 31st & April 7th. Registration for 6 week spring session, from April 14th - May 19th, is now open.

Friday Rec Classes:

Parent & Tot, Initiation, Rec Gym & Rec Trampoline: 7 classes remaining in the Winter Session. There will be no classes on Easter weekend April 2-4th. This session will continue with the 7 classes on Friday, April 9th, 16th, 23rd, 30th, May 7th, May 14th & May 21st.

Saturday Rec Classes:

Parent & Tot, Initiation, Rec Gym & Gym Champs

7 in the Winter Session. There will be no classes on Easter weekend April 2-4th. This session will continue with the 7 classes on Saturday, April 10th, 17th, 24th, May 1st, May 8th, May 15th & May 22nd.

Sunday Rec Classes:

Parent & Tot, Initiation, Rec Gym

7 of 12 classes remaining for these classes for the Winter Session. There will be no classes on Easter weekend April 2-4th. This session will continue with the 7 classes on Sunday, April 11th, 18th, 25th, May 2nd, May 9th, May 16th & May 23rd.

Saltos as your Child Care Option!

EasterBreak Activity Camp

Ages 5+. 5 days of Easter Break Fun at Saltos! Register your child(ren) for days filled with opportunities to be active: bouncing, swinging, balancing, somersaulting, obstacle courses and all kinds of fun!

Camp drop off is from 8:30-9:00 am and pick up is 4:30-5:00pm. The cost is **\$40.00/day or \$175.00/5 days** for members, non members must also pay the yearly GNL membership fee. Athletes are required to wear comfy gym clothes, bring peanut free snacks & lunch & their water bottles!

Register online @ www.saltosgymnastics.com or contact the office for further information. **Pre-registration is required! Space is Limited**

Winter Fun at Saltos!

WEDNESDAY AFTERNOON
INITIATION FUN WITH COACH
SARAH!



SALTOS WAG DEVELOPMENT A
TRAINING GROUP AND COACH
JACEY GET SET FOR WARM UP
AND A FUN DAY OF TRAINING!



Did You Know?

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

Gym Only Rentals

Fridays 7:30pm & 8:30pm.

Cost: \$80.00 per 50 minute private rental.

Gym & Party Room Rental

Saturdays 2:30, 4:00, 5:30 & 7:00

Cost: \$175.00 per 1 hour gym & 45 minute party room private rental.

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

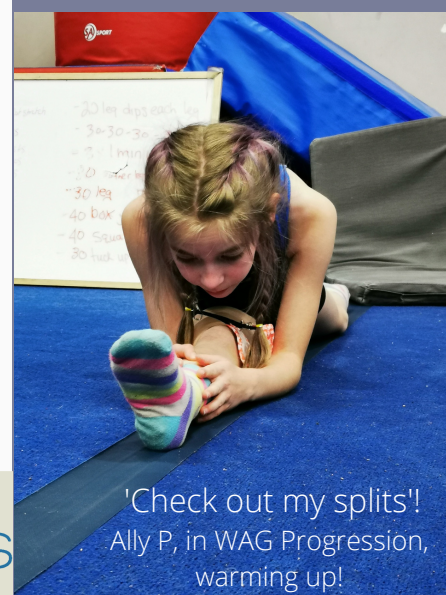
Club Reminders!

- The last sessions of the new winter recreational programs are Monday, May 17th to Sunday, May 23rd.
- 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 proccotols.



Comp Corner!

- The last day for the regular training schedule before Easter break is Thursday, April 1st. An Easter training schedule will be distributed closer to the date.
- We are still hoping to host a Pre-Competitive & Competitive Team Showcase & In House Competition including neighboring gym, Gracia. More details to follow as we receive guidance from public health.
- Chalk is available for purchase at the beginning of training sessions. The cost is \$4.00 per block and must be paid (exact change required) before receiving.
- We have two (new) Competitive Team Jackets available at the office for purchase. Coats are \$75.00 & we have 1 each in Youth Medium, and Youth Large. Please contact the office asap if you wish to purchase.



'Check out my splits!'
Ally P, in WAG Progression,
warming up!