

It has been an amazing first month in the gym. In our newsletter, please find a few reminders to have a fun, safe, and successful gymnastics session as well as some important dates and events.

ATTIRE

- All athletes must wear shorts/sweatpants and a t-shirt, or a gymnastics bodysuit and bare feet in the gym.
- No socks/tights, jewelry, jeans, dresses/skirts, belts, or buckles are allowed.
- Hair must be tied back.
- Please bring a water bottle.

DROP-OFF/PICK-UP POLICY

- Please be on time. Warm-up is an important part of all programs. Being late also disturbs the rhythm of the class and distracts the other gymnasts.
- Parents must ensure that gymnasts are dropped-off & picked-up **inside** the building.
- TPGC staff cannot supervise children before or after programs, please remain with your child until their program begins.
- Parent of children 4 years old and younger are asked to remain in the building during class.

WHY TO KEEP YOUR SICK CHILD HOME FROM THE GYM

Things to consider:

- If a child is sick, they need to rest or their recovery could be delayed.
- The ability of your child to function and learn at gymnastics.
- The prevention of the spread of illness to other children, families, and coaching staff.
- The safety of your child and all other children and staff in the gym.

Please keep your child home if he/she:

- Has symptoms such as persistent cough, constant runny nose, vomiting or diarrhea.
- Has a suspected or known communicable disease (i.e. Pink eye, Mumps, measles, rubella, chicken pox, whooping cough, gastrointestinal illnesses, strep throat).
- Has a fever.

Please keep kids at home until they are no longer infectious to ensure a happy and healthy environment for all athletes and staff.

SPOOKY PROD DAY CAMP | OCTOBER 20 FROM 9AM-4PM

\$80.00 per child in grades K-6.

Come to the gym with a costume or two and join in on some pre-Halloween fun, including games, skill training, arts & crafts, and outdoor activities (weather permitting). Terrace Peaks will also provide participants with a snack. Please provide your child with a water bottle, nut-free lunch, and weather-appropriate outdoor clothing. Please label all personal items in case of loss.



CONTACT US

Phone (250) 638-0447

Fax (250) 638-0405

info@terracepeaks.ca

www.terracepeaks.ca

www.facebook.com/terracepeaks

terracepeaks

Office Hours

Tuesday 1:00pm-4:00pm

Wed/Thu 10:00am-1:00pm

Friday 4:00pm-8:00pm



IMPORTANT DATES

Gym Closed | October 9
No classes due to Thanksgiving Day.

Gym Closed | October 18
before 1:00pm
No classes due to Nation2Nation rental.

Gym Closed | October 18
before 3:00pm
No classes or drop-ins due to Nation2Nation rental.

Pro-D Day Camp |
October 26
9:00am-4:00pm. \$80.00 per
child in grades K-6.

Fall 2023 Registration
closes | October 27
Last day to register for recreational classes.

Halloween Week |
October 24-31
Wear your Halloween costume to class.

Gym Closed | October 31
after 3:30pm
No classes due to Halloween.



Small businesses can choose from two nights, a more classic Friday, or a little bit of a Spicier Saturday to celebrate the holiday with us! Both nights will feature traditional holiday meals, awesome prizes, fun games, & great music to dance the night away.

Stay tuned for all the exciting details, including ticket sales, prices & an exciting partnership!

Volunteers are needed to make this event run smoothly. Please reach out to info@terracepeaks.ca if you have the capacity to volunteer or have a lead on catering.



Volunteers are needed for this event. Please check out the volunteer sign up sheet on the bulletin board at the gym or via the link below <https://shorturl.at/dgAl6>

FUNDRAISING

World's Finest Chocolates - The TPGC member who sells the most cases by **December 15, 2023** will win a 5 lbs chocolate bar courtesy of World's Finest Chocolates. Each case contains 60 bars in 3 varieties (Crispe, Caramel, & Pure Milk) and sells for 3/\$5. Please see the office to buy your case!



Purdy's Chocolatier - Please visit <https://fundraising.purdys.com/1772599-107336> to order your chocolates for the holidays. Catalogues are also available in the office. Fundraiser ends **Sunday, November 12, 2023**.

Mom's Pantry - Order delicious food and baking products online at www.momspantry.ca using order number 380019 and password 13766. Catalogues and order forms will be available in the office after October 23. All orders are due by **Saturday, November 25, 2023**.



Mabel's Labels - Durable, waterproof name labels for all your kid's stuff! Laundry and dishwashers safe. This fundraiser is ongoing. Visits https://mabelslabels.ca/en_CA/fundraising/support/ and search for Terrace Peaks Gymnastics Club.