



York Stars Rhythmic Gymnastic Club

admin@yorkstars.com
(647)669-1800

Dear parents,

Welcome to the York Stars Family! This letter has been created to help smooth the transition and assist you in understanding the rules and regulations of our club. Please read carefully and if you have any questions, do not hesitate to contact us.

First Week of Classes:

September 13-19, 2026

Last Week of Classes:

June 13 - 19, 2027

Contact Email:

admin@yorkstars.com

Emails are best form of communication, except for makeup classes. If missing class or require a makeup class, please text the front desk phone.

Contact Phone Number:

- **Front Desk Phone: (437)232-7736**

- *During class times only!*
- Weekdays 4:30pm-8:30pm
- Weekends 9:00am-2:00pm
- This number can receive texts. You may text outside of front desk hours to notify of absences.

Peanut And Nut Free Facility

Please note when packing snacks for your child, to pack peanut and nut free snacks as we have some gymnasts with allergies.

Parent's Portal

There will be a parent's page that will host all documents (flyers, policies, newsletters, etc) that have been sent to you. The link to this will be sent at the start of the season. We recommend bookmarking it for easier reference throughout the year.

<https://yorkstars.uplifterinc.com/pages/parentspage/>

SPECIFIC COMPETITIVE POLICIES

Locker Storage

Provincial/National athletes are more than welcome to leave their gym bags and apparatus in the York Stars lockers under their own discretion.



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Competition Fees

Parents are responsible for registration fees for all competitions and associated travel costs for their child. Athletes are expected to compete at all mandatory and some invitational competitions (list distributed later on) during the season.

Competition fees are required for all competitive programs and can be paid via post-dated cheques or an e-transfer. Competition fees are deposited into each athletes competition account where we withdraw money for competitions, rather than email you each time we register your girls. It allows us to be efficient in registering for competitions on time. At the end of the season, you will receive a refund of the unused funds, as well as, a breakdown of the fees if you request it. In the case that more funds are required, we will notify you.

The competition fees can be paid in 1 to 6 instalments, beginning from November 15th to April 15th. Alternatively, they can be paid at the beginning of the year upon registration.

Coaching Fees At Competitions

To accommodate the coaches that take time to coach gymnasts during weekend competitions, a coaching fee of \$7.00 per routine is deducted from a gymnasts competition account. This is done only if a gymnast is competing on a day that is not a usual training day. If a gymnast competes on a day that is her usual training day, the coaching fee will not be deducted from her account.

Training on Competition Days

As athletes are not accustomed to two trainings in one day, we do not allow gymnasts to attend training if they are competing that same day. Double trainings are only allowed if authorized by a coach/office.

Awards at Competitions

It is expected that all athletes competing at a competition attend the awards ceremony no matter their standings. It is important to support their fellow friends and athletes from other clubs. It's important for sportsmanship. Exemptions are only given if addressed with Julia beforehand.

Travel Fees

Each athlete is responsible for an equal share of the coach's travel/ accommodation per each out of town competition.

There will be a 65 per day charge to cover attending coach's meal allowance plus accommodation/travel expenses. This will be invoiced and must be paid either prior to registration deadline or will be taken from the athletes personal competition account. Should travel costs for a particular competition be higher than \$100, parents will be advised and decisions made accordingly.



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As York Stars does not purchase travel insurance, all families are encouraged to purchase travel insurance when YS books out-of-province competition trips.

Music/Choreography Fees

Music for each competitive routine is an artistic work that is completed outside of regular coaching fees. Please note that the routine completed is York Stars property and the fee charged is a rental fee rather than bought choreography.

An email will be sent in September or October regarding amount due for the season's choreography.

New routine:

- \$85 per routine for Provincial athletes
- \$55 per routine for Interclub athletes
- \$75 per routine for AGG athletes

Passed-on routine:

- \$55 for Provincial athletes
- \$40 for an Interclub athlete.
- \$50 for AGG athletes

Price includes: choreography, competitive media, and HST.

Banked Hours

Prior to the season beginning, there is an "open training week" offered by York Stars. It is designed for Provincial/National level athletes only and training is provided at no additional cost during this week. Any hours accumulated will be "banked" and can be used for any training missed during the season (cancellation due to weather, illness, and school activities). Athletes are welcome to come to each training day during our "open training week".

Volunteering at York Stars Invitational

York Stars runs at least one fundraiser event during each competitive season. An email with a competition date will be sent at least a month prior to an event so parents can free up their time for that weekend. Following that initial email, will be a second email from volunteer coordinators - it is parents responsibility to sign up for a position from the list.

It is mandatory for one or both parents of a competitive athlete to volunteer their TIME at the event. Food donations are not considered volunteering. A fine of \$150 will be withdrawn from an account of an athlete, whom's parents fail to volunteer. THIS FEE WILL BE DEDUCTED FROM COMPETITION ACCOUNTS THIS SEASON. Once a family has volunteered, the \$150 will be returned back to the account.



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GENERAL POLICIES

Training Fees - General Note

All fees for any program at York Stars are based on a specific number of hours, per week, during the training season. Additional private training is available and can be arranged through the office. Please email admin@yorkstars.com.

Training Fees - Payment Terms and Conditions

For online registration, you will need to create a member account. Select the program(s) of choice and create a participant (one-time only) to register for the program. Next step, view in cart and pay. If your registration qualifies for any discounts, they will apply to your purchase in your cart. You will need to select a "subscription", also known as the GO/Club Fee, based on your daughters level. Competition fees will be paid via cheque or e-transfer.

For offline registration, the full amount, either one cheque or a number of post dated cheques as outlined in the fees schedule, must be submitted for a registration to be complete. The cheques must be accompanied by a completed registration form and signed family commitment letter. Cheques should be made payable to **York Stars RGC Inc and dated 1st of each consecutive month.**

A late Payment charge of \$50.00 will apply to all unpaid fees and postdated cheques not received by the end of September.

NSF Fee

Cheques returned by the bank are subject to a \$25 NSF fee per cheque.

Sibling Discounts

A 10% family discount applies for parents enrolling a second child (on the smaller sum).
A 15% family discount applies for parents enrolling third child.

Referrals

If you have referred someone to York Stars, thank you! We really appreciate it! We need to be notified by either yourself or the individual who was referred to us. Once they register, you will receive a small thank you gift of \$30 applied to your Uplifter account.

*please note: no soliciting

Office Hours

Please note that the office is closed on Saturday's and Sunday's. Emails will not be answered during that time. As well, please allow for a 3-5 business day turn- around in replies (especially during competition season).



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Lateness Policy

Please be on time when bringing your children to the gym. Training starts from a warm-up that prepares their bodies for the workout afterwards. Being late to the warm-up holds the whole group back, as well as, affects your child's health and performance.

Please also be on time to pick up your children. If there is an emergency and you find that you will be late, please call Front Desk (437)232-7736 and let the secretary know. Otherwise, after the first 10 minutes of being late, you will be charged \$5 for every 5 minutes. Many of the coaches have kids and cannot be staying back waiting for you to pick up your children. In our club, there are many families, and if one family is late one day and another on another day, coaches are waiting almost every day.

Parking Policy

When dropping your child off, please park in a parking spot and walk your child to the gym. This rule applies for picking your child up as well.

Please ensure that while driving in the parking lot, you maintain a 5/10 km/h speed limit. Remember, there are children walking and running.

Please leave the accessible parking free

Waiting/Fire Exit Policy

Parents are not allowed in the gym during training hours. Our gym is not equipped with a designated waiting room with view into the gym. Parents are not allowed to wait for their kids during training at the entrance area by the kitchen. This is a fire escape route and as such - cannot be blocked.

If a parent needs to wait for their child during training - there is a designated parent's waiting room by the entrance to our facility. You can ask the secretary about it.

Make-Up Policy (Competitive Families)

The office must be notified via phone call/text to 437-232-7736 ahead of time or at most, a week after the absence in order to qualify for a makeup class. If the office is notified of the absence after a week has passed since the absence, a makeup training will not be scheduled. Please no emails regarding scheduling makeup classes.

To be granted a makeup class due to sickness, vacation, school event, etc. there is NO restriction unless informed after 1 week of the absence OR maximum amount of makeup classes have been given.

For 2x a week, there is a maximum of 8 makeup classes.

For 3x a week, there is a maximum of 12 makeup classes.

For anything 4+, there is a maximum of 16 makeup classes.

All makeup classes must be completed within the current session. They do not transfer over to the summer or following season and no credit will be given.



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Cancellations

If there is a training cancelation due to competition or holiday, we will schedule a make-up at our gym. If you are unable to make the make-up training, it is your responsibility to inform us **beforehand** and we will re-schedule another for your daughter.

Camp Withdrawal/Makeup Class Policy

If the gymnast is registered for camp and chooses to withdraw, a refund is given based on the following circumstances:

1. Notice given 2+ weeks ahead of time: full refund
2. Notice given less than 2 weeks, more than 1 week: \$50 cancelation fee
3. Notice given less than 1 week prior: no refund

If the gymnast misses camp due to sickness, there are no refunds. However, a makeup class will be given for another camp day in the future. If your child is attending a half-day camp, a makeup may be given for the second half resulting in a full-day experience. If it is the end of the camp (i.e last day of summer camp), a makeup class will be offered for an upcoming P.A Day, Winter Break or March Break Camp in that same year. If it is not used within that season (July-June), the makeup class expires and no credit will be given.

Reason Behind Asking for Make-Ups

We have noticed that there have been some families in the past bringing their child to classes that are not on their scheduled training day.

The reason we ask parents to email us in regards to makeups is because the coach can end up with more kids than allowed. This means the quality and **safety** of the training is affected for all parties involved. It is not fair to the athletes who are already scheduled for that class, to the coach to be put in a situation where the training is so stressful and, to your own child.

Please keep in mind that this is why when parents email us scheduling a makeup class, occasionally we would deny a specific day as it is has already given as a makeup to someone else or the class is full. **Please understand that if you bring your child on a training that is not scheduled by us, they will not be allowed to train and will sit out the entire class.** We will always try to accommodate you to the best of our abilities. So, please in the future, always contact us to schedule makeup trainings to make sure gymnasts safety is not jeopardized.

Vacation Policy

If a class is missed due to vacation, a makeup class will be granted as long as the maximum # of makeup classes have not been used.



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Withdrawal Policy

For those gymnasts training in a full-year program, family must give a written notice of withdrawal. All unused funds (with the exception of the one month "grace period") will be returned. **There will be no refunds after April 30.**

Uniform Policy

Your child is to wear black/grey tight and above the knee shorts, leggings or biker shorts (yoga style). They are also to wear a tight black or grey tank top or t-shirt. Both items can be bought through the club. Both tank tops and shorts or leggings are being sold at York Stars, with the logo, for \$20.00 each. Your child must wear socks. Her hair is to be put in a bun and excess hair clipped back.

Gymnasts must come prepared to class with proper hair and uniform. This policy is enforced for safety, hygiene and discipline.

Rolling Carpets Policy

If there is a gym event, all gymnasts may be required to unroll and roll carpets prior to the event. If parents wish to speed the process, parents are more than welcome to offer their assistance.

Lost Items/Lost and Found

York Stars is not liable for any lost or damaged goods. We will always try to the best of abilities to location a missing item. All items left behind and found by York Stars staff, will be placed in our lost and found, location before the coaches room/competitive change rooms.

Last but not least, the most important rule... remember we are a family - treat everyone with respect, courtesy, and kindness.

Let's have a great year!
Julia Assadoullaev