

# York Stars RGC

## Information Flyer (Rec and PC)

### Welcome to York Stars!

We are very excited that you are part of our York Stars Family and cannot wait to start teaching your children the beautiful sport of rhythmic gymnastics!



The season begins during the week of Sunday September 7, 2025 and the last day of the season is Saturday June 20, 2026.

1

### NO CLASSES

Sunday December 21,  
2025 to Saturday  
January 3, 2026

2

### NO CLASSES

Sunday March 15, 2026  
to Saturday March 21,  
2026

3

### NO CLASSES

May 29-31, 2026



### Online Office Hours

Monday-Friday:  
10am-3pm  
Saturday: Closed  
Sunday: Closed

### Response Time

Allow for 2-3  
business days for a  
response via email

### Office Hours (January - June)

As the competition  
season begins in  
January, office  
hours may be  
subject to change  
and response time  
may increase to 4-5  
business days

### Email:

admin@yorkstars.com

### Phone (daytime):

647-669-1800

### Phone (front desk during class):

437-232-7736

## Important Information

- **We are a peanut & nut-free facility**
- Please come to training prepared: all athletes must wear black tight tank tops/t-shirts and black tight shorts/leggings. If you do not have black, grey is acceptable. Gymnasts are asked to come with socks on (RG toe shoes are acceptable, dance shoes unfortunately cannot be used).
- We will be selling York Stars tank tops and shorts or leggings. Tank tops are \$20 and shorts or leggings are \$20.
- **Full year athletes (ARB, PCM, PCN, PCJ, PCS) are required to wear a York Stars Uniform.** Uniform is complimentary - included w/ registration for these levels. The rest of the levels are required to wear black or grey articles of clothing.
- Ensure that your child comes with their **hair tied up in a tight ponytail, braid, or high bun.** This is very important for safety and hygiene. Bangs clipped away from the face.
- Please be sure that your child always has a water bottle and small healthy snack with them to every training. For kids training 1.5 hours or less, snack is not required.



## Rescheduled Trainings and Make-up Classes

As we run club events, such as competitions, there will be days where we will require the gym and we will reschedule the classes (changes will be emailed to families and it is parent's responsibility to keep track of the changes).

**If your child is absent to one of their classes,** please text/call the front desk within a week of the absence to see if we can schedule a makeup class. Makeup classes must be scheduled when notice is given. If we are informed of an absence a month later for example, no makeup classes will be arranged.

## YEAR END SHOW

Currently, we have set the Year End Show date to Sunday May 31st & Monday June 1st, 2025. Certain levels will be on Sunday and the rest on Monday - TBD. This is subject to change and we will inform you as soon as we know.

In the second half of the season, your child will begin to learn a dance that they will showcase at the Year End Show. It will be held at our gym in Aurora.

