

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 8, 2024 and the last day of the season is Saturday June 21, 2025.

1

NO CLASSES

Sunday December 22, 2024 to Saturday January 4, 2025

2

NO CLASSES

Sunday March 9, 2025 to Saturday March 15, 2025

3

NO CLASSES

May 23-25, 2025



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 Saturday June 21st, 2025. 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 most likely be held at our gym during the daytime.

