



NEGC TIMES

FALL 2022 EDITION

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Happy Fall Y'all!!!

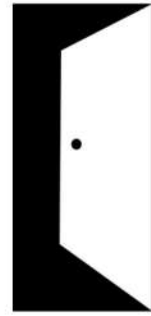
We are excited to welcome you to our 2022 Fall Session!!! Please take the time to read over the newsletter as it contains very important information regarding your child's classes. If you have any questions, please feel free to email us at negc@telus.net.

Don't forget.....

- **To avoid overcrowding, we ask that your child does not arrive more than 5 mins before the start of class**
- **Pick up your Chocolate Covered Almonds for your Family Fundraising at your first class!**

Entry and Exit for the Fall Session will be as follows:

- All classes will enter and exit from the **MAIN FRONT DOORS**



What to Wear



Wondering what your child should wear to gymnastics ??

- Clothes that are comfortable to move in are great. Leggings or tight-fitting sweat pants are some options.
- All participants must wear some sort of top that covers from arm pits to waist (could include a gymnastics body suit)
- Please no jeans, clothing with zippers or hoods, etc.
- No skirts, dresses, crop, half tops, or sports bras without a shirt please.
- **Long hair MUST be tied back, and no bracelets, necklaces, and only stud earrings, please.**
- If your child is in a **2-hour** class, we ask that they wear a gymnastics bodysuit and may wear tight-fitting shorts or leggings to class over the bodysuit if they would like.

****Bodysuits may available for purchase at the gym**
Cash or CC only!!!**

Important Fall Session Dates...

Purdy's Fundraiser

Watch for more
info in early
November

Start Dates


Fri Classes	September 16
Sat Classes	September 17
Sun Classes	September 18
Mon Classes	September 19
Tue Classes	September 20
Wed Classes	September 21
Thur Classes	September 22

There are no classes on the following dates:

Fri Sept 30 Day of Truth & Reconciliation
Sat Oct 8 Thanksgiving Weekend
Sun Oct 9 Thanksgiving Weekend
Mon Oct 10 Thanksgiving Weekend
Mon Oct 31 Halloween
Fri Nov 11 Remembrance Day

Session End Dates

Fri Classes	December 16
Sat Classes	December 10
Sun Classes	December 11
Mon Classes	December 19
Tue Classes	December 6
Wed Classes	December 7
Thur Classes	December 8



**Come & join us
for the
NEGC Annual
General Meeting:
November 8, 2022
7 PM
in the Large
Studio**