

February Newsletter



Winter=Storms

As January reminded all of us that winter is actually here, we thought it was prudent to remind everyone of our inclement weather policies.

Our gym families' safety is our utmost concern, and the decision to cancel classes is not made lightly.

When we do cancel classes, we will send out emails as well as do Facebook and Instagram posts to inform everyone.

We will make a determination about daytime programming by 7:30 am, and evening programming by 3pm. See inclement weather policy on our website for more info.

New year, new goals

Starting fresh in a new year is a perfect time for athletes to examine their goals and what they'd like to achieve by June. Goals help motivate us and keep us on track. What do you want to accomplish this year? Is it something general like "get stronger", or more specific like "do 10 pushups without getting tired"? Whatever it is, make sure it's something that excites you and pushes you out of your comfort zone. Setting realistic goals is important too, so be sure to break down your larger goals into smaller, achievable steps along the way.

Remember, progress takes time and effort, so be patient with yourself and celebrate the small victories along the way.

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FROM THE HORSE'S MOUTH

KEMPTVILLE INFINITY IS OFFICIALLY PART OF GYMNASTICS ONTARIO!

Since the purchase of Kemptville Infinity four and a half years ago, we have had several BIG DREAMS for our athletes and facility. The 1st was providing endless opportunities for our athletes which we continue to work on & develop. We have some amazing new things planned for when we move! That brings us to our 2nd goal which was to find a bigger, more suitable space as we continue to grow (checkout forestofdreams.ca for more info). The 3rd was to have our coaches trained under the National Coaching Certification Program.

The next step in our journey to become the best facility we can be was to join the governing body for gymnastics in our province, Gymnastics Ontario (GO). A governing body ensures that coaches follow a schedule where training and continual upgrades in training are important to being a good coach who continues to grow. We have worked hard for the past four and a half years to certify and train all our coaches with coaching basics. This way we can become a Gymnastics Ontario member, like the other gyms in the surrounding area and the majority of gyms in our province. Being a GO member is a standard in the gymnastics industry!



See email of January 20, 2024 titled BIG News from Kemptville Infinity for full details.

If you have any questions contact admin@kemptvilleinfinity.com

A Few Benefits of Being a GO Gym

- **insurance coverage** for athletes and coaches, including physiotherapy and other medical support
- **strict NCCP standards** for coaches and the facility ensuring development of strong programming
- **specialized training** for coaches and staff
- **more access to training** for spotting, safety standards managed by GO
- **Gymnastics For All** - diversification of programs for range of participants in our community and is a club's commitment to access, equity, and inclusivity within the community
- access to the **Gymnaestrada showcase** event for gymnastics participants at all levels

“Being a GO member holds us to a high standard and it will help us continue to improve our programming. Gymnastics Ontario advocates, promotes and leads the development of quality programs and serves to enhance foundational movement, achieve athletic excellence and foster lifelong fitness for all participants.” - www.gymnasticsontario.ca

What does this change mean for Infinity families and athletes?

To become a GO member and to maintain our GO status, there are a variety of fees that Infinity has to pay. In addition to that is an annual fee of \$36 to be paid by all participating recreational athletes. Competitive athletes have a higher fee and have been contacted by email separately. This fee is currently due and will have to be paid annually on July 1st for coverage until the next June 30th.

Auto Billing - your account will be automatically billed for the Gymnastics Ontario fee further to our January 20th email. If you are in need of paying this fee in installments, please reach out to admin@kemptvilleinfinity.com.

Important Dates

This Month:

Enter the "What do you love?" Contest. Details at Reception.

Purdy's Chocolate Fundraiser for Competitive Team

{More details in newsletter}

Feb. 10

Community Spirit Performance at Kemptville Winter Carnival 7 & 745 pm

Feb. 17 to 19

Closed for Family Day Weekend

Feb. 24

Kids Night Out
[Register Online](#)

Save the Date
SAT. MARCH 23rd

Infinity Competitive team hosting Trivia Night at Catered Affairs. Stay tuned for more details.

Summer Camps:

Registration for **summer camps** opens on **MARCH 1** with an early bird discount until March 15th

March Break Day Camps

REGISTRATION IS NOW OPEN!

www.kemptvilleinfinity.com





DID YOU KNOW?

We hope you will enjoy this new feature in our newsletter to provide you with answers to some frequently asked questions.

Small (but important!) Reminders

We have a **shoes off** policy for all athletes; no socks on the gym floor. Optional indoor shoes can be worn. There are buckets at reception to store all outdoor footwear, socks, jackets, hats etc.

- No food or drinks on the gym floor, but may be consumed at reception or the upstairs viewing room.

No bullying/violence policy

Kemptville Infinity strives to make our gym a safe place for everyone. With that in mind, we would like to remind parents and students that we have a “no violence or bullying” policy towards others, including staff and coaches. If you violate this policy, you will be immediately asked to leave class--or longer, if we deem the situation warrants it, without refund. We believe in second chances at Infinity; therefore, you will be given one more chance; however, if the behaviour continues, you will be suspended without refund.

Accessibility and Accommodations at Infinity



2 Wheelchair parking spots available, no ramp access needed to enter the building. Stairs to access the main viewing area upstairs. We can accommodate mobility limited individuals to view classes from the main floor; please speak with reception.



2 Gender Neutral Bathrooms, including one with grab bars and space for mobility devices



Fridge upstairs is available for medication, breastmilk, insulin, etc. and available to all athletes and their families



Outlets are available at reception or the upstairs viewing room to charge medical devices or wheelchairs



We have stimulation toys, books, balls, blocks, coloring pages etc available for all individuals to use during classes or while they wait.



Checking in and out for classes can be overstimulating for some athletes, so we encourage athletes to come 5 minutes early to check in with reception and advise reception staff if they have any additional needs we can support.

Please help our
competitive team!

BOTTLE DRIVE

JAN.17 TO FEB. 10

- beer bottles/cans
- liquor bottles/cans
- boxed wine bladders



DROP OFF DAYS:
TUES & THURS AT THE GYM

 www.kemptonvilleinfinity.com

 274 County Road 44, Units
1 & 2, Kemptonville

Kemptonville
Infinity



**Last Day to Order is
Sunday, March 10th.**

**Delivery will be before
Easter weeked**

Infinity's competitive gymnastics team is holding a chocolate fundraiser to raise funds to help with the costs of their upcoming competitions.

ENJOY Purdy's chocolates which are made in Canada with premium quality ingredients, and sustainable cocoa. They even have vegan and no sugar added chocolates!

**Catalogues are available at reception or order online at
<https://fundraising.purdys.com/1921616-115031>**

MARCH BREAK 2024

DAY CAMPS

AGES 4-12 YRS OLD
\$50/DAY OR \$225/WEEK



Crafts

Games & Fun


Gym time

CURRENTLY FULL - more spaces will be opened when we have confirmed more coaches. Join Waitlist for now

Register today on our website to avoid disappointment-- *we always sell out!*

Kemptville
Infinity

www.kemptvilleinfinity.com



**Gymnastics • Parkour
Cheer & More**

613-617-0888

Providing endless possibilities for our athletes.

274 County Road 44, Kemptville ON

**North Grenville now offers a transportation service!
Infinity has FREE passes valid until February 15th.
Just ask for yours at Reception.**



**One Free Ride
on NGtransit**

Expires February 15, 2024

3 ways to book

- 1 Blaise App
- 2 ride.blaisetransit.com
- 3 Call 613-368-5620



www.northgrenville.ca/transit

KEMPTVILLE INFINITY
PRESENTS...

Kids Night Out

It's time to leave Mom and Dad at home and
come have fun with friends at Kemptville Infinity!

Sat. February 24, 2024

5pm-9pm

Ages 4+

- games
- crafts
- pizza dinner
- movie

\$40/child
● **\$70/2 siblings**
\$100 max/family

Register today! www.kemptvilleinfinity.com

Infinity Swag



DID YOU KNOW that 100% of proceeds from Infinity Swag/Merch goes towards an equipment fund so we can continue to grow and improve the equipment we can offer?

Samples of our Infinity Swag are available for viewing in reception and we continue to add items from time to time.

We now have an online form to make ordering easier.

Click the following link or QR code above

<https://docs.google.com/forms/d/e/1FAIpQLScKEFDueuB-U3zs4dItG-kt60qIUrdWuLuZhnHOqjhTeqU06w/viewform>

Expected delivery date is 2 weeks from order date. Ask if you need your order sooner as we may be able to accommodate if items are in stock.

GIVE THE GIFT THAT KEEPS ON GIVING....

- **fitness**
- **self-confidence**
- **fun**
- **new friends**



Gift Certificates always available for any occasion.

Suggest gift certificates for monthly laser tag, kids night out, camps, swag, etc. to your family for gift-giving.

LET'S MOVE!



**ONGOING
OPEN
REGISTRATION**

ADULT FITNESS *with Coach Anna*
TUES & THURS 12:30-1:30PM
(\$60/MONTH EACH OR \$100 FOR BOTH)

Unleash a burst of energy to get through your day with fitness classes crafted to suit a variety of fitness levels, abilities, and ages! Plus-- Super easy on the joints with our spring flooring.

ADULT GYMNASTICS *with Coach Anna*
WEDNESDAYS 8-9PM
(\$90/MONTH)

Whether you are coming to refresh your gymnastics skills or learn from the beginning, come on out and have some fun!

JOIN NOW

kemptvilleinfinity.com

[274 County Road 44, Units 1 & 2, Kemptville, ON](https://www.google.com/maps/place/274+County+Road+44,+Units+1+%26+2,+Kemptville,+ON)





QUESTION OF INTEREST IN

BEFORE & AFTER SCHOOL CARE

What if your kids could burn off extra energy after school?
Enjoy gym time and games

- ✓ \$15 am or pm or \$25 both
- ✓ bus pick up and/or drop off directly at Infinity,
274 County Road 44, Kemptville
- ✓ before care starting at 7am, after care until 6pm

INTERESTED?



EMAIL US

management@kemptvilleinfinity.com

VISIT OUR WEBSITE

www.kemptvilleinfinity.com

Kemptonville Infinity



613-617-0888



The best way to have your questions answered is by email as follows:

General inquiries, class changes

info@kemptonvilleinfinity.com

Billing and financial inquiries

admin@kemptonvilleinfinity.com

General Manager

management@kemptonvilleinfinity.com

Competitive program inquiries

competitive@kemptonvilleinfinity.com



www.kemptonvilleinfinity.com