

November Newsletter



Remember

Remembrance Day is Saturday, Nov. 11, when we commemorate the end of the First World War, wars that have followed, our veterans, and the fallen of those wars. Classes will be running as per usual at Infinity however, in respect for everything the day represents, we will be observing a moment of silence at the gym at 11 am.



Santa Claus Parade

November 18 is the annual Kemptonville Santa Claus Parade, and we will be participating in it! All Infinity athletes are welcome to participate & represent Infinity in the parade, which will be lead by our community spirit team. Watch for the email that's coming with more details!

New Classes

November may bring colder weather, but here at Infinity, things are just getting warmed up.

Check out all of the amazing opportunities that we are offering in this newsletter!

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Before & After Shool Care

We have been getting requests for before and after school care. See flyer in this newsletter for more details.



from the HORSES mouth...



Congratulations Coach Ashley!

Our very own “woman of many talents”, Ashley, has just added another accolade to her resume! Infinity would like to congratulate Ashley who was a NCCP (National Coaching Certification Program) member since 2000 and now has completed Gymnastics Ontario’s Foundations Program and Women’s Artistic Gymnastics training. She continues her training onsite under Coach Anna.

Everyone will now be able to enjoy Ashley’s bubbly personality both at reception as well as in the gym.

Ow, it hurts

Sometimes we have to go through a bit of pain in order to improve, get better, or gain strength. There are two types of pain--“good pain”, that is necessary to improve strength and flexibility, and “bad pain”, which is not beneficial.

Questions to ask when you are in class and experiencing pain: Can you breathe through the pain? Is it more of a pull and just uncomfortable? This is considered “good pain”. Bad pain is just that--it really hurts, you may tear up, it feels like fire. This pain is not good and you should stop doing the activity/stretch.



Forest of Dreams

As we mentioned in last month’s newsletter, Kemptville Infinity will be one of the tenants in Phase I of the Forest of Dreams. Moving into Phase 1 of Forest of Dreams will allow KI to expand their programming to include dance (through the Academy of Expressive Dance) and host more parties, provide art/craft classes, camps, special events and much more to the community in addition to expanding its current programming.

In addition to Kemptville Infinity as a tenant of Phase I, Boss Thai Fitness and Tempo Drive Music Studio also will be Phase I tenants.

Check out <https://forestofdreams.ca/>

Info Session: Wed., Nov 15th Mary-Anne Leang, co-owner of Kemptville Infinity and the other partners of Forest of Dreams invite you to an information session to learn more about progress so far and next steps in the development. Also, if you are interested in being a founding investor in this exciting project for Kemptville’s future, please join us where more information will be provided. For more information and to RSVP, please go to <https://forestofdreams.ca/>

Important Dates

November Contest
Bring in a non -
perishable item to
receive a ballot for a
chance to win 2
passes to Kid's Night
Out

TO DO

Register for our new
classes, including
daytime programming
& adult classes

Sat. NOV 11

Regular Classes
~A moment of silence
at 11AM



Sat NOV. 18

Kempville Santa
Claus parade - all
welcome, led by
our community
spirit team

Fri NOV 24

PA Day Camp
[Register Online](#)

Sat. NOV 25

Kids Night Out!
[Register online](#)

NOV 27th

Last Day to order
Infinity swag for pick
up the week
of Dec 11th

Planning Ahead

Jan 2-5

Winter Break Day
Camp - more details
coming soon

Kempville Infinity



NOVEMBER CHALLENGE

KEMPTVILLE INFINITY FOOD DRIVE

November 1-30, 2023

We would like to help those less fortunate in our community this holiday season so please bring a non-perishable food item to the gym during the month of November that we can donate to our local food bank and receive a ballot to enter our draw for a custom Infinity crewneck sweater!



Non-Perishable Food Item Examples:



Canned Foods

Canned Fish, Turkey or Tuna. Soup, Chili, Stew, Gravy. Fruits and Vegetables. Pasta, Beans, Baby Food, etc.



Dried Goods

Cereal, Granola, Pasta, Baby Formula, Powdered Milk, Cake Mix etc.



Condiments

Jam, Honey, Peanut Butter, Ketchup, etc.



DID YOU KNOW?

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

Substitute Coaches

Kemptville Infinity, as well as many other businesses, continue to face staffing challenges. It is hard during cold/flu season to cover classes for coaches that are sick but we continue to try our best. If it is a last minute coverage, we are unable to give you advance notice that there is a coaching sub but rest assured, we will have a trained coach cover the class. Our receptionist will let you know when you check in if there has been a staffing change so your athlete can be prepared. In the event there is a permanent staffing change to the class, you will receive an email from us.

Holiday Closure

A reminder that the last day of classes for the holiday break will be on Sunday, December 17th. Classes will resume on Tuesday, January 2nd. Also, if your athlete is looking for something to do during the day during the 2nd week of their holiday break, we will be having a Winter day camp, January 2-5. More details to follow.

REMINDER - Payment Policy

At the time of registration, you would have acknowledged our payment policy. There is always a copy on our webpage which you should review from time to time. A reminder that payments are automatically deducted from your credit card on the 20th of the month for the next month's tuition. If you would like to pay by EFT or cash, please do so before the 20th of the month or your credit card on file will be debited. Also, please let us know by the 20th of the month if you wish to withdraw for the next month so that the spot can be given to someone else on the waiting list. Please review our payment policy as to the procedures if we are notified after that date.

Contact Us

FYI, the gym phone number if you ever need to call in is **613.617.0888**.

In addition, the best way to have your questions answered is by email as follows:

General inquiries, class changes	info@kemptvilleinfinity.com
Billing and financial inquiries	admin@kemptvilleinfinity.com
General Manager	management@kemptvilleinfinity.com
Competitive program inquiries	competitive@kemptvilleinfinity.com

NEW

Starting
October
17th

DAYTIME CLASSES



@ **Infinity**

TUESDAYS

Adult Fitness Class 12:30-1:30pm (\$60 or \$100 Tues & Thurs)

Seahorse Parent & Tot (18 months - 3 yrs) 1:30-2:15 (\$ 75)

Homeschool Gymnastics 2:30-3:30pm (\$70 or \$120 Tues & Thurs)

WEDNESDAYS

Jellies Babynastics (1-18 months) 10:00-10:45 am (\$75)

Seahorse Parent & Tot (18 months - 3 yrs) 11:00-11:45 Am (\$75)

Adult Movement Class (55+) 3:00 - 4:00pm (\$60)

THURSDAYS

Adult Fitness Class 12:30-1:30pm (\$60 or \$100 Tues & Thus)

Seahorse Parent & Tot (18 months - 3 yrs) 1:30-2:15pm (\$75)

Homeschool Gymnastics 2:30-3:30pm (\$70 or \$120 Tues & Thurs)

Registration NOW OPEN

www.kemptvilleinfinity.com

Register Online



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 holiday gift giving.

Infinity Swag



Give the gift of Infinity merchandise to your athlete this year.

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>

Cut off for holiday season orders is November 27th for pick up at the gym the week of December 11th. Holiday orders placed asap will be appreciated.

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





Drop-in and

**HAVE A
BALL
WITH US!**

TUESDAY - 10 AM TO NOON
WEDNESDAY - 12:30-2:30PM
THURSDAY - 10 AM TO NOON

Kids under 5 Yrs and an adult
\$10 PER CHILD

Kemptville
Infinity

Spaces limited!! First come, first serve

Kemptville Infinity 274 County Road 44 Units 1&2 Kemptville, ON
info@kemptvilleinfinity.com



Kemptville Winter Carnival 2023

If you love being involved in the community, are enthusiastic and love to entertain-- you need to join

INFINITY'S COMMUNITY SPIRIT TEAM

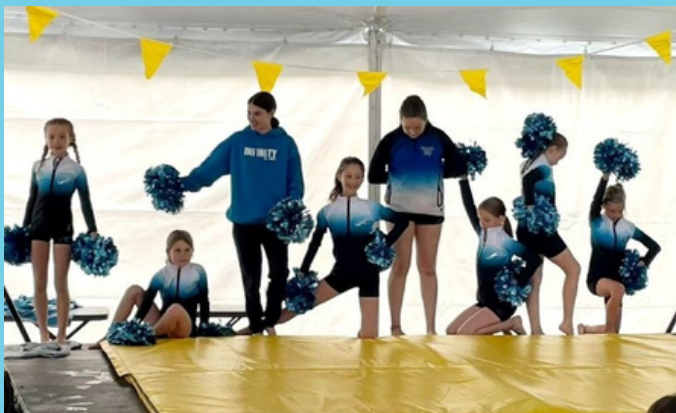
Infinity's Community Spirit Team, now starting its 2nd season, is a group of enthusiastic athletes & dancers who represent Infinity at community events by encouraging community spirit and entertaining the crowd.

Athletes will work on routines, including poms, dance and synchronized line routines ready for community events.

Pom, jazz and acro training will be part of the classes.



2023 Redblacks game



Kemptville 's Got Talent 2023

We are looking for enthusiastic athletes & dancers who would like to join our team and become leaders in our community. A great opportunity to work as a team, gain skills, build confidence, have fun with friends and meet new people.

Choreography and FUN for all ages and levels!

REGISTRATION NOW OPEN

www.kemptvilleinfinity.com

Ongoing Open Registration - Saturday 4-5pm practices

-cost \$40/month for existing Kemptville Infinity athletes
or \$80/month for non Kemptville Infinity athletes

email mary@kemptvilleinfinity.com with any questions

Kemptville
Infinity

PD DAY CAMP!

JOIN US FOR A DAY
OF GYM FUN,
GAMES & CRAFTS!

FRIDAY, NOV 24
9AM-4PM

AGES 4+
LIMITED SPACES
\$50+TAX
(2+ SIBLING DISCOUNT)



REGISTER NOW

info@kemptvilleinfinity.com

274 County Road 44, Units 1 & 2, Kemptville, ON

www.kemptvilleinfinity.com

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. November 25, 2023

5pm-9pm

Ages 4+




\$40/child

● **\$70/2 siblings**

\$100 max/family

- games
- crafts
- pizza dinner
- movie

Register today! www.kemptvilleinfinity.com



Home School Classes

- Tuesdays & Thursdays
- 2:30 to 3:30 pm

These classes are designed for families who offer a homeschooling education. Students will do physical activity and learn some gymnastic skills offered by **Coach Anna** on various types of equipment in a fun learning environment. Starting in October and going until June, monthly tuition, customized to your child's needs.

JOIN NOW

 613-617-0888

 www.kemptvilleinfinity.com

 274 County Road 44, Units 1 & 2,
Kemptville, ON

Kemptville
Infinity

providing endless possibilities



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