

SESSIONAL CLASSES

2023/24 SEASON
INFORMATION PACKAGE



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Welcome to the Sessional Classes at Triumph Acrobatics!

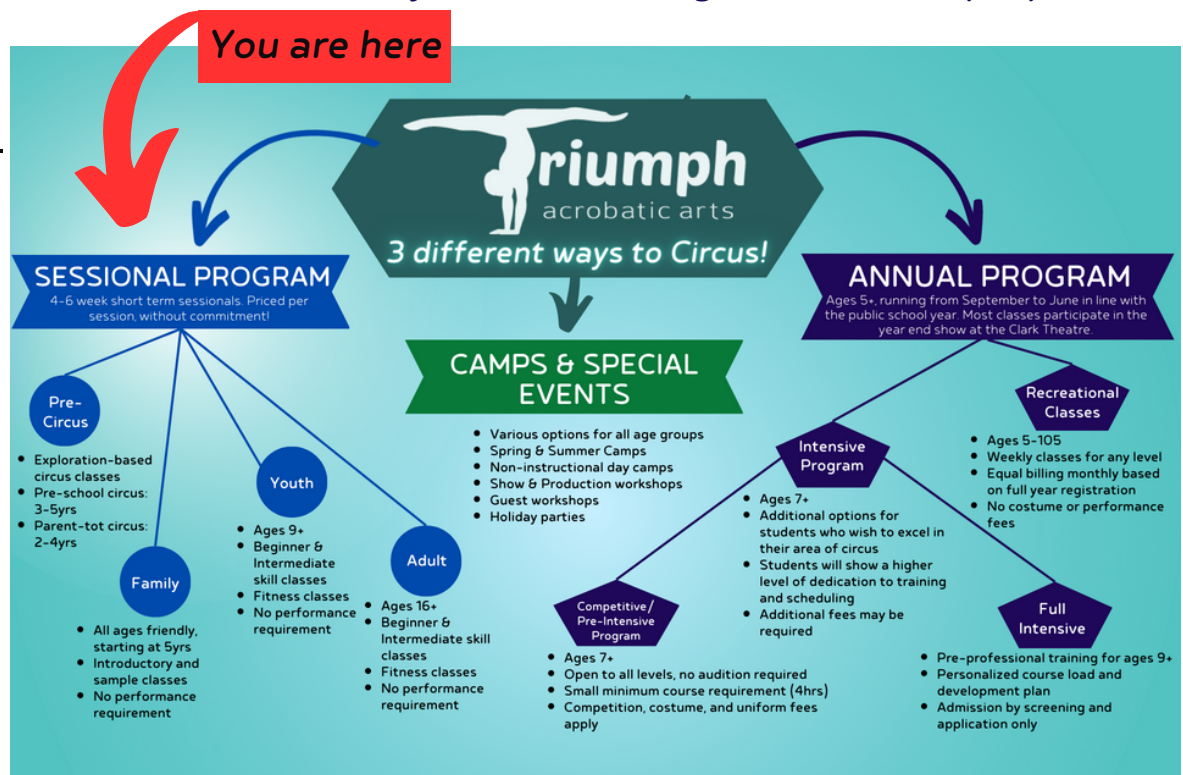
This package provides all the information you need for registration and preparation.

What are Sessional Classes at Triumph?

The Sessional program at Triumph is a low-commitment option for students of all ages. The year is divided into ten 4-6 week sessions consisting of weekly classes.

Options range from 45-60 minutes per week, and contain no mandatory performance aspect.

There are no registration or additional fees for any sessional classes- the price you see is the price you pay!



How Does Registration work?

Registration is open to all, and is done through our secure software. Families can register through our website and build a profile in the system. From there, registration is possible through the portal, or stick to the website! We are also available to assist via email. Payment is due upon registration in order to secure your place in camp.

Withdrawal or Transferring:

- Students may transfer to a different camp or class by emailing info@triumphacrobatics.com. Transfers may be effected with as little as one-week notice, while transfers affecting tuition require a minimum 2 week notice. Withdrawals may be done without penalty as long as the family provides written notice via email to info@triumphacrobatics.com no later than the 14 days prior to the first day of the session. For withdrawals, please consider the following timeline:

- Due upon registration: the total amount of your sessional
- 14 days prior to the first day of session: last opportunity to withdraw and receive a full refund.
- 7 days prior to the first day of session: last opportunity to withdraw and receive either full credit on account, or a 50% refund.
- <7 days prior to the first day of session: no credits or refunds are available.

Low Enrollment

Sessional classes require a minimum amount of registrations in order to run. Should the class not meet the minimum registration by 5 days before the start of session, students will receive their choice of transfer, credit or refund.

Minimum Registration Numbers:

- Pre-Circus: 2 students
- Family Circus: 3 students
- Youth: 3 students
- Adult: 3 students



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What Kinds of Classes are Available?

Sessional classes are available in a wide variety of categories, depending on age group. You can find options from early childhood through to adult fitness and skill based classes!

Category	Ages	Duration	Description
Pre-Circus	2-5	45 minutes	<ul style="list-style-type: none"> • Parent & Tot: Ages 2-4 (parent participation required) • Preschool Circus: Ages 3-5 (no parent participation, students must be toilet trained) • Play and exploration based instruction
Family	5-105	60-90 minutes	<ul style="list-style-type: none"> • Family friendly introductory classes • Play and fundamental based training
Youth	8+	60 minutes	<ul style="list-style-type: none"> • Skill & Fitness focused classes • May hold specific age ranges depending on class
Adult	14+	60 minutes	<ul style="list-style-type: none"> • Skill & Fitness classes for mature teens & adults

Note: there is no performance element to sessional classes.

What To Expect

What Should I Bring?

What you should bring depends on what class you are taking. All students should bring the following items:

- Proper attire (outlined in dress code section)
- A water bottle

Some classes may require additional materials our outfits.

- Aerial Classes:
 - Extra arm & leg layers to protect their skin (*optional*)
 - Personal chalk or rosin (*optional*)
- 90-minute Classes:
 - a healthy snack for break-time
- Fitness Classes:
 - personal sweat towel



Dress Codes

Please note: Jewellery, watches, and non-medical accessories MUST be removed for all classes.

DESCRIPTION	EXAMPLES
<p>Hair: Long hair must be secured back in either a ponytail or equivalent</p> <p>Shoes: bare feet (aerialists may wish to bring socks for certain skills)</p> <p>Clothing:</p> <ul style="list-style-type: none"> ■ Leotard, or tight fitting shirt. If a shirt is not tight, it but be able to be tucked in ■ Absolutely no zippers or metal/sharp embellishments are allowed on our equipment <ul style="list-style-type: none"> • Shorts, leggings, or sweatpants • Alternative: unitard or biketard <p>Optional warm-up clothing:</p> <ul style="list-style-type: none"> • Sweaters/warming pants may be worn during warm-up for trampoline, and aerial disciplines some students may wish to bring additional layers for selective coverage 	

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2023/24 SEASON SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	
Teen Aerial 11+ 8-8:55pm	Parent-Tot Circus 9:30-10:15am	Parent-Tot Circus 11-11:45am	
Adult Introduction to Aerials 8-8:55pm	Preschool Circus 10:30-11:15am	Preschool Circus 1-1:45pm	Circus 5+: Homeschool edition! 1-2:25pm
	Adult Intermediate Silks 8-8:55pm	Deep Stretch 8+ 7-7:55pm	

THURSDAY		FRIDAY
Parent-Tot Circus 11-11:45am	Preschool Circus 1-1:45pm	Preschool Circus 11-11:45am
Pilates 6-6:55pm		
Deep Stretch 8+ 7-7:55pm		Teen Trampoline 11+ 7-7:55pm
Adult Intermediate Trapeze & Hoop 8-8:55pm		

Pre-Circus: Ages 2-5
Family: Ages 5-adult
Youth: Ages 7-adult <i>(may have additional age specifications)</i>
Adult: Ages 14+

SATURDAY		
Parent-Tot Circus 9-9:45am	Preschool Circus 10-10:45am	
Beginner Trampoline 6+ 12:30-1:25pm	Beginner Acro 5+ 12:30-1:25pm	Beginner Aerials 9+ 12:30-1:25pm
Beginner Tramp & Tumble 8+ 1:30-2:55pm	Introduction to Circus Sampler 5+ 1:30-2:55pm	

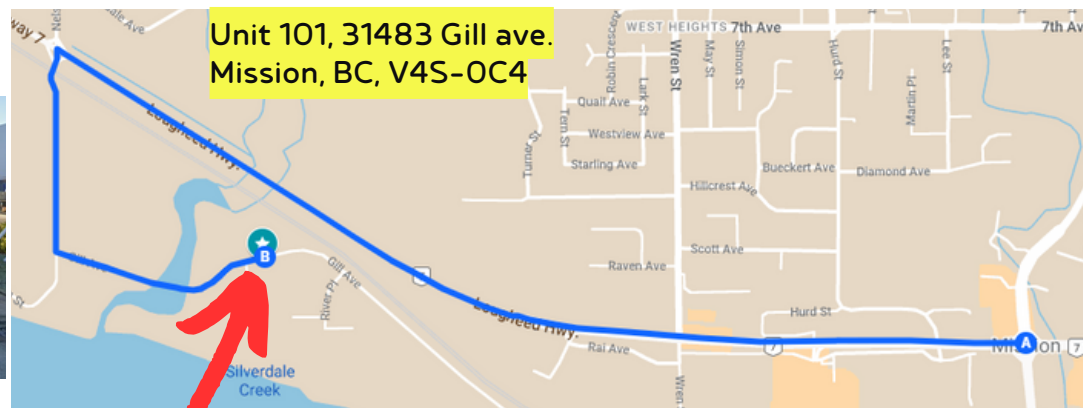
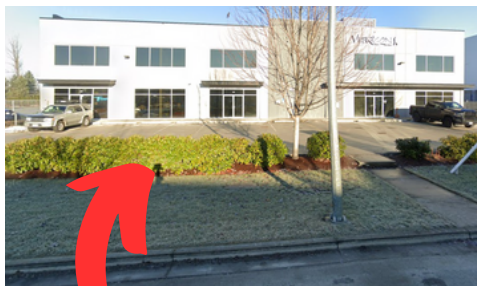
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Additional Information and Common Questions

Location and Drop-off Protocol Triumph Acrobatics is located in the Silver Creek industrial park, just west of downtown Mission. Access is via the Lougheed highway and the intersection of Nelson St. Below you will find visual and written contact and location information:



phone: 605.855.1390

front desk: info@triumphacrobatics.com

billing: billing@triumphacrobatics.com



Parking:

Please note that lot parking is reserved for staff members, and is pickup/drop-off only! There is an abundance of street parking in front of the gym, and space in the lot directly across the street that is unassigned. We ask that families are respectful of our neighbours and be conscientious in speed and choice of parking location.

Entry and Exit of the Gym

All students must check in for attendance at our front desk in unit 101 prior to class. If students arrive early, they may wait quietly in our lunch/party room area until they are called to class. Parents may remain in the lunch/party room area if they do not wish to leave an return, but are asked to remain off the floor and to maintain a low noise level. There are colouring activities and books for students and siblings while waiting, as well as a canteen with snacks and drinks available.

*****Non-participants are NOT permitted to enter the training areas outside of dedicated show-off weeks.***

Infringement of this policy is considered a serious offence and may result in a personal ban from our facilities.**

Expectations

Please take time to read the Safety & Policies in our software before agreeing. Triumph is a large community organization with many at-risk participants. It is expected that families understand and follow the parameters of our policies.

- Punctuality.
 - For their own safety, Students arriving late may not be allowed to participate. Students who miss warmup will be asked to audit the class instead of participating.
- Maintain a respectful and inclusive environment.
 - Students who are found to be disruptive may be asked to sit out or leave the class.
 - Repeated infractions may result in ejection from the program
- Dress Code
 - Adherence to dress code is mandatory for the safety of our participants and staff, and the longevity of our equipment. Students dressed inappropriately may be asked to sit out from class.
- Concerns or complaints:
 - Students or parents who are experiencing an issue with the program or students therein are welcome to approach a coach outside of class time, or via email.
- Parents and family members are not allowed on the floor during regular operating hours.

2023/24 SESSIONAL PROGRAM CALENDAR



SEPTEMBER

10	Sunday	Important Date	First day of Fall 1 Session
30	Saturday	Scheduled Closure	National Day for Truth & Reconciliation <i>All classes cancelled</i>

OCTOBER

8	Sunday	Important Date	Last Day of Fall 1 Session
9	Monday	Scheduled Closure	Thanksgiving: <i>All classes cancelled</i>
10	Tuesday	Important Date	First Day of Fall 2 Session
25-29	Wednesday - Sunday	Special Event	Halloween Week: <i>All classes cancelled</i>
31	Tuesday	Scheduled Closure	Halloween: <i>All classes cancelled</i>

NOVEMBER

11	Saturday	Important Date	Last Day of Fall 2 Session
12	Sunday	Important Date	First Day of Fall 3 Session

DECEMBER

8	Friday	Important Date	Last Day of Fall 3 Session
9-17	Full week+	Special Event	Polaris: An Arctic Adventure



December 24- January 5: Winter Break: *All classes cancelled*





JANUARY

7	Sunday	Important Date	First day of Winter 1 Session
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FEBRUARY

10	Saturday	Important Date	Last day of Winter 1 Session
11	Sunday	Important Date	First day of Winter 2 Session
19	Monday	Special Event	Family Day: <i>Classes are On!</i>
20-22	Tuesday - Thursday	Scheduled Closure	Rest Week: <i>All classes cancelled</i>

MARCH

9	Saturday	Important Date	Last day of Winter 2 Session
 March 10-23: Spring Break: <i>All classes cancelled</i>			
24	Sunday	Important Date	

APRIL

1	Monday	Scheduled Closure	Easter Monday: <i>All classes cancelled</i>
20	Saturday	Important Date	Last day of Spring 1 Session
21	Sunday	Important Date	First day of Spring 2 Session

MAY

16	Thursday	Important Date	Last day of Spring 2 Session
17-20	Friday - Monday	Scheduled Closure	May Break: <i>All classes cancelled</i>
21	Tuesday	Important Date	First day of Spring 3 Session

JUNE

22	Saturday	Important Date	Last day of Spring 3 Session
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