



NOVEMBER/DECEMBER 2023

# THE ZONE

FAMILY NEWSLETTER

## What's Happening.....

### WINTER WONDERS AT DYNAMYX

Well, hello there November! We're halfway through our Fall Session, and the holidays are just around the corner - can you believe it?

Keep your eyes peeled on November 14th, because that's when we'll be launching registration for our Winter session. Woo-hoo! Current Fall Members, you'll get a special card the week before to let you know which class your kiddo should join next session. Winter lasts for 12 weeks, starting January 8th and ending April 15th.

Uh-oh, still figuring out what to do for PD days at school? We've got you covered! Check out our PD Camps on November 9th and 15th, with daily or 2-day options available. Need early drop-off or late pick-up? No problemo! We've got your back for a small fee.

Our Open gyms are all the rage, with Parent & Tot running Fridays from noon to 1 pm until December 15th. Family Open Gym is on Fridays from 7 to 9 pm until December 10th.

Parents, it's time to treat yourselves! Drop the kids off for our Kids Night Out, and enjoy 4 blissful hours without them. Our next events are on November 25th and December 16th. The little ones will have a blast with free play, pizza & beverage, and a movie!

## NO CLASSES REMINDER

FALL SESSION

Remembrance Day - Nov 11th



**Winter Open Gyms**

- PARENT & TOT**  
FRIDAYS 12-1 pm
- FAMILY**  
FRIDAYS 7-9 pm

Last Friday is Dec 15th  
Starts up  
Jan 12th for winter session



**780-458-3153**

[www.https://dynamyx.uplifterinc.com/](https://dynamyx.uplifterinc.com/)



**WINTER SESSION CLASSES RUN**  
January 8 - April 15



**WINTER 2024 SESSION REGISTRATION**

### Winter Birthdays

AVAILABLE Sat & Sun  
starting at \$219

### Kids Night Out

Saturdays  
Dec 16, Jan 27, Feb 24  
5:30-9:30 pm

### Winter Camps

December 27 - Jan 5th

## LAST DAY OF FALL CLASSES

- Sunday: December 3rd
- Monday: December 11th
- Tuesday: December 12th
- Wednesday: December 5th
- Thursday: December 6th
- Friday: December 7th
- Saturday: December 8th
- Achievers - December 16th

# Fall PDs Camps

November 9th and 10th

Daily options for:  
AM (9-12), PM (1-4) or  
Fullday (9-4)!

Starting at:  
\$39 for a Half Day  
and  
\$79 for a Full Day

Early Drop off at 8:30 am  
and Late pick up by 4:30 pm  
For only \$5 extra



Call: (780) 458-3153  
or email [events.dgc@shaw.ca](mailto:events.dgc@shaw.ca)

# SPORTS DAY

NOV 4TH  
11 AM TO 2 PM  
SEE US AT SERVUS PLACE



Winter Holiday  
Camps coming  
soon!

December 27-29th  
and  
January 2-5th  
More info available soon!

## Register for Winter Session!

12 Week Session

Runs January 8th to April 15th

Lots of classes to choose from!

CURRENT FALL MEMBERS can register  
beginning November 14th - you will be issued  
a card with next level to register for and a  
code to enter the system.

NEW PUBLIC MEMBERS can start registering  
November 16th.

Schedule posted by Friday, November 10th

**KIDS NIGHT OUT**

APPROXIMATELY 2 HRS  
OF GYMNASTIC

DINNER  
(PIZZA, SNACK & A DRINK)

FINISH WITH A MOVIE

**Kids NIGHT OUT**

\$40 PER EVENT OR  
\$349 FOR THE YEAR  
Once a month from Sept. to June!

Runs from 5:30 pm  
to 9:30 pm

## HOW TO CONNECT WITH US



780-458-3153



[ask.dgc@shaw.ca](mailto:ask.dgc@shaw.ca)



110, 175 Carleton Drive  
St. Albert, AB



[dynamyx.uplifterinc.com](http://dynamyx.uplifterinc.com)

# Book your next birthday party at Dynamyx

75 MINUTES ON THE FLOOR AND 45 MINUTES IN AVAILABLE ROOMS  
 EXTRAS - BOUNCY CASTLE - \$30 NERF PARTY \$60 CALL FOR MORE INFORMATION

**Fall Bookings now available!  
 Great prices starting at \$209**



**FALL FAMILY OPEN GYM**  
 Fridays - 7-9 pm

**PRE-REGISTER NOW \$15/participant**

Supervising parents 18+ All those 11 and under require parent supervision.

**DGC Dynamyx GYMNASICS CLUB**

*lest we forget*

**FALL PARENT & TOT OPEN GYM**

**DGC Dynamyx**

**EVERY FRIDAY 12 - 1 PM**

**\$10 per visit** (Sept 10th - Oct 10th)

**NEW! 10-PASS only \$85**

Must drop in 10 times and pass will include 10gymnastics-club 1st visit. For more information visit dynamyx.com

110- 175 Castleton Drive St. Albert 780-458-3153

## FALL OFFICE HOURS

September 10th until December 16th  
 Monday to Friday - 9 am to 7:30 pm  
 Saturdays - 9:30am to 2 pm  
 Sundays & Holidays - CLOSED

**\*\*SUBJECT TO CHANGE WITHOUT NOTICE**

# PROGRAMS YOU DIDN'T KNOW WE OFFERED!



**DGC Dynamyx**

**CHECK THIS OUT**

Offered every session!  
Contact us to create your own group time!  
Minimum of 4 participants

**Homeschool Classes**

Contact Us **780-458-3153**

## I CAN GYMNASTICS



I Can gymnastics is a gymnastics program offered to children and adults with special needs. It is a structured program for individuals with a variety of needs and abilities. We use a variety of equipment and resources to meet the needs of the individuals.



### DISCOVERY KIDS - SUNDAYS

(A PARENT OR AID MUST ACCOMPANY PARTICIPANTS)  
3-5 YEARS 9:30-10:30  
6 YRS + 11:00-12:00

### EVOLUTION KIDS

(COACH RECOMMENDED)  
TUESDAYS 5:30-6:30



## CURRENT DGC FUNDRAISERS

We are using a new platform this year so you can see all our fundraising activities in one location!



**Prize Raffle**

TICKETS:  
1 for \$5  
or  
3 for \$10

PRIZES:  
1st - \$750 DGC Voucher  
2nd - \$350 DGC Voucher  
3rd - \$150 DGC Voucher

Draw: 1 Dec 2023

[www.trellis.org/dgc](http://www.trellis.org/dgc)



**50/50 RAFFLE**

TICKETS:  
1 FOR \$10  
4 FOR \$25  
25 FOR \$50  
100 FOR \$100

Draw: FRIDAY, DECEMBER 1ST

[www.trellis.org/dgc](http://www.trellis.org/dgc)



**DGC Dynamyx Fundraising EVENT**

GIFT CARDS

Let's get ready for the holiday season!

**POINSETTIA PLANTS**

- 4", 5", 6" to 8", 10" sizes
- 3 colour choices!
- Get them plain or with bling!

Need a wreath or other gift items?  
You have the option to buy gift cards and pick out your own choices!

[www.trellis.org/dgc](http://www.trellis.org/dgc)



50/50 Raffle - Ticket sales end 30Nov 2023  
DGC Prize Raffle - Ticket sales end 30Nov 2023  
Salisbury Gift cards sales - Sales close 12Nov 2023  
Pointsettia Plants Fundraiser! - Sales close 12Nov 2023



We have TRELLIS set up to support our Comp Families that assist in helping with fundraiser sales throughout the year! PERSONALIZED QR CODES can be found in house and on our website!



### KIDS AUTUMN RIDDLES!

- Q1: Why did the boy keep his trumpet out in the snow?  
Q2: What did the snowman have for breakfast?  
Q3: What often falls in the winter but never gets hurt?  
(see below and turn page for answers)

A3: Snow

A2: Frosted Snowflakes

A1: Because he liked cool music.

KIDS AUTUMN RIDDLE ANSWERS!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_

# Winter Word Search



S I A A X S D J U M D O B L A Y Z P B I  
P T W L Z N V J G L O V E S A W E O D S  
Z V J V W O O F R O S T I Z P I Z N C N  
W H I T E W H X S U M I T T E N S R Q O  
B J J Q G F P P K S O C K S U T S H G W  
Q R R A Q L A S V X L Z O C C E V A A M  
A J T E H A B V B M R A H T T R D T C A  
I Y A E D K O I O I H Z I V K K R S X N  
U C I R T E O C O J V S B M S N O W N S  
E P O Y F W T E S O U P E H I Y J G Z C  
P H C L Y R S V R U I J R P M G E H R A  
B H K F D A R U T P V A N M P Q R H M R  
F O O T P R I N T S H S A E A O L A H F  
W P Y N G F S H V F A B T W F Z I U T L  
M O S K A T I N G B D Z E M C S P Y L E  
X L I N D N Z J A C K E T F J I K X Y D

COLD  
GLOVES  
ICE  
SKATING  
WINTER

FOOTPRINTS  
WHITE  
JACKET  
MITTENS  
SOCKS

SNOWMAN  
SOUP  
FROST  
SCARF  
HIBERNATE

SNOW  
SNOWFLAKE  
MIGRATE  
HAT  
BOOTS



Leading Edge  
Physiotherapy

Dynamyx  
Gymnastics

# Taping & Bracing

## Common Questions about Taping and Bracing:

Both taping and bracing are frequently used by athletes engaged in high-level sports like gymnastics. Likely, you have a roll of K-tape in your gym bag and use it from time to time to assist you with minor aches and pains. The question is, what do these aids do? Are we using the right type, and when should we be using them? Furthermore, when is it best to sit out and seek help?

### What does taping and bracing do?

Taping and bracing can provide external support to a joint or soft tissue structure (muscle/ ligament or tendon) when these structures have been injured. The amount of support varies depending on the type of tape/ brace. Not only can the tape/ braces limit movement, but by doing so, they can help reduce pain and inflammation.

### What kinds of tape and braces are there?

**Athletic tape:** white, stiff tape often used by physios to provide semi-rigid temporary support for an ankle or wrist

**Leukotape:** beige, extra stiff, and sticky tape; often used by physios to provide temporary rigid joint support (i.e. Arch support for managing shin splints)

**KT-tape or K-tape:** usually coloured, stretchy tape; offers the least amount of stability of all tapes but is easy to apply; can be helpful with bringing awareness to the injured area and providing mild compression and pain relief; often used for muscle and tendon pains. **\*\*Not appropriate for joint stabilization.**

**Soft brace:** stretchy pull-over brace that provides some compression and only mild support.

**Rigid brace:** typically built with bars/ rigid supports that will limit a joint's movement and provide a more moderate amount of protection. The more severe the injury, the more rigid bracing is required.

### Should I be using tape or bracing to prevent injury?

It depends. Mild taping/ bracing can sometimes help create body awareness and provide mild support to joints/structures you feel are weak (i.e. K-tape for your shoulder to help assist with posture/ positioning or athletic tape to bolster wrist stability). However, if you are using rigid bracing or taping regularly, your body can become dependent on external supports, and can limit the opportunity for strength progression.

### If I have an injury and wear a brace or tape, can I return to training?

In short, no. **\*\*A good rule of thumb: if you feel like you need a brace or tape to continue training, you likely shouldn't be training\*\*** It is important to understand that taping and bracing is not a cheat code to train through an injury. Most often, your injury requires appropriate rest and proper rehabilitation - this is where your healthcare professional comes in. Your physiotherapist and/or doctor can properly diagnose your injury and provide the advice and care you need to get you back to training safely. While bracing and taping can be used during all stages of rehab to assist with day-to-day function, it will typically only be late-stage rehab (80-90% recovered) when a brace or tape will be recommended short-term for returning to training to help rebuild body awareness and confidence.



Rigid Brace



K-Tape



Athletic Tape



Leukotape

Feel free to call/text my direct line at  
403-993-9989 or email  
[jordan@leadingedgephysio.com](mailto:jordan@leadingedgephysio.com)

