



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. Woohoo! 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







780-458-3153

www.https://dynamyx.uplifterinc.com/



WINTER SESSION CLASSES RUN January 8 - April 15

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)!

> 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

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



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

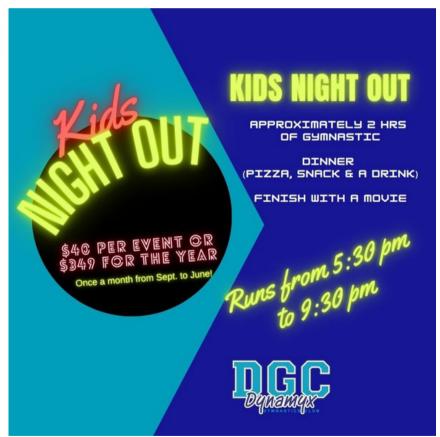
Register for Winter Session

12 Week Session **Runs January 8th to April 15th** Lots of classes to choose from!

CURRENT FALL MEMBERS can register begining 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



HOW TO CONNECT WITH US



























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!**



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

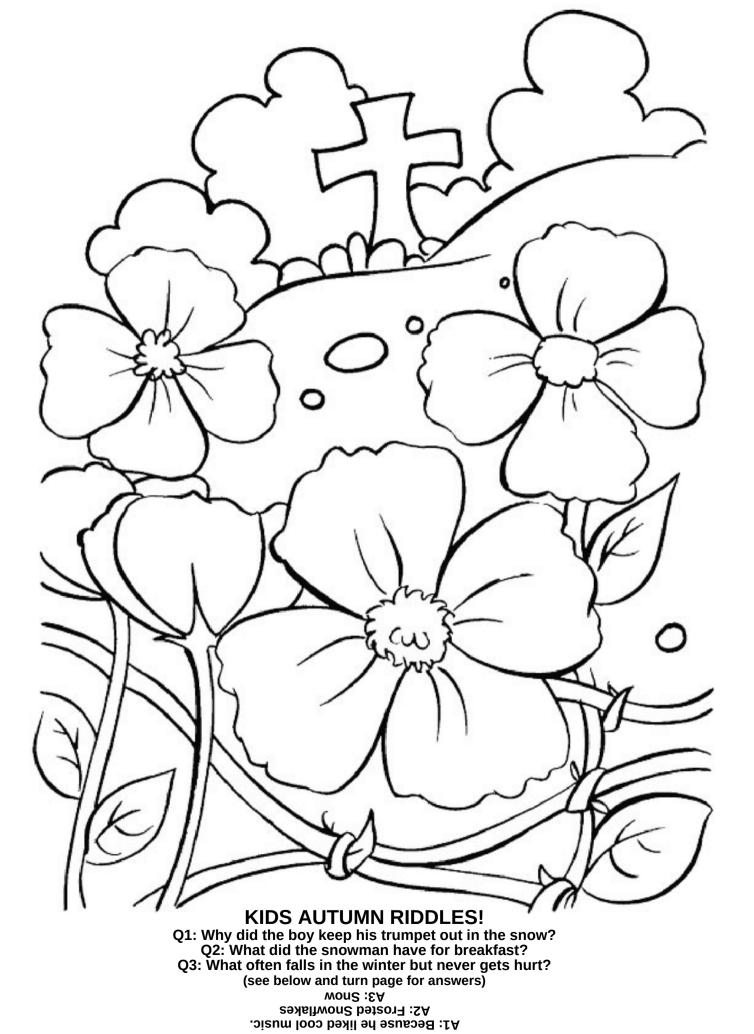
We are using a new platform this year so you can see all our fundraising activities in one location!





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





KIDS AUTUMN RIDDLE ANSWERS!

Name: Date:

Class: Teacher:

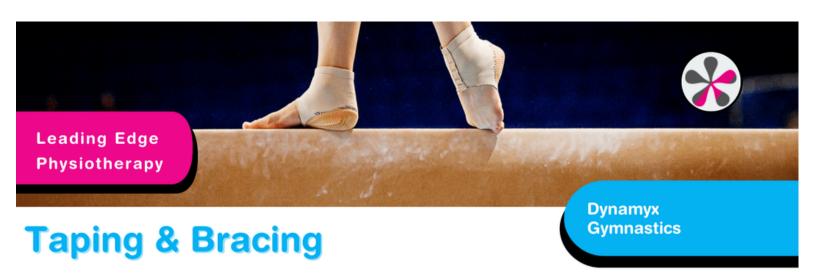
Winter Word Search



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COLD GLOVES ICE SKATING WINTER FOOTPRINTS WHITE JACKET MITTENS SOCKS

SNOWMAN SOUP FROST SCARF HIBERNATE SNOW SNOWFLAKE MIGRATE HAT BOOTS





Rigid Brace



K-Tape



Athletic Tape



Leukotape

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.



