

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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We Feel Privileged to Work with Your Child

"Having been involved in gymnastics for more than 46 years, it's a sport that will create invaluable lessons." says Carey Vigneux, Winstars owner. With that in mind, it was my goal as a business owner to provide a gymnastics program for all children to gain life lessons while experiencing this amazing sport, regardless of the level.

The sport of gymnastics has evolved over the last several decades. Many years ago, gymnastics was used to train and condition those individuals that were going to fight for their country during wartime.

As time has gone on, gymnastics has developed into a sport that will provide all the necessary physical development a child will possess during their early years of life. Gymnastics does benefit a child's overall strength, flexibility, balance, agility, and spatial awareness.

With the physical development benefits in mind, Winstars has created a program to allow children to build on their own physical development throughout all stages of their young life.

While understanding the importance of physical development, Winstars continues to provide important life skills to your child's experiences. We provide all the necessary skills that are required as your child begins their kindergarten life. Skills such as instruction listening, following a leader, waiting their turns, and much more!

As your child progresses through our program from preschool to the teen program, Winstars feels privileged to be an integral part of your child's overall physical, emotional and social development.

Here's one of the many reasons we do what we do.....

"Thank you so much for helping prepare my girls for their transition to school. This is such a wonderful and loving place, filled with so much patience, kindness and love. I am truly grateful for all the wonderful memories, lessons, mindfulness, and friendships the girls created. An amazing program and community." Celia (Mother of 3 girls)

I LOVE ❤️ Gymnastics Week

Winstars celebrated **Ontario Gymnastics week** recently from February 10-16. During this week, the gymnasts had several fun activities going on during their classes.

Also, colouring pages were handed out to all gymnasts. The winners were given a small gift as a token of our appreciation for their great artwork. Thank you to all who submitted their colouring artwork. Everyone did a FANTASTIC job!

Here are some of the quotes from our "I Love Gymnastics because..." handout!

- Gymnastics prepares me for everything and I learn new skills each week. **Jaylyn H (8 yrs old)**
- I find it really fun and I love learning new skills, I also love my coach. **Mila S. (9 yrs old)**
- It helps reduce stress and makes me feel better. I also love my coach because she helps me learn new skills. **Guilianna (10 yrs old)**
- You get to do super skillful things. Also the coaches are amazing and teach very well. Lastly gymnastics gives me plenty of exercise. **Serene H. (10 yrs old)**
- They have good teachers and their really encouraging and good at gymnastics. That's why they probably opened this beautiful place. **Sydney B. (10 yrs old)**
- We learn new things, make new friends and the coaches are amazing. **Madison M. 1(0 yrs. old)**
- It's inspiring and beautiful. It's like a different type of dance, another way to express yourself. **Priya B. (11 yrs. old)**
- It makes me feel alive. I love when I try a skill but don't succeed then I try again and when I get it I feel so proud. **Addison J. (11 yrs. old)**

Morgan Attends Elite Canada

Congratulations to Katarina Morgan who attended the national level competition, Elite Canada February 17-19.



This was her first time attending a national level competition. She had a good competition both days, while increasing her score on the second day. This competition has qualified her to the Canadian Championships in Gatineau in June.

Congratulations to Kat and Coach Celeste!

Winstars Trivia



1. What feline animal has a connection with gymnastics moves?
2. How wide is a balance beam?
3. Where are the 2024 Olympics?
4. Who are the people who evaluate gymnastics routines?
5. The minimum age for Olympics?
6. Who is Canada's most decorated female gymnast?
7. What does FIG stand for?
8. What events do both men & women share?

International Gymnastics 8. Floor Exercise & Vault
16 as of year end 6. Elite Black 7. Federation
1. Cat, leap/twist 2. 10cm. 3. Pairs 4. Judges 5.



Summer Fun Gymnastics Camp

Winstars will be offering a summer camp program throughout July and August. The full day is for children 3-12 years and our half day for 3-5 years old.

The children will participate in gymnastics, arts & crafts, movie time, obstacle courses, and much, much more!

Our camps are extremely popular so make sure you register early! Keep an eye on our website at winstarsgym.com in the coming weeks for more information.

