



# ALL STAR NEWS

## All Star Sports Centre Featured On Breakfast Television

### NEWS

In case you missed it, Breakfast Television visited All Star Sports Centre on Jan 14th. You can still view the clips featuring Jennifer Valentyne, our own Recreational Program Manager Jenn Unsworth, many athletes, coaches and parents on Google Video. Just type in "all star on breakfast television". They were happy to come to our gym and are looking forward to returning soon thanks to our All Star hospitality!!!!

Thank you all for your support.



### New Positions On Staff:

Jerome Brown – Preschool and Recreational Coach for Gymnastics and Trampoline. Andrea Armstrong - GymKids Supervisor/ Driver and Customer Service. Welcome to the All Star Team!

### Women's Program Huge Success!

Our Provincial athletes competed recently in both Kingston and Niagara Falls during Jan and Feb and qualified 14 out of 16 to the semi-qualifier, the Ontario Cup to be held in March. The girls collectively won a total of 39 medals!!!! Outstanding effort - gymnasts and coaches. Everyone will be rooting for you in the next few weeks as you work toward qualifying for the Provincial Championships. Go team! Our Level 2-5 athletes also just competed in a competition at ASF Gymnastics in Richmond Hill turning in exceptional results. The team of 24 hauled in a whopping 54 medals!!!! Special congratulations to all around champions: Hayley Micallef, Tanvir Lehal, Arveen Aujla, Kylene Downey-Sparks and Lori-Ann Fernandez. Well Done Team!



**Arveen Aujla**

### NEW! ALL STAR BOOTCAMP

ALL STAR BOOTCAMP has just started and has 6 classes running already! **Don't put it off - Check it out** - our new "once per week" option at our parents request! This is a fitness program that meets your needs and runs at PRIMETIMES...while your kids are in their classes!!!!

### Personalized Training For A Fraction Of The Cost!!!!

Low class ratios to help you reach your goals. Maximum 5 per class. Located in our new fitness studio in the lobby. One-on-one training is also available. Come get fit! If you or someone you know may be interested in learning more, drop by the office and pick up a brochure.



**ALL-STAR  
BOOTCAMP**

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### NEW - After School Program



Kids 6 to 12 years - 3:00 - 6:00pm – only \$85 per week! Stay active, get levels in gymnastics and trampoline and get homework time too!

**We will pick your kids up from school with our new GYMKIDS minivan!**



Free t-shirt! (while supplies last)

### PA Days

**BONUS! Free PA Days 9 - 4pm** (extended hrs also available) Preschool Ages 3 ½ to 5 yrs. Junior 6 to 8 yrs. and Senior 9 to 12 yrs. Gymnastics, Trampoline, Crafts, Games, Tumbling and more!

### New!! KinderGymkids Coming in September..!

It's a Half Day Programs for Kindergartners! (3 ½-5 yrs) Includes gym, trampoline arts and crafts, music, reading time and more! Free uniform and PD Days for full week kids! (bodysuit for girls, t-shirt and shorts for boys!)

This new program has had an overwhelming response with over 30 children on our map board for consideration in our routes. The program has begun. We have an experienced driver to drive your children in our new GYMKIDS van. We have also had a lot of interest for September. Start any Monday – space is limited!!!! Acceptance will depend on school location, bell ring time and routes already established.

### Competition Hosted At All Star!!!

All Star was host to over 300 athletes from all over Ontario at the All-Star Gymnastics Challenge March 6 to 8th. Congratulations to all who competed. Thanks to all parents for your co operation with make-up classes.

### Child Fitness Tax Credit

Access your account online! Go to our web site at [www.allsportscentre.com](http://www.allsportscentre.com) Registered Members: login by simply typing in your assigned user name, create a password (using the email address you gave us when you registered) and print your statement/ invoice. Need help? Call our office staff.

### Summer Camp 2009

Looking for a fantastic camp for your kids this summer? Keep them active and busy doing things they will enjoy: Gymnastics Trampoline, outdoor fun, day trips (optional) and more! We run 9 weeks of summer camp! Look for our exciting Summer Camp brochure feature new fun themes kids will love! Visit the office to pick up a brochure! Remember our camp fills fast!

### Summer Classes

We will be running 8 weeks of SummerFun Gymnastics Trampoline and Tumbling Classes. See our office staff for details.

### All Star Kids PJ Party!!!

Parents Night Out! Bring the kids to the gym selected Saturday nights for a giant movie, pizza, special themes, games, gymnastics, tramp and more!!! Watch for more info on our Recreational Info Board in the gym.

Dates Include: April 18, May 9th, June 6th  
Times: 6:30-10:30pm  
Grades: K-6

\$25.00 per child if registered the Tuesday prior - \$29.00 if after Tuesday.  
Regular Family Discounts Apply.  
Space is limited – Register for Mini Term 4! – Don't Delay!

Register online, over the phone or at our office to avoid disappointment.



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