

# WINTER IS COMING....

#### This December, we're all about Giving!

Why Teach About Giving, You Ask?

Teaching our kiddos the art of giving turns them into super awesome humans! Plus, it builds some pretty nifty traits they'll carry into adulthood.

#### It Sparks Empathy

When kids give, they start thinking about how their gifts brighten someone else's day. Inviting that shy classmate to join the fun? They get what loneliness feels like! Donating allowance to a food bank? They start to imagine how rough it would be to go hungry. By making a difference, they learn to "walk in someone else's shoes" and embrace empathy and compassion.

#### It Fuels Their Passions

Got a child obsessed with reading? Volunteering at a library is a ticket to adventure! Whatever sparks their interest, there's a giving opportunity that dives deeper into that world.

Plus, getting involved early on helps them navigate their passions later in life, introducing them to the ins and outs of their interests and maybe even connecting them with some cool mentors!

#### It Cultivates Gratitude

When kids empathize with those who have less, they start to appreciate their own lives. Understanding hunger makes them grateful for every bite! Delivering holiday gifts teaches them to cherish the treasures waiting under their own tree.

Research backs it up: gratitude boosts relationships, enhances health, calms aggression, lifts self-esteem, and even helps them sleep better. Not too shabby for a little time or a few bucks spent on worthy causes!

We will have our GIVING WALL located near the office starting December 2nd and your child can add what they do to give back or what they plan to do or have them create an idea to enspire others!

## GIVING IS NOT JUST IN DECEMBER BUT EVERY DAY OF OUR LIVES!

#### WinterLine up Announcement NOTE: \*\*PRE-REGISTRATION IS ESSENTIAL TO COMPLETE THE WAIVERS!\*\*

Join us for our popular **Parent & Tot** OPEN GYM, happening on Fridays - noon - 1 PM! It's the perfect opportunity for joyful parenttot bonding. Homeschoolers and children on PD days are also welcome!

#### LAST ONE FOR 2024 is December 20th

Our Family OPEN GYM on Fridays run from 7:30 to 9 PM and caters to all ages. LAST ONE FOR 2024 is December 13th

NOTE: Quick reminder: Kids aged 12 and older can attend OPEN GYM unsupervised, but they need signed waivers from a parent or guardian beforehand.

#### Kids' Night Out - Dec 21st

This event allows kids to enjoy OPEN GYM, followed by pizza, drinks, snacks, and a movie. It's a wonderful chance for parents to have a night out for date nights, dining, or even a spa retreat—because everyone deserves some adult time!

LAST ONE FOR 2024 is December 20th

#### CHRISTMAS FAMILY EVENT 21st from 3 to 5 PM - \$15/child Register early

#### HOLIDAY WINTER CAMPS

December 23,27,30 Jan 2, 3 FULL DAY - 9 to 4 pm Half Day - 9 am to 12 pm & 1 to 4 pm





## Send your kids to our.... WINTER CAMPS



DAILY & WEEKLY CAMPS HALF & FULL DAY OPTIONS AVAILABLE December 23-27,30 & January2,3

## HOW TO CONNECT WITH US









ask.dgc@shaw.ca

LAST DAY OF FALL CLASSES

- Sunday: Dec 8
- Monday: Dec 16
- Tuesday: Dec 3
- Wednesday: Dec 4
- Thursday: Dec 12
- Friday: Dec 6
- Saturday: Dec 7
- Achievers check with coach

### **OFFICE HOURS DECEMBER**

#### Day time - 9 to 4 pm

- Monday to Friday until December 20th
- Saturday last day December 7th
- Sunday office closed

#### Evening hours - 4:00 to 7:30

Only up to last day of each Rec class





JANUARY OFFICE HOURS RESUME

on January 6th

Monday to Friday - 9 am to 7:30 pm Saturdays - 9:30 am to 2 pm Sundays & Holidays - CLOSED \*\*SUBJECT TO CHANGE WITHOUT NOTICE



110, 175 Carleton Drive St. Albert, AB



dynamyx.uplifterinc.com

ONLY \$40 PER EVENT Runs from 5:30 pm

Dates:

November 30th December 21st January 25th March 22nd April 26th May 31st June 21st

February 22nd





DGC 50/50 LUCK of the IRISH RAFRLE starts January 20th & until March 16th - Draw March 17th

JANUARY FUNDRAISER CONSIGNMENT SUIT FUNDRAISER Runs first 3 weeks of Winter Session

> FEBRUARY FUNDRAISER I LOVE GYM WEEK FOAM PIT FUNDRAISER

MARCH FUNDRAISER SILENT AUCTION & PUB NIGHT more info to follow



I Can Gymnastics provides a structured program for families, children, and adults with diverse needs and abilities. It utilizes picture schedules, sensory items, and various equipment to help individuals achieve their goals.

We offer:

DISCOVER KIDS - parent/aid participation required

EVOLUTION KIDS - independant (coach recommended

ADULT EVOLUTION - discuss with our Inclusion planner at <u>inclusion.DGC@shaw.ca</u>



## HOUSEKEEPING REMINDERS:

- It is getting darker sooner. Please keep an eye on the kids in the parking lot as they come and go for classes.
- The snow is coming and with that brings messy boots and all the extra winter gear. Please label your children's items and place boots on boot rack to help with wet slippery floors and soggy carpets.
- Psst! Lost something? Check our treasure trove at the lost & found table in the foyer. PLEASE:Mark your athlete's items



Last date for 2024 is December 13th



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Wishing all our patrons and families a Safe and Happy Holiday season! From the Board, Staff, Coaches and CITs at Dynamyx

## **DECEMBER JOKES**

- Q: What kind of bug likes Christmas? A: A humbug!
- Q: What is Santas favourite cereal?
- A: Frosted Flakes!
- Q: What do you call a Santa that stops moving? A: Santa Pause!

## **JANUARY JOKES**

- Q: What do you say on January 1st? A: Last year seems like yesterday!
- Q:What can you catch in winter with your eyes closed?
- A: A Cold!
- Q:What do snowmen do in January? A: Chill out!

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# Christmas Word Search



Find the words below in the word search.

Δ	S	S	L	Е	I	G	Н	В	С	С	0
A	3	3	L		1	G	11	D	C	C	0
U	А	Т	R	Р	J	I	Н	F	0	D	R
S	Ν	0	W	М	А	Ν	Ν	G	0	Е	N
Т	Т	С	Q	А	0	Ν	М	L	К	С	А
V	А	К	D	В	С	G	I	W	I	А	М
R	Е	I	Ν	D	Е	Е	R	R	Е	Ν	Е
G	I	Ν	G	Е	R	В	R	Е	А	D	N
W	Y	G	А	Е	F	Н	J	А	L	Y	Т
х	Z	М	I	S	Т	L	E	Т	0	E	Q
С	Н	I	М	N	E	Y	K	Н	М	N	Ρ

SANTA REINDEER SNOWMAN STOCKING

CHIMNEY GINGERBREAD ORNAMENT WREATH SLEIGH MISTLETOE CANDY COOKIE



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

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

**Instruction:** Help Santa find his way to the houses to have more cookies.

