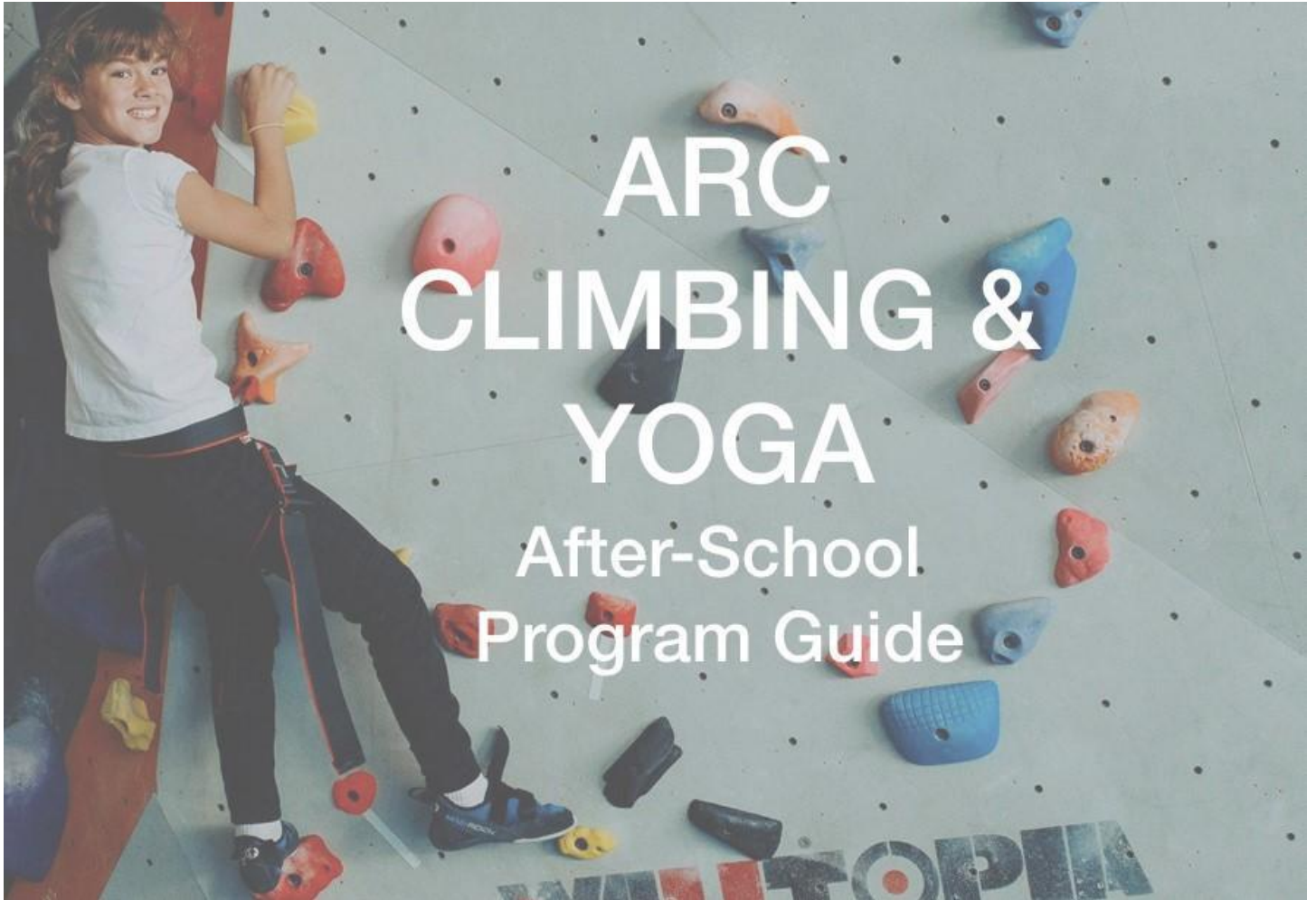




ARC CLIMBING + YOGA
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INTRODUCTION

Welcome to the ARC Climbing and Yoga After-School Program! We hope this guide will provide you with the information needed to understand your child's program and daily activities. We also hope it will answer any questions you have as a parent or guardian who has enrolled their child in our program.

ABOUT ARC

ARC is the hub of a growing climbing and yoga community in Northern Ontario. We're way more than a gym, we're a place where people get together, do what they love, and transform the way they move in a fun and social space.

ARC was founded in 2014 by a small group of young climbers from Sudbury. We wanted to create a facility where local climbers could train to compete across Canada or to prepare for climbing trips, but also a place where beginners could try climbing and yoga in a positive and motivating environment.

We have since grown and will continue to grow our programs and offerings to reflect the needs and interests of our members! Our after-school program will aim to expose our next generation of climbers and yogis to healthy activities away from screens and electronics.

PROGRAM STATEMENT

ARC provides a safe place where children are valued for their uniqueness and supported and encouraged to explore and learn about the world around them as well as within.

PROGRAM HOURS

Our program hours run from approximately 3:00 pm to 5:30 pm, depending on bus arrivals at our pick-up location.

PICK-UP LOCATION

For R.L. Beattie children, our staff will pick up the kids in-person at school dismissal.

For students taking the bus, our staff will meet each child at the bus stop closest to ARC.

For children that attend Algonquin, Holy Cross, St. Denis, or Helene Gravel, the bus stop is located at the South End Library, at 1991 Regent St. Sudbury. For children that attend Macleod, the bus stop is

located at the Cedar Point Plaza, at 1984 Regent St. Sudbury. Once the children arrive the staff will walk them to our location at 1981 Old Burwash Road. Approximately 200 meters walking distance.

PICK-UP TIMES

Children must be picked up by 5:30pm. Late fees will be applied to late pickups. Late Pick-up fee is \$15.

AGES OF PARTICIPANTS

Children must be between the ages of 4 – 12 years to participate.

TRANSPORTATION

Parents and guardians are responsible for arranging bus drop offs at the South End Library with the Sudbury Bus Consortium <http://businfo.ca/en/>

DAILY ATTENDANCE

Parents are requested to notify ARC any time their child will not be attending the Program due to illness, holiday or other factors. Upon pick-up, guardians are required to notify staff that they are picking up their child by signing them out. If late, please notify staff by calling ARC. If someone other than you will be picking up your child, please notify us in advance by calling ARC.

REGISTRATION OPTIONS

We currently offer Full-time, 5 days a week, with payment options available for full terms (Sept - Dec and Jan - June) and monthly.

Part time options available are Mon/Wed/Fri and Tues/Thurs.

PAYMENT

Payment can be made via Cash, Credit, Debit, Cheque, or E-transfer. For those paying monthly, payment is due a week before the start of the next month (ex. payment for the month of October will be due during the past week of September). Payment for the first term or month of September is due within 24 hours of booking.

MISSED OR SICK DAYS

There are no refunds made for missed days.

HEALTH

In order to maintain a healthy environment, children who display the following symptoms are asked to stay home: diarrhea, vomiting, severe coughing, fever, earache, or headache. If a child arrives at the program with any of these symptoms, their primary parent or guardian will be called and asked to come pick up the child.



MEDICATION

The staff will not administer medication, unless it has been prescribed or authorized, in writing, by a physician. Medications must be in their original containers, labeled with the physician's name, the child's name, dosage, and times. Parents must complete the Health Form prior to staff administering medication.

THINGS TO BRING

We suggest packing the following list for each child to have available for them during the After-School program hours:

- *Water bottle*
- *Snack – non-refrigerated*
- *Indoor shoes – Climbing shoes are available if indoor shoes are not an option*
- *Clothing for climbing – easy to move in*

Please label as many items as possible so all items go home with the right owner.

FOOD

Snacks are not provided. Please send an after-school snack for children to eat if hungry. We have an area for them to sit and eat, a microwave, and a kettle. Please do not send any snacks that need to be refrigerated.

PA DAYS AND HOLIDAYS

PA/PD Days, statutory holidays and school vacation periods (March Break, Christmas break) are not included in the registration. Registration for PA days and holiday camps is separate. We will send out information to After School registrants about our holiday and PA Day camps during the month for pre-registration.

School Year Calendars

Catholic School Board Calendar: <https://www.sudburycatholicschools.ca/board-calendar/>

Rainbow District School Board Calendar:

<https://www.rainbowschools.ca/schools/school-year-calendar/>

DAILY ACTIVITIES

During the program, participants can expect to partake in climbing and climbing related games, yoga, arts & crafts, and quiet time activities such as reading and snack time.

2022/2023 RATES

Pricing subject to change between Fall and Spring registration dependant on the number of PA days and holidays

Full-time for only \$15.50/day

Part-time for \$17.50/day

CANCELLATION POLICY

Cancellations made within 48 hours of the program start date will be subject to a \$60 administration fee. In the event of a mandatory gym closure, credits will be given for use towards future bookings. For special considerations and concerns please contact us directly!