

Champion M.A.P Program Information

Champion Martial Arts Preschool (M.A.P.) is now open in our brand-new facility! Conveniently located in the heart of Grande Prairie, our M.A.P. is a daytime recreational program designed exclusively for your growing little one(s) ages 3 to 5 to increase their gross motor abilities, cognitive skills, confidence and so much more in a guided, play-based learning environment.

With the Champion M.A.P., your child learns to negotiate fairly, communicate their feelings, understand the zones of regulation (and what to do when we go yellow!), show respect, cooperation, share, make decisions, demonstrate courtesy, patience, self-discipline and so much more distilled from the essence of martial arts that make for a strong, successful foundation.

Activities include crafts, story-time, learning games, and a wide variety of pre-school level, skill-building exercises to develop physical literacy like coordination, kinesthetic and spatial awareness, balance, flexibility, reaction and more drawn from across Champion's 20 years of unique, highly successful martial arts experience. Different themes are introduced throughout the program to even further engage your child and stimulate creativity. Our qualified, vetted teachers come complete with all appropriate checks and credentials.

Parents have M.A.P. program options of 2 or 3 days a week, mornings or afternoons!! Register for our 8-week program sessions that run back to back, aligned with the regular school year schedule. Our first session starts on January 6, 2020. Register now space is limited!

Let the Champion M.A.P. guide your little one to their full potential and enrich their childhood with skills for life.

Vision and Values Statement:

Champion aims to provide high quality, developmentally appropriate education for preschool-age children with a focus on social, cognitive, physical and emotional growth. This will be achieved with physical literacy and ethical code based on martial arts, all in a safe, nurturing and recreational environment.

Champion's Martial Arts Code of Ethics:

- Respect inward becomes respect outward
- Show courtesy
- Be honourable in your words and actions
- Exercise self-discipline for good
- Demonstrate responsibility
- Present your best self, always
- Persevere with an Indomitable Spirit



Curriculum, Policies, Procedures, etc.:

Curriculum:

We champion a progressive, varied curriculum structured on integrated mental and physical skills learning and play that fosters maximal social, cognitive, physical and emotional development. We encourage a balance between expressive individuality and team cooperation in a class of peers. The overall curriculum and lesson planning are designed to capture the potential of each tactile, visual, auditory or combination learner, with gentle guidance from the teacher.

A daily routine may include, for examples, age-appropriate:

- Martial Arts (Brazilian JiuJitsu, Boxing, Personal Defence, kickboxing, and Taekwondo)
- Mat exercises
- Games
- Crafts
- Activity centers
- Educational worksheets/projects/colouring
- Science
- Art
- Music
- Show and share
- Storytime

With snack time in between and reservation for fun variations due to special days or events.

Emergency closings and preparedness:

In case of building evacuation, the muster point will be at the Champion pylon sign by the sidewalk. If the emergency lasts more than 15 minutes or we are not allowed back in the building, staff and children will meet at the nearest neighbouring facility and parents will be contacted for pick- up.

In case of accident or illness, the child's parent/guardian will be notified, and the child will receive medical attention if necessary.

Fire Drills will be practiced quarterly. Children will be notified in advance and children and staff will explain the fire alarm ringing and where our muster point is.

If for any reason the M.A.P program needs to be closed for any reason, contact will be made via both phone and email.



Fees:

Fees are paid in advance for the entire 8-week session. No refunds or allowance will be made after 1 week before the course start date except in provable medical circumstances that would make the child unable to participate.

Attire:

Play clothes are required for martial arts and learning. Children will be barefoot for martial arts and mat time. Please send an extra pair of clothing as spills happen, please label all articles with your child's name to prevent loss and mix-ups.

Toilet training:

Children must be toilet trained to attend our program, no exception. You will be notified if your child has an accident. Please ensure your child can independently use the bathroom as much as possible.

Program Hours of Operation:

Mon/Wed 9:15-11:45 or 12:45-3:15

Tues/Thurs 9:15-11:45 or 12:45-3:15

Friday 9:15-11:45 or 12:45-3:15

Drop off and Pick up times are 15 minutes before and after class. Early drop off and late pickup is available, please contact the front desk for more information. Anyone picking up the child must be on the pickup list - no exceptions. The child's security and safety are our prime directive. Please be timely as it preserves the harmony of your child's learning environment.

Medication administration:

Medication will only be administered to a child with written consent from the child's parent/guardian and that the medication is from the original labeled container and administered according to the labeled directions. All medication will be stored in secured containment inaccessible to children. Our gym is a nut-free environment - if a child has a severe allergy, we require an EpiPen to be kept on site. If 911 is called parents will be responsible for any cost incurred.


Transportation and/or field trips:

Field Trips: For any field trips planned there will be advance notifications and additional permission slips that will state all the information about where, when, transportation used and our transportation slips with references to our transportation policy.

Media:

I understand my child may be photographed or filmed while attending at the premises of CHAMPION GYM training facility during M.A.P. activities or events & give permission to CHAMPION GYM & any affiliates to use any & all photos, video material &/or video streaming for promotional, sales, publicity, & advertising purposes for all print and digital media.

Policies for Parents:



These policies allow for a positive experience for everyone! Happy parents mean happy children and staff. They facilitate clear understanding, expectations, and communication while limiting ambiguity that naturally occurs in the busy, overlapping worlds of parenting and work.

Communication with Staff:

While most communication between and with administration and staff is informal, we would like to outline the preferred method of communication for clarity and reference. Champion's preferred communication method for important matters is via email or in the child's daily planner so that there is a record and so that all needs are addressed.

Parent involvement:

Parental involvement is encouraged and offered as an option for special field trips, to review daily journals and email notifications.

Napping and sleeping:

Children should have adequate sleep and a routine sleep schedule. Preschool children need an average of 10-13 hours of sleep and 0-2.5 hours of daytime sleeping. Our preschool program will not be doing naps as a scheduled activity, so parents are expected to schedule naps around the program.

Food and nutrition, meals, and snacks:

Champion Gym will supply the children with healthy and nutritious snacks low in sugar. Any Allergies must be made known in the application and snacks will be administered accordingly. We ask that water be the only drink to reduce sugar intake and exemplify healthy nutrition.

Immunizations:

Based on the Alberta Health Care immunizations are recommended. Routinely recommended vaccines include diphtheria, pertussis (whooping cough), tetanus, polio, Haemophilus influenza type b, hepatitis B, rotavirus, meningococcal, pneumococcal, measles, mumps, rubella, varicella (chickenpox), and influenza. The immunizations are recommended to help keep everyone in the facility healthy.

Health Policy:

For the well being of everyone involved, no child will be permitted into class if they have had any of the following symptoms in the last 24 hours: fever of 100.4°F/38°C, nausea/vomiting, earache, un-diagnosed rash, diarrhea, drainage from eyes, illness being treated by antibiotics within less than 24 hours. If a child becomes sick, they will be supervised and kept away from the other children until the parent/guardian can pick up the sick child. If any child displays symptoms of head lice, chickenpox, impetigo or pink eye a note will be sent home via Alberta Health's requirements.

Children's Records:

We will require and will keep updated records of each registered child, including their medication and health history, any other emergency contact, pick up list, attendance, when the child is sick, any incidents and progress report.

Staff to children ratio

This ratio will be a 1:8 ratio for staff to child to ensure supervisory integrity and program quality.

Charter rights:

Section 15 of the Charter of Rights and Freedoms states that every individual has the right to equal protection 'without discrimination based on race, national or ethnic origin, colour, religion, sex, age, mental or physical disability'. This is strictly enforced and adopted at Champion Gym, to protect all staff, parents, students, children, members and visitors.

Policy Statement:

Measured, positive reinforcement is an extraordinarily effective method of behaviour management of children. When children receive positive, non-forceful, and understanding interactions from adults, they develop well being, healthy self-concept, problem-solving abilities, and self-discipline. Based on this belief, Champion M.A.P Program uses a positive approach to discipline and practices the following discipline and behaviour management techniques;

WE DO communicate to children using positive statements, on their level and in a calm quiet manner. Appropriate behaviour is modeled to children and rewarded with attention. Limits are set for children and applied consistently. The Champion recreational learning environment is configured to maximize success. With any problem, the child is encouraged to express their feelings, and then think about a solution. Choice alternatives are then presented to stimulate solutions-based thinking and redirect them to answers. Our teachers provide appropriate words, demonstrate behaviours and object lessons to facilitate conflict resolution prior to and during when it arises.

Discipline and guidance:

WE DO NOT tolerate bullying or abusive behaviour. Under no circumstance will staff inflict or cause or allow to be inflicted any form of physical punishment, verbal or physical degradation or emotional deprivation. There will be no denying or threatening to deny any necessity or use any method of physical isolation. No child shall ever be left alone, unattended or without supervision for any reason. Parents will be notified if problems such as behavioural, occur - with a meeting should they reoccur. If a child's behaviour endangers the safety of the children around them, then the Director has the right, after meeting with the parents and documenting behavioural problems and interventions, to terminate services for that child.

