



**ED FAIRLESS MEMORIAL
GYMNASIUM**

**GYMNASTICS WITH A
NORTHERN TWIST**

2017-2018 RECREATIONAL PROGRAM GUIDE FALL · WINTER · SPRING

REGISTRATION DATES:

Members & Siblings:

Saturday, **June 17** at 2pm

New Families:

Tuesday, **July 4** at 9am

WAYS TO REGISTER:

Office: #2 - 3091 Century Street
Thornhill, BC

Phone: (250) 638-0447

Fax: (250) 638-0405

Online: www.terracepeaks.ca

Mail: Box 212 Terrace, BC V8G 4A6

OFFICE HOURS:

May-June 2017

M/Th/F 3:30pm-8:00pm
Wed 12:00pm-8:00pm
Sat 9:00am-1:00pm

July-August 2017

Mon-Fri 10:00am-3:00pm

Sept. 2017 - June 2018

M/Th/F 3:30pm-8:00pm
Wed 12:00pm-8:00pm
Sat 9:00am-1:00pm

CLUB INFORMATION

Terrace Peaks History

The Terrace Peaks Gymnastics Club was started in the early 1970's by John and Ellen Simon (who coached the competitive group), the principal of Clarence Michiel Elementary School, and Les Orr (who coached the recreational group). These individuals volunteered their time in the belief that a gymnastics club would be beneficial to our community.

For many years the Terrace Peaks Gymnastics Club used the equipment of Clarence Michael Elementary School. This meant that every piece of equipment required for training needed to be taken out, set up, dismantled and put away each day it was used.

Ed Fairless and other dedicated parents spent many hours tirelessly moving equipment so gymnasts could train. Ed's daughters (Kris and Kim) were among the gymnasts training at that time. According to his wife, Wanda Fairless, this promoted Ed to state, "The club needs it's own gymnasium so that other parents don't need to go through what we had to go through." It was with genuine concern, the dedication of countless volunteers, and the endless hours put in by everyone involved that enable the vision of Ed Fairless to become a reality - The ED FAIRLESS MEMORIAL GYMNASIUM.

Terrace Peaks Mission Statement

Terrace Peaks Gymnastics Club strives to provide recreational and competitive gymnastics instruction for all ages and abilities. We emphasize "Safety", Team Spirit", "Fun", "Fitness", and "Progressive Development" at all levels. Our aim is to help children to develop self-confidence through mental and physical perseverance, and pride of accomplishments. It is our goal to give each athlete the opportunity to become the best gymnast he or she can become.

Terrace Peaks Board of Directors

The Terrace Peaks Board is made up of volunteers who are committed to delivering our club mission. Coming from a variety of backgrounds, the Board guides overall club planning and policy development. Board members are responsible for a portfolio that capitalizes on their experience, skills and abilities. The Board of Directors is led by an Executive Committee consisting of the President, Vice President/Past President, Treasurer and Secretary. Any parent can be nominated for the board elections at the Annual General Meeting, which is held in June of each year.

Terrace Peaks is a not-for-profit organization. The club relies heavily on fundraising, donations, and community & government support to help with operating costs and purchasing new equipment.



**"We acknowledge the financial support
of the Province of British Columbia"**

IMPORTANT DATES

Registration Dates

Full Year Registration (Fall, Winter, Spring Session classes):

2016/17 Members and Siblings Saturday, June 17, 2017 at 2:00pm

New Families Tuesday, July 4, 2017 at 9:00am

ProD Camps Tuesday, July 4, 2017 at 9:00am

Drop & Shop Camps Monday, November 20, 2017 at 4:00pm

Spring Break Camps Wednesday, February 14, 2018 at 10:00am

Summer Camps Monday, May 7, 2018 at 4:00pm

Session Dates & Gym Closures

Fall 2017 Session | Tuesday, September 5 to Saturday, December 16, 2017

No Classes:

Monday, October 9 (Thanksgiving)

Saturday, November 11 (Remembrance Day)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 weeks	12 weeks	15 weeks	15 weeks	15 weeks	14 weeks	14 weeks

Winter 2018 Session | Tuesday, January 2 to Saturday, March 10, 2018

No Classes:

Monday, February 12 (Family Day)

Friday, March 2 after 5pm (TPGC Meet)

Saturday, March 3 (TPGC Meet)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 weeks	8 weeks	10 weeks	10 weeks	10 weeks	9-10 weeks	9 weeks

Spring 2018 Session | Sunday, March 25 to Saturday, June 23, 2018

No Classes:

Friday, March 30 (Good Friday)

Monday, April 2 (Easter Monday)

Monday, May 21 (Victoria Day)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 weeks	11 weeks	13 weeks	13 weeks	13 weeks	12 weeks	13 weeks



POLICIES

Non-Refundable Membership/Insurance Fee (Registration Fee)

- All participants registering for **classes, camps**, or participating in **drop-ins** are required to purchase a \$35.00 annual Terrace Peaks Membership / Gymnastics BC Insurance fee.
- This membership is valid from September 1, 2017 to August 31, 2018.
- This \$35.00 fee is allocated as follows: \$12.30 to GBC, \$8.00 to GCG, \$8 to Zone 7, \$6.70 to TPGC

Registration Policies

- Registration is based on a first come, first-served basis.
- Ways to register: in-person or phone during office hours, online, mail or fax.
- Full payment is required to complete registration:
 - Fall fees, upon enrolment.
 - Winter fees, upon enrolment or automatically processed on **November 13, 2017**.
 - Spring fees, upon enrolment or automatically processed on **February 5, 2018**.
- Payment options: cash, cheque (payable to TPGC), debit, Visa, or MasterCard. All fees include applicable taxes.
- There is a \$50.00 NSF fee for all returned cheques or declined credit cards.
- Late registrations will **not** be pro-rated, please register before the start of each session.
- Transfers are permitted until the halfway point of each session. A \$10.00 fee applies.
- Schedule is subject to change. Classes run pending enrolment & coaching availability.
- Make-up classes are not provided unless TPGC cancels a class. Programs may be cancelled and/or rescheduled due to weather conditions or unforeseen circumstances.
- Please include your email address on the registration form as email is TPGC's preferred method of communication.

Cancellation Policy

- Refunds will be given to all cancellation prior to the first day of classes.
- No refunds or credits are given for Drop-In fees.
- No refunds or credits are given after the first day of class, except in the case of injury or illness. Request must be accompanied with a doctor's note. 100% of the pro-rated balance will be refunded/credited toward future programs.

Mandatory Fundraising (for classes only)

- Each child registered in a class is required to fundraiser per session.
- One of three options must be selected at the time of registration.
- *Option 1:* Sell one case of chocolates - Submit a \$60.00 post-dated cheque. Once the chocolates are sold and money received, participants will receive the post-dated cheque back.
- *Option 2:* Buy out one case of chocolates - Pay \$60.00 to purchase a case of chocolates. If you choose to sell them, you can keep the money.
- *Option 3:* No time to fundraise - Submit a \$30.00 payment in lieu of fundraising.
- All other fundraising is optional.

Trial Classes

- Trial classes are available for any of the classes after the session begins, based on availability.
- The fee is \$10.00 for a 45 minute or 1 hour class and \$15.00 for a 1.5 hours class.
- This fee will be applied to the class fee if you choose to register in the program.
- Only one trial class per child is permitted.

POLICIES

Family Discounts

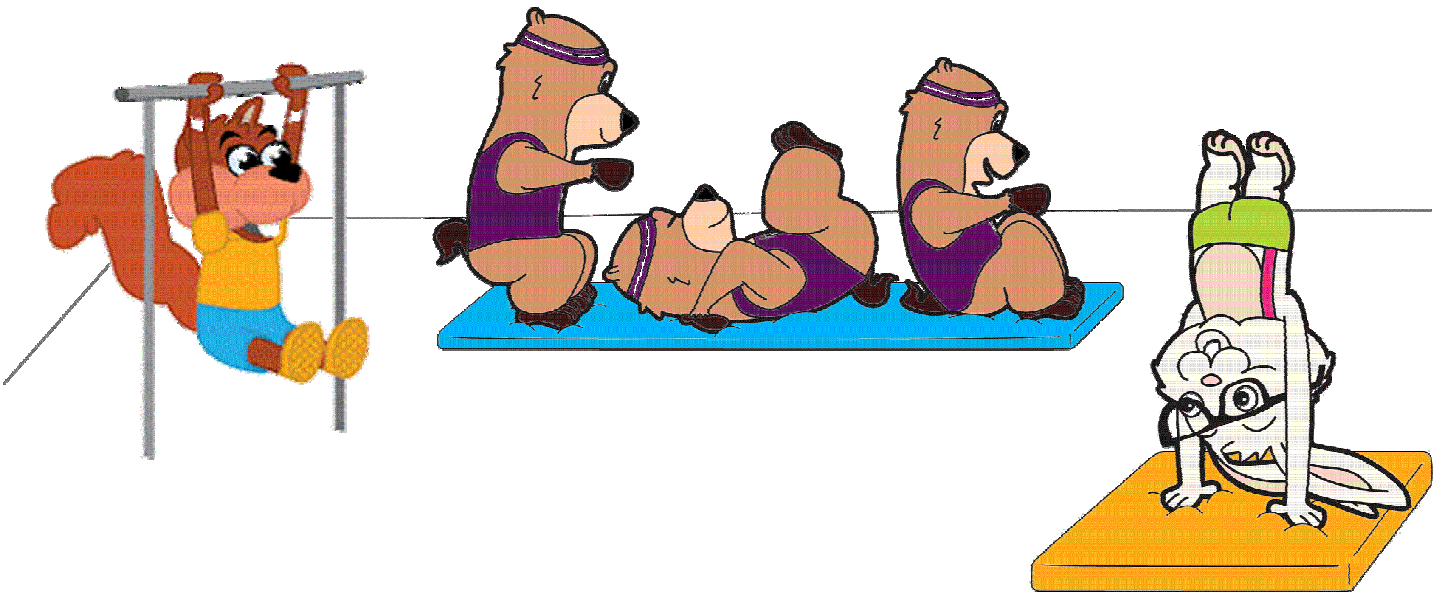
- The second & subsequent children of a family registered in a recreational **class** during the same session will receive a 10% discount on the lowest fee(s).
- Discounts do not apply to the Terrace Peaks Membership / Gymnastics BC Insurance fee, Drop-Ins, or other programs that are already discounted.
- Children registered in our competitive programs **do** count towards a registered family member and subsequent children registered in recreational classes will be eligible for the family discount.

Attire

- In order to participate in **any** program, all athletes must wear shorts/sweatpants and a t-shirt, or a gymnastics bodysuit and bare feet in the gym.
- No socks/tights, jewelry, jeans, dresses/skirts, belts, or buckles are allowed.
- Hair must be tied back.

Drop-off/Pick-up Policy

- Please be on time. Warm-up is an important part of all programs. Being late also disturbs the rhythm of the class and distracts the other gymnasts.
- Parents must ensure that gymnasts are dropped-off & picked-up **inside** the building.
- TPGC staff cannot supervise children before or after programs, please remain with your child until their program begins.
- Parent of children 4 years old and younger are asked to remain in the building during class.



POSSIBILITY PLAYS HERE

CAMPS

When the kids are out of school, register them for gymnastics camps! Camps include games, skill training, arts & crafts, and outdoor activities (weather permitting). Terrace Peaks will also provide participants with a healthy snack.

Please provide your child with a water bottle & weather-appropriate outdoor clothing and label all personal items in case of loss. Full-Day campers will also need a nut-free lunch.

Participants must be registered prior to start of camp. Camp registration closes 5 days prior to start of camp. We are unable to provide camps for children under 5 years of age due to BC Childcare Regulations.

ProD Day Camps | Grades 1-6

Register for one camp or all 6 camps!

Date	Time	Cost	Theme	Details
September 22, 2017	9:00am-4:00pm	\$47.00/2 kids	Bring a Friend	Bring your friend or sibling to experience the fun and fitness of gymnastics. Pay for one and a friend gets in for free! <i>Friend must be pre-registered for camp.</i>
October 20, 2017	9:00am-4:00pm	\$47.00	Fantastic Beasts	Join the search for unicorns, dragons, fairies and more in this camp full of mythical creatures!
November 24, 2017	9:00am-4:00pm	\$47.00	Race to Space	Get ready to blast off to the stars with our astronaut training program. Prepare to walk in space, build spaceships and possibly find alien life!
February 9, 2018	9:00am-4:00pm	\$47.00	Pajama Day	Wear your PJs and bring a stuffed animal for some sleepover-themed fun. There will be games, popcorn, and more!
April 13, 2018	9:00am-4:00pm	\$47.00	Parkour	Climbing, running, jumping, and more through obstacle courses designed to help kids gain new skills and confidence!
May 18, 2018	9:00am-4:00pm	\$47.00	Walk on the Wild Side	Come and join the adventure! Our journey will include all sorts of challenges, locomotions, yoga, and obstacles designed to build agility, strength, and endurance of your favourite wild animal.

Summer Camps

Join us for 4 weeks of half and full day camps. Registration begins Monday, May 7, 2018 at 4:00pm. Be on the look out for the schedule and details!



CAMPS

Drop & Shop Camps | December 18-29, 2017

Register for one day or all 5 days! Registration opens Monday, November 20 at 4:00pm.

Camp	Age	Time	Cost
School-Aged	6-12 year olds (Grades 1-7)	9:00am-12:00pm	\$26.00/day
		1:00pm-4:00pm	\$26.00/day
Full-Day	6-12 year olds (Grades 1-7)	9:00am-4:00pm	\$47.00/day

Spring Break Camps | March 12-16, 2018 & March 19-23, 2018

Register for one week or both weeks! Registration opens Wednesday, Feb. 14 at 10:00am.

Camp	Age	Time	Cost
School-Aged	6-12 year olds (Grades 1-7)	9:00am-12:00pm	\$129.00/week
		1:00pm-4:00pm	\$129.00/week
Full-Day	6-12 year olds (Grades 1-7)	9:00am-4:00pm	\$236.00/week

HAVE YOUR BIRTHDAY PARTY at TERRACE PEAKS!

Celebrate your birthday with Terrace Peaks! Birthday parties are 1.5 hours of action-packed gym activity, including foam pit, games, trampoline, & skill instruction. You will also have 30 minutes in the party room. Parents supply the food and drinks. Terrace Peaks provides the coaches, a great facility, and the clean-up.

Party Prices

\$150.00 | Maximum of 16 children
 \$190.00 | Maximum of 24 children

Party Times

Saturdays: 1:30pm-3:30pm | 4:00pm-6:00pm
 Sundays: 11:00am-1:00pm | 1:30pm-3:30pm | 4:00pm-6:00pm

CLASSES

Parent & Tot | 18 months - 3 years old (born 2015-2016)

This is a program for parents/guardians with their youngsters to learn gymnastics in a fun and engaging environment. Children learn to roll, bounce, and how to act as part of a group. Parent participation is required.

Wednesday	10:00am-10:45am	\$130 (Fall)	\$87 (Winter)	\$113 (Spring)
Saturday	9:00am-9:45am	\$121 (Fall)	\$78 (Winter)	\$113 (Spring)

Preschool | 3-4 years old (born 2013-2014)

Ready to go! This class is great for introducing coach-led gymnastics without parents. Certified gymnastics instructors will teach your child more about what their bodies can do by jumping, landing and rolling. Children will also learn teamwork and fair play by playing games and taking turns.

Wednesday	11:00am-12:00pm	\$173 (Fall)	\$116 (Winter)	\$150 (Spring)
Wednesday	3:45pm-4:45pm	\$173 (Fall)	\$116 (Winter)	\$150 (Spring)
Saturday	10:00am-11:00am	\$162 (Fall)	\$104 (Winter)	\$150 (Spring)

Minis | 3-4 years old (born 2013-2014)

This program is for preschoolers who love gymnastics and want to learn more. The class will focus on basic skill and physical development with special attention to detail. Participants will be encouraged to work hard to achieve their best through positive reinforcement. Previous experience or an assessment is required.

Wednesday	1:00pm-2:30pm	\$260 (Fall)	\$173 (Winter)	\$225 (Spring)
------------------	----------------------	---------------------	-----------------------	-----------------------

Kinder Gym | Kindergarten (born 2012)

This class will prepare children for the badge program. They will also learn proper landings, safety, and awareness in the gym. Preschool gymnastics is an asset, but not required.

Thursday	3:45pm-4:45pm	\$173 (Fall)	\$116 (Winter)	\$150 (Spring)
Saturday	10:00am-11:00am	\$162 (Fall)	\$104 (Winter)	\$150 (Spring)

CANGYM | Grades 1-7 (born 2005-2011)

The nation-wide CANGYM program focuses on the development of all gymnastics skills. Boys and girls will progress at their own pace through eight badge levels. No experience required.

Wednesday	5:00pm-6:30pm	\$260 (Fall)	\$173 (Winter)	\$225 (Spring)
Thursday	5:00pm-6:30pm	\$260 (Fall)	\$173 (Winter)	\$225 (Spring)
Saturday	11:15am-12:45pm	\$243 (Fall)	\$156 (Winter)	\$225 (Spring)

Advanced CANGYM | Grade 3 and up (born 2009 and earlier)

For girls with previous gymnastics experience who are eager to learn new skills and work towards the higher badge levels. This longer class will give participants more time to develop the strength and flexibility needed to master the more difficult skills. Must have completed Tan (Badge 3) in CANGYM program.

Monday	5:00pm-7:00pm	\$277 (Fall)	\$185 (Winter)	\$254 (Spring)
---------------	----------------------	---------------------	-----------------------	-----------------------

CLASSES

Parkour | Grade 3 and up (born 2009 and earlier)

For boys and girls who are interested in less traditional gymnastics, but still enjoy being in the gym on the equipment. Parkour includes obstacle courses, running, climbing, swinging, vaulting, jumping, and rolling in a safe environment. No experience required.

Thursday **6:30pm-7:30pm** **\$173 (Fall)** **\$116 (Winter)** **\$150 (Spring)**

Acro | Grade 3 and up (born 2009 and earlier)

For athletes who want to develop more acrobatic skills, walkovers, aerials, flexibility, and dynamic leaps. This class is great additional training for dancers, skaters, and gymnasts. Advanced athletes must be proficient in handstands, cartwheels, and walkovers.

Wednesday (Advanced) **6:30pm-7:30pm** **\$173 (Fall)** **\$116 (Winter)** **\$150 (Spring)**
Saturday (Beginner) **11:30am-12:30pm** **\$162 (Fall)** **\$104 (Winter)** **\$150 (Spring)**

Annual Year-End Event!

Mark your calendars for the annual Year-End Event for all members registered in classes! During the Spring Session, you will see your kids dancing and tumbling as they prepare for their display. There will also be awards and a pot-luck. More details will be announced in early June 2018.

DATE/TIME: Saturday, June 16, 2018 from 2:00pm-5:00pm
LOCATION: TPGC | Ed Fairless Memorial Gymnasium

COMPETITIVE PROGRAMS

All competitive programs are by assessment and invitation only.

Registration in any of the competitive programs requires an annual training commitment, including summer and spring break. Families are also required to fulfill volunteer and fundraising commitments. Tryouts are held annually in May. For more information, please contact us at (250) 638-0447 or comp@terracepeaks.ca.

INTERCLUB STREAM

6 years + | 4 hrs per week
For female athletes who enjoy the performance aspects of gymnastics. Athletes compete at local meets.

JR. OLYMPIC (JO) STREAM

3 years + | 3-20 hrs per week
For female athletes who love competitive gymnastics, designed to develop strong basics. Some athletes compete compulsory & optional routines within BC.

MAG STREAM

6 years + | 6 hrs per week
For male athletes who love gymnastics and want to learn more. Athletes compete compulsory & optional routines within BC.

DROP-INS

Drop-In Fees: The first visit will be **\$35.00** to cover the Membership/Insurance fee as required by GBC, after that the fees are as follows:

5 years old & under		\$6.00 per participant	(Punch Cards - \$50.00 for 10 visits)
6 year old & up		\$12.00 per participant	(Punch Cards - \$100.00 for 10 visits)

Tickles 'n' Bounces | crawling - 5 years old

This is a parent-participation drop-in for families with children crawling to 5 years old. It's a fun and informal introduction to gymnastics through free play. Help your child explore the gym and interact with other children.

Tuesday, Thursday, Friday **10:00am-12:00pm**

Preschool Transition | 3-5 years old

This drop-in offers preschool-aged children instructional games, introductory gymnastics skills, songs, and free time! Perfect for those transitioning between Tickles 'n' Bounces and registered classes. Parent participation is required.

Monday **10:00am-11:30am** (sign-in before 10:15am)

School-Aged | 6-12 years old

This drop-in program provides coach-led games, skill instruction, and supervised open gym time for school-aged children. It's a great opportunity to check out our facility, get introduced to gymnastics, and meet new friends. No experience required.

Friday **7:00pm-8:30pm** (sign-in before 7:15pm)

Teen/Adult Fun & Fitness | 13 years old and up

This drop-in program is an opportunity for teens and adults to learn skills on all gymnastics apparatus and improve their overall fitness. Set goals based on your interests and we will help you work to achieve them. The drop-in format includes a structured warm-up and instruction on different apparatus each week.

Wednesday **7:30pm-9:00pm**

Adult Fun & Fitness | 18 years old and up

For anyone interested in a fantastic full body workout. Hang out with friends, learn some new skills and have lots of fun in this adults only drop-in. You are never too old to try gymnastics! The drop-in format includes a structured warm-up and instruction on different apparatus each week.

Monday **7:30pm-9:00pm**



Printing made possible by IdealOS!