

Teen/Adult Fun & Fitness

FIRST TIME HERE?

Welcome to Teen/Adult Fun & Fitness Drop-In. Here is some helpful and important information to keep in mind while participating in Teen/Adult Fun & Fitness Drop-In at Terrace Peaks Gymnastics Club.

AGES	13 years old and up
DAYS	Wednesdays
TIMES	7:30pm - 9:00pm
COST	\$12.00 per participant per Drop-In Drop-In Punch Cards - \$100.00 for 10 visits

Policies & Rules:

1. The \$35.00 annual Gymnastics BC insurance must be purchased, and the form filled out and signed on the **first visit**. The drop-in fee will be waived on the first visit of the season.
2. Participants under 18 years old must have a parent or caregiver sign the registration form for insurance purposes.
3. The drop-in fees are non-refundable.
4. All participants are required to participate in the warm-up.
5. Teen/Adult Fun & Fitness operates on a first come, first-served basis with a maximum capacity of 15 participants per drop-in.
6. For safety, please follow all posted [Gym Rules](#), including bare feet in the gym and have respect for all equipment & people in the gym.
7. Bullying and inappropriate behaviour will not be tolerated and may result in removal from drop-in. Terrace Peaks adheres to the following No Bullying policy:
 - i) Time out on the bench with verbal warning
 - ii) Phone parents to come pick up the participant
 - iii) Meeting with parents and possibility of suspension from drop-in
 - iv) Termination of gymnastics membership

HAVE A FUN & SAFE TIME IN THE GYM!