



REGISTRATION STARTS MAR 1, 2016

Terrace Peaks Gymnastics Club

Ed Fairless Memorial Gymnasium

#2 - 3091 Century Street

Thornhill, BC

Phone: (250) 638-0447

Fax: (250) 638-0405

Email: info@terracepeaks.ca

Web: www.terracepeaks.ca

Facebook: www.facebook.com/terracepeaks

Mailing Address: Box 212 Terrace, BC V8G 4A6

Office Hours: Tuesday/Friday 12:00pm-3:30pm

Wednesday/Thursday 12:00pm-7:00pm

Saturday 10:00am-2:00pm



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.

Camps 2016

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.*

Spring Break Camps | March 14-18 & March 21-24

ACTIVE START		Ages 3-5 years old (Preschool & Kindergarten)	
SCHOOL-AGED		Ages 6-12 years old (Grades 1-7)	
March 14-18 (Monday-Friday)	9:00am-12:00pm \$125.00	1:00pm-4:00pm \$125.00	
March 21-24 (Monday-Thursday)	9:00am-12:00pm \$100.00	1:00pm-4:00pm \$100.00	

FULL-DAY		Ages 5-12 years old (Grades K-7)	
March 14-18 (Monday-Friday)	9:00am-4:00pm \$225.00		
March 21-24 (Monday-Thursday)	9:00am-4:00pm \$180.00		

ProD "Pirates & Princesses" Camp | Grades K-6

Calling all pirates and princesses to board the ship and storm the castle with us. Hunt for treasures, battle on the high seas, and swing & climb to safety, but be careful or you might have to walk the plank!

April 22 **9:00am-4:00pm** **\$45.00**

ProD "Circus" Camp | Grades K-6

Celebrate everything circus during a day of jumping through hoops, high flying trampoline tricks, and games galore!

April 29 **9:00am-4:00pm** **\$45.00**

ProD "Amazing Race" Camp | Grades K-6

Join us as we navigate our way through a series of games, obstacles and puzzles, and make our way to the finish line!

May 27 **9:00am-4:00pm** **\$45.00**



Spring 2016 Classes

March 30 - June 25, 2016 (13 weeks)

No Classes Saturday, May 21 (Level 2 Course)

Parent & Tot | 18 months - 3 years old (born 2013-2014)

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 9:30am-10:15am \$107.00
Saturday 9:00am-9:45am \$99.00

Preschool | 3-4 years old (born 2011-2012)

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 10:30am-11:30am \$143.00
Wednesday 11:45pm-12:45pm \$143.00
Wednesday 3:45pm-4:45pm \$143.00
Saturday 10:00am-11:00am \$132.00

Minis | 3-4 years old (born 2011-2012)

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. Participants in this program may be invited to join the competitive program. Previous experience or an assessment is required.

Tuesday 1:00pm-2:30pm \$215.00
Thursday 1:00pm-2:30pm \$215.00
Both days 1:00pm-2:30pm \$408.00

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 & tumbling as they prepare for their display. There will also be awards and a pot-luck. More details will be announced in early June.

DATE/TIME: Saturday, June 18, 2016 from 2:00pm-5:00pm

LOCATION: TPGC | Ed Fairless Memorial Gymnasium



Spring 2016 Classes

Kinder Gym | Kindergarten (born 2010)

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	\$143.00
Saturday	10:00am-11:00am	\$132.00

CANGYM | Grades 1-7 (born 2003-2009)

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	\$215.00
Thursday	5:00pm-6:30pm	\$215.00
Saturday	11:15am-12:45pm	\$198.00

Acro | Grade 3 and up (born 2007 and earlier)

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

Wednesday (Advanced Acro)	6:30pm-7:30pm	\$143.00
Saturday (Beginner Acro)	11:30am-12:30pm	\$132.00

Parkour | Grade 3 and up (born 2007 and earlier)

For boys and girls that 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.

Tuesday	7:30pm-8:30pm	\$143.00
Thursday	6:30pm-7:30pm	\$143.00

HAVE YOUR BIRTHDAY PARTY at TERRACE PEAKS!

Jump, bounce and swing your birthday jiggles out at Terrace Peaks! Birthday parties include 1.5 hours of coach-led action-packed gym activity and 30 minutes in the party room. Parties book up quickly so inquire today! For more information, please phone (250) 638-0447 or email info@terracepeaks.ca.

Spring 2016 Drop-Ins

March 28 - June 24, 2016

No Drop-Ins May 20 (Level 2 Course, May 23 (Victoria Day))

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 & under | \$6.00 per participant (Punch Cards - \$50.00 for 10 visits)
6 & 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 & informal introduction to gymnastics through free play. Help your child explore the gym and interact with other children.

Monday, Tuesday, Thursdays, 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, Wednesday **1:00pm-2:30pm** (sign-in before 1:15pm)

School-Aged | 6-12 years old

This drop-in program provides 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 **6:30pm-8:30pm** (sign-in before 6:45pm)

Flips & Tricks | 13 years old and up

This drop-in program is an opportunity for teens and adults to learn skills on all gymnastics apparatus & improve their overall fitness. Set goals based on your interests and we will help you work to achieve them.

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

Adult Masters | 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! No experience required.

Thursday **7:45pm-8:45pm**

Policies

Non-Refundable Membership/Insurance Fee

- All participants are required to purchase a \$35.00 annual Terrace Peaks Membership / Gymnastics BC Insurance fee before they are allowed to participate and the form must be signed by a parent/guardian.
- This membership is valid from September 1, 2015 to August 31, 2016.

Registration Policies

- Registration is based on a first come, first-served basis.
- Please register in-person or phone during office hours, mail or fax in the complete registration form with payment. Registration without full payment will not be accepted.
- Payment is by 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.
- Late registrations will **not** be pro-rated, please register before the start of the session.
- 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 circulating information.

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.

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 or credited toward a future program.

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 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.

Policies

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 of dated **June 1, 2016**. 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.

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, so 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.

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 needs to be tied back.

IMPORTANT DATES TO REMEMBER

March 14-25	Spring Break Camps
Monday, March 28	First day of Spring 2016 Session
Friday, April 22	ProD Day Camp (Pirates & Princesses)
Friday, April 29	ProD Day Camp (Circus, Circus)
Saturday, May 7	Last day to register for Spring 2016
Tuesday, May 10	Summer 2016 registration starts
May 20-23	Level 2 Course (No programs running)
Friday, May 27	ProD Day Camp (Amazing Race)
Saturday, June 18	Year-End Event 2:00pm-5:00pm
Saturday, June 18	Fall 2016 registration starts
Saturday, June 25	Last day of Spring 2016 Session

