



ED FAIRLESS MEMORIAL GYMNASIUM

GYMNASTICS WITH A NORTHERN TWIST

2019 RECREATIONAL PROGRAM GUIDE SUMMER



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

Registration opens May 8, 2019

OFFICE HOURS:

May-June 2019

Wed	12:00pm-7:30pm
Thu/Fri	3:30pm-7:30pm
Sat	9:00am-1:00pm

July-August 2019

Mon-Thu	9:00am-4:00pm
Fri	3:00pm-7:30pm



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SUMMER 2019 CAMPS

Week 1	Week 2	Week 3	Week 4	Week 5*	Week 6	Week 7
July 8-12	July 15-19	July 22-26	July 29 - August 2	August 6-9	August 12-16	August 19-23

Camps run for 5 days, from Monday to Friday. *Week 5 is only 4 days due to the BC Day stat. Registration closes 5 days prior to start of camp and participants must be registered prior to start of camp. Please note, week availability is subject to change pending coach availability.

Register for two or more full weeks and receive a 10% discount!

Full-Day | 5-12 years olds

Camp include games, gymnastics skill training, arts & crafts, and outdoor activities. Terrace Peaks provides participants with a healthy snack. Please provide your child with a water bottle, nut-free lunch, an extra snack, sunscreen and outdoor clothing, including runners. Please label all personal items in case of loss.

Week 1	9:00am-4:00pm	\$260.00/week	\$60.00/day	} No longer available due to new insurance regulations
Week 2	9:00am-4:00pm	\$260.00/week	\$60.00/day	
Week 4	9:00am-4:00pm	\$260.00/week	\$60.00/day	
Week 7	9:00am-4:00pm	\$260.00/week	\$60.00/day	

Half-Day | 5-12 years olds

Camp include games, gymnastics skill training, arts & crafts, and outdoor activities. Terrace Peaks provides participants with a healthy snack. Please provide your child with a water bottle, sunscreen and outdoor clothing, including runners. Please label all personal items in case of loss.

Week 1	9:00am-12:00pm	\$142.00/week	Week 5*	1:00pm-4:00pm	\$114.00/week
Week 1	1:00pm-4:00pm	\$142.00/week	Week 6	1:00pm-4:00pm	\$142.00/week
Week 2	1:00pm-4:00pm	\$142.00/week	Week 7	9:00am-12:00pm	\$142.00/week
Week 3	9:00am-12:00pm	\$142.00/week	Week 7	1:00pm-4:00pm	\$142.00/week

Preschool | 3-5 years olds

This program 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.

Week 2	9:15am-10:15am	\$70.00/week	Week 5*	9:15am-10:15am	\$56.00/week
Week 4	4:15-5:15pm	\$70.00/week	Week 6	9:15am-10:15am	\$70.00/week

Kids Yoga | 4-6 years olds

Children learn mindfulness, breath-work, and meditation tools using a variety of games and music taught by a certified Kidding Around Yoga teacher. This program also includes 15-minutes of free time in the gym.

Week 2	10:30-11:30am	\$70.00/week	Week 6	10:30-11:30am	\$70.00/week
Week 5*	10:30-11:30am	\$56.00/week	Week 7	4:15-5:15pm	\$70.00/week

Ninja Warrior | 8 years olds and up

A new Free Running/Parkour curriculum. Increase spatial awareness, strength, coordination, and self-confidence in a fun and challenging environment. Participants will learn movement fundamentals through non-traditional gymnastics.

Week 1	4:15-5:15pm	\$70.00/week	Week 3	1:15pm-2:15pm	\$70.00/week
Week 2	1:15pm-2:15pm	\$70.00/week	Week 4	1:15pm-2:15pm	\$70.00/week



SUMMER 2019 DROP-INS

July 8 - August 23, 2019

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.

\$10.00 per participant

Tuesday 9:30am-11:00am
Thursday 11:00am-12:30pm

School-Aged | 6-13 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.

\$15.00 per participant

Friday 7:00pm-8:30pm

Drop-In Policies:

- The first visit will be **\$28.30** to cover the Insurance fee as required by GBC.
- The 2nd visit will be **\$15.00** plus the drop-in fee to cover the Membership fee as per the new club policy.
- All drop-ins have minimums and maximums:
 - Please check with our office or Facebook page on the day of to see if drop-in is running.
 - Pre-registration can be done online or over the phone up to 5 days before to guarantee a spot.
- Siblings under 1 years old attend Tickles 'n' Bounces for free, but must have insurance unless secured in a carrier or car seat.
- Please visit our website for a complete list of policies and drop-in rules.

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, and 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

\$165.00 | Maximum of 16 children

\$240.00 | Maximum of 24 children

Book 30 days ahead and receive a 10% discount

Party Times

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

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

POLICIES

Non-Refundable Membership & Insurance Fees

- All participants registering for **classes, camps**, or participating in **drop-ins** are required to purchase both the \$15.00 annual Terrace Peaks Membership and the \$28.30 annual Gymnastics BC Insurance fee.
- Both fees are valid from September 1, 2018 to August 31, 2019.
- The \$15.00 fee covers administrative cost.
- The \$28.30 fee covers insurance and is allocated as follows: \$12.30 to GBC, \$8.00 to GCG, \$8 to Zone 7.
- Participants registering for 5 or less days can purchase the \$10.30 casual GBC Insurance fee. Casual members still pay the \$15.00 annual Terrace Peaks Membership.

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. All fees include applicable taxes.
- Payment options: cash, cheque (payable to TPGC), e-transfers, debit, Visa, or MasterCard. 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. 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 cancellations prior to the first day of programs.
- No refunds or credits are given for Drop-In fees.
- No refunds or credits are given after the first day of programs, 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.

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. Hair must be tied back.
- No socks/tights, jewelry, jeans, dresses/skirts, belts, or buckles are allowed.

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/after programs. Please remain with your child until program begins.
- Parents of children 4 years old and younger are asked to remain in the building during class.

INSURANCE UPDATE

Effective July 1, 2019, trampolines can no longer be used in drop-ins, birthday parties, or drop-in day camps. Structured programs (considered regularly scheduled programs over multiple weeks or multiple days) may only use trampolines with a certified Level 2 trampoline coach in the gym. We are working hard to ensure that all of our staff are trampoline certified so that all structured programs may continue to enjoy the benefits of using the trampoline.

Effective September 1, 2019, insurance premiums will be increasing significantly. These changes in insurance are due to the multiple insurance payouts across Canada from severe trampoline injuries, most of which have occurred in unregulated facilities. Insurance companies are no longer willing to cover trampoline related activities in unstructured programs and have increased the insurance premiums for all structured programs to cover inevitable payouts.