

# Drop-In Guidelines

## 2019-2020 Season Drop-In Schedule:

Mondays (Tickles 'n' Bounces): 9:30am-11:00am & 11:00am-12:30pm  
Mondays (Adult Fun & Fitness): 7:30pm-9:00pm  
Wednesdays (Family Yoga): 11:30am-12:30pm  
Fridays (Tickles 'n' Bounces): 9:30am-11:00am & 11:00am-12:30pm  
Fridays (School-Aged): 7:00pm-8:30pm

## Fees:

- The first visit will be **\$39.60** to cover the Insurance fee as required by Gymnastics BC.
- The 2nd visit will be **\$15.00** to cover the TPGC Membership fee.
- The 3rd and subsequent visits will be the drop-in fee.
  - \$10.00 per participant or \$90.00 for 10 visit punch card for Tickles 'n' Bounces or Family Yoga
  - \$15.00 per participant or \$135.00 for 10 visit punch card for School-Aged or Adult Fun & Fitness

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## General Policies:

- All drop-ins have minimums and maximums. Please check with our office or Facebook page on the day of to see if the drop-in is running.
- To guarantee a spot, Pre-registration can be done online or via the office up to 5 days before to guarantee a spot.
- If you have a class card, your visit will be taken off your card on the day of drop-in. If you do not have a class card you will still have to pay at the office.
- You do not have to pre-register to attend drop-in as long as there is space. For Tickles 'n' Bounces, if you arrive for the 1st time slot and it is full you can pre-register for the 2nd time slot.
- Due to national changes in insurance, trampoline use is not permitted during drop-ins.
- Drop-ins do not run during spring break. Please visit our website or Facebook page for other non drop-in dates.

## When you arrive:

- Please check-in at the office, even if you have pre-registered, before heading to the gym.
- Please do not let kids run ahead to the gym.
- Office staff will issue you a ticket (coloured card), which will include your child's/participant's name & the date of the drop-in. This card is to be presented to the coach so that they know that you have been to the office.
- If you leave early, please return the drop-in ticket to the office so someone else can enjoy a drop-in spot.
- If you are unable to attend, please contact the office as soon as possible so the spot can be opened for someone else.

If you have not already done so, please "Like" our Facebook page and/or one of our drop-in specific Facebook groups:

- Tickles 'n' Bounces, Terrace B.C.
- School-Aged Drop-in, Terrace B.C.
- Teen/Adult Fun & Fitness, Terrace B.C.

These Facebook groups inform you when a drop-in is full or if a drop-in has been cancelled. It can also be used to communicate with other members who attend drop-in.

If you have any questions, please do not hesitate to contact the office at (250) 638-0447 or [info@terracepeaks.ca](mailto:info@terracepeaks.ca). We look forward to seeing you at our drop-ins!