



**ED FAIRLESS MEMORIAL
GYMNASIUM**

**GYMNASTICS WITH A
NORTHERN TWIST**

2019-2020 RECREATIONAL PROGRAM GUIDE FALL • WINTER • SPRING

REGISTRATION DATES:

Members & Siblings:

Saturday, **June 15** at 2pm

New Families:

Tuesday, **July 8** 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:

September - December 2019

M/Tu/Th/F 3:00pm-7:30pm

Wed 11:00am-6:30pm

January - June 2020

M/Tu/Th/F 3:00pm-7:30pm

Wed 12:00pm-7:30pm

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 enabled 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 they 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 Chair, Vice-Chair, Treasurer, and Secretary. Any parent of a child in our programs 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.

INSURANCE UPDATE

Effective July 1, 2019, trampolines usage will no longer be permitted during drop-ins, birthday parties, or one-day programs. The use of trampoline will be permitted in structured programs (considered regularly scheduled programs over multiple weeks or multiple days), providing all policy requirements are met. 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.

IMPORTANT DATES

Registration Dates

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

2018/19 Members and Siblings Saturday, June 15, 2019 at 2:00pm

New Families Monday, July 8, 2019 at 9:00am

ProD Camps Monday, July 8, 2019 at 9:00am

Spring Break Camps Wednesday, February 12, 2020 at 12:00pm

Summer Session Wednesday, May 13, 2020 at 12:00pm

Session Dates & Gym Closures

Fall 2019 Session | Monday, September 9 to Saturday, December 21, 2019

Gym Closures:

Monday, October 14 (Thanksgiving) Saturday, November 2 - Sunday, November 3 (KAY Training)

Thursday, October 31 after 3pm (Halloween) Monday, November 11 (Remembrance Day)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 weeks	13 weeks	15 weeks	15 weeks	14/15 weeks	15 weeks	14 weeks

Winter Break | Sunday, December 22, 2019 to Sunday, January 5, 2020 (Gym and Office Closed)

Winter 2020 Session | Monday, January 6 to Saturday, March 14, 2020

Gym Closures:

Saturday, January 25 (Smithers Meet) Monday, February 17 (Family Day)

Friday, March 6 - Sunday, March 8 (TPGC Meet)

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

Spring 2020 Session | Sunday, March 29 to Saturday, June 20, 2020

Gym Closures:

Friday, April 10 - Monday, April 13 (Easter Weekend) Monday, May 18 (Victoria Day)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 weeks	10 weeks	12 weeks	12 weeks	12 weeks	11 weeks	11 weeks



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



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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 \$39.60 annual Gymnastics BC Insurance fee.
- Both fees are valid from September 1, 2019 to August 31, 2020.
- The \$15.00 fee covers administrative cost.
- The \$39.60 fee covers insurance and is allocated as follows: \$23.60 to GBC, \$8.00 to GCG, \$8 to Zone 7.

Fundraising Deposit (for classes only)

- Each child registered in a class will be charged a \$50.00 Fundraising Deposit fee per session.
- Families can participate in club fundraisers to get their deposit back.
- Families need to let the office know when they have raised \$50.00 in fundraising profits.
- Additional fundraising is optional.

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, 2019**.
 - Spring fees, upon enrolment or automatically processed on **February 5, 2020**.
- Payment options: cash, cheque (payable to TPGC), e-transfers, 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 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 towards future programs.

Family Discounts

- The second & subsequent children of a family registered in a recreational **class** during the same session or registered in the same **camp** 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.

POLICIES

Trial Classes

- Trial classes are available for any of the classes after the session begins, based on availability.
- The fee is \$15.00 for a 45 minute or 1 hour class and \$20.00 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.

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.

COACHING STAFF

Terrace Peaks Gymnastics Club is a member of Gymnastics BC and Gymnastics Canada. As members, we have strict insurance and safety policies we must follow. All of our coaches are NCCP certified in both artistic and trampoline gymnastics, this includes the Respect In Sport certification. In addition, all staff have valid vulnerable sector Police Record Checks done every 3 years and hold valid First Aid certificates.

The National Coaching Certification Program (NCCP) is a standardized coach education program available and accessible throughout Canada. Identified as a world leader in coach education, the NCCP ensures all coaches receive training based on best practices in instructional design, ethical decision-making, and with content that is relevant, current and which leads to the development of competent coaches. The NCCP gives coaches the confidence to succeed and is designed and delivered in partnership with the Government of Canada, 65 National Sport Organizations (NSOs), 13 Provincial/Territorial Coaching Representatives (PTCRs), and the Coaching Association of Canada™.



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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 K-6

Register for one camp or all 5 camps!

Date	Time	Cost	Theme	Details
October 25, 2019	9:00am-4:00pm	\$56.00	Halloween Howl	Calling all ghosts and goblins! Join us in the gym for some Halloween fun. Come dressed in your costume. Remember to wear something underneath, just in case you need to take it off!
November 29, 2019	9:00am-4:00pm	\$56.00	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!
January 31, 2020	9:00am-4:00pm	\$56.00	Pajama Day	Wear your PJs and bring a stuffed animal for some sleepover-themed fun. There will be games, popcorn, and more!
April 24, 2020	9:00am-4:00pm	\$56.00	Ninja Warrior	Climbing, running, jumping, and more through obstacle courses designed to help kids gain new skills and confidence!
May 29, 2020	9:00am-4:00pm	\$56.00	Walk on the Wild Side	Come and join the adventure! Our journey will include all sorts of challenges, locomotions, and obstacles designed to build agility, strength, and endurance of your favourite wild animal.

FIELD TRIPS

Did you know TPGC offers field trips during the day to schools and other groups? Field trips are recreational-based and geared towards the ages of the group. Basic gymnastics is taught incorporating skill development on all apparatus (vault, bars, beam, floor, and the ever popular foam pit)..
\$60.00 per group of 1-15 participants for 1 hour (1 coach provided)
\$120.00 per group of 16-30 participants for 1 hour (2 coaches provided)
+ \$6.50 insurance fee per group visit

Days & Times Offered

Tuesday/Thursday 9:30am-2:30pm

For more information or to book your group for a gymnastics field trip, call (250) 638-0447 or email info@terracepeaks.ca.



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CAMPS

Spring Break Camps | March 16-20, 2020 & March 23-27, 2020

Register for one or both weeks! Registration opens Wednesday, February 12, 2020 at 12:00pm

Camp	Age	Time	Cost
Half-Day	6-12 year olds (Grades K-6)	9:00am-12:00pm	\$153.00/week
		1:00pm-4:00pm	\$153.00/week
Full-Day	6-12 year olds (Grades K-6)	9:00am-4:00pm	\$281.00/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, 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

\$180.00 | Maximum of 16 children

\$260.00 | Maximum of 24 children

Book 30 days ahead and receive a 10% discount

Party Times

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

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

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

8 years + | 6 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.

CLASSES * Please see page 3 for session dates and gym closures *

Parent & Tot | 18 months - 3 years old (born 2016-2018)

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	10:30am-11:15am	\$169 (Fall)	\$113 (Winter)	\$135 (Spring)
Saturday	9:15am-10:00am	CA (Fall)	\$90 (Winter)	\$124 (Spring)

Preschool | 3-4 years old (born 2015-2016)

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	9:15am-10:15am	\$225 (Fall)	\$150 (Winter)	\$180 (Spring)
Wednesday	2:30pm-3:30pm	\$225 (Fall)	\$150 (Winter)	\$180 (Spring)
Thursday	3:45pm-4:45pm		\$150 (Winter)	\$180 (Spring)
Saturday	10:15am-11:15am	CA (Fall)	\$120 (Winter)	\$165 (Spring)

Minis | 4 years old (born 2015)

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. Completion of Preschool is required.

Wednesday	1:00pm-2:15pm	\$281 (Fall)	\$188 (Winter)	\$225 (Spring)
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Kinder Gym | Kindergarten (born 2014)

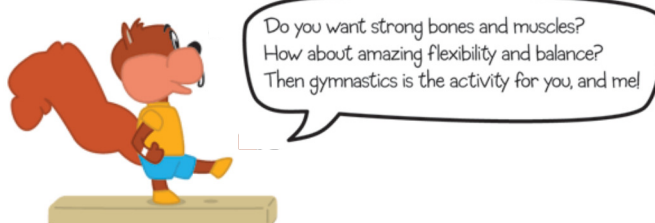
This class will prepare children for the badge program. They will also learn proper landings, safety, and awareness in the gym. Preschool gymnastics is an asset, but not required.

Wednesday	3:45pm-4:45pm	\$225 (Fall)	\$150 (Winter)	\$180 (Spring)
Thursday	3:45pm-4:45pm	\$210 (Fall)	\$150 (Winter)	\$180 (Spring)
Saturday	10:15am-11:15am	CA (Fall)	\$120 (Winter)	\$165 (Spring)

NEW Kinder Plus | Kindergarten (born 2014)

For kindergarten boys and girls who want to be challenged with more complex skill development. This program will focus on technique, form, as well as strength and flexibility work. Completion of Minis or Kinder Gym is required.

Friday	3:30pm-5:00pm	\$338 (Fall)	CA (Winter)	\$248 (Spring)
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CLASSES * Please see page 3 for session dates and gym closures *

CanGym | Grades 1-7 (born 2007-2013)

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	\$338 (Fall)	\$225 (Winter)	\$270 (Spring)
Thursday	5:00pm-6:30pm	\$315 (Fall)	\$225 (Winter)	\$270 (Spring)
Saturday	11:30am-1:00pm	CA (Fall)	\$180 (Winter)	\$248 (Spring)

Advanced CanGym | Grade 3 and up (born 2011 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.

Friday	5:00pm-7:00pm	\$450 (Fall)	\$270 (Winter)	\$330 (Spring)
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Ninja Warrior | Grade 1 and up (born 2013 and earlier)

Increase spatial awareness, strength, coordination, and self-confidence in a fun and challenging environment. Participants will learn movement fundamentals through a 4 level non-traditional gymnastics curriculum. No experience required.

Monday (Gr.4+)	6:30pm-7:30pm	CA (Fall)	\$150 (Winter)	\$150 (Spring)
Wednesday (Gr.1-3)	6:30pm-7:30pm	\$210 (Fall)	\$150 (Winter)	\$180 (Spring)

NEW Seniors Can Move | 65 years old and up

This program is designed to improve agility, balance, coordination, and strength. Through games and gentle exercises, we reacquaint seniors with fundamental movement skills they may no longer be practicing due to inactivity, pain, illness, or surgery: walking, marching, throwing, catching, and balancing – even skipping. Using soft, high mats, we teach participants how to fall safely and get back up again.

Tuesday	1:30pm-2:30pm	\$0 (Winter)
Thursday	10:30am-11:30am	\$0 (Winter)



POSSIBILITY PLAYS HERE

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 2020.

DATE/TIME: Saturday, June 13, 2020 from 2:00pm-5:00pm

LOCATION: Terrace Peaks Gymnastics Club | Ed Fairless Memorial Gymnasium

DROP-INS

Drop-In Policies:

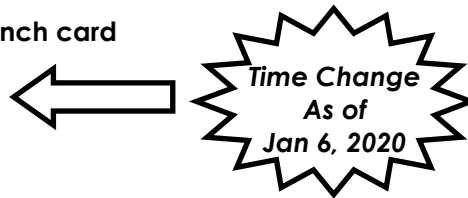
- The first visit will be **\$39.60** to cover the Insurance fee as required by Gymnastics BC.
- The 2nd visit will be **\$15.00** to cover the TPGC Membership fee.
- The 3rd and subsequent visits will be the drop-in fee.
- All drop-ins have minimums and maximums:
 - Please check with our office or Facebook page on the day of to see if the drop-in is running.
 - Pre-registration can be done online or via the office up to 5 days before to guarantee a spot.
- Please see page 3 for session dates and gym closures.
- Drop-ins do not run during spring break (March 16-28, 2020).
- Please visit our website for a complete list of policies and drop-in rules.

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. Siblings under 1 years old attend for free, but must have insurance unless secured in a carrier or car seat.

\$10.00 per participant or \$90.00 for 10 visit punch card

Monday **9:30am-11:30am**
Friday **9:30am-11:30am**



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 or \$135.00 for 10 visit punch card

Friday **7:00pm-8:30pm**

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.

\$15.00 per participant or \$135.00 for 10 visit punch card

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

Summer Session

Join us for half and full day camps. Registration begins Wednesday, May 13, 2020 at 12:00pm. Be on the look out for the schedule and details!

