



**ED FAIRLESS MEMORIAL
GYMNASIUM**

**GYMNASTICS WITH A
NORTHERN TWIST**

SUMMER 2025 GYMNASTICS FOR ALL PROGRAM GUIDE

Registration opens May 30, 2025

OFFICE HOURS:

May-June 2025

Tuesday	10:00am-2:00pm
Wednesday	10:00am-2:00pm
Thursday	10:00am-2:00pm

July-August 2025

Mon-Thu	9:30am-1:00pm
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CONTACT INFO:

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SUMMER 2025 CAMPS

Week 1	Week 2	Week 3	Week 4	Week 5*	Week 6	Week 7	Week 8
July 7-11	July 14-18	July 21-25	July 28 - Aug 1	August 5-8	August 11-15	August 18-22	August 25-29

*Week 5 is a short week due to the BC Day stat.

Registration closes 1 day prior to the start of camp and participants must be registered prior to start of camp. Casual Insurance (\$16.00) is required for those participants who don't already have the 2024-2025 annual or casual Gymnastics BC Membership/Insurance. Please note, schedule is subject to change pending enrollment and coach availability.

Terrace Peaks provides all camp participants with a healthy snack. Please provide your child with a water bottle and appropriate outdoor clothing, including a hat, jacket, sunscreen, bug spray, and runners. Full-Day campers also need a nut-free lunch and an extra snack. Please label all personal items in case of loss.

Active Start | 3-5 years old

Active Start camps run Monday to Friday with the option of single-day registration. These 5-day camps include games, gymnastics skill training, arts & crafts, literacy, outdoor activities, and music & movement.

10:00am-12:00pm \$150.00/week 1-4, 6-8 \$120.00/week 5 \$35/day

Full-Day Gymnastics & Bike | 6-12 years old

For kids just finishing Kindergarten to 12 years old. This 5-day camp combines bicycling & gymnastics to give kids skills on the bike & in the gym that will build confidence on road & trails. The camp will focus on bike safety as well as introduction to and skill building on trails, gravel, & cement. In the gym, we will build on air awareness, controlled falls, rotations, and strength, all skills that will benefit cyclists. Participants must be able to ride a two-wheel bike with a min. of 5 pedal strokes in order to register. A bike & helmet are also required to register.

9:00am-4:00pm \$290.00/week 3, 8

Gymnastics Intensive | 6+ years old

Gymnastics Intensive camps run Monday to Friday. These 5-day camps are for participants who want to learn more complex skills while focusing on strength and flexibility to better their technique and form. Participants will spend the majority of the camp in the gym with a 15 minute snack break.

9:30am-11:30am \$146.00/week 1, 3, 7 \$117.00/week 5

Half-Day Gymnastics | 6-12 years old

For kids just finishing Kindergarten to 12 years old. Half-Day camps run for 5 days, from Monday to Friday with the option of single-day registration. Camp includes games, gymnastics skill training, arts & crafts, and outdoor activities.

1:00pm-4:00pm \$174.00/week 1, 3, 7 \$139.00/week 5 \$50/day

Half-Day Parkour | 6-12 years old

For kids just finishing Kindergarten to 12 years old. Half-Day camps run for 5 days, from Monday to Friday with the option of single-day registration. Camp includes games, parkour skill training, arts & crafts, and outdoor activities.

1:00pm-4:00pm \$174.00/week 2, 4, 6, 8 \$50/day



SUMMER 2025 CAMPS

Back Handspring | 6+ years old

Three afternoons (Tuesday-Thursday) of drills, conditioning, and specific focus on learning and developing back handsprings in intermediate athletes. All athletes should be able to kick up to a handstand, and have experience in gymnastics or other related sport. *Not recommended for beginner gymnasts.*

1:30pm-3:30pm \$94.00/week 1, 4, 5, 8

Acro | 6+ years old

A camp for dancers, gymnasts, skaters and other athletes interested in working on inversions and balances, such as handstands, walkovers and partner holds. These camps runs Tuesday-Thursday and will also have a focus on strength and flexibility. All athletes should be able to hold a plank position for a minimum of 30 seconds and do a forward roll to stand. *Not recommended for beginner athletes.*

1:30pm-3:30pm \$94.00/week 2, 3, 6, 7

SUMMER 2025 DROP-INS

Family Fun | 1 years old and up

This family drop-in program is a great opportunity for kids and parents to play in the gym together. Explore fundamental movement and gymnastics in a safe unstructured environment. Parent participation is required for anyone under 12 years old. *Caregivers attending with children are free.*

July 8 - August 28, 2025

Tuesday	9:30am-11:00am	\$10.00 per participant
Thursday	9:30am-11:00am	\$10.00 per participant

Drop-In Policies:

- The first visit will be **\$16.00** to cover the Insurance fee as required by Gymnastics BC.
- The 2nd and subsequent visits will be the drop-in fee.
- All drop-ins must have a minimum of 4 participants to run. There are also maximums for each drop-in. Pre-register online to guarantee a spot and ensure the drop-in runs.
- Please visit our website for a complete list of policies and drop-in rules.

Our organization is funded in part by viaSport BC, the Province of British Columbia, and the Government of Canada.



POLICIES

Non-Refundable Membership & Insurance Fee

- All participants registering for **camp**s, or participating in **drop-ins** are required to purchase the **\$16.00** casual Gymnastics BC Insurance fee.
- The fee is only valid for July and August 2024.

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.
- Payment options: cheque (payable to TPGC), e-transfers (send to info@terracepeaks.ca), 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.
- Schedule is subject to change. Programs run pending enrolment & coaching availability. Programs must have a minimum of 4 participants enrolled to run.
- 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.

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 camp, 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.

Sibling & Multiple Camp Discounts

- The second & subsequent children of a family registered in the same **camp** will receive a 10% discount on the lowest fee(s).
- Register for 3 or more weeks of camp per participant and receive a 10% discount off the camp fee total.
- Discounts do not apply to the Terrace Peaks Membership / Gymnastics BC Insurance fee, Drop-Ins, single-day camp fees, or other programs that are already discounted.

Attire

- To participate in **any** program, all athletes must wear athletic pants/shorts 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 athletes.
- Parents must ensure that participants are dropped-off & picked-up **inside** the building. The camp sign-in/sign-out sheet must be initial by a parent or guardian.
- TPGC staff cannot supervise children before or after programs, please remain with your child until their program begins.
- Parents of children 4 years old and younger are asked to remain in the building during class.