



**ED FAIRLESS MEMORIAL  
GYMNASIUM**

**GYMNASTICS WITH A  
NORTHERN TWIST**

# FALL 2024 GYMNASTICS FOR ALL PROGRAM GUIDE

## OFFICE HOURS:

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

## CONTACT INFO:

Office: #2 - 3091 Century Street  
Thornhill, BC  
Phone: (250) 638-0447  
Fax: (250) 638-0405  
Online: [www.terracepeaks.ca](http://www.terracepeaks.ca)  
Email: [info@terracepeaks.ca](mailto:info@terracepeaks.ca)  
Mail: Box 212 Terrace, BC V8G 4A6



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# CLUB INFORMATION

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## 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 September 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.**

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



# FALL 2024 SCHEDULE | Monday, September 9 - Saturday, December 21, 2024

Program	Tuesday 14 weeks * No class Oct 8 *	Wednesday 14 weeks * No class Oct 9 *	Thursday 13/14 weeks * No class Oct 10, Oct 31 after 3pm *	Friday 14 weeks * No class Sep 20 *	Saturday 15 weeks
Drop-Ins			<b>Tickles 'n' Bounces</b> 10:30am-12:00pm	<b>Tickles 'n' Bounces</b> 9:30am-11:00am	<b>Family Fun</b> 2:15pm-3:45pm
		<b>Fun &amp; Fitness</b> 7:30pm-9:00pm		<b>School-Aged</b> 7:00pm-8:30pm	
Cuddly Cubs		10:15am-11:00am			
Bouncing Bears		10:15am-11:00am			9:00am-9:45am
Rolling Ravens		9:15am-10:00am		2:15pm-3:00pm	10:00am-10:45am
	4:00pm-4:45pm				1:30pm-2:15pm
Soaring Eagles				1:15pm-2:15pm	9:45am-10:45am
			4:00pm-5:00pm	5:15pm-6:15pm	
Minis	1:00pm-2:00pm (both Tue & Thu)		1:00pm-2:00pm (both Tue & Thu)		
Cartwheeling Kermodes	3:45pm-4:45pm		5:15pm-6:15pm	6:15pm-7:15pm	1:15pm-2:15pm
Parkour		5:15pm-6:15pm (Gr. K-3)		11:15am-12:15pm (Gr. K-3)	
		6:15pm-7:15pm (Gr. 3+)		4:00pm-5:00pm (Gr. K-3)	
Fundamentals	5:00pm-6:30pm (Gr. 3+)		3:45pm-5:15pm	11:15am-12:45pm	11:00am-12:30pm
			5:30pm-7:00pm	3:45pm-5:15pm	
				<b>MAG</b> 5:30pm-7:00pm	
Intermediate	<b>WAG</b> 5:00pm-6:30pm			<b>WAG</b> 5:30pm-7:00pm	
				<b>MAG</b> 5:30pm-7:00pm	
Advanced	<b>WAG</b> 5:00pm-7:00pm				
Acro					11:00am-12:00pm

\* Annual insurance & membership fees are required for all participants.

\* See pages 4-6 of Program Guide for program descriptions and fees.

\* Registration is by birth year as our curriculum has been designed for the development stages of each age group. We strongly recommend participants stay in the same age program for the whole school year (September-June), so that they can feel successful.

# ACTIVE START CLASSES

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## Cuddly Cubs | walking to 2 years old (born 2023)

This program for independent walkers encourages parent & child interactions in a fun gymnastics environment. Toddlers learn basic movement skills through free play, songs, & circuits. Parent participation is required.

**Wednesday**      **10:15am-11:00am**      **\$210**    \*No class October 9

## Bouncing Bears | 2-3.5 years old (born 2021-2022)

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**      **10:15am-11:00am**      **\$210**    \*No class October 9  
**Saturday**        **9:00am-9:45am**        **\$225**

## Rolling Ravens | 3 years old (born 2021)

Ready to go! A class for kids ready to participate without their grown-ups. 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. An excellent introduction to sports programs.

**Tuesday**        **4:00pm-4:45pm**        **\$263**    \*No class October 8  
**Wednesday**    **9:15am-10:00am**      **\$263**    \*No class October 9  
**Friday**         **2:15pm-3:00pm**        **\$263**    \*No class September 20  
**Saturday**       **10:00am-10:45am**      **\$281**  
**Saturday**       **1:30pm-2:15pm**        **\$281**

## Soaring Eagles | 4years old (born 2020)

A class for preschool-aged kids to continue their physical literacy journey. Children will learn fundamental movement patterns and basic gymnastics progressions while playing and having fun in a safe environment.

**Thursday**       **4:00pm-5:00pm**        **\$260**    \*No class October 10 & October 31  
**Friday**         **1:15pm-2:15pm**        **\$280**    \*No class September 20  
**Friday**         **5:15pm-6:15pm**        **\$280**    \*No class September 20  
**Saturday**       **9:45am-10:45am**      **\$300**

## Minis | 4 years old (born 2020)

This 2-days per week program is for preschoolers who love gymnastics and want to learn more. This class will focus on basic skills and physical development with special attention to detail. Participants will be encouraged to work hard to achieve their best through positive reinforcement. Completion of at least one session in either Rolling Ravens or Soaring Eagles is required.

**Tuesday & Thursday**    **1:00pm-2:00pm**        **\$504**    \*No class October 8 & October 10

## Cartwheeling Kermodes | Kindergarten (born 2019)

This class will focus on fundamental movements, body control, and spatial awareness. Children will also learn proper landings, safety, and balance, and become familiar with all apparatus in the gym. These important skills transfer well into any future sports opportunities.

**Tuesday**        **3:45pm-4:45pm**        **\$280**    \*No class October 8  
**Thursday**       **5:15pm-6:15pm**        **\$260**    \*No class October 10 & October 31  
**Friday**         **6:15pm-7:15pm**        **\$280**    \*No class September 20  
**Saturday**       **1:15pm-2:15pm**        **\$300**



# RECREATIONAL CLASSES

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## **Parkour** | Kindergarten and up (born 2019 and earlier)

Increase spatial awareness, strength, coordination, and self-confidence in a fun and challenging environment. Participants will learn movement fundamentals through an 8-level non-traditional gymnastics curriculum. No experience is required.

<b>Wednesday (Gr. K-3)</b>	<b>5:15pm-6:15pm</b>	<b>\$280</b>	*No class October 9
<b>Wednesday (Gr. 3+)</b>	<b>6:15pm-7:15pm</b>	<b>\$280</b>	*No class October 9
<b>Friday (Gr. K-3)</b>	<b>11:15am-12:15pm</b>	<b>\$280</b>	*No class September 20
<b>Friday (Gr. K-3)</b>	<b>4:00pm-5:00pm</b>	<b>\$280</b>	*No class September 20

## **Fundamentals** | Grades 1 and up (born 2018 and earlier)

Formerly the CanGym program, this co-ed class focuses on fundamental movement patterns & the development of gymnastics skills. Athletes will progress at their own pace through 4 levels. No experience is required.

<b>Tuesday (Gr. 3+)</b>	<b>5:00pm-6:30pm</b>	<b>\$420</b>	*No class October 8
<b>Thursday</b>	<b>3:45pm-5:15pm</b>	<b>\$390</b>	*No class October 10 & October 31
<b>Thursday</b>	<b>5:30pm-7:00pm</b>	<b>\$390</b>	*No class October 10 & October 31
<b>Friday</b>	<b>11:15am-12:45pm</b>	<b>\$420</b>	*No class September 20
<b>Friday</b>	<b>3:45pm-5:15pm</b>	<b>\$420</b>	*No class September 20
<b>Friday (MAG)</b>	<b>5:30pm-7:00pm</b>	<b>\$420</b>	*No class September 20
<b>Saturday</b>	<b>11:00am-12:30pm</b>	<b>\$450</b>	

## **Intermediate** | Grade 3 and up (born 2016 and earlier)

In this class, athletes will work through the next 4 levels using a strong understanding of the basic fundamental skills allowing them to progress to more challenging skills on the specific Men's and Women's Artistic Gymnastics apparatus. Must have completed Green (Level 4) in the Fundamentals program.

<b>Tuesday (WAG)</b>	<b>5:00pm-6:30pm</b>	<b>\$420</b>	*No class October 8
<b>Friday (WAG)</b>	<b>5:30pm-7:00pm</b>	<b>\$420</b>	*No class September 20
<b>Friday (MAG)</b>	<b>5:30pm-7:00pm</b>	<b>\$420</b>	*No class September 20

## **Advanced** | Grade 5 and up (born 2014 and earlier)

For athletes with previous gymnastics experience who are eager to set their own goals and learn advanced skills on the specific Men's and Women's Artistic Gymnastics apparatus. This longer class will give participants more time to develop the strength and flexibility needed to master the more difficult skills. Must have completed Violet (Level 8) in the Intermediate program.

<b>Tuesday (WAG)</b>	<b>5:00pm-7:00pm</b>	<b>\$504</b>	*No class October 8
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## **Acro** | Grade 3 and up (born 2016 and earlier)

For athletes who want to develop more acrobatic skills, walkovers, aerials, flexibility, and dynamic leaps. This class is great additional training for dancers, skaters, and gymnasts. Participants must already be able to do forwards rolls and handstands.

<b>Saturday</b>	<b>11:00am-12:00pm</b>	<b>\$300</b>	
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\* Annual insurance & membership fees are required for all participants in addition to program fees.

# DROP-INS

## Drop-In Policies:

- The first visit will be **\$16.00** to cover the casual insurance fee (valid for 8 visits only) as required by GymBC.
- The 2nd to 8th visits will be the drop-in fee.
- The 9th visit will be **\$58.00** to upgrade to the annual Terrace Peaks Membership (\$25) and GymBC Insurance (\$33) fees.
- The 10th 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.

## 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 year old attend for free but must have insurance unless secured in a carrier or car seat.*

**Thursday 10:30am-12:00pm \$10.00 per participant**

\*No Drop-In Thursday, October 10

**Friday 9:30am-11:00am \$10.00 per participant**

\*No Drop-In Friday, September 20

## 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.*

**Saturday 2:30pm-4:00pm \$15.00 per participant**

## 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.

**Friday 7:00pm-8:30pm \$15.00 per participant**

\*No Drop-In Friday, September 20

## Fun & Fitness | 13 years old and up

For anyone interested in a fantastic full-body workout. This drop-in program is an opportunity for teens & adults to learn skills on all gymnastics apparatus and improve their overall fitness. Set goals based on your interests and we will help you work to achieve them. The drop-in format includes a structured warm-up and instruction on different apparatus each week. You are never too old to try gymnastics!

**Wednesday 7:30pm-9:00pm \$15.00 per participant**

\*No Drop-In Wednesday, October 9

# POLICIES

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## Non-Refundable Membership & Insurance Fees

- All participants registering for **classes** are required to purchase both the **\$25.00** annual Terrace Peaks Membership and the **\$49.00** annual Gymnastics BC Insurance fee.
- Both annual fee are valid from September 1, 2024 to August 31, 2025 for all programs.
- The \$25.00 fee covers administrative costs.
- The \$49.00 fee covers insurance and is allocated as follows: \$36 to GymBC, \$8 to GCG, and \$5 to Zone 7.
- Participants registering for 8 or fewer **camps** or **drop-ins** may purchase the **\$16.00** Casual Gymnastics BC Insurance fee.
- The casual fee is only valid for 8 visits between September 1, 2024 and June 30, 2025. If a participant attends more than 8 times, they will need to upgrade to the annual fees.
- The \$16.00 fee is allocated as follows: \$8 to GymBC and \$8 to GCG.

## Registration Policies

- Registration is based on a first come, first-served basis.
- Ways to register: in-person or by phone during office hours, online, by mail, or fax.
- Full payment is required to complete the 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.
- 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. Classes 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 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 by 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 or Gymnastics BC Insurance fees, Drop-Ins, or other programs that are already discounted.
- Children registered in our invitational programs **do** count towards a registered family member and subsequent children registered in recreational classes will be eligible for the family discount.

## 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.



# POLICIES

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## 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 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.
- Parents of children 4 years old and younger are asked to remain in the building during class.

## 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** \*Book & pay 30 days ahead and receive a 10% discount\*

\$250.00 | Maximum of 16 children

\$350.00 | Maximum of 24 children (*limited availability*)

### Party Times

Saturdays: 4:00pm-6:00pm

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

## COACHING STAFF

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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 & trampoline gymnastics, this includes Respect In Sport and Safe Sport Training certifications. In addition, all staff have valid vulnerable sector Police Record Checks done every 3 years & 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™.

