



**ED FAIRLESS MEMORIAL
GYMNASIUM**

**GYMNASTICS WITH A
NORTHERN TWIST**

FALL 2026

GYMNASTICS FOR ALL & CLIMBING

PROGRAM GUIDE

OFFICE HOURS:

Monday	10:00 am - 2:00 pm
Tuesday	6:30 pm - 9:00 pm
Wednesday	6:30 pm - 9:00 pm
Thursday	6:30 pm - 9:00 pm
Friday	10:00 am - 2:00 pm

CONTACT INFO:

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CLUB INFORMATION

Terrace Peaks History

The Terrace Peaks Gymnastics Club was started in the early 1970s 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 prompted Ed to state, "The club needs its 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.

In 2017, the legacy continued, and Phase 2 was completed, providing the club with a much-needed dedicated office space, mudroom, updated bathrooms, and a multipurpose area.

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. We aim to help children develop self-confidence through mental and physical perseverance and pride in their accomplishments. Our goal is to provide each participant the opportunity to become the best athlete they can be.

Terrace Peaks Board of Directors

The Terrace Peaks Board is comprised of volunteers who are committed to delivering our club's 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 President, Vice President, 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 society 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 2026 SCHEDULE

Sunday, September 13 - Saturday, December 19, 2026

Program	Sunday 11 weeks * No class Oct 25, Dec 6 & Dec 13 *	Monday 13 weeks * No class Oct 12 *	Tuesday 14 weeks	Wednesday 12 weeks * No class Sep 30 & Nov 11 *	Thursday 14 weeks	Friday 14 weeks	Saturday 14 weeks
Climbing Drop-Ins			Adult Climbing 6:30p-9:30p \$17/drop-in	Adult Climbing 6:30p-9:30p \$17/drop-in	Adult Climbing 6:30p-9:30p \$17/drop-in		Family Climbing 4:30p-7:30p \$17/drop-in
Gymnastics Drop-Ins		Teen & Adult Fun & Fitness 8:00p-9:30p \$15/drop-in				Tickles 'n' Bounces 9:30a-11:00a \$10/drop-in	Family Fun 12:30p-2:00p \$15/drop-in
Cuddly Cubs				10:15a-11:00a \$189			9:00a-9:45a \$221
Bouncing Bears				10:15a-11:00a \$189			9:00a-9:45a \$221
Rolling Ravens				9:15a-10:00a \$243		11:15a-12:00p \$284	10:00a-10:45a \$294
			5:30p-6:15p \$284			3:45p-4:30p \$284	11:15a-12:00p \$294
Soaring Eagles						11:15a-12:15p \$308	10:00a-11:00a \$322
					CANCELLED 4:30p-5:30p \$308	3:45p-4:45p \$308	11:00a-12:00p \$322
Minis			1:15p-2:15p \$504/both days		1:15p-2:15p \$504/both days		
Cartwheeling Kermodes			4:30p-5:30p \$308		CANCELLED 4:30p-5:30p \$308	6:30p-7:30p \$308	11:00a-12:00p \$322
Parkour			Beginner 4:00p-5:00p \$308			All Levels 12:30p-1:30p \$308	
			Intermediate 5:15p-6:15p \$308				
			Advanced 6:30p-7:30p \$308				
Fundamentals						12:15p-1:45p \$462	12:15p-1:45p \$483
			6:30p-8:00p \$462		CANCELLED 5:45p-7:15p \$462	4:45p-6:15p \$462	
Intermediate				WAG 6:00p-8:00p \$432			
Acro							11:00a-12:00p \$322
Advanced		6:00p-8:00p \$468					

- Annual insurance & membership fees are required for all participants in addition to program fees.
- See pages 4- 6 of the Program Guide for program descriptions.
- Registration is based on birth year, so participants can feel successful.

ACTIVE START CLASSES

Cuddly Cubs | walking to 2 years old (born 2025)

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	10:15 am-11:00 am	\$189	* No class Sep 30 & Nov 11
Saturday	9:00 am-9:45 am	\$221	

Bouncing Bears | 2-3.5 years old (born 2023-2024)

This program is designed for toddlers to learn gymnastics with their parents/guardians 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	10:15 am-11:00 am	\$189	* No class Sep 30 & Nov 11
Saturday	9:00 am-9:45 am	\$221	

Rolling Ravens | 3 years old (born 2023)

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 body 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	5:30 pm - 6:15 pm	\$284	* No class Sep 30 & Nov 11
Wednesday	9:15 am-10:00 am	\$243	
Friday	11:15 am-12:00 pm	\$284	
Friday	3:45 pm-4:30 pm	\$284	
Saturday	10:00 am-10:45 am	\$294	
Saturday	11:15 am-12:00 pm	\$294	

Soaring Eagles | 4 years old (born 2022)

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	4:30 pm-5:30 pm	\$308	CANCELLED
Friday	11:15 am-12:15 pm	\$308	
Friday	3:45 pm-4:45 pm	\$308	
Saturday	10:00 am-11:00 am	\$322	
Saturday	11:00 am-12:00 pm	\$322	

Minis | 4 years old (born 2022)

This 2-day-per-week program is designed for preschoolers who love gymnastics and are eager 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	1:15 pm-2:15 pm	\$504
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Cartwheeling Kermodes | Kindergarten (born 2021)

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

Tuesday	4:30 pm-5:30 pm	\$308	CANCELLED
Thursday	4:30 pm-5:30 pm	\$308	
Friday	6:30 pm - 7:30 pm	\$308	
Saturday	11:00 am - 12:00 pm	\$322	

RECREATIONAL CLASSES

Parkour | Kindergarten and up (born 2021 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 required for beginner levels. Must have completed Trainee (Level 2) to register for Intermediate. Must have completed Intermediate (Level 5) to register for Advanced.

Tuesday (Beginner)	4:00 pm - 5:00 pm	\$308
Tuesday (Intermediate)	5:15 pm - 6:15 pm	\$308
Tuesday (Advanced)	6:30 pm - 7:30 pm	\$308
Friday (All Levels)	12:30 pm - 1:30 pm	\$308

Fundamentals | Grades 1 and up (born 2020 and earlier)

This co-ed class focuses on fundamental movement patterns and the development of gymnastics skills. Athletes will progress at their own pace through 4 levels. No experience required.

Tuesday	6:30 pm - 8:00 pm	\$462	CANCELLED
Thursday	5:45 pm - 7:15 pm	\$462	
Friday	12:15 pm - 1:45 pm	\$462	
Friday	4:45 pm - 6:15 pm	\$462	
Saturday	12:15 pm - 1:45 pm	\$483	

Intermediate | Grade 3 and up (born 2018 and earlier)

In this class, athletes will work through the next four levels, utilizing a strong understanding of the basic fundamental skills, which will enable 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.

Wednesday (WAG)	6:00 pm - 8:00 pm	\$432
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Acro | Grade 3 and up (born 2018 and earlier)

For athletes seeking 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 forward rolls and handstands.

Saturday	11:00 am - 12:00 pm	\$322
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Advanced | Grade 5 and up (born 2016 and earlier)

For athletes previous gymnastics experience who are eager to set their own goals and learn advanced skills on any apparatus. This athlete-led class gives participants the opportunity to develop this strength and flexibility needed to master the more difficult skills. Must have completed Violet (Level 8) in the Intermediate program.

Monday	6:00 pm - 8:00 pm	\$468	* No class Oct 12
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- Annual insurance & membership fees are required for all participants in addition to program fees.
- Registration is based on birth year, as our curriculum has been designed to support the developmental stages of each age group. We strongly recommend participants stay in the same age program for the entire school year (September-June), so they can feel successful.



Seniors Can Move Program

Mondays 10:15 am - 11:15 am | Ages 60+
Set 1: September 14-October 26 (No class Oct 12)
Set 2: November 2-December 14

Register through the City
of Terrace
250-615-3000 or
terrace.ca/featured-activities

GYMNASTICS DROP-INS

Gymnastics Drop-In Policies:

- The first visit is **\$17.00** to cover the casual insurance fee (valid for 8 visits only) as required by GymBC.
- The 2nd to 8th visits are the drop-in fee.
- The 9th visit will be **\$59.00** to upgrade to the annual Terrace Peaks Membership (\$25) and GymBC Insurance (\$34) 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 secure a spot and ensure the drop-in runs smoothly.
- 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 from crawling to 5 years old. It's a fun & 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.

Friday **9:30 am-11:00 am** **\$10 per participant**

Family Fun | 1 year old and up

This family drop-in program is a great opportunity for kids and their parents to play together in the gym. Explore fundamental movement and gymnastics in a safe, unstructured environment. Parent participation is required for anyone under 8 years old. Caregivers attending with children are free.

Saturday **12:15 pm-1:45 pm** **\$15 per 1st participant in the same household**
\$10 per subsequent participants in the same household

Teen & Adult Fun & Fitness | 13 years old and up

For anyone interested in a fantastic full-body workout. This drop-in program offers teens & adults the opportunity 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 a different apparatus each week. You are never too old to try gymnastics!

Monday **8:00 pm-9:30 pm** **\$15 per participant**

* No drop-in Monday, October 12 (Thanksgiving)

Free Drop-In Program



September 9 - December 15, 2026
Tuesday 9:30 am - 11:00 am | Ages 0-5
Register through Engage Sport North

<https://engagesportnorth.uplifterinc.com/registration/>



CLIMBING DROP-INS

Climbing Drop-In Policies:

- The first visit is **\$45.00** to cover the annual Terrace Peaks Membership (\$25) and annual Climbing Insurance (\$20) fees.
- The 2nd and subsequent visits will be the drop-in fee.
- Participants under the age of 16 must have a parent or guardian supervising them.
 - One parent or guardian may supervise 1 participant under the age of 6.
 - One parent or guardian may supervise 2 participants ages 6-8.
 - One parent or guardian may supervise 4 participants ages 9-15.
- Please visit our website for a complete list of policies and drop-in rules.

Family Climbing | 1 year old and up

Enjoy indoor bouldering together in a fun, welcoming environment! Families of all experience levels can explore climbing routes, build confidence, and stay active. Children must be accompanied and supervised by a participating adult. No experience required.

Saturday

4:30 pm - 7:30 pm

**\$17 per participant per drop-in
\$150 per 10 visit punch pass**

Adult Climbing | 16 years old and up

Challenge yourself with indoor bouldering in a fun and supportive environment. Adults of all skill levels are welcome to climb, build strength and confidence, and enjoy a great full-body workout. No experience required.

Tuesday

6:30 pm - 9:30 pm

\$17 per participant per drop-in

Wednesday

6:30 pm - 9:30 pm

\$150 per 10 visit punch pass

Thursday

6:30 pm - 9:30 pm

* No drop-in Wednesday, September 30 (National Day for Truth & Reconciliation), and Wednesday, November 11 (Remembrance Day)

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 time, 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

\$250.00 Maximum of 16 participants
\$350.00 Maximum of 24 participants

* Book 30 days in advance and received a 10% discount *

Party Times

2:00 pm - 4:00 pm
Saturdays:
Sundays: 11:00 am - 1:00 pm | 1:30 pm - 3:30 pm | 4:00 pm - 6:00 pm

POLICIES

Non-Refundable Membership Fee

- All participants registering for **programs** are required to purchase the **\$25.00** annual Terrace Peaks Membership.
- This annual fee is valid from September 1, 2026, to August 31, 2027, for all programs and covers administrative costs.

Non-Refundable Insurance Fees

- All participants registering for **gymnastics programs** are required to purchase the **\$51.00** annual Gymnastics BC Insurance fee. This fee covers gymnastics insurance and is allocated as follows: \$37 to GymBC, \$8 to GCG, and \$6 to Zone 7.
- All participants registering for **climbing programs** are required to purchase the **\$20.00** annual Climbing Insurance fee. This fee covers bouldering insurance.
- Both annual fees are valid from September 1, 2025, to August 31, 2026, for all programs.
- Participants registering for 8 or fewer gymnastics camps or drop-ins may purchase the \$17.00 Casual Gymnastics BC Insurance fee.
- The casual fee is only valid for 8 visits between September 1, 2026, and June 30, 2027. If a participant attends more than 8 times, they will need to upgrade to both the annual membership and insurance fees.

Registration Policies

- Registration is based on a first-come, first-served basis.
- Ways to register: in person, by phone during office hours, online, by mail, or by fax.
- Full payment is required to complete the registration. Registration will be automatically cancelled if payment arrangements are not made by the first day of the program. Payment plans can be arranged if needed.
- 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 \$60.00 NSF fee for all returned cheques or declined credit cards.
- Late registrations will **not** be prorated. Please register before each session begins.
- Transfers are permitted until the halfway point of each session. A \$10.00 fee applies.
- 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 issued for all cancellations made before the first day of the program.
- No refunds or credits are given for Drop-In fees.
- No refunds or credits are given after the first day of the program, except in the case of injury or illness. A doctor's note must accompany each request. 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 **class** during the same session will receive a 10% discount on the lowest fee(s).
- Discounts do not apply to the Terrace Peaks Membership fee, Insurance fees, Drop-Ins, or other programs that are already discounted.
- Athletes registered in our Invitational programs are counted as registered family members, and subsequent athletes registered in GFA or Climbing classes will be eligible for the family discount.

POLICIES

Attire

- To participate in any **gymnastics** program, all athletes must wear athletic pants/shorts and a T-shirt, or a gymnastics bodysuit, and bare feet in the gym. No socks or tights.
- To participate in any **climbing** program, all athletes must wear athletic pants/shorts and a T-shirt. Climbing shoes are also required.
- Hair must be tied back.
- No jewelry, jeans, dresses/skirts, belts, or buckles are allowed.

Drop-off/Pick-up Policy

- Please be on time. Warm-up is an essential part of every program, and late arrivals can disrupt the class flow and distract other athletes.
- Parents or guardians must ensure that athletes are dropped off and picked up **inside** the building.
- TPGC staff are unable to provide supervision before or after scheduled program times. Please stay with your athlete until their class begins and ensure prompt pick-up at the end of the class.
- Parents of children 4 years old and younger are asked to remain in the building for the duration of the class.

COACHING STAFF

Terrace Peaks Gymnastics Club is a member of Gymnastics BC and Gymnastics Canada. As members, we are required to follow strict insurance and safety policies. All of our staff have Respect In Sport and Safe Sport Training certifications, as well as Vulnerable Sector Police Record Checks done every 3 years & hold valid First Aid certificates. Our gymnastics coaches are NCCP certified in both artistic & trampoline gymnastics. And our climbing coaches are CWI Level 1 certified in bouldering.

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 that all coaches receive training based on best practices in instructional design, ethical decision-making, and content that is relevant, current, and leads to the development of competent coaches. The NCCP provides coaches with 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™.

The Climbing Wall Association (CWA) is strongly committed to making the sport of climbing accessible to all people, including underserved communities subject to discrimination, harassment, or exclusion. The CWA believes the sport of climbing is a powerful tool in creating community, and indoor climbing events have the opportunity to provide healthy, purposeful, and inclusive spaces for all people.

Sport Climbing BC (SCBC) leads, develops, and promotes competitive and recreational sport climbing for all participants throughout BC. SCBC provides the highest standards for all SCBC-sanctioned events, from standardize rules, route setting and officiating, allowing us to ensure quality and consistency for our athletes.

