Terrace Peaks GYMNASTICS CLUB

ED FAIRLESS MEMORIAL GYMNASIUM

GYMNASTICS WITH A NORTHERN TWIST

FALL 2026

GYMNASTICS FOR ALL & BOULDERING PROGRAM GUIDE

OFFICE HOURS:

Sunday	10:00 am - 1:00 pm
Monday	10:00 am - 2:00 pm
Tuesday	6:30 pm - 8:30 pm
Wednesday	6:30 pm - 8:30 pm
Thursday	6:30 pm - 8:30 pm
Friday	10:00 am - 2:00 pm
Saturday	5:00 pm - 7:30 pm

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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. Phase 2 was completed, providing the society with a much-needed dedicated office space, mudroom, updated bathrooms, and a multipurpose area. In 2026, Terrace Peaks partnered with Skeena Climbing Society to build a bouldering wall, expanding the programs offered to our community.

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 comprises volunteers who are committed to advancing our society'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 participant in our programs can be nominated for the board at the Annual General Meeting, held in September 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.

viaSPORT British Columbia | BRITISH COLUMBIA Supported by the Province of British Columbia | 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 13/14 weeks * No drop-ins Dec 5 *
Drop-Ins	**Teen & Adult Bouldering** 10:00a-1:00p $20/drop-in					**Tickles 'n' Bounces** 9:30a-11:00a $10/drop-in	
		Teen & Adult Fun & Fitness 8:00p-9:30p $15/drop-in	**Teen & Adult Bouldering** 6:30p-9:30p $20/drop-in	**Teen & Adult Bouldering** 6:30p-9:30p $20/drop-in	**Teen & Adult Bouldering** 6:30p-9:30p $20/drop-in		**Family Fun** 4:30p-7:30p $17/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 CANCELLED	10:00a-10:45a $294
			5:30p-6:15p $284			3:45p-4:30p $284 CANCELLED	11:15a-12:00p $294 CANCELLED
Soaring Eagles						11:15a-12:15p $308	10:00a-11:00a $322
					4:30p-5:30p $308 CANCELLED	3:45p-4:45p $308	11:00a-12:00p $322
Minis			1:15p-2:15p $504/both days CANCELLED		1:15p-2:15p $504/both days CANCELLED		
Cartwheeling Kermodes			4:30p-5:30p $308		4:30p-5:30p $308 CANCELLED	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			4:45p-6:15p $462			12:15p-1:45p $462	12:15p-1:45p $483
			6:30p-8:00p $462		5:45p-7:15p $462 CANCELLED	4:45p-6:15p $462	
Intermediate		**WAG** 6:00p-8:00p $468		**WAG** 6:00p-8:00p $432			
Acro							11:00a-12:00p $322
Advanced		6:00p-8:00p $468 CANCELLED					

- *Annual insurance & membership fees are required for all participants in addition to program fees.*
- *See pages 4- 7 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**	
Wednesday	**9:15 am-10:00 am**	**$243**	* No class Sep 30 & Nov 11
~~**Friday**~~	~~**11:15 am-12:00 pm**~~	~~**$284**~~	CANCELLED
~~**Friday**~~	~~**3:45 pm-4:30 pm**~~	~~**$284**~~	CANCELLED
Saturday	**10:00 am-10:45 am**	**$294**	
~~**Saturday**~~	~~**11:15 am-12:00 pm**~~	~~**$294**~~	CANCELLED

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**~~	CANCELLED

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**	
~~**Thursday**~~	~~**4:30 pm-5:30 pm**~~	~~**$308**~~	CANCELLED
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 Novice (Level 4) 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.

Tuesdady	**4:45 pm - 6:15 pm**	**$462**	
Tuesday	**6:30 pm - 8:00 pm**	**$462**	
~~**Thursday**~~	~~**5:45 pm - 7:15 pm**~~	~~**$462**~~	CANCELLED
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.

Monday (WAG)	**6:00 pm - 8:00 pm**	**$468**	
Wednesday (WAG)	**6:00 pm - 8:00 pm**	**$432**	* No class Sep 30 & Nov 11

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**	

Advanced | Grade 5 and up (born 2016 and earlier)

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

~~**Monday**~~	~~**6:00 pm - 8:00 pm**~~	~~**$468**~~	CANCELLED

- *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.*

THE CITY OF TERRACE

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**

Free Drop-In Program

Active Star

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/

ENGAGE SPORT NORTH

BOULDERING DROP-INS * OPENING NOV 15 *

Bouldering Drop-In Policies:

- *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.*
- *Participants under the age of 16 must have a parent or guardian supervising them.*
  - *One parent or guardian may supervise 4 participants ages 13-15.*
- *Shoe rentals are available for $5/pair.*
- *Please visit our website for a complete list of policies and drop-in rules.*

Teen & Adult Bouldering | 13 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.

Sunday	**10:00 am - 1:00 pm**	**$20 per participant per drop-in**
Tuesday	**6:30 pm - 9:30 pm**	**$160 per 10-visit punch pass**
Wednesday	**6:30 pm - 9:30 pm**	
Thursday	**6:30 pm - 9:30 pm**	

* No drop-in Sunday, December 13 (Gym Maintenance)

BOULDERING & GYMNASTICS DROP-INS * OPENING NOV 16 *

Bouldering & 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.*
- *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 Fun | 1 year old and up

This family drop-in program gives kids and parents a great opportunity to play together in the gym & on the climbing wall. Families can enjoy exploring fundamental movement and climbing routes in a safe, unstructured environment. *Caregivers attending with children are free. Climbing shoe rentals are included.*

Saturday	**4:30 pm - 7:30 pm**	**$17 per participant per drop-in** **$50 per family in the same household**

* No drop-in Saturday, December 5 (Christmas Party)

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 gymnastics apparatus and the climbing wall to improve 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, skill & safety instructions, and open gym time. You are never too old to try something new!

Monday	**8:00 pm-9:30 pm**	**$15 per participant** **$40 per family in the same household**



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 Maxiumum of 24 participants

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

Party Times

Saturdays: 2:00 pm - 4:00 pm
Sundays: 1:30 pm - 1:00 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 or hybrid 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. This fee isvalid 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.

POLICIES

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

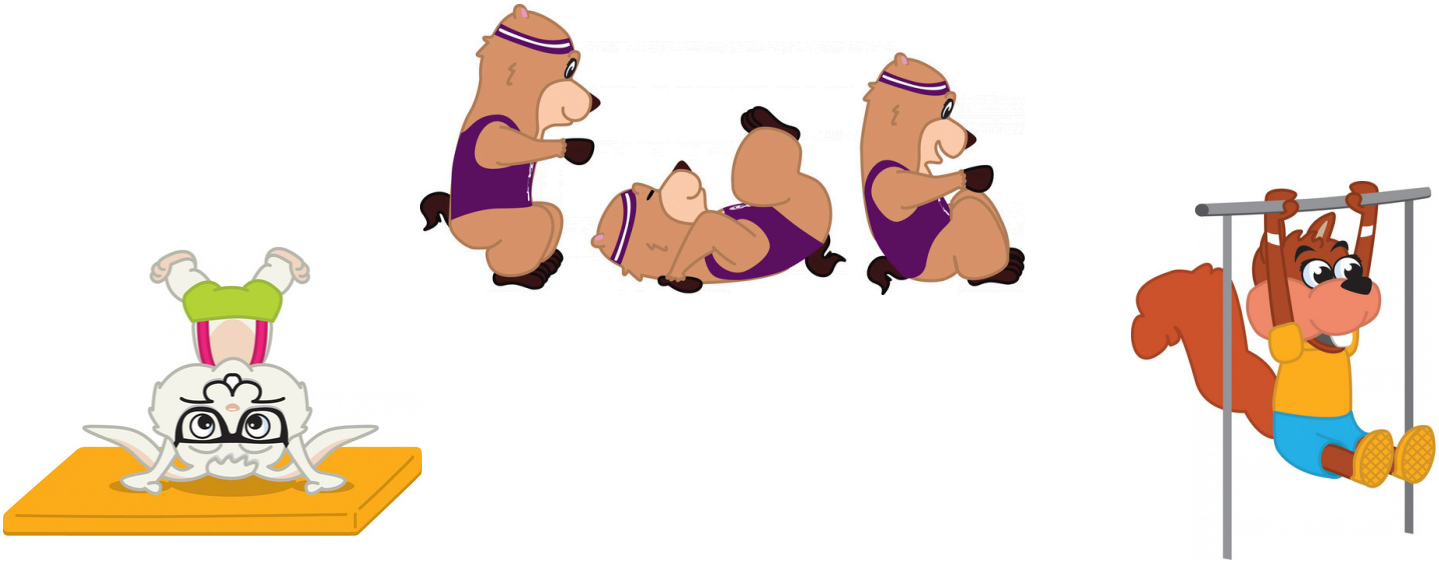
- The second & subsequent children of a family registered in a **class** during the same session will receive a 10% discount on the lowest fee(s).
- Discounts do not apply to the Terrace Peaks Membership fee, Insurance fees, Drop-Ins, or other programs that are already discounted.
- Athletes registered in our Invitational programs are counted as registered family members, and subsequent athletes registered in GFA or Bouldering classes will be eligible for the family discount.

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 **bouldering** 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.