



**ED FAIRLESS MEMORIAL  
GYMNASIUM**

**GYMNASTICS WITH A  
NORTHERN TWIST**

# SPRING 2026 GYMNASTICS FOR ALL PROGRAM GUIDE

## OFFICE HOURS:

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

## CONTACT INFO:

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# CLUB INFORMATION

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## 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 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.**



# SPRING 2026 SCHEDULE | Tuesday, April 7 - Saturday, June 20, 2026

Program	Monday 9 weeks * No class May 18 *	Tuesday 11 weeks	Wednesday 11 weeks	Thursday 11 weeks	Friday 11 weeks	Saturday 11 weeks
Drop-Ins	<b>Fun &amp; Fitness</b> 7:00pm-8:30pm \$15/drop-in				<b>Tickles 'n' Bounces</b> 9:30am-11:00am \$10/drop-in	<b>Family Fun</b> 12:30pm-2:00pm \$15/drop-in
Cuddly Cubs			10:15am-11:00am \$173			9:00am-9:45am \$182
Bouncing Bears			10:15am-11:00am \$173			9:00am-9:45am \$182
Rolling Ravens		4:45pm-5:30pm \$215	9:30am-10:15am \$215	3:45pm-4:30pm \$215	1:45pm-2:30pm \$215	10:00am-10:45am \$223
						11:15am-12:00pm \$223
Soaring Eagles					12:30pm-1:30pm \$231	10:00am-11:00am \$242
				3:45pm-4:45pm \$231	6:30pm-7:30pm \$231	
Minis		1:15pm-2:15pm \$396/both days		1:15pm-2:15pm \$396/both days		
Cartwheeling Kermodes		4:45pm-5:45pm \$231		4:45pm-5:45pm \$231	6:30pm-7:30pm \$231	
Parkour			5:15pm-6:15pm (Gr. K-3) \$231		11:15am-12:15pm (Gr. K-3) \$231	
			6:30pm-7:30pm (Gr. 3+) \$231		11:15am-12:15pm (Gr. 3+) \$231	
Fundamentals		4:30pm-6:00pm \$347			4:45pm-6:15pm \$347	
		6:00pm-7:30pm \$347		6:00pm-7:30pm \$347		
Intermediate		<b>WAG</b> 6:00pm-7:30pm \$347			<b>WAG</b> 5:15pm-6:45pm \$347	
Acro						11:00am-12:00pm \$242

- Annual insurance & membership fees are required for all participants.
- See pages 4-6 of the Program Guide for program descriptions.
- 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.

# ACTIVE START CLASSES

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## Cuddly Cubs | walking to 2.5 years old (born 2024)

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.

<b>Wednesday</b>	<b>10:15 am-11:00 am</b>	<b>\$173</b>
<b>Saturday</b>	<b>9:00 am-9:45 am</b>	<b>\$182</b>

## Bouncing Bears | 2.5-3.5 years old (born 2022-2023)

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.

<b>Wednesday</b>	<b>10:15 am-11:00 am</b>	<b>\$173</b>
<b>Saturday</b>	<b>9:00 am-9:45 am</b>	<b>\$182</b>

## Rolling Ravens | 3.5-4 years old (born 2022)

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.

<b>Tuesday</b>	<b>4:45 pm-5:30 pm</b>	<b>\$215</b>
<b>Wednesday</b>	<b>9:30 am-10:15 am</b>	<b>\$215</b>
<b>Thursday</b>	<b>3:45 pm-4:30 pm</b>	<b>\$215</b>
<b>Friday</b>	<b>1:45 pm-2:30 pm</b>	<b>\$215</b>
<b>Saturday</b>	<b>10:00 am-10:45 am</b>	<b>\$223</b>
<b>Saturday</b>	<b>11:15 am-12:00 pm</b>	<b>\$223</b>

## Soaring Eagles | 4.5-5 years old (born 2021)

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.

<b>Thursday</b>	<b>3:45 pm-4:45 pm</b>	<b>\$231</b>
<b>Friday</b>	<b>12:30 pm-1:30 pm</b>	<b>\$231</b>
<b>Friday</b>	<b>6:30 pm-7:30 pm</b>	<b>\$231</b>
<b>Saturday</b>	<b>10:00 am-10:45 am</b>	<b>\$242</b>

## Minis | 4.5-5 years old (born 2021)

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.

<b>Tuesday &amp; Thursday</b>	<b>1:15 pm-2:15 pm</b>	<b>\$396</b>
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## Cartwheeling Kermodes | Kindergarten (born 2020)

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.

<b>Tuesday</b>	<b>4:45 pm-5:45 pm</b>	<b>\$231</b>
<b>Thursday</b>	<b>4:45 pm-5:45 pm</b>	<b>\$231</b>
<b>Friday</b>	<b>6:30 pm-7:30 pm</b>	<b>\$231</b>

# SCHOOL-AGED CLASSES

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## Parkour | Kindergarten and up (born 2020 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.

<b>Wednesday (Gr. K-3)</b>	<b>5:15 pm-6:15 pm</b>	<b>\$231</b>
<b>Wednesday (Gr. 3+)</b>	<b>6:30 pm-7:30 pm</b>	<b>\$231</b>
<b>Friday (Gr. K-3)</b>	<b>11:15 am-12:15 pm</b>	<b>\$231</b>
<b>Friday (Gr. 3+)</b>	<b>11:15 am-12:15 pm</b>	<b>\$231</b>

## Fundamentals | Grades 1 and up (born 2019 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 required.

<b>Tuesday</b>	<b>4:30 pm-6:00 pm</b>	<b>\$347</b>
<b>Tuesday</b>	<b>6:00 pm-7:30 pm</b>	<b>\$347</b>
<b>Thursday</b>	<b>6:00 pm-7:30 pm</b>	<b>\$347</b>
<b>Friday</b>	<b>4:45 pm-6:15 pm</b>	<b>\$347</b>

## Intermediate | Grade 3 and up (born 2017 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.

<b>Tuesday (WAG)</b>	<b>6:00 pm-7:30 pm</b>	<b>\$347</b>
<b>Friday (WAG)</b>	<b>5:15 pm-6:45 pm</b>	<b>\$347</b>

## Acro | Grade 3 and up (born 2017 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.

<b>Saturday</b>	<b>11:00 am-12:00 pm</b>	<b>\$242</b>
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\* Annual insurance & membership fees are required for all participants in addition to program fees.

## Annual Year-End Event

Sunday, June 14, 2026, from 3:00 pm-6:00 pm

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, fundraisers, and a potluck. More details will be announced at the end of May 2026.



# 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 **\$51.00** annual Gymnastics BC Insurance fee.
- Both annual fees are valid from September 1, 2025, to August 31, 2026, for all programs.
- The \$25.00 fee covers administrative costs.
- The \$51.00 fee covers insurance and is allocated as follows: \$37 to GymBC, \$8 to GCG, and \$6 to Zone 7.
- Participants registering for 8 or fewer **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, 2025, and June 30, 2026. If a participant attends more than 8 times, they will need to upgrade to both the annual fees.

## 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. 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. 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 issued to 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 recreational **class** during the same session 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 are counted as registered family members, 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 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.

## 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: 2:30 pm-4:30 pm \*NEW TIME\*

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

# COACHING STAFF

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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 coaches are NCCP certified in both artistic & trampoline gymnastics, which 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 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™.

