



**ED FAIRLESS MEMORIAL
GYMNASIUM**

**GYMNASTICS WITH A
NORTHERN TWIST**

SUMMER 2026 GYMNASTICS FOR ALL PROGRAM GUIDE

OFFICE HOURS:

May-June 2026

Mon-Thu 10:00am-2:00pm

July-August 2026

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

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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 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.



SUMMER 2026 CAMPS | Monday, July 6 - Friday, August 14, 2026

Week 1	Week 2	Week 3*	Week 4*	Week 5*	Week 6
July 6-10	July 13-17	July 20-23	July 28-31	August 4-7	August 10-14

*Weeks 3 & 4 are short weeks due to a competitive training camp.

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

Registration closes 1 day before the start of camp, and participants must be registered before the start of camp. Casual Insurance (\$17.00) is required for those participants who don't already have the 2025-2026 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 participant with a water bottle and appropriate outdoor clothing, including a hat, jacket, sunscreen, bug spray, and runners. Please label all personal items in case of loss.

Active Start | 3-5 years old *must be 3 before the end of June 2026

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.

9:30 am - 11:30 am **\$150.00/week 1, 2** **\$120.00/week 3, 4, 5** **\$35/day**
2:00 pm - 4:00 pm **\$150.00/week 6** **\$35/day**

Half-Day Bike & Parkour | 6-12 years old

For kids just finishing Kindergarten through age 12. This 4-day camp combines bicycling & parkour to give kids skills on the bike & in the gym that will build confidence on the road & trails. The camp will focus on bike safety and introduce 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-wheeled bike with a minimum of 5 pedal strokes in order to register. A bike & helmet are also required to register.

9:00 am - 12:00 pm **\$151.00/week 4**

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.

9:00 am - 11:00 am **\$146.00/week 1, 2, 6** **\$117.00/week 3, 5**

Half-Day Gymnastics & Parkour | 6-12 years old

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

1:00 pm - 4:00 pm **\$189.00/week 1, 2, 6** **\$151.00/week 3, 4, 5** **\$50/day**

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. This camp 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.

1:30 pm - 3:30 pm \$94.00/week 3

Cartwheels and Round-offs | 6+ years old

Three afternoons (Tuesday-Thursday) of drills, conditioning, and specific focus on learning and developing cartwheels and round-offs. All athletes should be able to kick up to a handstand and have experience in gymnastics or other related sport.

1:30 pm - 3:30 pm \$94.00/week 1

Walkovers | 6+ years old

Three afternoons (Tuesday-Thursday) of drills, conditioning, and specific focus on learning and developing front and back walkovers. Come and train, gain confidence, and have some fun with us. All athletes should be able to do a bridge with straight arms.

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

Handsprings | 8+ years old

Three afternoons (Tuesday-Thursday) of drills, conditioning, and specific focus on learning and developing front and back handsprings. All athletes must be able to do a front and back walkover. *Not recommended for beginner gymnasts.*

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

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

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

POLICIES

Non-Refundable Membership & Insurance Fees

- All participants registering for **camp**s are required to purchase the **\$17.00** casual GymBC Insurance fee.
- This fee is only valid for July and August 2026.

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 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.
- 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 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.

Sibling & Multiple Camp Discount

- The second & subsequent children of a family registered in the same **camp** during the same session 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 or Gymnastics BC Insurance fees, 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 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 program.

COACHING STAFF

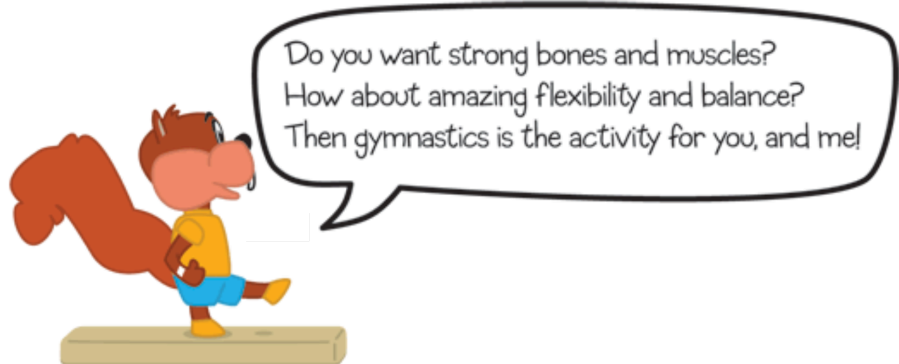
Terrace Peaks Gymnastics Club is a member of Gymnastics BC and Gymnastics Canada. As members, we are required to follow strict insurance and safety policies. All of our coaches are NCCP certified in both artistic & trampoline gymnastics, which includes Respect In Sport and Safe Sport Training certifications. 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™.



I love flipping around the gym! Plus, everything I learn here will help me be awesome at any sport I want to try!

Turns out that bouncing on the trampoline is helping me be more aware of my body. I thought that gymnastics was just plain fun!



Do you want strong bones and muscles? How about amazing flexibility and balance? Then gymnastics is the activity for you, and me!