



**ED FAIRLESS MEMORIAL
GYMNASIUM**

**GYMNASTICS WITH A
NORTHERN TWIST**

WINTER 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:

Mail: #2 - 3091 Century Street,
Thornhill, BC V8G 0L6
Phone: (250) 638-0447
Fax: (250) 638-0405
Online: www.terracepeaks.ca
Email: info@terracepeaks.ca



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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.



WINTER 2026 SCHEDULE | Monday, January 5 - Saturday, March 14, 2026

Program	Monday 8 weeks * No class Feb 2 & Feb 16 *	Tuesday 10 weeks	Wednesday 10 weeks	Thursday 10 weeks	Friday 9/10 weeks * No class Jan 30 after 3pm *	Saturday 9 weeks * No class Jan 31 *
Drop-Ins	Fun & Fitness 7:00pm-8:30pm \$15/drop-in				Tickles 'n' Bounces 9:30am-11:00am \$10/drop-in	Family Fun 12:30pm-2:00pm \$15/drop-in POSTPONED
Cuddly Cubs			10:15am-11:00am \$158			9:00am-9:45am \$149
Bouncing Bears			10:15am-11:00am \$158			9:00am-9:45am \$149
Rolling Ravens		3:30pm-4:15pm \$195	9:30am-10:15am \$195	3:45pm-4:30pm \$195	1:45pm-2:30pm \$195	10:00am-10:45am \$182
Soaring Eagles					12:30pm-1:30pm \$210	10:00am-11:00am \$198
		4:45pm-5:45pm \$210		3:45pm-4:45pm \$210	6:30pm-7:30pm \$189	
Minis		1:15pm-2:15pm \$360/both days		1:15pm-2:15pm \$360/both days		
Cartwheeling Kermodes		3:30pm-4:30pm \$210		4:45pm-5:45pm \$210	6:30pm-7:30pm \$189	
Parkour			5:15pm-6:15pm (Gr. K-3) \$210		11:15am-12:15pm (Gr. K-3) \$210	
			6:30pm-7:30pm (Gr. 3+) \$210		11:15am-12:15pm (Gr. K-3) \$210	
Fundamentals		4:30pm-6:00pm \$315			4:15pm-5:45pm \$284	
		6:00pm-7:30pm \$315		6:00pm-7:30pm \$315		
Intermediate		WAG 6:00pm-7:30pm \$315				
Acro						11:00am-12:00pm \$198
Advanced					5:15pm-7:15pm \$324	

- 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

Cuddly Cubs | walking to 2 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.

Wednesday	10:15 am-11:00 am	\$158	
Saturday	9:00 am-9:45 am	\$149	*No class Jan 31

Bouncing Bears | 2-3.5 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.

Wednesday	10:15 am-11:00 am	\$158	
Saturday	9:00 am-9:45 am	\$149	*No class Jan 31

Rolling Ravens | 3 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.

Tuesday	3:30 pm-4:15 pm	\$195	
Wednesday	9:30 am-10:15 am	\$195	
Thursday	3:45 pm-4:30 pm	\$195	
Friday	1:45 pm-2:30 pm	\$195	
Saturday	10:00 am-10:45 am	\$182	*No class Jan 31

Soaring Eagles | 4 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.

Tuesday	4:45 pm-5:45 pm	\$210	
Thursday	3:45 pm-4:45 pm	\$210	
Friday	12:30 pm-1:30 pm	\$210	
Friday	6:30 pm-7:30 pm	\$189	*No class Jan 30
Saturday	10:00 am-11:00 am	\$198	*No class Jan 31

Minis | 4 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.

Tuesday & Thursday	1:15 pm-2:15 pm	\$360	
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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.

Tuesday	3:30 pm-4:30 pm	\$210	
Thursday	4:45 pm-5:45 pm	\$210	
Friday	6:30 pm-7:30 pm	\$189	*No class Jan 30

SCHOOL-AGED CLASSES

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.

Wednesday (Gr. K-3)	5:15 pm-6:15 pm	\$210
Wednesday (Gr. 3+)	6:30 pm-7:30 pm	\$210
Friday (Gr. K-3)	11:15 am-12:15 pm	\$210
Friday (Gr. 3+)	11:15 am-12:15 pm	\$210

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.

Tuesday	4:30 pm-6:00 pm	\$315	
Tuesday	6:00 pm-7:30 pm	\$315	
Thursday	6:00 pm-7:30 pm	\$315	
Friday	4:45 pm-6:15 pm	\$284	*No class Jan 30

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.

Tuesday (WAG)	6:00 pm-7:30 pm	\$315
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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.

Saturday	11:00 am-12:00 pm	\$198	*No class Jan 31
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Advanced | Grade 5 and up (born 2015 and earlier)

For athletes with previous gymnastics experience who are eager to set their own goals and learn advanced skills on any apparatus. This longer class will provide participants with more time to develop the strength and flexibility necessary to master the more advanced skills. Must have completed Violet (Level 8) in the Intermediate program.

Friday	5:15 pm-7:15 pm	\$324	*No class Jan 30
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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 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 years 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 12:30 pm-2:00 pm \$15 per 1st participant in the same household
\$10 per subsequent participant in the the same household**

*No drop-in Saturday, January 31 (Terrace Peaks Annual Invitational)

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 7:00 pm-8:30 pm \$15 per participant

*No Drop-In Monday, February 2 (Terrace Peaks Annual Invitational) & Monday, February 16 (Family Day)

Free Drop-In Program

January 6 - March 10, 2026

Tuesday 9:30 am - 11:00 am | Ages 0-5

Register through Engage Sport North

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



POLICIES

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

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

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

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™.

