

Parent & Tot Ages 20_{mo.} - 3½

- Parental participation required (Co-ed)
 - Experienced 3½ yr. olds and older may be better suited for a Kinderym class. Please consult with an administrator.
- Caution parents! Uneven and 'changing in levels of support' surfaces.*
% = added or subtracted to monthly base fee
 ⌘ = 6.5 min. /class added to compensate for 4 holiday closures

Time/Day	M⌘	T	W	T	F	S	S
8:25 - 9:25am						✓	✓
9:20 - 10:20am	✓⌘	✓	✓	✓	✓	-10%	
9:35 - 10:35am						+10%	+10%
10:30 - 11:30am	✓⌘	✓	✓	✓	✓		
11:00 - 12:00pm						+10%	+10%
11:40 - 12:25pm	✓⌘	✓		✓			
1:00 - 2:00pm	-10%⌘	✓	✓	-10%	-10%		
2:05 - 3:05pm						✓	✓

Kinderym Ages 3½ - 5½

- No parental assistance required (Co-ed)
- Medallion Program: Burgundy - Bronze
- Must be washroom independent

% = added or subtracted to monthly base fee
 ⌘ = 6.5 & 8 min. /class added to compensate for 4 holiday closures

Time/Day	M⌘	T	W	T	F	S	S
8:25 - 9:25am						✓	✓
9:20 - 10:20am	✓⌘	✓	✓	✓	✓	-10%	
9:35 - 10:50am						+10%	+10%
10:30 - 11:30am	✓⌘	✓	✓	✓	✓		
11:00 - 12:15pm						+10%	+10%
11:40 - 12:25pm	✓⌘	✓		✓			
12:25 - 1:55pm						✓	✓
1:00 - 2:00pm	-10%⌘	✓	✓	-10%	-10%		
2:05 - 3:05pm						✓	✓
3:25 - 4:40pm			✓				
3:45 - 5:08pm	✓⌘						
3:50 - 5:05pm		✓		✓	✓		
4:50 - 6:05pm			✓				
5:15 - 6:45, ⌘6:55pm	✓⌘	✓		✓	✓	-10%	

Monthly Fee Structure

- | | |
|--|---|
| \$58/mo. + GST (One 45 min. class per week) | \$88/mo. + GST (One 90 min. class per week) |
| \$92.80/mo. + GST (Two 45 min. classes per week) | \$140.80/mo. + GST (Two 90 min. classes per week) |
| \$69/mo. + GST (One 60 min. class per week) | \$98/mo. + GST (One 105 min. class per week) |
| \$110.40/mo. + GST (Two 60 min. classes per week) | \$156.80/mo. + GST (Two 105 min. classes per week) |
| \$79/mo. + GST (One 75 min. class per week) | \$108/mo. + GST (One 120 min. class per week) |
| \$126.40/mo. + GST (Two 75 min. classes per week) | \$172.80/mo. + GST (Two 120 min. classes per week) |
- % = adjustment to monthly base fee | May fees are adjusted to reflect 5 weeks of classes - see calendar**

Recreation Ages 5½-8 & 9-12

- Medallion Program: Burgundy to Turquoise
 - Each class is streamed according to age, award level and/or previous experience
 - Boys and girls classes held concurrently
- % = added or subtracted to monthly base fee**
 ⌘ = 8 & 10 min. /class added to compensate for 4 holiday closures

Time/Day	M⌘	T	W	T	F	S	S
8:25 - 9:25am						✓	✓
9:35 - 10:50am						+10%	+10%
11:00 - 12:15pm						✓	✓
12:25 - 1:55pm						✓	✓
2:05 - 3:05pm						✓	✓
3:25 - 4:40pm			✓				
3:45 - 5:08pm	✓⌘						
3:50 - 5:05pm		✓		✓	✓		
4:50 - 6:05pm			✓				
5:15 - 6:45pm		✓		✓			
5:15 - 6:45, ⌘6:55pm	✓⌘				✓	-10%	

Advanced Recreation Ages 9+

- Students are grouped by similar age
- A strong round off is required
- Medallion Program: Silver through Gold award levels
- Entry based on assessment

Teen Gym Ages 13-17

- Medallion Program: Burgundy through Gold award levels
- Boys and girls are coached in separate groups (no experience required)
- Coach In Training program available

⌘ = 13 min. /class added to compensate for 4 holiday closures

Time/Day	M⌘	T	W	T	F	S	S
5:15 - 7:15pm					✓		
5:15 - 7:28pm	✓⌘						
6:15 - 8:15pm			✓				
6:55 - 8:40pm		✓		✓			
12:25 - 2:10 & *1:55pm						✓	*✓

Performance Ages 5½ - 17

- Entrance via an invitation only
 - Students follow Medallion Program with a stronger emphasis on skill aesthetics
 - For students who are interested in events such as mall displays and parades
 - Must pass entry test requirements
- (Candidates must demonstrate a stable **round-off** and be able to lift their legs to a bar from a still hang.)

Majority of group is either:

A = 5½-8yrs B = 8-11yrs or C = 12-17yrs

⌘ = 10 & 13 min. /class added to compensate for 4 holiday closures

Time/Day	M⌘	T	W	T	F	S	S
3:30 - 5:10pm Boys	A⌘						
3:35 - 5:05pm Boys					A		
3:35 - 5:05pm Girls		A		A			
5:15 - 6:45pm Girls		B		B			
5:15 - 7:28pm Boys	B,C⌘						
5:15 - 7:15pm Boys					B,C		
6:55 - 8:55pm Girls		C		C			

Home & Distributed Learners

- Must be a registered Home/Dist. Learner
- Ages 3½ & Up
- Medallion Program
- 15% fee discount off all class times

Time/Day	M	T	W	T	F	S	S
2:10 - 3:25pm		✓DT		✓DT			

Adult Gym Ages 18+

- All experience levels
 - Reduced rate ↔ set down
 - 10:1 ratio
 - No trial classes
- \$89/mo. + GST** (Two 75 min. classes per week)
FREE if coaching min. 4 hours weekly

⌘ = 10 min. /class added to compensate for 4 holiday closures
 May fees are adjusted to reflect 5 weeks of classes - see calendar

Time/Day	M⌘	T	W	T	F	S	S
7:45 - 9:00pm	✓⌘						
8:25 - 9:40pm			✓				
8:45 - 10:00pm		✓		✓			

{ See Reverse For Calendar, Camps, Events & Award Dates }

Daycare & Schools

- Minimum 5 students required per group
- Co-ed
- Maximum 10 to 1 student/teacher ratio
- \$27/mo./stu. + GST (≤1hr class/wk) without Awards**
- \$30/mo./stu. + GST (≤1hr class/wk) with Awards**
- \$10/cls./stu. beyond the agreed upon max.**

Monthly minimum fee assessed according to number agreed upon at time of booking

- \$19/stu. insurance fee for ≥ 5 sessions
- Payments must come from one source only.
- Ages less than 3½yrs, daycare must provide a teaching asst. for a 5:1 ratio

Make-up Classes

- Make-up reservations are booked via our website/portal (only) and are subject to availability
- **First** Wed. and Sun. of each month (See Calendar)
- 10:1 ratio - Co-ed - More options online
- \$5 + GST / Make-up online booking fee**
(Make-up classes are only available to students who are 'Actively Registered' at the given facility and have reported their absence prior to missing their scheduled class)

Start	End	M	T	W	T	F	S	S
2:10pm	All classes 1.25 hour duration							✓
11:35am	All classes 1 hour duration			✓	←	←	←	←
6:15pm	All classes 1.25 hour duration			✓	←	←	←	←

Private Birthday Parties

What's Included?

- We supply invitations, hats, napkins, table cover, decorations
- 1 Certified Instructor > Free T-Shirt
- > 40' Long Trampoline > Air Trak
- > 10'X17' Trampoline > Structured Play
- ◆ **Cost:** 10 or less children \$180+GST
\$10/additional child on apparatus
Max. 12 kids Anticipated number reported preceding by Friday at 12pm

- ◆ **Duration:** 1 hour of gym time followed by 45 min. in a party room.
- ◆ **Days:** Sat. & Sun. afternoons

Note: Signed Birthday Party agreement must be returned within 3 days of booking. Cancellation = 70% refund

Annual Registration, Payment Methods & Policies

Annual Insurance & Registration of \$49 (+GST) (expires Aug 31st, '24) is required for all programs - non-refundable

Payment Options

1. **Visa or MasterCard** payments for initial fees, followed by monthly payments to June, are available and processed automatically on the 1st of each month via our online service provider partner 'Studio Director'. **Visa 'Debit'** cards are currently not accepted.
2. **Pre-authorized Debit (PAD) Step 1** - Register online, and provide payment of initial fees before 12am on the same day, **online** via credit card or during office hours via debit/cheque/e-transfer. **Step 2** - Sign a PAD agreement for monthly payments for the first of each month. Cancel anytime in accordance with our class calendar (see reverse). No surcharge for non-credit card transactions.
IMPORTANT: If payment is not received on the same day before 12am, the registration is cancelled by software provider.

3. **In Person** Pay via cash/cheque/debit or credit card during stated administration office hours (see website for office hours)

Please note: • For automated payments, the **5th week of May '24** is pre-paid upon registration - refundable upon early cancellation.⁽¹⁾
• **Unpaid fees past 7 days** of the current month's first scheduled class, result in the loss of class placement.
• A 2.4% non-refundable surcharge applies to all **credit card** charges. • A \$13 fee applies to late payments after 72 hrs.

Trial / Drop-in Classes

Trial classes are reserved by calling the gym. A trial class is reserved at a partial class cost of \$10+ GST (non-refundable); this fee is applied toward the initial payment cost upon continued enrollment - otherwise, no additional charges apply. Trial classes **do not** guarantee future class placement and are not available Sep 3rd - 23rd.

Late Starters

Enrollment is continuous. Fees are pro-rated at the time of registration for those starting after the 1st of the month. Start anytime!

Discount & Incentives

A 10% discount is given for a single payment that covers (10 months) Sept. - June - all lump sum payments are non-refundable; however, a credit note is provided and is transferable to any child who has not taken part in classes no less than 10 months prior to the date of redemption. Group rates are available for 3 or more - all group members must belong to the same family/organization.⁽²⁾

Make-up Classes

Make-up classes are available for as long as a student is '**Actively Registered**' (current month paid in full) and the missed class has been reported **beforehand** via our website. Make-up classes are only scheduled via our website on a first come, first serve basis. Make-up no shows result in the loss of class owed - sorry, no phone reservations accepted. If fees are owed, make-up classes are disallowed. **Note:** Missed classes are not refundable. There is a non-refundable \$5+GST fee/make-up class. Make-up class durations may be ± regular scheduled class duration. Please see our 'Class Dates & Fee Calendar' on reverse for make-up class schedule.

Reserving Class Placement

Class placements that are reserved must be paid for regardless of attendance. Please advise **office** of any status change. Any/all student intellectual and/or behavioral challenges (i.e. ADHD) must be disclosed and discussed with administration prior to registration.

Withdraws, Refunds & Credits

When written notice has been received via www.Victoriagymnasticsdowntown.com or emailed **before the current month's cut off date** outlined in this brochure's 'Class/Fee Calendar', all 'recurring' auto debit and credit card payments will end and class credit (without cash value) is provided. Notice after the cut-off date will result in no class credit and any residual balance will be applied against any negative balance that might exist. **All payments are processed until written notice is received.** Regardless of payment method, if classes are interrupted by any instance or manner including, but not limited to: disaster, pandemic, war, terrorism, vandalism, riot, protest, strike, fire, earthquake, flood, tsunami, blizzard, tornado and storm, class credit (**no refunds**) will be provided for any class time remaining in the class calendar month of the incident. *Also note: Credits are only honored when a receipt is presented - records deleted.*

In The Event Of COVID-19 Closure

If **Victoria Gymnastics** is forced to close due to COVID-19, **Class credit will be provided** for any remaining time in the month paid for at the time of the closure and all scheduled future payment(s) will immediately STOP! - **NO REFUNDS FOR CLASSES OR CAMPS. CLASS CREDIT ONLY.** COVID19 guidance provided by BC government (Provincial Health Officer), WorkSafeBC, and viaSport.

Class Cancellations, Instructor Substitution and Changes

We reserve the right to cancel or change class or camp times; in either case, notification will be given and classes/camps will be rescheduled or refunded at our discretion. From time to time, class ratios may be affected by a coaches' illness — every effort is made to minimize this occurrence. Such events may also necessitate a temporary substitute instructor for your child's class and/or a co-ed class.

Notes: ⁽¹⁾ if no fees are owed on account ⁽²⁾ other conditions apply

The content of this brochure will always supersede all other media.



Class Dates & Fee Calendar 2023/24

Important: This calendar indicates 'ONLY' the actual class days for which fees are assessed.
 Monthly fees are based on 4 weeks of instruction - except May which includes a fifth week of classes.
 All payments types are dated for the first of each month.

Award Dates

Final Testing Awards Week

Nov 19 - 2 → Dec 10 - 16
 May 5 - 18 → May 26 - 1

Routine Displays Mar 3 - 9

Routine Displays Jun 16 - 22

Note: Medals are awarded during the last 10 min. of each class throughout awards week.

OCTOBER

(Oct. 1st. - Oct. 28th.) = 4 weeks

No classes Thanksgiving Oct. 9th.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	⊗	10	11	12	13	⊗14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

DECEMBER

(Nov. 26th. - Dec. 23rd.) = 4 weeks

No classes, Holiday Break Dec. 24 - Jan. 6

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	⊗9
10	11	12	13	14	15	16
17	18	19	20	21	22	23

FEBRUARY

(Feb. 4th. - Mar. 2nd.) = 4 weeks

No Classes Family Day Feb 19th.

S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	⊗17
18	⊗	20	21	22	23	24
25	26	27	28	29	1	2

APRIL

(Mar. 31st. - Apr 27th.) = 4 weeks

Classes 'ARE' held Easter Sunday & Monday

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	⊗20
21	22	23	24	25	26	27

JUNE

(Jun 2nd. - Jun 29th.) = 4 weeks

Summer Programs Start July 2nd

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	⊗	29

SEPTEMBER

(Sep. 3rd. - Sep. 30th.) = 4 weeks

No classes Labour Day Sep. 4th.

S	M	T	W	T	F	S
3	⊗	5	6	7	8	9
10	11	12	13	14	15	⊗16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOVEMBER

(Oct. 29th. - Nov. 25th.) = 4 weeks

Classes are held Remembrance Day Nov 11

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	⊗18
19	⊗	21	22	23	24	25

JANUARY

(Jan. 7th. - Feb. 3rd.) = 4 weeks

4 Day Camps Dec. 26-29 & Jan. 2-5

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	⊗20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

MARCH

(Mar. 3rd. - Mar. 30th.) = 4 weeks

All regular classes ARE HELD during our Spring Camp Mar. 18-22 & 25-28
 No Classes Good Friday (stat) Mar 29

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	⊗	30

MAY

(Apr 28th. - June 1st.) = 5 weeks

No classes Victoria Day May 20th.

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	⊗18
19	⊗	21	22	23	24	25
26	27	28	29	30	31	1

⊗ Indicates holidays for which class durations are extended or rescheduled.

⊠ Indicates Pro-D days when Make-up and Morning Camp Opportunities are offered

⊗ Cancellation notice cut off

Make-up class - book online

Victoria Gymnastics
 Est. 1980

**Celebrating 43 Years Of
 Gymnastics Experience
 With Over 104,000
 Victoria Families**

Sept. 2023 to June 2024

**Register Online at:
 www.Victoriagymnastics
 downtown.com**

**2051 Store Street, Victoria,
 B.C. V8T 5L9**

250-380-2442

victoriagymnastics.downtown@gmail.com

(This Victoria Gymnastics location is a
 Ghost Athletics Ltd. company)

Why Victoria Gymnastics?

- ✓ Lowest student/teacher ratio in Victoria - guaranteed.
- ✓ Certified instructors with decades of experience
- ✓ We have an award program that is structured to be inclusive, individualized and **non-competitive**.
- ✓ Our convenient location has plenty of free on-street parking
- ✓ Our state of the art facilities are safe and clean
- ✓ 100% Canadian owned and operated for 43 years
- ✓ A curriculum of 1400 skills distributed over 10 apparatus

Our Commitment:

To provide quality gymnastics instruction, with maximum activity level, in a well structured, fun and safe environment.

Structure of Programs

Programs are structured around two award testing periods and two routine presentations. This skill testing frequency, and related routine construction, provides students, and their parents, an opportunity to receive feedback as they move through our proprietary Medallion Program at their own pace. For your convenience, fees are assessed on a monthly basis.

All class ratios are guaranteed at a max. of ≤8:1

Parent & Tot Ages 20mo. - 3½

This program is structured to encourage parent/child interaction in a gymnastics environment. The parent(s) and their children by providing spotting assistance and by helping to keep the tot focused. Parent & Tot and Kindergym classes are scheduled concurrently. This environment prepares tots for the eventual move to the independence of Kindergym. Tots experiment with movement by working on the progressions that lead to the basic movement patterns found in our proprietary Medallion Program. Circuits include the use of bars, beam, trampoline, spring boards, tumble and air tracks and floor. (≤8:1 ratio) **Watch your step parents! Many uneven and 'changing in levels of support' surfaces exist in gym.**

Note: All parents must sign a separate waiver in addition to their child's.

Kindergym Ages 3½ - 5½

The emphasis is on fun and learning basic gymnastic movements and vocabulary. Safe physical development, attention to body placement and skills appropriate to the age group are stressed. Lessons are planned around the first 4 levels of our proprietary Medallion Program, Burgundy through Gold. Children develop confidence with elements containing rotation, landing, balance, flight, swing and spring. (≤8:1 ratio) Note: Child must be able to use washroom on their own (see calendar for 'Medallion' testing

Recreational Ages 5½ - 12

Recreation programs are designed first and foremost to be fun. They also provide superior physical development (flexibility and strength), challenging activity and a measure of success and accomplishment for the child. Lessons are developed around the first 7 of levels our proprietary Medallion Program, Burgundy through Gold award system. Instruction is provided on all Olympic gymnastics events plus trampoline. Progress assessments are made every 20 weeks, followed by the presentation of medallions and routines. The club retains records on the progress of each student to assist in class placement in future sessions. (≤8:1 ratio) (see calendar for 'Medallion' testing dates)

Performance A Ages 5½-8

The experienced 5½ - 8 yr. will benefit from a greater emphasis on skill refinement. Entry is by invitation after taking part in our annual testing. As a skill standard, all Performance students can lift their legs to a bar from a hanging position. These students will take part in award presentations, displays and other promotional activities. **Min. 2 classes per week.** Purchase of display attire may be required. (≤8:1 ratio)

Performance B & C Ages 8 - 17

Children are invited into this group based upon the results of our annual testing; as a standard, students in this program are able to demonstrate a stable round-off. This program involves a more enriched and intense gymnastic workout where skill execution is emphasized. These students may eventually be invited into one of our higher level programs. It is required that these children attend a **min. of two classes per week.** More frequent training sessions provide the necessary repetition the gymnast will require to maintain this skill level. Performance students, who attend two times per week, are invited to take part in mall displays, parades and other promotional activities. Purchase of display attire may be required. (≤8:1 ratio)

Advanced Recreation Ages 9+

These programs continue to emphasize fun and physical development with a greater emphasis on skill progressions for advanced gymnastics. Students follow our proprietary Medallion Program. With the advanced nature of the skills performed, two classes per week are recommended, although the option of one class is available. (≤8:1 ratio)

Teen Gym Ages 13 - 17

An introductory course for teenagers with little or no previous gymnastics experience. Classes are scheduled concurrently with 'Advanced Recreation' so that beginner teens will be with gymnasts of similar age. The program format is identical to the Advanced Recreation class; Medallion Program assessments are made as per this brochure calendar. (≤8:1 ratio)

Adult Gym Ages 18+

Whether your goal is to learn beginner level skills such as a handstand, cartwheel, handspring or to reestablish the ability to perform previously learned gymnastics skills, the breadth of this program facilitates all ability levels and objectives. Students are divided into groups of similar experience and learning objectives. Emphasis is placed on floor exercise and trampoline skills. By attending classes twice per week, the stretching and strength training in each class will provide the physical preparedness gymnastics requires. This program is now charge for trainees coaching 4hrs or more. Makeup classes now available when reported prior to an absence. (≤10:1 ratio)

Home Learners Ages 2-Teen

This class time has been exclusively reserved for registered home and distributed learners to facilitate a non-competitive environment where the gymnastics curriculum is taught without regard to a skill acquisition timeline. Our Medallion Program rewards students at all stages of achievement (i.e. a medallion is awarded for 0 to 60% completion of any of the 14 progressive levels). (See calendar for assessment dates) This is a rare opportunity for home learning children to take part in an activity that is conducive to the home learning philosophy. (≤8:1 ratio)

Daycare & Schools

The objective of this program is to provide an affordable quality gymnastics experience for daycare and school organizations. Although it is recommended that students take part in the 'Achievement' Medallion Program, not all groups may want to attend the required ten classes. Groups who do not wish to take part in the medallion program will be instructed according to the same curriculum as those who do. A 10:1 student/teacher ratio provides a lower cost without sacrificing the quality of instruction — care providers are required to assist our instructors with children who are 3½ or less at a 5:1 ratio

Pre-competitive & Competitive

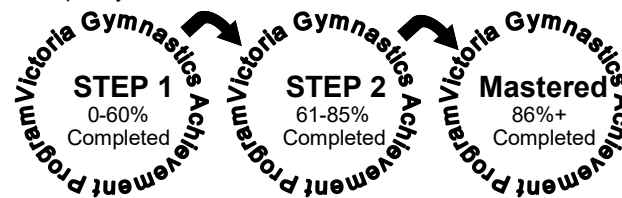
Each May, a news letter will be sent out inviting selected students to take part in our trials for entrance into the Performance (ages 5-16), Pre-competitive (ages 5-7) and Competitive (ages 6-17) programs for boys and girls. There are several groups of each category. The main objective of these programs is to provide students with an opportunity to maximize their potential while maintaining the highest quality of all other programs listed in this brochure. We do not support any coaching styles or training methods that do not contribute to the psychological development of the athletes. Parents of competitive athletes maybe required to join the Victoria Gymnastics Parents Booster Group - a non-profit organization whose primary function is to fundraise in an effort to lessen the financial burden of meet fees and travel expenses. Currently, this program is for **BC School Sport** only. Front and back handsprings are a minimum program entry requirement.

Achievement Program

Our 14 colour/level 'Medallion Program' has been modeled after the national system. The actual medallion is gold in colour while the colour of the sticker represents progress being made. Each time your child receives an award (Step 1, Step 2 or Mastered) he/she has the opportunity to either:

- advance within a color/level or
- move on to the next color/level.

Within each level, there exists an average of 100 gymnastics skills that are distributed among the floor exercise, rings, vault, parallel bars, uneven bars, high bar, trampoline(s), pommel horse and balance beam. These skills progress in their complexity as students master each successive medallion.



The percentage range represents the total number of skills that have been successfully demonstrated to an instructor. Once your child has mastered a level, he/she will begin working on the next level up and, upon the next testing session (2 per 10 month session), a new medallion will be issued. The medallions progress in difficulty as follows: **Burgundy, Red, Tan, Bronze, Purple, Blue, Turquoise, Silver, Orange, Yellow, Green, Grey, White and Gold.**

Note: Unclaimed medallions will be available at the office for 30 days following awards week.

Birthday Parties

Activities:

Your child and a group of his or her friends will spend a fun filled hour in the gym swinging from bars, climbing ropes, bounding across our spring floor, bouncing from either our 40ft. long tumble trampoline or our 'in ground' high performance trampoline into a massive landing pit full of foam cubes all the while performing skills and playing (*structured play*) a variety of games that are age and ability level appropriate. During the party, parents and non-participating guests are encouraged to join the party from the sidelines for video and still picture opportunities. Note: When required, our COVID-19 practices are mandatory. **All persons in the gymnastics apparatus area must sign a waiver.**

Party Coordinators:

A certified party coordinator and a helper will lead the way to a special birthday for your child that is full of smiles and laughter. One will stay exclusively with your group for the entire hour of gym time while the other will act both as a host coordinating the days activities and as a intermittent coach.

What we supply:

Invitations, and a t-shirt for the birthday child.

Note: During the time on the apparatus, party attendees who are under the age of 4 must have a parent at their side at all times.

What you supply:

Food and drinks of your choosing, plates, cups, cutlery and whatever else you please—no piñatas or nuts please.

COVID-19: Restrictions may apply - see website updates

Holiday Camps

Our 3 hour long, 5 day holiday camps provide an excellent opportunity for your child to advance their current skill repertoire; The extended time on each apparatus will ensure that students gain more experience in preparation for the next scheduled testing (see calendar). With the implementation of our new Achievement Program containing 1400 skills and progressions, camps provide the equivalent of 3 months of gym time condensed into one week. See website for current COVID procedures.

When: - Christmas Holidays (Dec. 26 - 29 & Jan. 2 - 5)
- Spring Break (Mar. 18 - 22 & Mar. 25 - 28)
- Pro-D Days (see brochure calendar for dates)

Who: Kindergym (3½yrs) through to Advanced Rec. (17yrs)

Cost: **\$180 + GST** (cost pro-rated for camps less than 5 days)

A non-refundable fee of \$25.00 + GST is required at all levels of membership for insurance and 'Casual' registration status.

Note: This fee applies to 'non-members' only.

Snacks: Students are encouraged to bring a small snack and drink to each day of camp (*no nuts please*).