



WHISTLER GYMNASTICS- Pemberton 'Spring 2018' SCHEDULE

Session (10 weeks): **Thurs, Apr 5th** (Tues, Apr 10th) to Tues, June 12th, 2018
Year End Show Thursday, June 14th 5:00

Our organization works within the recommendations of the Canadian Sport for life Institute's Long Term Athlete Development stages "LTAD" <http://sportforlife.ca/qualitysport/stages/>

As part of a recreational gymnastics class, children of all ages and abilities have fun learning challenging skills; playing on interesting equipment; doing routines; or performing in a demonstration. Gymnastics is about "how the body moves", it is recognized by the International Olympic Committee as a "foundation sport" for all physical activity and sports. By PLAYing in gymnastics, babies, toddlers, children, youth and adults learn skills that prepare them to participate in almost every other sport.

CLASSES	AGE/ GRADE	DAY	TIME	Registration: March 1 st
ACTIVE START AGES 1 – 6				
PARENT AND TOT -must be able to walk age 1.5-3	Born in 2015-2016 Born in 2015-2016	Tuesday or Thursday	9:15-10:00 9:15-10:00	\$105 + \$35 yearly membership fee
TUMBLE TOT -age 2.5-3	Born Jan-May 2015, late 2014 *Must have one session of PnT	Tuesday or Thursday	10:15-11:00 10:15-11:00	\$105 + \$35 yearly membership fee
SPINNERS KK3	Born in 2014	Tuesday or Thursday	11:15-12:00 11:15-12:00	\$105 + \$35 yearly membership fee
TWISTERS KK4	Born in 2013	Tuesday or Thursday	12:15-1:00 12:15-1:00	\$105 + \$35 yearly membership fee
SuperTwisters KK4	Born in 2013 *Must have two sessions experience	Thursday	1:15-2:45	\$180 + \$35 yearly membership fee
FUNdamentals AGES (5)6 - 13 Grades K-7				
HIGHFLYERS - working on gymnastics Fundamentals movement skills to develop physical literacy	Grade Kindergarten girls and boys	Tuesday	3:30-4:30	\$120 + \$35 yearly membership fee
SPRINGERS - working on gymnastics Fundamentals movement skills to develop physical literacy	Grade 1-3 girls	Thursday	3:15-4:30	\$150 + \$35 yearly membership fee
PAD - Performance and Development - more skill less play but skill having FUN!	Grade 1-2 girls with experience	Tuesday	4:30-6:00	\$180 + \$35 yearly membership fee
JR REBOUNDERS -girls wanting more challenge, more fitness	Grade 2-3 with one year experience Girls	Thursday	4:30-6:00	\$180 + \$35 yearly membership fee
REBOUNDERS -Gymnastics skills, fun, fitness, fundamentals	Grade 4-7 girls	Thursday	6:00-7:30	\$180 + \$35 yearly membership fee
NINJAs -gymnastics basic with a ninja-free running twist	Grade 1-2 boys Grade 3 boys	Thursday	4:00-5:00 5:00-6:00	\$135 + \$35 yearly membership fee
GymKour -parkour-style gymnastics training	Grade 4-5 boys Grade 6-7 boys	Thursday	6:00-7:00 7:00-8:00	\$135 + \$35 yearly membership fee
Learn to Train				
INTERCLUB Performance Program is also offered at this facility for those interested in a year long commitment and included attending and performing at 3 gymnastics events in the spring. Please email if you would like more information Start September till June. There are requirements needed.				
ACTIVE FOR LIFE				
Adult Gym	18plus	Tues or Thurs	Email to register (need to know if there is enough interest). Tentative time 7:45-8:45 plus take down till 9:00	

* All training days/times are based on registration, subject to change with notice by WGC, and only if deemed necessary for benefit of program needs.

IF A CLASS IS FULL, PLEASE SIGN UP TO THE WAIT LIST. WE TRY TO GET EVERYONE ON THE WAITLISTS IN!

***VOLUNTEER LEVY: 5% WILL BE INCLUDED IN YOUR PROGRAM PRICE.**

YOU CAN EARN THIS BACK BY SUBMITTING YOUR VOLUNTEER HOURS EACH SESSION.

Whistler Gymnastics-Pemberton pemberton@whistlerymnastics.com | 604-902-3547 |
Classes held at Pemberton and District Community Centre