



## WHISTLER GYMNASTICS- Pemberton 'WINTER 2018' Session

10 weeks: Tuesdays and Thursdays, Jan 9 & 11 to Mar 13 & 15

(Last days of winter classes-Families are invited to watch Ribbon day!)

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: Dec 1 <sup>st</sup> current members/Dec 8 <sup>th</sup> new members
<b>ACTIVE START AGES 1 – 6</b>				
<b>PARENT AND TOT</b> -must be able to walk age 1.5-3	Born in 2015-2016	Thursday Thursday	9:15-10:00 10:15-11:00	\$105- New members add \$35 yearly membership fee
<b>TUMBLE TOT</b> -age 2.5-3	Born early 2015, late 2014	Thursday	11:15-11:00	\$105- New members add \$35 yearly membership fee
<b>SPINNERS KK3</b>	Born in 2014	Thursday	12:15-1:00	\$105- New members add \$35 yearly membership fee
<b>TWISTERS KK4</b>	Born in 2013	Tuesday Thursday	2:30-3:15 12:15-1:00	\$105- New members add \$35 yearly membership fee
<b>SuperTwisters KK4</b>	Born in 2013 With 2 session experience	Thursday	1:15-2:45	\$180- New members add \$35 yearly membership fee
<b>FUNdamentals AGES (5)6 - 13 Grades K-7</b>				
<b>HIGHFLYERS</b> - working on gymnastics Fundamentals movement skills to develop physical literacy	Grade Kindergarten girls and boys 2012	Tuesday	3:30-4:30	\$120- New members add \$35 yearly membership fee
<b>SPRINGERS</b> - working on gymnastics Fundamentals movement skills to develop physical literacy	Grade 1-3 girls	Thursday	3:15-4:30	\$150- New members add \$35 yearly membership fee
<b>PAD</b> - Performance and Development - more skills but skill having FUN!	Grade 1-2 girls with experience	Tuesday	4:30-6:00	\$180- New members add \$35 yearly membership fee
<b>JR REBOUNDERS</b> -girls wanting more challenge, more fitness	Grade 2-3 with one year experience Girls	Thursday	4:30-6:00	\$180- New members add \$35 yearly membership fee
<b>REBOUNDERS</b> -Gymnastics skills, fun, fitness, fundamentals	Grade 4-7 girls	Thursday	6:00-7:30	\$180- New members add \$35 yearly membership fee
<b>NINJAs</b> -gymnastics basic with a ninja-free running twist	Grade 1-2 boys Grade 3 boys	Thursday	3:30-4:30 4:30-5:30	\$130- New members add \$35 yearly membership fee
<b>GymKour</b> -parkour-style gymnastics training	Grade 4-5 boys Grade 6-7 boys	Thursday	5:45-6:45 6:45-7:45	\$130- New members add \$35 yearly membership fee

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

\* 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.

### Register online at [whistlerymnastics.com](http://whistlerymnastics.com)

Please email if you are unable to complete the online registration.

**VOLUNTEER LEVY: 5% WILL BE INCLUDED IN YOUR PROGRAM PRICE.  
YOU CAN EARN THIS BACK BY SUBMITTING YOUR VOLUNTEER HOURS EACH SESSION.**

*Please ask about volunteer opportunities.*

Whistler Gymnastics-Pemberton [pemberton@whistlerymnastics.com](mailto:pemberton@whistlerymnastics.com) | 604-902-3547 |  
Classes held at Pemberton and District Community Centre