



# WHISTLER GYMNASTICS- Pemberton 'FALL 2018' SCHEDULE

Session (12 weeks): **Thurs**, Sept 14th to Thurs, Dec 7th, 2017

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: August 1 <sup>st</sup>
<b>ACTIVE START AGES 1 – 6</b>				
<b>PARENT AND TOT</b> -must be able to walk age 1.5-3	Born in 2016-2017 Born in 2015-2016 Born 2015	Tuesday Thursday Thursday	9:15-10:00 9:15-10:00 10:15-11:00	\$130 + \$40 yearly membership fee
<b>TUMBLE TOT</b> -age 2/5-3	Born early 2016, late 2015	Tuesday	10:15-11:00	\$130 + \$40 yearly membership fee
<b>SPINNERS KK3</b>	Born in 2015	Tuesday or Thursday	11:15-12:00 10:15-11:00	\$130 + \$40 yearly membership fee
<b>TWISTERS KK4</b>	Born in 2014	Tuesday or Thursday	12:15-1:00 11:15-12:00	\$130 + \$40 yearly membership fee
<b>SuperTwisters KK4</b>	Born in 2014 With one year experience!	Thursday	1:15-2:45	\$225 + \$40 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	Tuesday	3:30-4:30	\$151 + \$40 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	\$188 + \$40 yearly membership fee
<b>PAD</b> - Performance and Development - more skill less play but skill having FUN!	Grade 1-2 girls with experience	Tuesday	4:30-6:00	\$225 + \$40 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	\$225 + \$40 yearly membership fee
<b>REBOUNDERS</b> -Gymnastics skills, fun, fitness, fundamentals	Grade 4-7 girls	Thursday	6:00-7:30	\$225 + \$40 yearly membership fee
<b>NINJAs</b> -gymnastics basic with a ninja-free running twist	Grade 1 boys Grade 2 boys Grade 3	Thursdays	3:30-4:30 4:30-5:30 5:30-6:30	\$151 + \$40 yearly membership fee
<b>GymKour</b> -parkour-style gymnastics training	Grade 4-5 boys Grade 6-7 boys	Thursdays	6:30-7:30 7:30-8:30	\$151 + \$40 yearly membership fee
<b>Learn to Train</b>				
<b>INTERCLUB Performance Program</b> 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.				
<b>ACTIVE FOR LIFE</b>				
<b>Gymnaestrada</b> group performance in May	Grade 5+	Tuesday	Email to register time and fee will be determine if enough interest. Tentative time 7:00-8:00	
<b>Adult gymnastics</b>	18 plus			

\* 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.**

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

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