

## Parent & Tot Ages 20mo. - 3 1/2

- Parental participation required (Co-ed)
- Experienced 3 1/2 yr. olds and older may be better suited for a Kindergym class. Please consult with coach or administrator.

**\$49/mo. + HST** (One 60 min. class per week)  
**\$80/mo. + HST** (Two 60 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Time/Day	M	T	W	T	F	S	S
8:30 - 9:30a.m.						✓	
9:15 - 10:15a.m.	✓	✓	✓	✓	✓		✓
9:50 - 10:50a.m.						✓	
10:30 - 11:30a.m.	✓	✓	✓	✓	✓		✓
11:10 - 12:10p.m.						✓	
11:45 - 12:45p.m.							✓
1:00 - 2:00p.m.	✓	✓	✓	✓	✓		
2:25 - 3:25p.m.			✓				
3:25 - 4:25p.m.			✓				

See Calendar On Reverse For Testing Dates & Holiday Camps

## Kindergym Ages 3 1/2 - 5 1/2

- No parental assistance required (co-ed)
- 'CANGYM' award program Burgundy through Tan award levels

**\$49/mo. + HST** (One 60 min. class per week)  
**\$80/mo. + HST** (Two 60 min. classes per week)  
**\$57/mo. + HST** (One 75 min. class per week)  
**\$88/mo. + HST** (Two 75 min. classes per week)  
**\$64/mo. + HST** (One 90 min. class per week)  
**\$107/mo. + HST** (Two 90 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Time/Day	M	T	W	T	F	S	S
8:30 - 9:30a.m.						✓	
9:15 - 10:15a.m.	✓	✓	✓	✓	✓		✓
9:50 - 10:50a.m.						✓	
10:30 - 11:30a.m.	✓	✓	✓	✓	✓		✓
11:10 - 12:10p.m.						✓	
11:45 - 1:00p.m.							✓
12:30 - 2:00p.m.						✓	
1:00 - 2:00p.m.	✓	✓	✓	✓	✓		
3:25 - 4:40p.m.			✓				
3:50 - 5:05p.m.		✓		✓			
3:55 - 5:10p.m.	✓				✓		
4:45 - 6:00p.m.			✓				
5:15 - 6:45p.m.		✓		✓			

## Recreation Ages 5 1/2-8 & 9-12

- National 'CANGYM' award program Burgundy through Gold award levels
- Each class is streamed according to age, award level and/or previous experience
- Boys and Girls classes held concurrently

**\$57/mo. + HST** (One 75 min. class per week)  
**\$88/mo. + HST** (Two 75 min. classes per week)  
**\$64/mo. + HST** (One 90 min. class per week)  
**\$107/mo. + HST** (Two 90 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Time/Day	M	T	W	T	F	S	S
8:30 - 9:45a.m.						✓	
9:15 - 10:30a.m.							✓
9:50 - 11:00a.m.*						✓	
10:30 - 11:45a.m.							✓
11:10 - 12:25p.m.						✓	
11:45 - 1:00p.m.							✓
12:30 - 2:00p.m.						✓	
3:25 - 4:40p.m.			✓				
3:50 - 5:05p.m.		✓		✓			
3:55 - 5:10p.m.	✓				✓		
4:45 - 6:00p.m.			✓				
5:15 - 6:45p.m.	✓	✓		✓	✓		

Celebrating 32 years of quality gymnastics instruction

## Advanced Recreation Ages 9+

- Students are grouped by similar age
- A strong round off is required
- 'CANGYM' award program Silver through Gold award levels
- Entry based on assessment

## Teen Gym Ages 13-17

- National 'CANGYM' award program
- Burgundy through Gold award levels
- Boys and girls are coached in separate groups (no experience required)

**\$80/mo. + HST** (One 120 min. class per week)  
**\$125/mo. + HST** (Two 120 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Time/Day	M	T	W	T	F	S	S
5:15 - 7:15p.m.	✓				✓		
6:45 - 8:45p.m.		✓		✓			
11:45 - 1:45p.m.							✓
12:30 - 2:30p.m.						✓	

## Pre-Performance A Ages 5-8

- Entrance via an invitation to a skill level examination only (candidates must demonstrate a stable **cartwheel**)
- Students follow 'CANGYM' award program with a stronger emphasis on skill aesthetics

**\$107/mo. + HST** (Two 90 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Time/Day	M	T	W	T	F	S	S
3:45 - 5:15p.m. Boys	✓				✓		
3:45 - 5:15p.m. Girls		✓		✓			

## Performance B & C Ages 8-16

- For students who are interested 'Interclub' events, malls displays and parades
- Must pass entry test requirements (A stable **round-off** must be demonstrated)

**\$125/mo. + HST** (Two 120 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Majority of group is either: B = 8-11yrs or C = 12-16yrs  
 Note: Girls B group must select either a Mon./Wed. or Tue./Thu. combination

Time/Day	M	T	W	T	F	S	S
5:15 - 7:15p.m. Boys		✓		✓			
5:15 - 7:15p.m. Girls	✓C	✓B		✓B			
5:15 - 7:15p.m. Girls	✓B		✓B				
6:00 - 8:00p.m. Girls			✓C				

## Adult Gym Ages 18+

- All experience levels welcome
  - Co-ed and great fun
- \$45/mo. + HST** (Two 75 min. classes per week)  
 Plus an annual Registration Fee of \$79 +HST

Time/Day	M	T	W	T	F	S	S
8:15 - 9:30p.m.	✓		✓				
8:45 - 10:00p.m.		✓		✓			

## Homeschool Ages 2+

- Must be a registered Homeschooler
- Co-ed

**\$57/mo. + HST** (One 75 min. class per week)  
**\$88/mo. + HST** (Two 75 min. classes per week)

May & June fees are increased to cover 5 weeks of classes —see calendar

Time/Day	M	T	W	T	F	S	S
2:00 - 3:15p.m.		✓		✓			

## Daycare & Schools

- Minimum of 4 sessions required
- Minimum 5 students required per group
- Co-ed
- Annual \$13 insurance fee is required
- Maximum 10 to 1 student / teacher ratio

**\$22/mo. + HST (45 min. class/week)**  
**\$24/mo. + HST (45 min. class/week)\*\***  
**\$25/mo. + HST (1hr class/week)**  
**\$28/mo. + HST (1hr class/week)\*\***

(\*\*Medallion Award program included - min. 10 sessions)

A group fee is assessed based on the anticipated maximum number of participants in a 4 week period. This fee must be prepaid.

- All dates and times are scheduled to accommodate individual group needs

## Make-ups For Missed Classes

- **First** Wed. and Sun. of each month (Bronze & Silver Only)
  - Reservations made in person no less than 24hrs. prior via signup sheet located at office
- \$8 per Make-up card** (2 classes/card)

Start	End	M	T	W	T	F	S	S
8:00am -	All classes usual duration							✓
11:30am	All classes usual duration			✓	←	Parent & Tot and Kindergym only		
6:00pm -	All classes usual duration			✓	←	All programs excluding Parent & Tot		

## Private Birthday Parties

### What's Included?

- We supply invitations, hats, napkins, table cover, decorations and balloons
- > 2 Certified Instructors > Free T-Shirt
- > 40' Long Trampoline > Foam Pit
- > Zip Line

- ◆ **Cost:** 10 or less children \$120+HST  
 On the party day, pay only \$10 per additional child on the equipment.

- ◆ **Duration:** 1 hour of gym time followed by 45 min. in a party room.

- ◆ **Times:** Sat. & Sun. afternoons

## 'Annual' Registration Fees & Policies

### 'Annual' Registration Fee Options (Sept 1, 2011 to Aug 31, 2012)

Once per year, an insurance and registration fee is required at all levels. Please choose one of the following options:

	Bronze	-OR-	Silver	-OR-	Gold
Annual Package Cost	\$33+HST		\$42+HST		\$49+HST
Insurance	✓		✓		✓
Achievement Awards	✓		✓		✓
Class Changes	1 Free Otherwise, \$4 Each		2 Free		Unlimited
Make-up classes	\$4 Each (Sun. & Wed. only)		Free (Sun. & Wed. only)		Unlimited, (Any Time or Day)
Withdrawal Notice	30 Days		7 Days		24 Hours
Free Birthday Party Attendees	1		3		5
Bonus Classes			2		4

Note: Plans Silver and Gold are not intended to be used in conjunction with other promotional/discount offers All registration and insurance fees are non-refundable

### Payment Options & Considerations

1. First month's fees plus post-dated cheques to June, dated for the first of each month, are due at the time of registration. (Post-dates that are not for the 1st of the month, or are incomplete in series, require the first and last month to be prepaid and are nonrefundable.)
2. Visa and MasterCard are only accepted for payment from a student's start date through to, and including, January or June - whichever comes first. (credit card payment are non-refundable, however, credit is given on account)
3. A single payment for a given month will be accepted with a \$15 surcharge to hold future class placement.
4. Students for whom payment has not been received past 15 days of invoicing will lose their class placement.

### Trial / Drop-in Classes

A trial class must be paid for if the participant takes part in future classes, otherwise, payment is not required. Scheduled activity permitting, random drop-in classes are available at \$16 per hour - registration fees are applicable

### Late Starters

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

### Discount & Incentives

A 10% discount is given for a single payment that covers any 10 month period - All lump sum payments are non-refundable; however, full credit is given on account

Group rates are available for five or more. (all group members must belong to the same organization)

### Make-up Classes

Your child's classes are guaranteed for as long as he/she is 'Actively Registered' (current month paid via Payment Options 1. and 2., but not 3.) If fees are owed, make-up classes are disallowed. All make-up class attendees must have signed up at the office 'in person' minimum 24hrs. prior to a make-up. No shows result in the loss of class owed. (sorry, no phone reservations accepted except Gold registrants) **Note:** Missed classes are not refundable. See reverse for make-up schedule.

### Reserving Class Placement

Class placements that are reserved must be paid for regardless of attendance. Please advise office of any status change.

### Attire

Track pants, Shorts, T-shirt and/or a bodysuit are all appropriate attire. Please avoid zippered or buttoned clothing

### Withdraws, Refunds & Credits

In the instance of pre-month end class cancellation, makeup class(s) are provided, unless WRITTEN NOTICE, as per chosen registration option, is given prior to the start of a regular calendar month, in which case, all remaining post-dated cheques will be returned or destroyed. **Please Note: Credit card payments are non-refundable, however, class credit is given.** Please visit www.victoriagymnastics.com to provide notice - only written notice is accepted. All payments are processed until notice is received. **Please note: Credits are only honored when a signed credit note or valid makeup class card is presented.**

### Class Cancellations, Instructor Substitution and Changes

We reserve the right to cancel or change class times; in either case, notification will be given and classes rescheduled. From time to time, class ratios may be effected 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.

## Class & Fee Calendar 2011/12

**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 and June in which classes are held for 5 weeks. All post-dated cheques are made for the first of each month.

**Achievement Dates**

Assessment	Ceremony
Oct 23-Nov 5	Nov 13-19
Feb 12-25	Mar 4-10
May 20-Jun 2	Jun 10-16

**Note:** Students who have a Step 1 or 2 Medallion are required to bring it to class during Awards Week.

**SEPTEMBER**  
(Aug. 28th. - Sep. 24th.) = 4 weeks  
no classes Labour Day Sep. 5th.

S	M	T	W	T	F	S
28	29	30	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

**OCTOBER**  
(Sep. 25th. - Oct. 22nd.) = 4 weeks  
no classes Thanksgiving Oct. 10th.

S	M	T	W	T	F	S
25	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

**NOVEMBER**  
(Oct. 23rd. - Nov. 19th.) = 4 weeks  
classes 'ARE HELD' Remem. Day Nov. 11th.

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

**DECEMBER**  
(Nov. 20th. - Dec. 17th.) = 4 weeks  
no classes Holiday Break Dec. 18 - Jan. 1

S	M	T	W	T	F	S
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17

**JANUARY**  
(Jan. 1st. - Jan. 28th.) = 4 weeks  
Camps Dec. 19-23 & Dec. 26-30

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	28	29

**FEBRUARY**  
(Jan 29th. - Feb. 25th.) = 4 weeks

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	20	21	22	23	24	25

**MARCH**  
(Feb. 26th. - Mar. 24th.) = 4 weeks  
All regular classes ARE HELD during our Spring Break Camps Mar. 12 - 16 & 19 - 23

S	M	T	W	T	F	S
26	27	28	29	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

**APRIL**  
(Mar. 25th. - Apr. 21st.) = 4 weeks  
No classes Good Friday Apr. 6th.  
Classes 'ARE HELD' Easter Sun. and Mon.

S	M	T	W	T	F	S
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

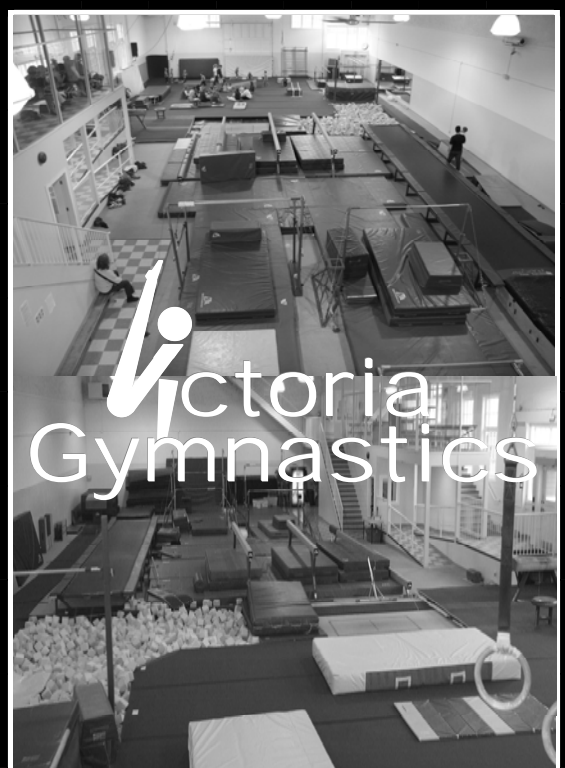
**MAY**  
(Apr. 22nd. - May 26th.) = 5 weeks  
No classes Victoria Day May 21st.

S	M	T	W	T	F	S
22	23	24	25	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	24	25	26

**JUNE**  
(May 27th. - May 30th.) = 5 weeks  
Early Fall '12 registration incentives Jun 1-30th.

S	M	T	W	T	F	S
27	28	29	30	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	28	29	30

**Note:** Students must be 'Actively Registered' to receive an award.  
(see Registration Policies)



## Sept. 2011/June 2012

**Program, Schedule, Fee & Birthday Party Information**

### Register Online at

## victoriagymnastics.com

### Phone 380-2442

**2051 Store Street, Victoria, B.C., V8T 5L9**  
(Victoria Gymnastics is a A.D.Ventures Ltd. company)

### Why Victoria Gymnastics?

- ✓ We have the lowest student/teacher ratio in Victoria.
- ✓ Our coaches are certified by Gymnastics Canada
- ✓ We have an award program that is structured to be inclusive, individualized and non-competitive.
- ✓ We are conveniently located two blocks north of Capital Iron beside Sports Traders.
- ✓ Our state of the art facility is ozone treated and disinfected each evening.

**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 three award testing periods. This is the testing frequency recommended by the Gymnastics Canada Gymnastique (GCG) 'CANGYM' program and awards system to cover one progression level. For your convenience, fees are assessed on a monthly basis.

**All class ratios are guaranteed at a maximum of eight students per instructor.**

### Parent & Tot Ages 20mo. - 3 1/2

This program is structured to encourage parent/child interaction in a gymnastics environment. The parent(s) aid their children by providing spotting assistance and 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 the 'CANGYM' program. Circuits include the use of bars, beam, trampoline, spring boards, and floor. (8:1 ratio)

### Kindergym Ages 3 1/2 - 5 1/2

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 developed around the Gymnastics Canada Gymnastique (GCG) 'Can Gym' Burgundy through Gold award system. Children develop confidence with elements containing rotation, landing, balance, flight, swing and spring. (8:1 ratio)

### Recreational Ages 5 1/2 - 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 Gymnastics Canada Gymnastique (GCG) 'CANGYM' Burgundy through Gold award system. Instruction is provided on all Olympic gymnastics events plus trampoline. Progress reports are provided to gymnasts upon fitness assessments dates, followed by the presentation of GCG medallions. The club retains records on the progress of each student to assist in class placement in future sessions. (8:1 ratio) (see calendar for 'CANGYM' testing dates)

### Performance A Ages 5-8

The experienced 5 - 8 yr. old, who possesses a stable cartwheel and the desire for longer training times, will enjoy this challenging program. Generally, this program is co-ed; however, where numbers permit, genders may be separated. Entry is by invitation after taking part in our bi-annual testing. As a standard, students in this program are able to demonstrate a stable cartwheel. These students will take part in displays and other promotional activities.

### Performance B & C Ages 8-16

Children are invited into this group based upon the results of our bi-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. These students may eventually be invited into one of our higher level programs. It is required that these children attend a minimum of two times 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 'Interclub' competitions, displays and other promotional activities.

### Advanced Recreation Ages 9+

These programs continue to emphasize fun and physical development with a greater emphasis on mastering skills. Gymnastics Canada Gymnastique (GCG) 'CANGYM' program is followed. With the advanced nature of the skill performed, two classes per week are recommended, although the option of one class is available.

### 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; award and fitness assessments are made as per the brochure calendar.

### 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.

### Homeschool Ages 2-Teen

This class time has been exclusively reserved for registered homeschoolers to facilitate a non-competitive environment where the gymnastics curriculum is taught without regard to a skill acquisition timeline. Our 'CANGYM' 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 homeschooled children to take part in an activity that is conducive to the homeschool philosophy. (9:1 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 'CANGYM' 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 encouraged to assist our instructors.

### Pre-competitive & Competitive

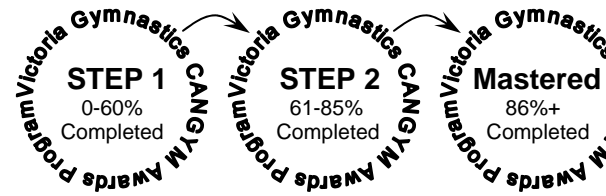
A quarterly news letter will be sent out inviting all students to take part in our trials for entrance into the Performance (ages 5-16), Pre-competitive (ages 5-7) and Competitive (ages 6-17) programs for boys and girls. There are several groups of each category. The main objective of these programs 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. A competitive brochure is published separately. Parents of competitive athletes are required to join the Victoria Gymnastics Parents Auxiliary - a non-profit organization whose primary function is to fundraise in an effort to lessen the financial burden of meet fees and travel expenses.

### CANGYM Program

Our 14 colour/level 'CANGYM' 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:

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

Within each level, there exists an average of 36 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. Stickers are placed one on top of the other until the individual colour/level has been mastered. Once your child has mastered a level, he/she will begin work on the next level up and, upon the next testing session, a new medallion and sticker will be issued. The medallions progress in difficulty as follows: Burgundy, Red, Tan, Bronze, Purple, Blue, Turquoise, Silver, Orange, Yellow, Green, Gray, White and Gold.

# Birthday Parties

### Activities:

Your child and a group his or her friends will be 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 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 pictures opportunities. After the hour of gym time, your group will move into the private party room where the fun continues. It's at this point when the parents take over the festivities. Parents are invited to use their creative ideas for food and activities during this time.

### Party Coordinators:

A NCCP 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, a t-shirt for the birthday child, a large party room, table and chairs, table cover, hats, napkins, decorations and balloons overhead, microwave, fridge and a sink.

### What you supply:

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

### Ages:

Ages 2 through 17— beginner through advanced

### Day & Times:

Sat. afternoons at 2:30–4:15, 3:30–5:15, 4:30–6:15, 5:30–7:15 and 6:30–8:15  
 Sun. afternoons at 1:15-3:00, 2:15-4:00, 3:15-5:00, 4:15-6:00, 5:15-7:00 and 6:15-8:00

### Cost:

10 or less children \$120+HST (inclusive of the birthday child)

**What if there is more than ten kids?:** On the party day, pay \$10 for each additional child beyond the 10 already paid for. Cash or Credit Card — cheque is accepted from members only.

### When Should You Book?

Bookings are accepted all year long. However, if an earlier time in the afternoon is required, book 3 to 4 weeks earlier than your intended party date. Bookings are made via credit card only.