

CHILLIWACK GYMNASTICS CLUB

604-795-6009

8880C Young Road, Chilliwack, BC V2P 4P5

chwkgyclub@gmail.com

Our facility: A balance of serious gymnastics and fun: spring floor, bars, beams, tumble tracks, vault, slides, swinging rings, trampoline, pillow pit, Tarzan rope, climbing wall and maze

Session 1: Sept-Jan; Session 2: Feb-June; Session 3: July-Aug (schedule is different)

REGISTRATION

Annual registration / membership fee \$20 or \$35/family. Covers Sept-Aug. Register in person or online.

PRESCHOOL GYMNASTICS + TRAMPOLINE

Parent & Tot: Girls/Boys (Age: 2 - 3 yrs. Younger kids welcome if you think they can benefit): \$235/term or \$47/month incl GST
A 45 min. class introduces parent and child to basic movement patterns, gymnastics, trampoline through fun and play.
Classes Offered (choose one): Mon or Tues. 10-10:45 am; Thurs or Sat 9-9:45 am; Thurs 2:30 - 3:15 pm

Kindergym: Girls/Boys (Age: 3 - 5 yrs): One class/wk: \$275/term or \$55/month incl GST; 2 classes/wk: \$525/term or \$105/mo.
A 60 min. class, basic gymnastics skills on floor, bars, beam, rings, vault, trampoline are introduced in a fun atmosphere.
Classes Offered (choose): Thurs or Sat 10-11am; Mon 11am-12; Mon, Tues or Thurs 4 - 5 pm; Tues, Wed or Thurs 5:30-6:30pm

GYMNASTICS + TRAMPOLINE

Beginner & Intermediate Gymnastics: Girls/Boys (Age: 5 to teens divided by age and skill level)

One class per week (90 min per week): \$325/term or \$65/month incl GST;

2 classes per week (3 hrs/week): \$625/term or \$125/month incl GST; 3 classes per week (4.5 hours) \$900/term or \$180/month
Classes Offered(choose): Mon,Tues,Wed,Thur, or Fri 3:30-5 pm; Mon-Thurs 5-6:30 pm; Mon or Thur 6:30-8 pm; Sat 11am-12:30pm

Teen class (age 11 - 17): Thursdays 6:30 - 8:30 \$405/term or \$81/mo (2 hrs/wk).

Home school classes Mondays 12:30-2pm, 2-3:30pm; Thursdays 11am-12:30pm. 10 - 12 week terms. Ask for details. 10 weeks \$165

Advanced Gymnastics: Girls/Boys \$405/term or \$81/month (2 hrs); \$785/term or \$157/month (4 hrs); \$1140/term or \$228/month (6 hrs) All prices include GST. At least 2 classes per week are strongly recommended in order to progress.

Approval of head coach or manager required unless you can already do a back walkover on your own.

Classes Offered (2, 4, or 6 hrs) Tues,Thurs 3:30-5:30pm; Mon,Tues,Wed 5-7pm; Thurs 6:30-8:30pm; Sat 11-12:30 (90 min \$65/mo)

Elite Class: Girls/Boys \$405/term or \$81/month (2 hrs) incl GST. Mondays 6:30 - 8:30 pm. Participants are required to take at least one other class. Choices include: advanced classes listed above; home school class; or one of the following from our dance program: acro, break dancing, intermed/adv ballet, or dance technique (jumps and turns) for experienced dancers. Approval of head coach or manager required unless you can already tumble on your own (round-off back handspring or round-off back tuck).

ADULT GYMNASTICS

Wednesdays 7-8:30 pm Oct - Nov and Jan - Feb only. Time coincides with drop-in gym so your kids can play.

No experience necessary. Learn at your level on all the apparatus. Instructed class. \$130/session including GST.

DROP-IN GYM

Free play for children of all ages, attended by our qualified staff. Parents must supervise their own young children.

Times: Thursday 12:15 - 2:00 pm; Wednesday 6:30 - 8:15 pm. Must share gym with class until 7pm, and adult class after 7.

Prices: \$8 general; \$6 members; \$4 if attending dance classes overlapping these times.

FIELD TRIP

A great opportunity to learn some basic body technique, stretching and warm-up skills, and gymnastics.

Daytimes: \$6 per student including GST (one hour). By reservation only. Lots of times available.

Evenings: \$10 each (1hr); min 10 students. Fridays after 7 pm; Tues after 8 pm; Mon, Wed or Thurs after 8:30 pm. By reservation.

BIRTHDAY PARTY

2 hours of free play, or, on request, our instructors will treat you to up to two hours of instructed action-packed fun on the bars, beams, rings, trampoline, foam pit, relay races and more.

Facility includes sink, microwave, tables, chairs, and refrigerator/freezer. Bring your own food. Invitations are included.

Time: Fri. 5-7pm 7-9pm; Sat. 1-3pm 3-5pm 5-7pm 7-9pm; Sun. 11-1pm 1-3pm 3-5pm 5-7pm.

Cost: \$135/up to 10 kids (2 hours), \$10 for each extra kid. GST included. \$35 deposit required to book time slot.

Dance birthday party Saturday 2 - 4 pm \$135 up to 10 kids, \$10 each extra kid. Instructed.

DANCE

Ballet, tap, hip hop, acro, etc. All ages. For information about Chilliwack Dance School, visit www.chilliwackdanceschool.com

HEAD STAFF

Grant Ocean: Our head coach; has a Ph.D. in Physical Education and Recreation from University of Alberta; Canadian national level gymnastics coach, with over 25 years of teaching experience. Co-founder/owner/manager of Chilliwack Gymnastics Club for over 20 years until summer of 2017.

Donna Jordan: Current owner/manager of Chilliwack Gymnastics Club along with Chilliwack Dance School (which she founded in 2015); Bachelor of Commerce and Business Administration degree (UBC), and over 30 years experience in business. Certified gymnastics coach, and former member of the UBC Women's Gymnastics team. Many years experience teaching gymnastics as well as home school PE classes, Sunday school, dance classes, and home schooling her own 6 children.