

GYMNASTICS & TRAMPOLINE

The entire family can experience gymnastics and trampoline programs at the famous Queen's Park Arenex. For over 41 years we have been inspiring families to Flip, Flop & Fly in specialized classes for tots, school aged children, youth and adults.

REGISTRATION INFORMATION

Registration for gymnastic and trampoline lessons is continually in progress. We offer two easy ways to register: 1) Drop by any facility and register for desired programs or 2) Simply phone any facility and register using your Visa or MasterCard. If you are new to our lesson system, you may register anytime for the next set of lessons. Participants who are currently enrolled in lessons are asked to register on the last day of the set to ensure enrollment in the appropriate level. Classes may be cancelled or combined if registration is low.

PROGRAM BENEFITS TO YOU!

- Toddlers will learn motor skills, develop listening skills, meet new friends and build self-esteem through individual discovery.
- Children will gain strength, flexibility, confidence, accomplishments and friendships.
- Youth will reach their full potential through demanding physical and mental challenges focused on success and positive reinforcement.
- Adults will increase their fitness level while developing new abilities in exciting and unique activities.

LESSON DETAILS

Our lesson programs include skill development on a variety of gymnastic apparatus. Please note that our write-ups highlight only a few of the skills actually taught.

LESSON SCHEDULE

Fall 2009 begins	September 14 (10 classes)
<i>No classes on:</i>	October 10 & 12 Thanksgiving Day Weekend
	November 11 Remembrance Day
Gymnastics Open House	December 5 1:00-3:00 pm
Winter 2010 begins	January 9 (8 classes)
	School kindergarten switches are accommodated during this session
Spring 2010 begins	March 22 (10 classes)
<i>No classes on:</i>	April 3 & 5 Easter Weekend
	May 22, 24 & 29 Hyack Festival

PRE-SCHOOL GYMNASTICS

TEENY TOT BEGINNER (3 years)

Perfect for the three year old who is ready to be with the instructor on their own. Basic instruction and safety skills are taught on all apparatus using a fun progressive approach.

Monday	10:30 am, 4:30 pm
Tuesday	10:30 am
Wednesday	1:00, 2:00, 3:30 pm
Thursday	9:30 am, 1:30, 4:00 pm
Saturday	10:00, 11:00 am
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

TEENY TOT INTERMEDIATE (3 years)

This class is suited for the child who is comfortable with the basic skills on all the apparatus and is aware of the safety rules. Tumbling skills will include the baby cartwheel and the backward roll on the incline.

Monday	10:30 am, 4:30 pm
Tuesday	10:30 am
Wednesday	1:00, 2:00, 3:30 pm
Thursday	9:30 am, 1:30, 4:00 pm
Saturday	10:00, 11:00 am
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)



TEENY TOT ADVANCED (3 years)

Children in this class have grasped the concept of the cartwheel and back roll. Cat leaps, pullovers and teddy bear stands will be introduced on the balance beam, uneven bars and tumbling mats.

Monday	10:30 am
Wednesday	3:30 pm
Thursday	4:00 pm
Saturday	10:00 am
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

TOT GYM I (4 - 6 years)

Excellent for the children who are ready to join the instructor and learn the basics of gymnastics, safety skills are emphasized as the child progresses on each apparatus.

Monday	10:30 am, 3:30, 4:30, 6:30 pm
Tuesday	10:30 am, 1:00 pm
Wednesday	1:00, 2:00, 3:30, 4:30, 6:30 pm
Thursday	9:30 am, 1:30, 4:00, 5:00 pm
Saturday	10:00, 11:00 am, 1:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

TOT GYM II (4 - 6 years)

Children in this level understand the concept of cartwheels and back rolls and are comfortable on all apparatus. Skills introduced in this level include cat leaps, pullovers and teddy bear stands.

Monday	10:30 am, 3:30, 4:30, 6:30 pm
Tuesday	10:30 am, 1:00 pm
Wednesday	1:00, 2:00, 3:30, 4:30, 6:30 pm
Thursday	9:30 am, 1:30, 4:00, 5:00 pm
Saturday	10:00, 11:00 am, 1:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

TOT GYM III (4 - 6 years)

At this level, children are very comfortable with cartwheels and handstands. Continuous tumbling skills are developed along with circles on the uneven bars.

Monday	10:30 am, 3:30, 6:30 pm
Tuesday	10:30 am, 1:00 pm
Wednesday	1:00, 2:00, 6:30 pm
Thursday	9:30 am, 1:30, 4:00, 5:00 pm
Saturday	10:00, 11:00 am, 1:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

TOT GYM IV (4 - 6 years)

Are you ready to start power skills in tumbling? Forward rolls are now introduced on the balance beam.

Monday	10:30 am, 6:30 pm
Tuesday	1:00 pm
Wednesday	1:00, 6:30 pm
Thursday	1:30 pm
Saturday	11:00 am, 1:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

EXPERIENCE GYMNASTICS

Experience Gymnastics the Queen's Park way! This program is geared toward daycare groups. For those groups unable to fit into our regular gymnastics, this may be the class for you. Children will enjoy hands on experience on our gymnastic and trampoline equipment, led by one of our experienced and energetic instructors.

Tuesday	9:30 am
Registration Fee:	\$56.75 for ten 60-minute classes \$45.45 for eight 60-minute classes (Winter 2010)



SCHOOL-AGE GYMNASTICS

INTRO (6 - 12 years)

Introduction to the basics of gymnastics in a safe, relaxed, fun and recreational atmosphere.

Monday	3:30, 5:00, 6:30 pm
Tuesday	1:00 pm
Wednesday	3:30, 6:30 pm
Thursday	1:30, 5:00 pm
Saturday	10:00, 11:00 am, 1:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

RED (6 - 12 years)

For the child who has been introduced to gymnastics and has grasped the basic concepts of tumbling. The challenge of perfecting the cartwheel and handstand is the focus of this level.

Monday	3:30, 5:00, 6:30 pm
Tuesday	1:00 pm
Wednesday	3:30, 6:30 pm
Thursday	1:30, 5:00 pm
Saturday	10:00, 11:00 am, 1:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

WHITE (6 - 12 years)

A longer session of gymnastics, this class is recommended for those that have mastered a good cartwheel and back roll. Rolls on the balance beam will be introduced at this level.

Monday	3:30, 4:30, 6:30 pm
Tuesday	1:00 pm
Wednesday	4:00, 6:00 pm
Thursday	1:30, 3:30 pm
Saturday	10:00 am, 12:30 pm
Registration Fee:	\$128.00 for ten 90-minute classes \$102.40 for eight 90-minute classes (Winter 2010)

BLUE (6 - 12 years)

For children who are ready to combine tumbling skills. Handsprings are introduced on the mats and forward rolls on the balance beam are done independently at this level.

Monday	3:30, 4:30, 6:30 pm
Tuesday	1:00 pm
Wednesday	4:00, 6:00 pm
Thursday	1:30, 3:30 pm
Saturday	10:00 am, 12:30 pm
Registration Fee:	\$128.00 for ten 90-minute classes \$102.40 for eight 90-minute classes (Winter 2010)

MERIT, BRONZE, SILVER & GOLD (6 - 15 years)

These achievement levels offer increasingly more difficult challenges and techniques. A high-level skill development is emphasized. Children are encouraged to progress at their own pace on each apparatus.

Monday	3:30, 4:30, 6:30 pm
Tuesday	1:00 pm
Wednesday	4:00, 6:00 pm
Thursday	1:30, 3:30 pm
Saturday	12:30 pm
Registration Fee:	\$149.75 for ten 90-minute classes \$119.85 for eight 90-minute classes (Winter 2010)

GYMNASTICS FOR BOYS

While all our classes are suitable for boys and girls, this boys' only class caters to those who are not comfortable participating in mixed classes. Content is the same as the mixed classes.

INTRO & RED LEVELS (6 - 12 years)

Thursday	5:00 pm
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes (Winter 2010)

WHITE, BLUE & MERIT LEVELS (6 - 15 years)

Monday	3:30 pm
Registration Fee:	\$128.00 for ten 90-minute classes \$102.40 for eight 90-minute classes (Winter 2010)

POWER TUMBLING

(6 - 15 years)

This class is for children who have successfully completed the tumbling portion of blue level gymnastics and want to develop more challenging skills on the tumbling floor. A variety of fast continuous skills such as handsprings and somersaults will be introduced in this dynamic one-hour class.

Wednesday	4:30 pm
Saturday	11:00 am
Registration Fee:	\$97.50 for ten 60-minute classes \$78.00 for eight 60-minute classes

YOUTH GYMNASTICS & TRAMPOLINE

We will accommodate all skill levels in this fun and dynamic program.

YOUTH GYMNASTICS (13 - 15 years)

Monday 6:30 pm
 Registration Fee: \$149.75 for ten 90-minute classes
 \$119.85 for eight 90-minute classes (Winter 2010)

YOUTH TRAMPOLINE (13 - 15 years)

Wednesday 4:00 pm
 Saturday 2:00 pm
 Registration Fee: \$149.75 for ten 90-minute classes
 \$119.85 for eight 90-minute classes (Winter 2010)

LEADERS IN TRAINING (14 - 17 years)

This course is designed for those individuals interested in learning the positive aspects of working with children in a gymnastic setting. Participants will have the opportunity of working with children in a group situation and will be able to observe our top instructors in motion. Each participant will attend a six-week classroom session as well as a once a week practicum (determined during our first session).

Monday 4:30 - 6:00 pm
 September 28 - November 9 (no session October 12)
 Registration Fee: \$156.25

TRAMPOLINE CLASSES

PRESCHOOL TRAMPOLINE & TUMBLING (3 - 5 years)

This progressive level system follows our regular trampoline skill chart. Tumbling is added to round out the trampoline skills and teach body awareness.

Tuesday 3:30 pm
 Wednesday 4:30 pm
 Thursday 9:30 am, 5:00 pm
 Saturday 1:00, 2:00 pm
 Registration Fee: \$97.50 for ten 60-minute classes
 \$78.00 for eight 60-minute classes (Winter 2010)

TRAMPOLINE COLOUR LEVELS (6 - 12 years)

Red Skills introduced at this first level include the stop bounce, seat drop, tuck jump and straddle jumps.
Orange The full twist and the progression to the front drop are emphasized at this level.
Yellow Participants at this level are challenged with the ant bounce as well as swivel hips.
Green The airplane and back drop are the main focus of this level.
Blue Swing time skills and the first ten bounce routine are developed at this level.
Gold The three "C's" (cradle, cat twist & cruise) of trampoline, winds up progressive skills needed prior to the flipping level of our trampoline classes.

Monday 3:30, 4:30, 6:30 pm
 Tuesday 2:00, 3:30 pm
 Wednesday 3:30, 4:30, 6:30 pm
 Thursday 3:30, 5:00 pm
 Saturday 10:00, 11:00, 2:00 pm
 Registration Fee: \$97.50 for ten 60-minute classes
 \$78.00 for eight 60-minute classes (Winter 2010)

PRE-COMPETITIVE TRAMPOLINE (6 - 15 years)

Level I The front somersault (tuck & pike) the barani and the back somersault are the first inversions taught in this level.
Level II The back somersault (straight & pike) and the porpoise are the focus of this class.
Level III Participants are challenged with the rudi and back full in this level.

Monday 3:30, 6:30 pm
 Tuesday 3:30 pm
 Wednesday 4:00, 6:00 pm
 Thursday 1:30, 4:30 pm
 Saturday 11:00 am, 2:00 pm
 Registration Fee: \$149.75 for ten 90-minute classes
 \$119.85 for eight 90-minute classes (Winter 2010)



DROP-IN PROGRAMS

PARENT & TOT GYMNASTICS (1 - 6 years)

Team up with your toddlers for an exciting hour-long introduction to the wide skies of gymnastics. Our top-notch instructors emphasize safety as they teach the basic techniques and help toddlers develop their balance, motor skills and body awareness. The full gymnastic and trampoline set up will be used for this drop in program.

Monday 9:30 am
 Tuesday 9:30 am
 Thursday 11:30 am
 Saturday 9:00 am
 Drop-in Fee: \$4.00 (during our regular session dates only)



GYMNASTICS & TRAMPOLINE (3 + years)

This program is an ideal way to take our gymnastic programs for a "test drive" without committing to a full set of classes. This hour-long class is ideal for friends of our current students and a great way to receive a quick assessment of skill level. Each class will be tailored to suit the needs of the children on that day.

Saturday 12:00 pm (during our regular session dates only)
 Drop-in Fee: \$4.00

ADULT & YOUTH GYMNASTICS & TRAMPOLINE (13 + years)

This 90-minute program is perfect for divers, skiers, snowboarders, stunt people and trampolinists. Each class is tailored for all skill levels and may be just the activity for you!

Monday 8:00 pm (during our regular session dates only)
 Drop-in Fee: Adult \$8.75
 Youth \$6.00

MOTORING MUNCHKINS (1 - 6 years)

This drop-in play session is your dream come true. With balls, toys, trampolines, swings and kid-sized play areas, there's something for everyone. Children under one year are welcome and free of charge!

September 9 - June 11
 Monday 11:30 - 2:00 pm (gymnastics style)
 Wednesday 9:00 - 11:45 am
 Friday 9:00 - 11:45 am & 1:00 - 2:30 pm
 No program October 12 (Thanksgiving),
 November 11 (Remembrance Day),
 December 21 - January 1 inclusive,
 April 2 & 5 (Easter Weekend) or May 24 (Victoria Day)
 Drop-in Fee: \$3.25 for one munchkin
 \$1.00 for each additional sibling
 \$26.00 for a 10 session pass
 \$48.80 for a 20 session pass

Halloween Party October 30
 Christmas Party December 18



PRIVATE GYMNASTIC & TRAMPOLINE INSTRUCTION

Whether you are a beginner or advanced participant, a private lesson may be for you! Whatever your level, give us a call or drop by the Arenex and we'll arrange your exclusive private lessons. Small group sessions are also available.

Registration Fee:
 \$19.25 per 30 minutes (3 - 14 years)
 \$28.75 per 45 minutes (3 - 14 years)
 \$20.50 per 30 minutes (15+ years)
 \$30.75 per 45 minutes (15+ years)

QUEEN'S PARK ARENEX

GYMNASTIC & TRAMPOLINE PROGRAMS

CATCH THE SKY WITH

FLIP, FLOP & FLY



SEPTEMBER 2009
 TO JUNE 2010

www.nwpr.bc.ca

Queen's Park Arenex
 New Westminster
 604-777-5121

