

About UBC Gymnastics

Our Program Philosophy

To provide opportunities for participants of all ages and abilities to increase their physical capabilities and enhance their self-esteem in a fun, positive and supportive environment.

Safety

At UBC Gymnastics, your child's safety is our first priority. We achieve this goal by ensuring the quality of our coaches' education, providing active warm-ups, using logical skill progressions, and finally, by stressing and developing correct landing and falling techniques. Your child will not only be as safe as possible doing gymnastics but, as a result of their experiences here, they will also have a safer approach to their other activities.

Gymnastics Teaches and Enhances:

- * Speed and Strength
- * Balance and Flexibility
- * Mental Focus
- * Gross Motor Development
- * Coordination and Spatial Orientation
- * Self-Esteem and Confidence

Features of Our Program

- * Learning through fun and positive reinforcement
- * A Facility and Program dedicated to developmental, non-competitive gymnastics
- * All coaches have current First Aid Certification and are certified in gymnastics through the National Coaching Certification Program

SPECIAL

**15% off Fitness Centre 10 Punch Pass!!
(For parents with children in Gymnastics)**

Frequently Asked Questions

My child has never done gymnastics before, do you have classes for beginners?

With our movement education approach to teaching gymnastics, we can easily accommodate all levels and ages into our programs.

How many children are there in each class? And how many classes are in the gym at a time?

Our instructor to participant ratio is generally 1:6 for our Preschool and Kinder Gym programs and approximately 1:8 ratio for classes with school aged children. We allow a maximum of 3-4 classes in the gym at a time depending on the age of the participants.

What does my child need to wear?

Comfortable clothing such as a t-shirt and shorts (no jean shorts or shorts with a belt) or sweat-pants. We recommend bare feet to aid in the learning process, as socks can be slippery on some of our equipment. No shoes are allowed in the gymnastics area. We also ask that children not wear jewelry (such as watches, earrings, bracelets, rings and necklaces) while taking classes. Long hair should be securely tied back.

How do I know when classes are cancelled, or when registration dates begin?

We encourage families who have access to the internet to sign up for our electronic newsletter via our website. Our staff will send out reminders and you can watch for notices posted in the gym. Notices will also appear on our website.

Note to Parents/Participants:

Photographs taken during UBC Gymnastics programs may be used for marketing and promotional purposes. If you have any questions or concerns regarding personal privacy policies, please call the registration office at 604-822-0207. Thank You.

Location

The UBC Osborne Centre is located at 6108 Thunderbird Blvd, between the Winter Sports Centre and the UBC Tennis Centre.

Directions



Parking

Parking can be found on either side of our building, as well across the street in the Thunderbird Parkade.

Our office hours are:

- Monday - 8:30AM to 4:30PM
- Tuesday - 8:30AM to 4:30PM
- Wednesday - 8:30AM to 4:30PM
- Thursday - 8:30AM to 4:30PM
- Friday - 8:30AM to 4:30PM

UBC Gymnastics
An Outreach Program of the UBC
School of Human Kinetics

Osborne Centre, Unit 1, Gym BE
6108 Thunderbird Blvd.
Vancouver, BC V6T 1Z3

Phone: 604-822-0207
Fax: 604-822-8998
Email: hkin.outreach@ubc.ca
Web: www.hkin.educ.ubc.ca



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Winter 2010 Weekly Classes

Parent & Tot (18 to 36 months)

A fun-filled introduction for you and your child to gymnastics and movement education through exploration, music and play. (45 min)

10 Classes \$95 / 11 classes \$105

Tumble Bugs (3 yrs)

An exciting class for you and your child; enjoy movement education, gymnastics basics and awesome games. (45 min)

10 Classes \$95 / 11 classes \$105

Preschool (4 yrs)

An opportunity for preschoolers to experience gymnastics based movement education in a fun and interactive environment. (45 min)

10 Classes \$110 / 11 classes \$120

Kinder Gym (5 and 6 yrs)

Fun-filled classes using all the gymnastics equipment plus ropes, mini-climbing wall, hand held equipment and trampoline. (1 hr)

10 Classes \$120 / 11 classes \$132

Junior Gym (6 to 8 yrs)

Exciting classes using all of the gymnastics equipment plus ropes, mini-climbing wall, hand held equipment and trampoline. (1.5 hrs)

10 Classes \$165 / 11 classes \$182

Senior Gym (9 to 12 yrs)

Classes using all of the gymnastics equipment plus ropes, mini-climbing wall, hand held equipment and trampoline. No previous experience required. (1.5 hrs)

10 Classes \$165 / 11 classes \$182

Teen Gym (12 to 18 yrs)

Fun and social gymnastic classes for all skill levels. Fitness, strength, flexibility & coordination will be the focus. (2.0 hrs)

10 Classes \$200 / 11 classes \$220

Excel Boys & Girls (7-12 yrs/12-18yrs)

Designed for children and teens who love to learn, are intrinsically motivated and who love doing gymnastics. Diligence, listening skills and previous gymnastics experience are required. Children must be interviewed for eligibility, please call our registration office for more information. (2 hrs)

10 Classes \$200 / 11 classes \$220

Adult Gymnastics (19+ yrs)

A great class for active adults who want to improve their strength and flexibility while working on basic gymnastics skills. No previous experience necessary. (2 hrs)

11 Classes \$242

Winter Session 2010: January 8th, 2010 to April 12th, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30AM Tumble Bugs Kinder Gym	9:30AM Preschool Kinder Gym	9:30AM Preschool Kinder Gym	9:30AM Parent & Tot Kinder Gym	9:30AM Tumble Bugs Preschool	9:15AM Parent & Tot Preschool Kinder Gym	9:15AM Parent & Tot Preschool Kinder Gym
10:30AM Parent & Tot Preschool	10:30AM Parent & Tot Preschool	10:30AM Parent & Tot Preschool	10:30AM Tumble Bugs Preschool	10:15AM Preschool Kinder Gym	10:00AM Kinder Gym Junior Gym	10:15AM Preschool Kinder Gym
11:15AM Preschool Kinder Gym	11:15AM Tumble Bugs Preschool	11:30AM-12:30PM Kinder Gym U.N.A.	11:30AM-12:15PM Parent & Tot U.N.A.	11:30AM-12:30PM Family Drop-In	10:15AM Preschool	10:30AM Tumble Bugs
1:30PM Preschool Kinder Gym	1:30PM Preschool Kinder Gym	1:30PM Parent & Tot Preschool	1:00PM Parent & Tot Preschool	1:30PM Preschool Kinder Gym	11:00AM Kinder Gym Junior Gym	11:15AM Kinder Gym
2:30PM Preschool Kinder Gym	2:30PM Preschool Kinder Gym	2:30PM Preschool Kinder Gym	2:00PM Preschool Kinder Gym	2:30PM Parent & Tot Kinder Gym	11:30AM Tumble Bugs	11:30AM Parent & Tot Preschool
4:00PM Junior Gym Excel Gym Excel Girls	3:30PM Junior Gym Senior Gym	3:30PM Junior Gym	3:30PM Preschool Kinder Gym Junior Gym	3:30PM Junior Gym Senior Gym	12:30PM-2:30PM Gymnastics Birthday Party (Max. 18 Children)	12:30PM-2:30PM Gymnastics Birthday Party (Max. 18 Children)
5:30PM Junior Gym	4:00PM Kinder Gym	4:00PM Senior Gym Excel Gym Excel Girls	4:30PM Tumble Bugs Kinder Gym	4:30PM Excel Gym	2:00PM-4:00PM Gymnastics Birthday Party (Max. 12 Children)	2:00PM-4:00PM Gymnastics Birthday Party (Max. 12 Children)
6:00PM Excel /Teen	5:00PM Parent & Tot Kinder Gym Junior Gym	5:00PM Junior Gym	5:00PM Junior Gym	5:00PM Junior Gym Senior Gym	2:00PM-4:00PM Gymnastics Birthday Party (Max. 12 Children)	3:30PM-5:30PM Gymnastics Birthday Party (Max. 12 Children)
8:00PM-10:00PM Adult Drop-In	5:45PM Kinder Gym	5:30PM Senior Gym	5:30PM Preschool Kinder Gym	6:45PM-8:00PM Family Drop-In		
	6:00PM Preschool	6:00PM Teen/Excel Excel Girls (10+ yrs)	6:45PM-8:00PM Family Drop-In	8:00PM Adult Gymnastics		
	6:45PM-8:00PM Family Drop-In	8:00PM-10:00PM Adult Drop-In				

Parents Night Out!!!

Register your kids and take the night off for yourself! We will provide 2.5 hours of supervised gymnastics, games, and tons of fun!

**Saturday Nights 6:30-9:00PM
Ages 3 and Up Cost: \$25/Child**

Dates for Winter 2010:

Saturday, January 30
Saturday, March 6
Saturday, April 10

Drop-In Programs

Family Drop-Ins - \$5.00 per child
Supervised, but unstructured, play time for the whole family. All Children must be accompanied by an adult, children under 4 must be within arms' reach of an adult at all times. Maximum capacity 30 children. **First come, first served.**
Tu 6:45-8:00PM, Th 6:45-8:00PM
Fr 11:30AM-12:30PM & 6:45-8:00PM
Adult Drop-In (19+yrs) - \$8.00
Mon & Wed 8:00-10:00PM

Birthday Parties!!!

Awesome birthdays for everyone, with instruction, fun and games. One hour and 15 minutes of activity, and 45 minutes in our party room for cake and presents!!!

"Great Gymnastics" Party

Sat 12:30-2:30PM & 2:00-4:00PM
Sun 12:30-2:30PM, 2:00-4:00PM & 3:30-5:30PM
Max. 12/18 Children, Min. Age 3
Cost: \$155.00/\$180.00

Reminders:

NO CLASSES:

Reading Break

February 13-28, 2010

Easter Weekend

April 2-5, 2010



**Registration Begins:
November 16, 2009 at 8:30AM**

Registration Information

Ways to Register:

You can register one of three ways:

- * over the phone (using Visa or MasterCard)
- * **Online** at www.hkin.educ.ubc.ca/gymnastics (using Visa or MasterCard)
- * or in person at the registration office during regular office hours.

Refund Policy:

All refunds are subject to a \$25.00 administration fee; there will be no refunds two weeks prior to program start date unless for medical reasons with doctor's verification.

NSF Cheques:

There will be a \$30.00 charge on any cheques returned NSF.