

Program Descriptions

Parent & Tot – This program offers tots an opportunity to explore the gym setting while ensuring developmental appropriateness. Focus is on the social development and the exploration of motor learning. The program is lightly structured and parents participate with their child and coach while in the gym.

Tumble Bugs – These structured programs incorporate basic gymnastic skills while focusing on fundamental and dominant movement patterns. Children will explore and develop gross and fine motor skills while enhancing their social skills. The learning atmosphere is full of innovative and progressive equipment designed for fun, with the children's safety and development needs in mind.

Junior Gym – This program follows the same philosophical and developmental outline of all our other pre-school programs while including additional skills to prepare the children for transition into the next level.

Recreational 1, 2, & 3 – These programs are designed to meet the needs of the beginner to advanced recreational gymnast regardless of his/her entry level. Skills are taught in a logical and progressive method, with exposure to all of our innovative recreational apparatus. The physical and motor attributes necessary for success in gymnastics are taught to our athletes. Children will learn to recognize and respect safety, ensuring a rewarding, positive and fun learning experience. A gymnast's progress is tracked by use of the CANGYM level system.

Advanced Rec. 1, 2, & 3 – This program provides an enjoyable and logical transition for the advancing gymnast. Athletes must have achieved CANGYM Level 5+ in order to enroll in this class.

Trampoline 1, 2, 3, & 4 – Classes are for boys and girls starting at 4 yrs. of age. Classes utilize our in ground and competitive size trampolines. Participants progress through a developmental level system.

Power Tumbling Classes – This is a class for children to learn how to tumble by using our tumble track, power tumbling floor and trampoline. We include flexibility training and conditioning in order to assist the gymnasts with their Tumbling and Acro skills.

Family Gymnastics/Family Trampoline – Tired of watching your children in the viewing area? Why don't you join them. Spend quality time with your family learning (or relearning) the fun, fitness and fundamentals of gymnastics/trampoline.

Open Gym – Do you want to come and train with your friends in a relaxed atmosphere. Come try some new skills, or see if you still have some of the old skills at our Open Gym.

Recreational Program

Program	Day	Time	
Parent & Tot 18 months–2 1/2 yrs. \$39/month	Monday	10:30am – 11:15am	
	Wednesday	9:00am – 9:45am	
	Friday	6:00pm – 6:45pm	
	Saturday	9:00am – 9:45am	
	Sunday	9:00am – 9:45am	
Tumblebugs 2 1/2–4 yrs. \$39/month	Monday	9:45am – 10:30am 4:30pm – 5:15pm	
	Tuesday	9:00am – 9:45am 1:00pm – 1:45pm 6:15pm – 7:00pm	
	Wednesday	9:45am – 10:30am 1:30pm – 2:15pm 5:30pm – 6:15pm	
	Thursday	9:30am – 10:15am 5:30pm – 6:15pm	
	Friday	4:15pm – 5:00pm	
	Saturday	9:00am – 9:45am 9:45am – 10:30am 10:30am – 11:15am	
	Sunday	9:45am – 10:30am	
	Junior Gym 4–6 yrs. \$45/month	Monday	11:30am – 12:30pm 1:00pm – 2:00pm 5:30pm – 6:30pm
		Tuesday	9:45am – 10:45am 1:45pm – 2:45pm 5:15pm – 6:15pm
		Wednesday	10:30am – 11:30 am 12:30pm – 1:30pm 5:30pm – 6:30pm 6:30pm – 7:30pm
Thursday		10:15am – 11:15am 12:30pm – 1:30pm 4:30pm – 5:30pm 6:30pm – 7:30pm	
Friday		5:00pm – 6:00pm	
	Saturday	9:00am – 10:00am 10:00am – 11:00am 10:30am – 11:30am 11:30am – 12:30pm	
	Sunday	10:30am – 11:30am	

Program	Day	Time	
Recreational 1 6–8 yrs. \$60/month	Monday	4:30pm – 6:00pm 6:00pm – 7:30pm	
	Tuesday	5:00pm – 6:30pm 7:00pm – 8:30pm	
	Wednesday	5:00pm – 6:30pm 6:30pm – 8:00pm	
	Thursday	4:30pm – 6:00pm 6:00pm – 7:30pm	
	Friday	5:00pm – 6:30pm	
	Saturday	9:00am – 10:30am (Boys) 9:00am – 10:30am 10:30am – 12:00pm 12:00pm – 1:30pm	
	Sunday	9:00am – 10:30am	
	Advanced 1* 6–8 yrs. \$72/month	Monday	4:30pm – 6:30pm
		Thursday	4:00pm – 6:00pm
		Saturday	9:00am – 11:00am
Recreational 2 9–11 yrs. \$60/month	Monday	6:30pm – 8:00pm	
	Tuesday	6:30pm – 8:00pm	
	Wednesday	6:00pm – 7:30pm	
	Thursday	6:00pm – 7:30pm (Boys) 6:00pm – 7:30pm	
	Friday	6:30pm – 8:00pm	
	Saturday	10:00am – 11:30am 11:00am – 12:30pm	
	Sunday	10:30am – 12:00pm	
Advanced 2* 9–11 yrs. \$72/month	Monday	6:30pm – 8:30pm	
	Tuesday	5:00pm – 7:00pm	
	Thursday	6:00pm – 8:00pm	
Recreational 3 12+ yrs. \$60/month	Monday	7:30pm – 9:00pm	
	Thursday	7:30pm – 9:00pm	
	Saturday	11:30am – 1:00pm	
	Sunday	12:00pm – 1:30pm	
Advanced 3* 12+ yrs. \$72/month	Wednesday	7:00pm – 9:00 pm	
	Friday	6:00pm – 8:00pm	
	Saturday	11:00am – 1:00pm	
Open Gym 15+ yrs. \$5 per class	Monday	8:00pm – 9:30pm	
Power Tumbling 5–10 yrs. \$60/month	Wednesday	7:00pm – 8:00pm	
	Saturday	11:00am – 12:00pm	

Program	Day	Time
Power Tumbling 10+ yrs. \$72/month	Tuesday	7:30pm – 9:00 pm
	Saturday	1:00pm – 2:30pm
Trampoline 1 4–6 yrs. \$60/month	Monday	4:30pm – 5:30pm
	Tuesday	11:15am – 12:15pm
	Wednesday	1:30pm – 2:30pm
	Thursday	5:00pm – 6:00pm
	Saturday	10:00am – 11:00am 9:30am – 10:30am
Trampoline 2 6–8 yrs. \$60/month	Monday	5:30pm – 6:30pm
	Wednesday	5:00pm – 6:00pm
	Friday	5:00pm – 6:00pm
	Saturday	11:30am – 12:30pm 10:30am – 11:30am
Trampoline 3 9–11 yrs. \$60/month	Monday	6:30pm – 7:30pm
	Wednesday	7:30pm – 8:30pm
	Saturday	11:30am – 12:30pm 12:30pm – 1:30pm
	Sunday	12:30pm – 1:30pm
Trampoline 4 12+ \$60/month	Tuesday	7:00pm – 8:00pm
	Friday	8:00pm – 9:00pm
	Sunday	12:30pm – 1:30pm
Family Gym (all ages) 1 adult/1 child (3-15 yrs) \$75/month (\$20 each add'l family member)	Tuesday	6:00pm – 7:30pm
	Friday	5:00pm – 6:30pm
	Saturday	12:30pm – 2:00pm
Family Trampoline 1 adult/1 child (3-15 yrs) \$75/month (\$20 each add'l family member)	Wednesday	7:30pm – 8:30pm
	Friday	7:30pm – 8:30pm
	Sunday	1:30pm – 2:30pm

NEW LOCATION!
1503 Sandy Beach Rd.
Pickering, ON L1W 1Z5
905.839.5260

* Advanced program offered to those athletes who have achieved CANGYM Level 5
All of our programs are offered for boys and girls

Pickering Athletic Centre Inc. reserves the right to change the schedule based on the number of enrolled participants.

ALL FEES SUBJECT TO CHANGE.
Subject to GST

Registration

Ongoing registrations are accepted based on availability.

Classes run from September 2009 to June 2010

Upon registration we request FIRST and LAST month's fees together with a \$25 registration fee and 8 post-dated cheques (dated Oct. 1 to May 1) or a VOID cheque for pre-approved payment. Fees are **DUE** on the **FIRST** of each month. Late FEE of \$10 will be charged on overdue payments. A fee of \$10 will apply for request to change classes. Last month can be any month of your choice, providing you advise our office in writing no later than **10 DAYS BEFORE THE FIRST DAY OF YOUR LAST MONTH (40 DAYS' NOTICE)**. Payment can also be made by MC, Visa, Debit, Cash.

Discounts

Prepayments of full year fees will receive 10% discount or family discount of 10% will apply to third child and up. (One discount per family)

All members will receive 10% off birthday parties.

For more information, visit our new website at: www.pickeringathleticcentre.com

About Us

Pickering Athletic Centre Inc.'s objective is to provide safe and enjoyable programs for all ages and levels that foster development of the mind and body. Our educated and experienced staff are dedicated to providing the athlete and parent with the tools necessary to achieve their personal accomplishments.

Did you know it's official – sport does start with gymnastics. Gymnastics has been identified as one of the top three fundamental sports in athlete development. The recent resource paper published by the Canadian Sport Centres entitles Canadian Sport for Life confirmed that gymnastics provides an unmatched athletic base in areas of agility, balance, co-ordination and speed. Gymnastics provides a strong base of athleticism to its participants.

Refund Policy

Registration fee and first & last months fee are **non-refundable**.

Pre-competitive and competitive by try-outs only at a cost of \$5 per testing.

Camp Cancellation Policy

Cancellations of camp will only be acceptable with 4 weeks notice and be subject to a \$50.00 administrative charge. A medical note will be required for all other cancellations. A credit will be issued. Please note the Gymnastics Ontario registration fee is non-refundable.

Make-up Class Policy

Pickering Athletic Centre only issues make-up classes for statutory holidays, when we cancel classes, or with a medical note for the child.

There is \$25 penalty for every NSF cheque.

Long-Term Athlete Development states:

The basic movement skills of 3 activities provide the base for all other sports

- Athletic: run, jump or throw
- Gymnastics: ABC's of athleticism
- Swimming: for water safety reason's, for balance in a buoyant environment, and as the foundation for all water-based sports.

Without the basic movement skills, a child will have difficulty participating in any sport. For example, to enjoy baseball, basketball, cricket, football, netball, handball, rugby and softball, the simple skill of catching must be mastered.

We also offer:

- Birthday Parties
- Summer Camp
- March Break Camp
- Winter Camps
- PA Day Camps
- School Groups
- Community Groups
- Open Gym
- Private Classes
- Multi-sport cross-training



Pickering Athletic Centre
You'll flip over us!

For additional information, contact or visit us at our NEW LOCATION at:

1503 Sandy Beach Rd.

Pickering, ON L1W 1Z5

www.pickeringathleticcentre.com

e-mail: info@pickeringathleticcentre.com

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**NOW IN OUR
NEW LOCATION!!!
1503 Sandy Beach Rd.**

Pickering Athletic Centre

You'll flip over us!

2009-2010



905.839.5260
www.pickeringathleticcentre.com

Registered with Gymnastics Ontario

To explore the many benefits of gymnastics, call us today at **905.839.5260**

or visit our website at **www.pickeringathleticcentre.com**