

Program Descriptions

NEW! Parent & Tot – This class is now offered to little ones from walking to 2 1/2 years, accompanied by an adult. Emphasis is on the introduction to the world of gymnastics in a semi-structured atmosphere. Focus is on social development and gross motor learning.

Tumblebugs – 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. At this level they begin to receive report cards twice yearly.

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.

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

Trampoline 1 & 2 – Classes are for children starting at 5 yrs. of age. Classes utilize our in ground and competitive size trampolines. Participants progress through a developmental level system.

Power Tumbling 1 & 2 – This is a class for children starting at 5 yrs. of age 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.

Each athlete's progress is constantly tracked. Reports and certificates are issued twice yearly in December and June

NEW! Advanced Boys – This program is offered to male members ages 6 and over who have achieved Level 5 and up. These levels are specific to male apparatus, enhancing their skills on floor, bars, parallel bars, rings, vault and trampoline.

NEW! Tumble & Tramp – This program will allow your child to work on both their Tumbling and Trampoline levels in one class.

With classes divided into time on the trampoline, tumble trak and floor. Advanced Conditioning skills will also be a focus in this program.

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 Walking - 2 1/2 yrs \$40/month	Mon-Thurs	9:30am – 10:15am
	Friday	4:15pm – 5:00pm
	Saturday	9:00am – 9:45am
	Sunday	9:30am – 10:15am
Tumblebugs 2 1/2-4 yrs. \$40/month	Monday	9:30am – 10:15am
		1:30pm – 2:15pm
		5:30pm – 6:15pm
	Tuesday	9:30am – 10:15am
		1:30pm – 2:15pm
		4:30pm – 5:15pm
	Wednesday	6:30pm – 7:15pm
		10:15am – 11:00am
		1:30pm – 2:15pm
	Thursday	5:00pm – 5:45pm
10:15am – 11:00am		
1:30pm – 2:15pm		
Friday	4:30pm – 5:15pm	
	5:30pm – 6:15pm	
	4:15pm – 5:00pm	
Saturday	9:00am – 9:45am	
	9:45am – 10:30am	
	10:30am – 11:15am	
Sunday	9:30am – 10:15am	
	10:15am – 11:00am	
	10:15am – 11:15am	
Junior Gym 4-6 yrs. \$47/month	Monday	10:15am – 11:15am
		12:30pm – 1:30pm
		5:30pm – 6:30pm
	Tuesday	10:15am – 11:15am
		12:30pm – 1:30pm
		4:30pm – 5:30pm
	Wednesday	6:30pm – 7:30pm
		11:00am – 12:00pm
		1:30pm – 2:30pm
	Thursday	5:00pm – 6:00pm
6:30pm – 7:30pm		
11:00am – 12:00pm		
Friday	1:30pm – 2:30pm	
	4:30pm – 5:30pm	
	6:00pm – 7:00pm	
Saturday	5:00pm – 6:00pm	
	9:00am – 10:00am	
	10:00am – 11:00am	
Sunday	10:30am – 11:30am	
	10:15am – 11:15am	

Program	Day	Time
Recreational 1 6-8 yrs. \$63/month	Monday	4:30pm – 6:00pm
		6:00pm – 7:30pm
	Tuesday	5:00pm – 6:30pm
		7:00pm – 8:30pm
	Wednesday	5:00pm – 6:30pm
		6:00pm – 7:30pm
	Thursday	4:30pm – 6:00pm
		6:00pm – 7:30pm
	Friday	5:00pm – 6:30pm
		9:00am – 10:30am
Saturday	(Boys) 9:00am – 10:30am	
	11:30am – 1:00pm	
Sunday	1:00pm – 2:30pm	
	9:30am – 11:00am	
Recreational 2 9-11 yrs. \$63/month	Monday	6:30pm – 8:00pm
		5:30pm – 7:00pm
	Tuesday	7:15pm – 8:45pm
		6:00pm – 7:30pm
	Wednesday	6:00pm – 7:30pm
		7:00pm – 8:30pm
	Thursday	(Boys) 7:30pm – 9:00pm
		6:30pm – 8:00pm
	Friday	6:30pm – 8:00pm
		10:00am – 11:30am
Saturday	11:00am – 12:30pm	
	11:00am – 12:30pm	
Recreational 3 12+ yrs. \$63/month	Monday	7:30pm – 9:00pm
	Wednesday	7:30pm – 9:00pm
	Thursday	8:00pm – 9:30pm
	Saturday	11:30am – 1:00pm
	Monday	4:30pm – 6:30pm
	Tuesday	5:15pm – 7:15pm
Advanced 1* 6-8 yrs., \$75/month	Thursday	6:00pm – 8:00pm
	Saturday	9:00am – 11:00am
	Monday	6:30pm – 8:30pm
	Tuesday	7:15pm – 9:15pm
Advanced 2* 9-11 yrs. \$75/month	Thursday	6:00pm – 8:00pm
	Saturday	11:30am – 1:30pm
	Monday	6:30pm – 8:30pm
	Tuesday	7:15pm – 9:15pm
Advanced 3* 12+ yrs., \$75/month	Thursday	6:00pm – 8:00pm
	Saturday	11:30am – 1:30pm
	Monday	6:30pm – 8:30pm
	Tuesday	7:15pm – 9:15pm
Advanced Boys \$63/month, All Ages	Wednesday	7:30pm – 9:30pm
	Saturday	11:30am – 1:30pm
Trampoline 1 5-9 yrs. \$63/month	Monday	4:30pm – 5:30pm
		5:30pm – 6:30pm
	Tuesday	5:30pm – 6:30pm
		7:00pm – 8:00pm
	Wednesday	7:00pm – 8:00pm
		8:00pm – 9:00pm
	Thursday	5:15pm – 6:15pm
		6:00pm – 7:00pm
	Friday	6:00pm – 7:00pm
		7:00pm – 8:00pm
Saturday	10:30am – 11:30am	
	11:00am – 12:00pm	
Trampoline 2 10+ yrs. \$63/month	Monday	6:30pm – 7:30pm
	Tuesday	8:30pm – 9:30pm
	Friday	7:00pm – 8:00pm
	Saturday	11:30am – 12:30pm
	Sunday	12:00pm – 1:00pm

Program	Day	Time
Power Tumbling 1 5-9 yrs. \$63/month	Monday	7:30pm – 8:30pm
	Wednesday	6:00pm – 7:00pm
	Thursday	5:00pm – 6:00pm
	Saturday	10:30am – 11:30am
Power Tumbling 2 10+ yrs., \$75/month	Tuesday	7:30pm – 9:00pm
	Saturday	11:00am – 12:30pm
Tramp & PT Combo 2 10+ yrs. \$80/month	Wednesday	7:30pm – 9:30pm
	Saturday	1:00pm – 2:30pm
Family Gym 1 adult/1 child (3-15 yrs) \$75/month (\$20 each add'l family member)	Sunday	12:00pm – 1:30pm
	Saturday	1:00pm – 2:00pm
Family Trampoline 1 adult/1 child (3-15 yrs) \$75/month (\$20 each add'l family member)	Saturday	1:00pm – 2:00pm
	Sunday	12:00pm – 1:30pm
Open Gym 15+ yrs., \$5 per class	Monday	8:30pm – 10:00pm
	Thursday	8:30pm – 10:00pm

**1503 Sandy Beach Rd.
Pickering, ON L1W 1Z5
905.839.5260**

* Advanced program offered to those athletes who have achieved Level 5
All of our programs are offered for both 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 Tax(es).

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Registration

Ongoing registrations are accepted based on availability.

Classes run from September 2011 to June 2012

Upon registration we request FIRST and LAST month's fees together with a \$30 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)

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.

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.

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.

To explore the many benefits of gymnastics, call us today at **905.839.5260** or visit our website at www.pickeringathleticcentre.com

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



For additional information, contact or visit us at 1503 Sandy Beach Rd.

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2011-2012



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Registered with Gymnastics Ontario