

VANCOUVER  
PHOENIX GYMNASTICS  
RISING TO EXCELLENCE



2017  
2018  
GYMNASTICS  
FOR ALL  
**PROGRAM  
GUIDE**

FALL · WINTER · SPRING

**REGISTRATION DATES:**

Members & Siblings:

Monday, **June 5th** at 9:00am

New families:

Monday, **June 12th** at 9:00am

**WAYS TO REGISTER:**

Online

[www.phoenixgymnastics.com](http://www.phoenixgymnastics.com)

In Person

4588 Clancy Loranger Way, Vancouver

By Phone

604.737.7693



**SAFETY MOTIVATION ATTITUDE  
RESPECT TEAMWORK**

# REGISTRATION POLICIES

Registration is by session. There are 4 sessions in the year - Fall, Winter, Spring and Summer. The Fall, Winter and Spring sessions are available for enrolment in early June. The Summer session is available for registration in early March.

1. Full payment is required:
  - Fall fees upon enrolment
  - Winter fees, are processed automatically on October 13th or after date upon enrolment.
  - Spring fees, are processed automatically on January 5th or after date upon enrolment.
2. \$25.00 fee will be charged for returned cheques or declined credit cards. Please remember to keep your credit card information online up-to-date.
3. Transfers are permitted until the halfway point of the session. A \$10.00 fee applies.
4. You will be notified and will receive a full refund for a class should it be cancelled due to low enrolment.
5. We do not offer make-ups for classes missed due to illness or vacation.

## CLUB REGISTRATION FEE

Each participant is required to purchase a \$35 individual club membership. This includes membership to Gymnastics BC (GBC)/Gymnastics Canada (GCG) and Phoenix. Secondary insurance is one of the benefits of Club Membership. Payment is due upon enrolment and is non-refundable.

This \$35 fee is allocated as follows: \$15.00 to GBC, \$5.30 to GCG and the balance of \$14.70 to Phoenix.

## REFUND POLICIES FOR CLASSES, CAMPS & PARENTS' NIGHT OUT

1. The registration fee is non-refundable.
2. Withdrawals from classes before the session begins: 80% refund of class fee.
3. Withdrawals from classes within the first 2 weeks of the session: 80% refund of the pro-rated balance.
4. Withdrawals within a camp week/PNO: No refund.
5. Withdrawals beyond the second week of the session: no refunds.
6. In the case of injury or illness with a doctor's note: 80% refund of pro-rated balance.

\* Phoenix reserves the right to cancel classes or camps due to unpredicted circumstances or events.

# GYM LOCATIONS



4588 Clancy Loranger Way  
Vancouver, BC V5Y 4B6



MILLENNIUM GYM (MILL)  
Main Floor



TREE HOUSE GYM (TH)  
Mezzanine



3214 West 10th Avenue  
Vancouver, BC



ST. JAMES GYM (SJ)

# IMPORTANT DATES

## REGISTRATION START DATES

### Fall, Winter, Spring Sessions

For 2016/17 Current Members & Siblings  
For New Families

Monday, June 5, 2017  
Monday, June 12, 2017

### Winter Camps

Monday, November 6, 2017

### Spring Break Camps

Monday, December 11, 2017

### Summer Camps & Classes

Monday, March 5, 2018

## GENERAL SESSION DATES & CLOSURES

**FALL SESSION:** Monday, September 11 to Friday, December 22, 2017

NO CLASS DATES	EVENT	GYM
Monday, October 9	Thanksgiving	All gyms
Sunday, October 22	Phoenix Community Day Event	All gyms
Saturday, November 11	Remembrance Day	All gyms

**WINTER SESSION:** Monday, January 8 to Sunday, March 18, 2018

NO CLASS DATES	EVENT	GYM
Monday, February 12	Family Day	All gyms

**SPRING SESSION:** Tuesday, April 3 to Saturday, June 23, 2018

NO CLASS DATES	EVENT	GYM
Friday, March 30 to Monday April 2	Easter Break	All gyms
Friday, April 27 to Sunday April 29	Phoenix Luau Cup Invitational	Millennium gym only
Monday, May 21	Victoria Day	All gyms

### ST. JAMES IMPROVEMENT FEE

The City of Vancouver has purchased the St. James facility. The St. James Community Square Society, who lease and manage the building, has asked all user groups to contribute to a Building Improvement Fund for two years by collecting a fee from each of their St. James participants. The City has agreed to match all funds raised! Therefore, at the time of payment a \$10 Additional Class Fee will be added to all St. James classes and camps starting Fall 2016. Thank you for helping to make St. James a better place!

**SAFETY MOTIVATION ATTITUDE**  
**RESPECT TEAMWORK**

# PARENT PARTICIPATION

Parent participation classes offer children a safe gymnastics environment to explore with their parent / caregiver. Coaches will demonstrate how they can learn motor skills through free play, songs, games, creative movement and circuits.

## WIGGLES & GIGGLES

This 45 minute class is designed to promote gross motor skills and coordination for 6-14 months old children who are sitting on their own.

## ROCK 'N' ROLLERS

45 minutes of basic movement skills and an introduction to structured activities for 1-2 year olds walking independently.

## JUMPING JELLYBEANS

Fast-paced 45 minute class for 2-3 year olds that encourages jumping, running, climbing and having fun in a safe environment.



6-14 MONTHS		WIGGLES & GIGGLES						45 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Treehouse			10:45a					

1-2 YEARS		ROCK 'N' ROLLERS						45 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Treehouse	9:00a 10:45a	9:00a 9:45a	9:00a	9:00a 10:45a	9:45a	9:00a 11:30a	9:45a 11:30a	
St. James		10:00a	9:45a	10:00a	9:45a	9:45a		

2-3 YEARS		JUMPING JELLYBEANS						45 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Treehouse	9:45a 11:30a	10:45a 11:30a 1:45p	9:45a 11:30a	9:45a 11:30a 1:45p	9:00a 10:45a 11:30a	9:45a 1:45p	9:00a 10:45a 1:45p	
St. James	9:00a 9:45a	11:00a 11:45a	9:00a 10:45a	11:00a 11:45a	9:00a 10:45a	9:00a 10:45a		

## FEES FOR PARENT PARTICIPATION CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fall TH	\$229	\$245	\$245	\$245	\$245	\$212	\$212
Fall SJ	\$229	\$245	\$245	\$245	\$245	\$212	
Winter TH,SJ	\$147	\$163	\$163	\$163	\$163	\$163	\$163
Spring TH,SJ	\$163	\$196	\$196	\$196	\$196	\$196	\$180

# PRESCHOOL

Preschool classes offer coach guided lessons for independent learners with a focus on the fundamentals of movement and basic gymnastic elements.

## TINY TUMBLERS

A 55 minute class for 3-4 year olds ready to participate independently and follow directions while learning basic gymnastic skills safely.

## LEAPIN' LEMURS

Action packed 55 minute class for 4-5 year olds with the focus on gymnastics basics, progressions and fun.



3-4 YEARS		TINY TUMBLERS						55 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Millennium	9:00a 11:15a 3:00p	10:00a	9:00a 3:00p	10:00a	9:00a 3:00p	9:00a		
Treehouse	12:45p 1:45p 4:00p	12:45p 5:00p	12:45p 1:45p 4:00p	12:45p 5:00p	12:45p 1:45p 4:00p	12:45p 3:45p	2:45p 3:45p	
St. James	11:30a 1:00p	1:00p 2:00p	11:30a	1:00p 3:00p	11:30a 2:00p	11:30a		

4-5 YEARS		LEAPIN' LEMURS						55 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Millennium	10:00a 12:45p 1:45p	9:00a 11:15a 12:45p 1:45p 3:00p	10:00a 12:45p 1:45p	9:00a 11:15a 12:45p 1:45p 3:00p	10:00a 12:45p 1:45p	10:00a 11:15a		
St. James	2:00p	9:00a 3:00p	1:00p 2:00p	9:00a 2:00p	1:00p 3:00p			

## FEES FOR PRESCHOOL CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fall MILL	\$299	\$321	\$321	\$321	\$321	\$278	
Fall SJ,TH	\$299	\$321	\$321	\$321	\$321	\$278	\$278
Winter MILL,TH,SJ	\$192	\$214	\$214	\$214	\$214	\$214	\$214
Spring MILL	\$214	\$257	\$257	\$257	\$235	\$235	
Spring TH,SJ	\$214	\$257	\$257	\$257	\$257	\$257	\$235

# SCHOOL AGED

Designed to keep kids in sport for life, these programs promote self-esteem, friendship, safety and the FUN, FITNESS and FUNDAMENTALS of gymnastics. Our Achievement Program will recognize children's accomplishments as they progress through the levels. Our aim is to help every child grow, learn and enjoy the many athletic benefits of gymnastics.

## KINDER KANGAROOS

For 5-6 year old kindergarten boys & girls to continue developing basic gymnastics skills. This 55 minute class introduces more independent learning through stations and partner activities.

## GIRLS ACHIEVEMENT

A 1 hour and 25 minute class for girls in grades 1-7 using a 9-level report card system. This class uses the 4 Women's Olympic apparatus: vault, bar, beam and floor.

## BOYS ACHIEVEMENT

A 1 hour and 25 minute class for boys in grades 1-7 using an 8-level report card system. This class uses the 6 Men's Olympic apparatus: vault, high bar, pommel horse, floor, rings and parallel bars.

## TRAMPOLINE & TUMBLING

A 1 hour and 25 minute class for boys & girls in grades 4-7 using a 10-level report card system. The trampoline, mini-tramp and floor are used to teach basics and proper technique.

## ADVANCED GIRLS ACHIEVEMENT

A 1 hour 25 minute twice a week class for girls who want more challenge. Girls must have completed Level 5 to register. Please phone the front desk to register.

## ADVANCED BOYS ACHIEVEMENT

A 1 hour 25 minutes twice a week class for boys who want more challenge. Boys must have completed Level 4 to register. Please phone the front desk to register.

SAFETY MOTIVATION ATTITUDE  
RESPECT TEAMWORK

5-6 YEARS	KINDER KANGAROOS							55 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Millennium		9:00a				12:15p 1:45p 2:45p 3:45p		
Treehouse	5:00p 6:00p	4:00p 6:00p	5:00p 6:00p	4:00p 6:00p	5:00p 6:00p	2:45p	12:45p	
St. James	4:15p		4:15p		4:15p	1:00p 2:00p		

## FEES FOR KINDER KANGAROOS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fall MILL	\$299	\$321	\$321	\$321	\$321	\$278	
Fall SJ,TH	\$299	\$321	\$321	\$321	\$321	\$278	\$278
Winter MILL,TH,SJ	\$192	\$214	\$214	\$214	\$214	\$214	\$214
Spring MILL	\$214	\$257	\$257	\$257	\$235	\$235	
Spring TH,SJ	\$214	\$257	\$257	\$257	\$257	\$257	\$235

# SCHOOL AGED

GRADES 1-7		GIRLS ACHIEVEMENT				1 HR 25 MIN	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Millennium	4:00p 5:45p	4:00p 5:45p Gr 4-7	4:00p Gr 1-3 5:45p	4:00p 5:45p Gr 1-3	4:00p 5:45p	12:00p 3:45p	
St. James	5:30p	4:15p Gr 1-3 6:00p	5:30p	4:15p 6:00p	5:30p		

GRADES 1-7 (must attend both days)		ADVANCED GIRLS ACHIEVEMENT				1 HR 25 MIN/DAY Minimum level 5	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Millennium		5:45p		5:45p			

GRADES 1-7		BOYS ACHIEVEMENT				1 HR 25 MIN	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Millennium	4:00p	4:00p	4:00p Gr 1-3	4:00p	4:00p 5:45p	10:15a 2:00p	
St. James		4:15p Gr 1-3					

GRADES 1-7 (must attend both days)		ADVANCED BOYS ACHIEVEMENT				1 HR 25 MIN/DAY Minimum level 4	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Millennium	5:45p		5:45p				

GRADES 4-7		TRAMPOLINE & TUMBLING				1 HR 25 MIN	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Millennium		5:45p		5:45p		2:00p	

## FEES FOR SCHOOL AGED CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fall MILL	\$448	\$480	\$480	\$480	\$480	\$416
Fall SJ	\$448	\$480	\$480	\$480	\$480	
Winter MILL,SJ	\$288	\$320	\$320	\$320	\$320	\$320
Spring MILL	\$320	\$384	\$384	\$384	\$352	\$352
Spring SJ	\$320	\$384	\$384	\$384	\$384	

## FEES FOR ADVANCED GIRLS ACHIEVEMENT CLASSES

Fall	\$877	Winter	\$585	Spring	\$702	
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## FEES FOR ADVANCED BOYS ACHIEVEMENT CLASSES

Fall	\$848	Winter	\$555	Spring	\$643	
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# CAMPS

Join us for action packed camps during Winter Break, Spring Break, Summer and Pro-D Days. Our camps are filled with gymnastics skills, games, activities and crafts. Camps are for children aged 3 to 10 who love to tumble, climb, bounce and explore. They will spend at least 60% of their time in the gym! Previous gymnastics experience is not required.

PRO D DAY CAMPS		KINDERGARTEN TO GRADE 5		
Friday September 22	Friday October 20	Friday December 1	Monday January 29	Monday February 19
Millennium Half Day		9:00a-12:00p		\$50
Millennium Full Day		9:00a-4:00p		\$90

CAMP DATES	WEEK 1	WEEK 2
Winter Break	December 27-29 (3 days)	January 2-5 (4 days)
Spring Break	March 19-23 (5 days)	March 26-29 (4 days)

SCAMPER CAMP		3-4 YEARS
Millennium	9:30a-11:30a 1:30p-3:30p	9:30a-11:30a
St. James	9:00a-11:00a	9:00a-11:00a 1:30p-3:30p

KINDER CAMP		KINDERGARTEN
Millennium	9:30a-12:30p	9:30a-12:30p 1:15p-4:15p
St. James	9:00a-12:00p 1:15p-4:15p	9:00a-12:00p

ADVENTURE CAMP (after care available)		GRADES 1-5
Millennium	1:00p-4:00p	1:00p-4:00p
St. James	1:00p-4:00p	1:00p-4:00p

FULL-DAY CAMP (before & after care available)		GRADES 1-5
Millennium	9:00a-4:00p	9:00a-4:00p

FEES FOR CAMPS	3 DAYS	4 DAYS	5DAYS
Scamper	\$110	\$145	\$185
Kinder	\$150	\$200	\$250
Adventure	\$150	\$200	\$250
Full Day	\$275	\$365	\$455

CAMP CARE AT MILLENNIUM GYM ONLY				
Before Care	\$36 (3 days)	\$48 (4 days)	\$60 (5 days)	Earliest drop-off 8:00am
After Care	\$36 (3 days)	\$48 (4 days)	\$60 (5 days)	Latest pick-up 5:30pm



# OTHER PROGRAMS

## PARENT & KID DROP IN

One hour of supervised "free play" in the gym. "Walking" children up to 5 years old must be with an adult caregiver.

Reservation by phone is recommended on drop in days from 9:30am.

Club registration fee is required.

Follows Fall, Winter & Spring Session Dates and Closures on page 3.

## PARENTS' NIGHT OUT

Looking for a night out **without** the kids? Drop them off for 3 hours of trampoline, foam pit, games and gymnastics activities. For 5-10 year olds.

Bring PJ's and a snack.

\$30/child

\$15 credit will be given for each additional sibling (call the front desk).

WALKING TO FOURTEEN YEARS		PARENT & KID DROP IN		1 HR
5 Class Punch Card \$60 or \$14 per visit				
Millennium		Wednesday	Friday	Saturday
Walking to 10 yrs		11:15a	11:15a	
6 to 14 yrs				5:15p

5-10 YEARS		PARENTS' NIGHT OUT			3 HRS
\$30 per child and \$15 credit for each additional sibling (call the front desk)					
Millennium		Fridays			7-10pm
October 13	November 17	December 15	January 19	February 23	April 20 May 25

## SUMMER CAMPS & CLASSES

Registration begins **Monday, March 5<sup>th</sup>, 2018** at 9am.



**WATCH FOR THE SUMMER SCHEDULE FOR DETAILS!**

## WHY SHOULD MY CHILD STAY IN THE SAME CLASS LEVEL?

We have developed our preschool curriculum with age appropriate activities guided by the developmental stages of children. This progressive class-by-class approach is designed to group children by age, not ability, offering a structured environment in which children can increase physical ability and gain confidence. To ensure the success of your children in our programs, we recommend that your child stay in the same class level for Fall, Winter and Spring sessions.



# TEEN & ADULT

Our youth and adult programs promote the development of healthy, active and confident young adults. Gymnastics is a fantastic way to stay in shape, meet new friends, and build confidence and self esteem. It's never too late to enjoy the benefits of gymnastics!

## TEEN GYM

13-17 years old 1 hour 30 minutes

A class for teens at any level. Beginners to more advanced participants will improve physical fitness and gymnastics skills.

## ADULT GYM

18 years old and up 2 hours

A class for adults at any level. Classes include coach led warm-up and basics, and coach guided flex time on all apparatus.



**SAFETY MOTIVATION ATTITUDE**  
**RESPECT TEAMWORK**

13-17 YEARS		TEEN GYM					1 HR 30 MIN	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Millennium		7:15p		7:15p				

FEES FOR TEEN GYM CLASSES							
Fall		\$480		\$480			
Winter		\$320		\$320			
Spring		\$384		\$384			

18 YEARS & UP		ADULT GYM					2 HRS	
5 Class Punch Card \$180. Valid for all classes until June 20, 2018.								

FEES FOR ADULT GYM CLASSES							
Mondays		7:45-9:45pm		Wednesdays		7:45-9:45pm	
September 11 - October 30		\$238		September 13 - November 1		\$272	
November 6 - December 18		\$238		November 8 - December 20		\$238	
January 8 - February 26		\$238		January 10 - February 28		\$272	
March 5 - April 23		\$238		March 7 - April 25		\$272	
April 30 - June 18		\$238		May 2 - June 20		\$272	

No adult classes on statutory holidays. Fees include GST.

# TEAM & ANNUAL PROGRAMS

## ASSESSMENT AND INTAKE PROCESS

The intake process varies slightly from one program to another. Generally, children within our programs are recommended by their coaches. Those not currently attending Phoenix classes may submit an Intent for Assessment. Assessments are conducted by our program coaches. Successful candidates will be notified and invited to the program. For more details or further information, please see our website or email [angie@phoenixgymnastics.com](mailto:angie@phoenixgymnastics.com).

## INTERCLUB PROGRAM

6-10 HRS

6-14 years

Interclub is by invitation only and on a year to year basis. It is not a stepping stone to Developmental or Competitive gymnastics but is for athletes whose physical abilities exceed that of GFA (Recreational programs). Membership in this program requires a minimum age of 6 years old, an annual training commitment of August to June, family volunteer and fundraising commitment, and required participation in a minimum of 3 Interclub meets per year.

## DEVELOPMENTAL PROGRAM

6-12

4.5-7 years

The Developmental Boys & Girls Programs are annual programs by invitation only on a year to year basis. The programs provide a solid base for the development of physical literacy ensuring that young athletes are well-equipped and confident to pursue gymnastics or another sport that may be more suited to them. Membership in this program requires an annual training commitment (August - June) with modified training during holidays and family volunteer and fundraising commitment. At the end of each year and after regular assessments, athletes are invited to continue in the program, move to Interclub or Competitive, register for Recreational, or try other disciplines.

## COMPETITIVE PROGRAM

16-25+ HRS

7 years and up

The main objective of the Competitive Program is for athletes to reach top rankings provincially, nationally and internationally. Team programs are by invitation-only and are a long term commitment. Our technical staff determines which program an athlete will be invited to annually. Candidates are evaluated and placed in a training environment we believe will best allow them to meet their projected potential. Membership in this program requires year long training, competition, and some travel commitment. Families have a volunteer and fundraising commitment.



"We acknowledge the financial support of the Province of British Columbia."

VANCOUVER  
PHOENIX GYMNASTICS  
RISING TO EXCELLENCE



**Field trips to  
Phoenix!**

Enjoy one hour of fun-filled gymnastics  
with our certified coaches

**Book your  
field trip  
NOW!**

**604.737.7693 ext 114**

[www.phoenixgymnastics.com](http://www.phoenixgymnastics.com)



Millennium Gym | 4588 Clancy Loranger Way

# BIRTHDAY PARTIES

Two hour parties for 1-10 yr olds. Coach led activities in the gym and 30 minutes for parent-led snack and break time in the party room. Full details on our website at [www.phoenixgymnastics.com](http://www.phoenixgymnastics.com).

1-10 YEARS	\$326 incl GST						2 HRS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Millennium							10:00a 12:30p 3:00p
St. James						3:15p	10:00a 12:30p 3:00p

# FACILITY RENTALS

Did you know we also rent out meeting rooms and gym space? Full details on our website at [www.phoenixgymnastics.com](http://www.phoenixgymnastics.com).

COMMUNITY ROOM



TREE HOUSE GYM



THERAPEUTIC GYMNASTICS ROOM



ST. JAMES GYM



MILLENNIUM GYM

