

VANCOUVER
PHOENIX GYMNASTICS
RISING TO EXCELLENCE



2016
2017
GYMNASTICS
FOR ALL
**PROGRAM
GUIDE**
FALL · WINTER · SPRING



REGISTRATION DATES:

Members & Siblings:

Monday, **June 6th** at 9:00am

New families:

Monday, **June 13th** at 9:00am

WAYS TO REGISTER:

Online

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 14th or after date upon enrolment.
 - Spring fees, are processed automatically on January 6th 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 \$30 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 \$30 fee is allocated as follows: \$12.30 to GBC, \$6 to GCG and the balance of \$11.70 to Phoenix.

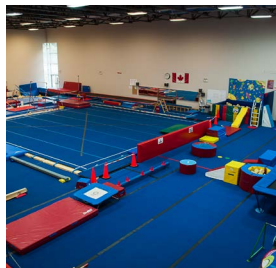
REFUND POLICIES

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

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	Monday, June 6, 2016
For 2015/16 Current Members & Siblings	Monday, June 13, 2016
For New Families	
Winter Camps	Monday, November 7, 2016
Spring Break Camps	Monday, December 12, 2016
Summer Camps & Classes	Monday, March 6, 2017

GENERAL SESSION DATES & CLOSURES

FALL SESSION: Tuesday, September 6 to Sunday, December 18, 2016		
NO CLASS DATES	EVENT	GYM
Monday, October 10	Thanksgiving	All gyms
Sunday, October 16	Phoenix Community Day Event	All gyms
Friday, November 11	Remembrance Day	All gyms
Saturday, November 26 to Sunday November 27	Judges Cup Invitational	Millennium gym only

WINTER SESSION: Wednesday, January 4 to Sunday, March 12, 2017		
NO CLASS DATES	EVENT	GYM
Monday, February 13	Family Day	All gyms

SPRING SESSION: Monday, March 27 to Saturday, June 24, 2017		
NO CLASS DATES	EVENT	GYM
Friday, April 14 to Monday April 17	Easter Break	All gyms
Friday, May 12 to Sunday May 14	Phoenix Luau Cup Invitational	Millennium gym only
Monday, May 22	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 the next 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		9:45a	10:45a					

1-2 YEARS		ROCK 'N' ROLLERS						45 MIN
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Treehouse	9:00a 10:45a	9:00a	9:00a	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 10:45a 1:45p	9:00a 10:45a 1:45p	
St. James	9:00a 9:45a	11:00a	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	\$193	\$223	\$223	\$223	\$208	\$223	\$208
Fall SJ	\$193	\$223	\$223	\$223	\$208	\$223	
Winter TH,SJ	\$119	\$134	\$149	\$149	\$149	\$149	\$149
Spring TH,SJ	\$163	\$193	\$193	\$193	\$178	\$178	\$163

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	9:00p 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	\$257	\$297	\$297	\$297	\$277	\$277	
Fall SJ,TH	\$257	\$297	\$297	\$297	\$277	\$297	\$277
Winter MILL,TH,SJ	\$158	\$178	\$198	\$198	\$198	\$198	\$198
Spring MILL	\$218	\$257	\$257	\$257	\$218	\$218	
Spring TH,SJ	\$218	\$257	\$257	\$257	\$238	\$238	\$218

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 using a 9-level report card system in grades 1-7. This class uses the 4 Women's Olympic apparatus: vault, bars, beam and floor.

BOYS ACHIEVEMENT

A 1 hour and 25 minute class for boys using an 8-level report card system in grades 1-7. 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	\$257	\$297	\$297	\$297	\$277	\$277	
Fall SJ,TH	\$257	\$297	\$297	\$297	\$277	\$297	\$277
Winter MILL,TH,SJ	\$158	\$178	\$198	\$198	\$198	\$198	\$198
Spring MILL	\$218	\$257	\$257	\$257	\$218	\$218	
Spring TH,SJ	\$218	\$257	\$257	\$257	\$238	\$238	\$218

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

TRAMPOLINE & TUMBLING	GRADES 4-7					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	\$362	\$418	\$418	\$418	\$390	\$390
Fall SJ	\$362	\$418	\$418	\$418	\$390	\$418
Winter MILL,SJ	\$223	\$251	\$278	\$278	\$278	\$278
Spring MILL	\$306	\$362	\$362	\$362	\$306	\$306
Spring SJ	\$306	\$362	\$362	\$362	\$334	\$334

FEES FOR ADVANCED GIRLS ACHIEVEMENT CLASSES

Fall	\$835	Winter	\$529	Spring	\$724
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FEES FOR ADVANCED BOYS ACHIEVEMENT CLASSES

Fall	\$780	Winter	\$501	Spring	\$668
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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 30	Friday October 21	Friday December 2	Monday January 30	Friday February 24	Friday May 5
Millennium Half Day		9:00a-12:00p		\$45	
Millennium Full Day		9:00a-4:00p		\$90	

CAMP DATES	WEEK 1	WEEK 2
Winter Break	December 19-23 (5 days)	December 28-30 (3 days)
Spring Break	March 13-17 (5 days)	March 20-24 (5 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	5 DAYS	3 DAYS	5DAYS
Scamper	\$146	\$88	\$146
Kinder	\$212	\$127	\$212
Adventure	\$212	\$127	\$212
Full Day	\$426	\$256	\$426

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

OTHER PROGRAMS

PARENT & KID DROP IN

One hour of supervised "free play" in the gym for "walking" children up to 10 years old with an adult caregiver.

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

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 TEN YEARS		PARENT & KID DROP IN				1 HR
5 Class Punch Card \$50 or \$12 per visit						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Millennium			11:15a		11:15a	

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 14	November 18	December 16	January 20	February 17	April 21	May 26

SUMMER CAMPS & CLASSES

Registration begins **Monday, March 6th** 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		7:15pm		7:15pm				

FEES FOR TEEN GYM CLASSES

Fall	\$418	\$418				
Winter	\$251	\$278				
Spring	\$362	\$362				

18 YEARS & UP	ADULT GYM		2 HRS
5 Class Punch Card \$170. Valid for all classes until June 21, 2017.			

FEES FOR ADULT GYM CLASSES

Mondays	8-10pm	Wednesdays	8-10pm
September 12 - October 31	\$218	September 7 - October 26	\$250
November 7 - December 12	\$187	November 2 - December 14	\$218
January 9 - February 27	\$218	January 4 - February 22	\$250
March 27 - May 15	\$218	March 29 - May 17	\$250
May 29 - June 19	\$125	May 24 - June 21	\$156

No adult classes on statutory holidays. Fees include GST.

TEAM 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.

PHOENIX PROGRAMS BY ASSESSMENT AND INVITATION

INTERCLUB PROGRAM

6-9.5 HRS

4-14 years

Interclub is an annual program for athletes whose skills exceed our achievement programs. Athletes participate in events across the lower mainland and focus on skill acquisition and performance. This program requires an annual training commitment and some summer training. Families have a volunteer and fundraising commitment.

DEVELOPMENTAL PROGRAM

6-12 HRS

4.5-7 years

This non-competitive program for girls and boys develops physical literacy (strength, flexibility, coordination), discipline, self-esteem, focus and confidence. This annual program is designed to put the athlete on a solid path for Competitive Artistic Gymnastics OR any other sport of their choice. This program requires some summer training. Families have a 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

Our program is athlete driven and coach guided to enhance the pursuit of personal excellence. They promote progressive, structured learning in a safe and motivating environment. We work with our national team members, provincial level, and national level athletes to develop their mental and emotional strengths as well as their physical abilities. We equip them to overcome the challenges of competitive sport and set goals to enable them to reach their competitive 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."



Field trips to Phoenix!

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

Book your field trip NOW!

604.737.7693 ext 45

www.phoenixgymnastics.com



Millennium Gym | 4588 Clancy Loranger Way, Vancouver

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.

1-10 YEARS	\$276 incl GST						2 HRS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Millennium						5:30p	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.

COMMUNITY ROOM



TREE HOUSE GYM



THERAPEUTIC GYMNASTICS ROOM



ST. JAMES GYM



MILLENNIUM GYM

