

Class & Fee Calendar 2019/20

This calendar indicates **ONLY** the class dates for which fees are assessed. Monthly fees are based on 4 weeks of classes except May which bills for 5 weeks.

Achievement Dates

Assessment Award Day

Nov 30 - Dec 6 → Dec 14 - 20
Jun 7 - Jun 13 → Jun 21 - 27

Note: Those months with Stat Holidays closure are subject to prorated fees or makeup class.

OCTOBER

(Sep 29th - Oct 26th) = 4 weeks

No classes Thanksgiving Oct. 14th.

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

DECEMBER

(Nov 24th - Dec 21st) = 4 weeks

No classes Holiday Break Dec. 20 - Jan. 5 → Classes resume Jan 6th following holiday.

S	M	T	W	T	F	S
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

FEBRUARY

(Feb 2nd - Feb 29th) = 4 weeks

No classes BC Family Day Feb 17th

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

APRIL

(Mar 29th - Apr 25th) = 4 weeks

No Classes April 10th Good Friday

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

JUNE

(May 31st - Jun 27th) = 4 weeks

Fall 2020 registration incentives Jun 1-12th.

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

SEPTEMBER

(Sep 3rd - Sep 28th) = 4 weeks

No Classes Labour Day Sep. 2nd.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

NOVEMBER

(Oct 27th - Nov 23rd) = 4 weeks

No Classes Rem. Day Nov. 11th.

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23

JANUARY

(Jan 5th - Feb 1st) = 4 weeks

S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

MARCH

(Mar 1st - Mar 28th) = 4 weeks

All regular classes ARE HELD during Spring Break Camps Mar 13-30

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAY

(Apr. 26th - May 30th) = 5 weeks

No Classes Victoria Day May 18th.

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

⊗ Indicates statutory holiday closure for which make-up classes will be available.

■ Indicates make-up class opportunity (stats included)

FLIPSIDE Gymnastics



Sept. 2019 - June 2020

Programs, Schedule, Fees & Birthday Party Information

- ✓ NCCP Certified Instructors
- ✓ Small Class Sizes (8:1)
- ✓ Boys & Girls Ages 2 and Up
- ✓ Beginner Through Advanced Classes
- ✓ Fun, Fitness, Fundamentals

1911 Wilfert Road, Nanaimo

Email: admin@flipsidegymnastics.ca

Phone: (250) 756-9102

5-1137 Smithers Road, Parksville

Email: parksville@flipsidegymnastics.ca

Phone: (250) 586-FLIP (3547)

New Online Registration at

www.flipsidegymnastics.ca

Parent & Tot, Ages 1.5 - 3.5

- ⇒ Parental participation required (Co-ed).
- ⇒ Experienced 3.5 yr. olds may be better suited for a PreSchool class. Please consult with coach or office admin.
- ⇒ 6:1 Student to Coach Class Ratios

\$64/mo + GST (One 60 min. class per week)

\$101/mo + GST (Two 60 min. classes per week)

May fees are increased to cover 5 weeks of classes — see calendar.

Time/Day	M	T	W	T	F	S	S
9:00 - 10:00am						✓	
9:15 - 10:15am	✓	✓	✓	✓	✓		
10:15 - 11:15am						✓	
10:30 - 11:30pm	✓	✓	✓	✓	✓		
1:00 - 2:00pm	✓	✓	✓	✓	✓		

Pre School, Ages 3.5-5.5

- ⇒ 14 Level Award Program—Medallions Burgundy through Gold Award Levels
- ⇒ No parental assistance required (co-ed).
- ⇒ 8:1 Student to Coach Ratios

\$64/mo + GST (One 60 min. class per week)

\$101/mo + GST (Two 60 min. classes per week)

\$74/mo + GST (One 75 min. class per week)

\$109/mo + GST (Two 75 min. classes per week)

Time/Day	M	T	W	T	F	S	S
Morning Programs							
9:00 - 10:00am						✓	
9:15 - 10:15am	✓	✓	✓	✓	✓		
10:15 - 11:15am						✓	
10:30 - 11:30am	✓	✓	✓	✓	✓		
11:30 - 12:45pm						✓	
Afterschool Programs							
3:45 - 4:45pm	✓		✓		✓		
4:00 - 5:15pm		✓		✓			

Make Up Classes

Call or email for details: New policy

Birthday Parties

Activities:

Your child and a group friends will be spending a fun filled hour in the gym swinging from bars, climbing ropes, bounding across our sprung floor, bouncing from either our 30ft. long Tumble Trak® or on our trampoline all while performing skills and playing a variety of games that are age and ability level appropriate. During the party, parents and non-participating guests are encouraged to join the in from the sidelines for video and still picture opportunities. After the hour of gym time, your group will move into the party room where the fun continues. It's at this point when the parents take over the festivities. Parents are invited to use their creative ideas for decorations, food and activities during this time.

Party Coordinators:

A NCCP certified coach & coordinator will lead the way to a special birthday for your child that is full of fun and laughter. One team member will stay exclusively with your group for the entire hour of gym time while the other will act both as a host coordinating the activities and as a coach.

What we supply:

Invitations, a t-shirt for the birthday child, a large party room, table and chairs, table cover, napkins, microwave and fridge.

What you supply:

Food and drinks of your choosing, plates, cups, cutlery and whatever else you bring along—no piñatas or nut products of any kind please.

Ages:

Ages 2+ beginner through advanced

Day & Times:

Saturday 2:30-4:15, 4:30-6:15

Sunday 12:30-2:15, 2:30-4:15, 4:30-6:15

Cost:

Up to 10 children including birthday child \$139+GST
\$10.00 for each additional child (max. 16 children). Sorry, cheques are only accepted from *active* members. Debit and/or credit card payment is preferred at the time of booking.

Performance C, Ages 5-8

The experienced 5 - 8 yr. old, who possesses a stable cartwheel and the desire for longer training times, will enjoy this challenging program. Generally, this program is co-ed; however, where numbers permit, genders may be separated. Entry is by invitation after taking part in our bi-annual testing. As a standard, students in this program are able to demonstrate a stable cartwheel. These students will take part in displays and other promotional activities.

Performance A/B, Ages 8-15

Children are invited into this group based upon the results of our assessment periods; as a standard, students in this program are able to demonstrate a stable round-off. This program involves a more enriched and intense gymnastic workout. These students may eventually be invited into one of our higher level programs. It is required that these children attend a minimum of two times per week. More frequent training sessions provide the necessary repetition the gymnast will require to maintain this skill level.

Advanced Recreation Ages 7 to 9, 10 to 12 & 13 to 17

These programs continue to emphasize fun and physical development with a greater emphasis on mastering skills. Gymnastics Canada Gymnastique (GCG) 'CANGYM' program is followed. With the advanced nature of the skill performed, two classes per week are recommended,

Teen Gym, Ages 13-17

An introductory course for teenagers with little or no previous gymnastics experience. Classes are scheduled concurrently with 'Advanced Recreation' so that beginner teens will be with gymnasts of similar age. The program format is identical to the Advanced Recreation class; award and fitness assessments are made as per the brochure calendar.

Adult Gym, Ages 18+

Whether your goal is to learn beginner level skills such as a handstand, cartwheel, handspring or to reestablish the ability to perform previously learned gymnastics skills, the breadth of this program facilitates all ability levels and objectives. Students are divided into groups of similar experience and learning objectives. Emphasis is placed on floor exercise and trampoline skills.

Homeschool, Ages 5-12

This class time has been exclusively reserved for registered homeschoolers to facilitate a non-competitive environment where the gymnastics curriculum is taught without regard to a skill acquisition timeline. A rare opportunity to take part in an activity that is conducive to the homeschool philosophy.

Recreational 5.5-8, 9-12

- ⇒ Boys and Girls Programs & Coed.
- ⇒ National 'CANGYM' award program Burgundy through Gold award levels.
- ⇒ Each class is grouped according to age, skill level and/or previous experience.
- ⇒ Olympic gymnastics equipment events plus trampoline and tumbling.
- ⇒ Coach to Student Ratios - 8:1

\$74/mo + GST (One 75 min. class per week)

\$109/mo + GST (Two 75 min. classes per week)

\$88/mo + GST (One 90 min. class per week)

\$129/mo + GST (Two 90 min. classes per week)

Time/Day	M	T	W	T	F	S	S
9:15 - 10:30am						✓	
10:45 - 12:15pm						✓	
12:30 - 2:00pm						✓	
Afternoon Classes							
3:45 - 5:00pm	✓	✓	✓	✓	✓		
5:15 - 6:45pm		✓		✓			
7:00 - 8:30pm	✓		✓		✓		

Advanced Recreation, Ages 7+

- ⇒ Students are grouped by similar age.
- ⇒ A strong round off is required.
- ⇒ Entry based on assessment.

\$101/mo. + GST (One 90 min class per week)

\$149/mo. + GST (Two 90 min classes per week)

\$184/mo. + GST (Two 180 min classes per week)

Teen Gym Ages 13-17

- ⇒ Boys and Girls Co-Ed Programs.
- \$101/mo. + GST** (One 2 hour class per week)
- \$149/mo. + GST** (Two 2 hour classes per week)

Time/Day	M	T	W	T	F	S	S
12:30 - 2:30p.m.						✓	
5:00 - 7:00p.m.	✓		✓		✓		

Performance C, Ages 5-8

- ⇒ Entrance via an invitation to a skill level examination only
- ⇒ Students follow 'CANGYM' award program
- ⇒ 8:1 Student to Coach Ratios
- ⇒ Fun, Fitness and Fundamentals

\$129/mo. + GST (Two 90 min classes per week)

May fees are increased to cover 5 weeks of classes — see calendar

Time/Day	M	T	W	T	F	S	S
3:45 - 5:00pm Boys		✓		✓			
3:45 - 5:00pm Girls		✓		✓			

Performance A & B, Ages 9-17

- ⇒ For students who are interested competing, events, malls displays and parades
- ⇒ Must pass entry test requirements.
- ⇒ Separate Boys and Girls Programs

\$149/mo. + GST (Two 2 hour classes per week)

\$184/mo. + GST (Two 3 hour classes per week)

Time/Day	M	T	W	T	F	S	S
5:30 - 8:30pm		✓		✓			
6:30 - 8:30pm		✓		✓			

Adult Gym, Ages 18+

- ⇒ All levels of experience are welcome
- ⇒ Co-ed classes

\$74/mo. + GST (One 75 min classes per week)

\$109/mo. + GST (Two 75 min classes per week)

Time/Day	M	T	W	T	F	S	S
7:15 - 8:30pm			✓		✓		

Homeschool, Ages 3+

- ⇒ Must be a registered Homeschooler
- ⇒ Co-ed classes
- ⇒ CanGym Skills Lesson Plan & Awards

\$74/mo. + GST (One 75 min. class per week)

\$109/mo. + GST (Two 75 min. classes per week)

May fees are increased to cover 5 weeks of classes — see calendar

Time/Day	M	T	W	T	F	S	S
11:45 - 1:00pm		✓		✓			

Daycare & Schools

The objective of this program is to provide an affordable quality gymnastics experience for daycare and school organizations. A 10:1 student/teacher ratio provides a lower cost without sacrificing the quality of instruction. Care providers are encouraged to assist our instructors.

Performance A, B, C & High School Competitive

Students who demonstrate outstanding abilities, attitudes, and performance in their regular classes will be invited to join one of our pre-competitive or high school competitive programs. Gymnasts in these groups will be expected to dedicate more time to their training and skill work as well as develop in all areas of strength, endurance, flexibility, and event skill levels.

CANGYM Program

Our 14 colour/level 'CANGYM' program has been modeled after the national system. The actual medallion is gold in colour while the colour of the sticker represents progress being made. Each time your child receives an award (Step 1, Step 2 or Mastered) he/she has the opportunity to either:

- a.) advance within a color/level or
- b.) move on to the next color/level.

Within each level, there exists an average of 36 gymnastics skills that are distributed among the floor exercise, rings, vault, parallel bars, uneven bars, high bar, trampoline(s), pommel horse and balance beam. These skills progress in their complexity as students master each successive medallion.

The percentage range represents the total number of skills that have been successfully demonstrated to an instructor. Stickers are placed one on top of the other until the individual colour/level has been mastered. Once your child has mastered a level, he/she will begin work on the next level up and, upon the next testing session, a new medallion and sticker will be issued.



Why Flipside Gymnastics?

- ⇒ We have the very best student/teacher ratios, 8:1.
- ⇒ Our coaches are fully certified by Gymnastics BC.
- ⇒ Our achievement award program is structured to be inclusive, individualized and non-competitive.
- ⇒ We have both boys and girls recreational, advanced, pre-competitive and performance programs.
- ⇒ Our facility is kept clean to the highest of standards.

Our Commitment:

To provide quality gymnastics instruction with maximum activity level in a well structured, fun & safe environment.

Structure of Programs:

Programs are structured around two award testing periods. This is the testing frequency recommended by the 'CANGYM' program and awards system to cover one progression level. For your convenience, fees are assessed on a monthly basis.

Parent & Tot, Ages 1.5 - 3.5

This program is structured to encourage parent/child interaction in a gymnastics environment. The parent(s) aid their children by providing spotting assistance and helping to keep the Tot focused. Parent & Tot and Preschool classes are scheduled concurrently. This environment prepares Tots for the eventual move to the independence of Preschool. Tots experiment with movement by working on the progressions that lead to the basic movement patterns found in the 'CANGYM' program. Circuits include the use of bars, beam, trampoline, spring boards, and floor. (8:1 ratio)

PreSchool, Ages 3.5 - 5.5

The emphasis is on fun and learning basic gymnastic movements and vocabulary. Safe physical development, attention to body placement and skills appropriate to the age group are stressed. Lessons are developed around the Gymnastics Canada Gymnastique (GCG) 'CanGym' Burgundy through Gold award system. Children develop confidence with elements containing rotation, landing, balance, flight, swing and spring. (6:1 ratio)

Recreational, Ages 5.5-8, 9-12 & 13+

Recreation programs are designed first and foremost to be fun. They also provide superior physical development (flexibility and strength), challenging activity and a measure of success and accomplishment for the child. Lessons are developed around the 'CANGYM' award system. Instruction is provided on all Olympic gymnastics events plus trampoline. Progress reports are provided to gymnasts upon fitness assessments dates, followed by the presentation our Achievement Award medallions. (8:1 ratio)

(see calendar for testing dates)

Daycare & School Groups

- ⇒ Minimum of 4 week sessions required
- ⇒ Minimum 4 students required per group
- ⇒ Co-ed programs
- ⇒ Maximum 10 to 1 student / teacher ratio

\$32/mo. + GST (1 hour class per week)

\$35/mo. + GST (1hr class/week + medallions)

Parkour

- ⇒ Parkour is a system of fitness training that improves strength, speed, agility, co-ordination, stamina, endurance, and precision. It offers a full-body workout at any level of experience, and improves your ability to move, to harness your confidence.

\$97/mo. + GST (One 2 hour class per week)

\$145/mo. + GST (Two 2 hour classes per week)

Time/Day	M	T	W	T	F	S	S
4:00 - 6:00pm		✓		✓			
6:15 - 8:15pm		✓		✓			
11:30 - 1:30pm						✓	

Private Birthday Parties

What's Included with Party?

- > We supply invitations, napkins, table cover and private room.
- > 2 Certified Instructors > Free T-Shirt
- > 40' Long Trampoline > Kitchenette
- > Tons of Fun!

Cost: Up to 10 children (including birthday child) \$139+GST

On the party day, pay only \$10 per additional child on the equipment.

Duration: 1 hour of gym time followed by 45 min in a party room.

Times: Sat. & Sun. Afternoons

Annual Registration Fees & Policies

Annual Registration Fee Options (September 1, 2019 to Aug 31, 2020)

Once per year, an insurance and registration fee is required at all levels. Please choose one of the following options:

	Casual	-or-	Annual
Annual Package Cost	\$20+GST		\$55+GST
Insurance	✓		✓
Achievement Awards			✓
Class Changes			Unlimited
Make-up classes			3 Max & \$4 Each
Withdrawal Notice	Note: 5 visits per year max		7 Days Written Notice

Note: Casual registration is for Drop In and is not intended to be used in conjunction with other promotional/discount offers. All registration and insurance fees are non-refundable.

Payment Options & Considerations

1. **First month's Tuition fees plus an Annual Registration charge** are due at the time of registration. (Annual Registration charges are non-refundable).
2. Recurring automatic payments for monthly tuition fees are available for through Visa, MasterCard for the entire session. There will be no debit/interac payments accepted on a monthly basis— in this case a minimum of 3 months must be paid at the time of registration.
3. Single payments via Visa, MasterCard & Interac are only accepted for payment from a student's start date through to, and including, January or June whichever comes first. (*Interac card payments are non-refundable, however, credit is given on account*).
4. A single payment for a given month will be accepted with a \$15 surcharge to hold future class placement.
5. Students for whom payment has not been received past 30 days of invoicing will lose their class placement.

Trial / Drop-in Classes

A trial class must be paid for if the participant takes part in future classes, otherwise, payment is a one time \$20 insurance fee non-refundable. Scheduled activity permitting, drop-in classes are available at \$10 per visit - casual registration fees of \$20 do apply. Enrollment is limited to 5 visits per annum otherwise annual registration of \$55 is required. Fees are pro-rated at the time of registration for those starting after the 1st day of any given month.

Discount & Incentives

A 10% discount is given for a single payment that covers any 10 month period - All lump sum payments are non-refundable; however, full credit is given on account in the event of a withdrawal from classes. Group rates are available for five or more. (*all group members must belong to the same organization*)

Make-up Classes

Your child's classes are guaranteed for as long as he/she is '**Actively Registered**' (*current month paid via Payment Options 1. and 2, but not 3.*) If fees are owed, make-up classes are disallowed. No shows for scheduled makeup classes will result in the loss of class owed. sorry, no phone reservations accepted. **Note:** Missed classes are not refundable.

Withdraws, Refunds & Credits

In the instance of withdrawal, as per annual registration option chosen, prior to the start of a regular calendar month written notice provided by email to Flipside Gymnastics must be received. All recurring payments/plans for Tuition fees are then cancelled. Annual Registration fees are Non-Refundable as they are paid out to Gymnastics BC for insurance purposes.

Please Note: Prepaid Session Fee payments do carry a 10% discount but are non-refundable, however a class credit is given. Please visit www.flipsidegymnastics.ca to provide notice. Only "written notice" is accepted. All payments will be processed until notice is received.

Policies are subject to change with or without notice and are at the discretion of Flipside Gymnastics Ltd.