

# PULSARS GYMNASTICS CLUB

## SPORT STARTS HERE

# Spring 2022

## Recreational Schedule



## Spring

<b>Mondays</b>	<b>Apr 11<sup>th</sup> to June 27<sup>th</sup></b>	<b>(11 Weeks)</b>
<b>Tuesdays</b>	<b>Apr 12<sup>th</sup> to June 21<sup>st</sup></b>	<b>(11 Weeks)</b>
<b>Wednesdays</b>	<b>Apr 13<sup>th</sup> to June 22<sup>nd</sup></b>	<b>(11 Weeks)</b>
<b>Thursdays</b>	<b>Apr 14<sup>th</sup> to June 23<sup>rd</sup></b>	<b>(11 Weeks)</b>
<b>Fridays</b>	<b>Apr 22<sup>nd</sup> to June 24<sup>th</sup></b>	<b>(10 Weeks)</b>
<b>Saturdays</b>	<b>Apr 16<sup>th</sup> to June 25<sup>th</sup></b>	<b>(11 Weeks)</b>

No Class on Monday May 23 (Victoria Day)



1206 Ringwell Drive, Newmarket  
905-836-2209  
[www.pulsars.ca](http://www.pulsars.ca)

# Active Start

## Diaper Daredevils (Parent Participation)

Walking to 3yrs - 45 min. / week

The "Diaper Daredevils" program is designed to introduce children between the ages of 18 months to 3 years to the basic patterns of human body movement in a fun and engaging environment. Parents facilitate their child through circuits and obstacles courses designed specifically for this level by our certified staff. Here kids learn how to jump, climb, swing and land safely, as well as interact with other children. Each class runs for 45 min. once per week.

Days	Time	Code	Cost
Mondays	9:45 am	DD-710	\$ 214.50
	4:45 pm	DD-713	\$ 214.50
Tuesdays	9:45 am	DD-709	\$ 214.50
Thursdays	4:45 pm	DD-714	\$ 214.50
Saturdays	9:15 am	DD-711	\$ 214.50
	10:15 am	DD-712	\$ 214.50
	11:15 am	DD-715	\$ 214.50

## Look at Me, I'm 3

Ages 3 yrs; 1 hr / week

This program is designed to allow children to become more independent in movement situations. Children follow the instruction of a certified coach without their parents' participation. The coach will take them through a fun and engaging warm-up followed by basic introduction to the events of gymnastics using a "circuit" format, teaching large & small motor skills in a variety of situations. Focus will be on self-confidence & social interaction.

Days	Time	Code	Cost
Mondays	9:45 am	LM-717	\$ 253.00
Tuesdays	9:45 am	LM-710	\$ 253.00
	4:45 pm	LM-718	\$ 253.00
Wednesdays	4:30 pm	LM-711	\$ 253.00
Thursdays	4:45 pm	LM-712	\$ 253.00
Saturdays	9:45 am	LM-713	\$ 253.00
	10:15 am	LM-715	\$ 253.00
	11:00 am	LM-714	\$ 253.00
	11:30 am	LM-716	\$ 253.00

## Movers & Shakers

Ages 4 yrs; 1 hr / week

The "Movers and Shakers" program is designed to introduce the basics needed in order to start learning the building blocks/skills in gymnastics. Children follow the instruction of a certified coach without their parents' participation. The coach will take them through a fun and engaging warm-up followed by basic introduction to the events of gymnastics using a "circuit" format.

Days	Time	Code	Cost
Mondays	4:45 pm	MS-866	\$ 253.00
Tuesdays	9:45 am	MS-859	\$ 253.00
	4:45 pm	MS-867	\$ 253.00
Wednesdays	4:30 pm	MS-860	\$ 253.00
Thursdays	4:45 pm	MS-861	\$ 253.00
Saturdays	9:45 am	MS-862	\$ 253.00
	10:15 am	MS-864	\$ 253.00
	11:00 am	MS-863	\$ 253.00
	11:30 am	MS-865	\$ 253.00

# Junior Gymnastics

Boys & Girls, 5 years of age - 60 min. / week

The "Junior Gymnastics" program is for children 5 years of age. Also, boys and girls may be grouped together in order to introduce them to artistic gymnastics. At this level they start working toward our comprehensive level system developed by our nationally recognized head coaches.

Days	Time	Code	Cost
Tuesdays	9:45 am	JG-131	\$ 253.00
	4:45 pm	JG-138	\$ 253.00
	6:00 pm	JG-139	\$ 253.00
Wednesdays	5:00 pm	JG-132	\$ 253.00
Thursdays	4:45 pm	JG-133	\$ 253.00
	6:00 pm	JG-137	\$ 253.00
Saturdays	9:45 am	JG-134	\$ 253.00
	11:00 am	JG-135	\$ 253.00
	1:00 pm	JG-136	\$ 230.00

# Recreational Programs

## Boys Gymnastics

Ages 6 to 9 - 90 min. / week

This is an introductory class for boys that are looking to flip, swing, tumble, and spring in a safe environment. Here they not only continue their skill development in gymnastics but are also introduced to basic physical fitness and conditioning through games, stretching and specific challenges given to each child by their coach. At this level they start working toward our comprehensive level system developed by our nationally recognized head coaches.

Days	Time	Code	Cost
Wednesdays	6:15 pm	BG-117	\$ 346.50
Thursdays	6:00 pm	BG-120	\$ 346.50
Saturdays	9:00 am	BG-118	\$ 346.50
	10:45 am	BG-119	\$ 346.50

## Girls Gymnastics

Ages 6 to 9 - 90 min. / week

Girls that are new to the sport of gymnastics will find themselves having a blast! Here they not only continue their skill development in gymnastics but are also introduced to basic physical fitness and conditioning through games, stretching and specific challenges given to each child by their coach. At this level they start working toward our comprehensive level system developed by our nationally recognized head coaches.

Days	Time	Code	Cost
Mondays	4:30 pm	GG-135	\$ 346.50
	6:15 pm	GG-136	\$ 346.50
Tuesdays	4:30 pm	GG-137	\$ 346.50
Wednesdays	4:30 pm	GG-139	\$ 346.50
	6:15 pm	GG-140	\$ 346.50
Thursdays	4:30 pm	GG-146	\$ 346.50
	6:00 pm	GG-145	\$ 346.50
Fridays	5:00 pm	GG-147	\$ 315.00
	6:45 pm	GG-150	\$ 315.00
Saturdays	9:00 am	GG-141	\$ 346.50
	10:00 am	GG-149	\$ 346.50
	10:45 am	GG-142	\$ 346.50
	12:45 pm	GG-143	\$ 346.50

## Senior Girls Gymnastics

Ages 10 to 13 - 90 min. / week

Girls that are new to the sport of gymnastics will find themselves having a blast! This class is developed to meet the needs of older girls who want to introduce themselves to or continue gymnastics. They will work on our level system but some lenience to learn skills they want will be granted.

Days	Time	Code	Cost
Mondays	6:00 pm	GG-148	\$ 346.50
Tuesdays	6:15 pm	GG-138	\$ 346.50
Saturdays	2:30 pm	GG-144	\$ 346.50

- We can offer make-up classes, **if there is availability**. In case of extended inability to attend (3 or more classes), please see office for consideration.
- No refunds after the session start date. Credits under special circumstances by approval of administration office only. Refunds are subject to \$25 administration fee.
- Refunds will not be issued for gym closures including, but not limited to, storms, power outages, heating failures, outbreaks, floods, or other unforeseen circumstances. If the club is required to shut down due to COVID-19, we will credit all classes affected by the closure to the family's account.
- Phone registrations accepted (Visa or MC). Payment due at time of registration.
- For online registration, visit our website at [www.pulsars.ca](http://www.pulsars.ca)
- **Prices shown do not include tax.**

## Gymstars (Level 3+)

Boys & Girls divided, Ages 8 years & Older  
2 hrs / week

This program is for those who already have some experience in recreational gymnastics and wish to learn in a more challenging and focused environment. This can be a pathway to our advanced recreational program or our competitive stream.

Girls			
Days	Time	Code	Cost
Mondays	6:15 pm	GS-112	\$ 412.50
Wednesdays	6:00 pm	GS-113	\$ 412.50
Thursdays	6:00 pm	GS-118	\$ 412.50
Saturdays	10:00 am 12:30 pm	GS-114 GS-115	\$ 412.50 \$ 412.50

## Gymstars (Level 3+)

Boys & Girls divided, Ages 8 years & Older  
2 hrs / week

Boys			
Days	Time	Code	Cost
Wednesdays	6:00 pm	GS-116	\$ 412.50
Saturdays	11:00 am	GS-117	\$ 412.50

## Recreational Trampoline & Tumbling

### Trampoline & Tumbling

Boys & Girls, Ages 7 & older - 90 min. / week

This program combines the skills needed to Bounce, Swivel, and Twist on a trampoline as well as how to learn to Tumble and build better upper body strength.

**This is a great program if you're thinking about additional practice, cheerleading, Dance or fitness for other sports as it teaches stability and core strength.**

Days	Time	Code	Cost
Mondays	4:30 pm	TT-107	\$ 346.50
Tuesdays	6:15 pm	TT-112	\$ 346.50
Wednesdays	4:30 pm 7:30 pm	TT-113 TT-111	\$ 346.50 \$ 346.50
Thursdays	7:30 pm	TT-108	\$ 346.50
Saturdays	12:45 pm 2:30 pm	TT-110 TT-109	\$ 346.50 \$ 346.50

### Advanced Tumbling

Boys & Girls train together, Ages 8 to 12 years  
2 hrs / week

This program is for boys & girls who want to learn to Tumble and come with good upper body strength. This program is great for anyone looking to learn to advance their tumbling skills in a controlled environment. Our competitive level coaches will be able to assist you with whatever tumbling skills you need to improve. This program feeds into our provincial and national level competitive tumbling teams.

Days	Time	Code	Cost
Tuesdays	7:00 pm	ARU-117	\$ 412.50
Fridays	7:00 pm	ARU-118	\$ 375.00

10% discount for 2nd+ siblings (Does not apply to Promotions & Specials)

Annual \$37.00 membership fee applies to all athletes - Valid July 1, 2021 to June 30, 2022

# Developmental Gymnastics

## Special Invitation

Boys & Girls divided, Ages 6 to 7 years  
3 hrs / week

This program is for those who have been assessed and invited into a more challenging gymnastics program. Developmental to our competitive stream. This program runs for 3 hours, once per week. We encourage all athletes to start with once per week. Once the foundation has been established, we may recommend up to 3 classes per week.

\*Entering this program is by invitation only.

### Girls

Days	Time	Code	Cost
Thursdays	4:30 pm	SIG-108	\$ 547.25

### Boys

Days	Time	Code	Cost
Thursdays	4:30 pm	SIB-106	\$ 547.25

## Advanced Gymnastics (Level 5+)

Boys & Girls divided, Ages 8 to 12 years  
3 hrs / week

This program is designed for athletes who desire to learn more challenging skills than offered in an intermediate program. The focus of this program is to progress gymnastics skills in a non-threatening environment with no pressure to advance unless indicated by the gymnast.

Our 3-hour program will include comprehensive skill building as well as physical conditioning. A 15-minute break will be given to the athletes as a rest and an opportunity to have a snack.

\*Entering this program is by invitation only.

### Boys

Days	Time	Code	Cost
Thursdays	5:00 pm	ABG-107	\$ 547.25



For *love*  
and for  
*life*

## Xcel Performance

Girls Ages 8 and older  
3 hrs / week

Xcel is an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

Athletes will be required to participate in an Xcel Showcase demonstration. Athletes do not receive scores but are instead critiqued by judges on what they loved in their routine/ what they can improve on. The availability of competitions may vary due to COVID-19 restrictions.

This program is by invitation only.

Days	Time	Code	Cost
Tuesdays	5:00 pm	XCE-103	\$ 547.25
Thursdays	5:00 pm	XCE-105	\$ 547.25
Saturdays	12:45 pm	XCE-104	\$ 547.25

## Active Life

### Teen Gymnastics

Boys & Girls, Ages 14 to 18 years  
1.5 hrs / week

Our Teen Gymnastics program allows young adults to develop gymnastics skills and abilities in a safe environment. This is a structured gymnastics program but also allows for some freedom of choice in skill and physical development.

Days	Time	Code	Cost
Mondays	8:00 pm	TG-110	\$ 346.50

### Adult Gymnastics

Ages 18 years and older  
1.5 hrs / week

Our Adult Gymnastics program allows Adults to develop physical fitness, gymnastics skills, and flexibility in a safe environment. At Pulsars we recognize that adults have varying skill levels and capabilities. Our coaches develop multiple programs with varying intensity making our program accessible for everyone.

Days	Time	Code	Cost
Mondays	8:00 pm	ADU-530	\$ 346.50



\*Updated 03/13/2022