

# PULSARS GYMNASTICS CLUB

## SPORT STARTS HERE

# Winter 2024

## Recreational Schedule

<b>Mondays</b>	<b>Jan 8<sup>th</sup> to Mar 4<sup>th</sup></b>	<b>(8 Weeks)</b>
<b>Tuesdays</b>	<b>Jan 9<sup>th</sup> to Mar 5<sup>th</sup></b>	<b>(9 Weeks)</b>
<b>Wednesdays</b>	<b>Jan 10<sup>th</sup> to Mar 6<sup>th</sup></b>	<b>(9 Weeks)</b>
<b>Thursdays</b>	<b>Jan 11<sup>th</sup> to Mar 7<sup>th</sup></b>	<b>(9 Weeks)</b>
<b>Fridays</b>	<b>Jan 12<sup>th</sup> to Mar 8<sup>th</sup></b>	<b>(9 Weeks)</b>
<b>Saturdays</b>	<b>Jan 13<sup>th</sup> to Mar 9<sup>th</sup></b>	<b>(9 Weeks)</b>

**No Class on Monday February 19 (Family Day)**



## Active Start



**Rolly Polly** (Parent Participation)  
Athletes must have head control - 30 min. / week

This program is for our littlest athletes! We introduce the most important fundamentals of sport using various baby sized props and equipment.

Days	Time	Code	Cost
Tuesdays	10:30 am	RP-102	\$ 148.50
Wednesdays	11:00 am	RP-103	\$ 148.50
Thursdays	10:30 am	RP-104	\$ 148.50

**Babynastics** (Parent Participation)  
Athletes must be able to walk - 30 min. / week

Calling all new walkers, runners, and climbers! Take all that new energy and learn the fundamentals of sport using various baby sized props and equipment.

Days	Time	Code	Cost
Tuesdays	10:30 am	BN-102	\$ 148.50
Wednesdays	11:00 am	BN-103	\$ 148.50
Thursdays	10:30 am	BN-104	\$ 148.50

**Tall & Small** (Parent Participation)  
18 months to 2 years of age - 45 min. / week

Coaches introduce watching, listening, and replicating. In this program, kids learn ho to jump, climb, swing, land safely and interact with other children.

Days	Time	Code	Cost
Tuesdays	9:30 am	TS-105	\$ 186.75
Wednesdays	9:45 am	TS-106	\$ 186.75
	4:45 pm	TS-107	\$ 186.75
Saturdays	9:00 am	TS-108	\$ 186.75
	11:00 am	TS-109	\$ 186.75

**Diaper Daredevils** (Parent Participation)  
2 years of age - 45 min. / week

In addition to the Tall & Small program, coaches introduce the building blocks needed for sport.

Days	Time	Code	Cost
Mondays	4:45 pm	DD-735	\$ 166.00
Tuesdays	9:30 am	DD-736	\$ 186.75
Wednesdays	9:45 am	DD-737	\$ 186.75
Thursdays	4:45 pm	DD-738	\$ 186.75
Saturdays	8:30 am	DD-739	\$ 186.75
	9:00 am	DD-740	\$ 186.75
	10:00 am	DD-741	\$ 186.75
	11:00 am	DD-742	\$ 186.75



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## Active Start (continued)



### Look at Me, I'm 3

3 years of age - 60 min. / 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. Physical literacy is developed using music, games, and play to create a fun filled program

Days	Time	Code	Cost
Tuesdays	9:30 am	LM-740	\$ 218.25
	4:45 pm	LM-741	\$ 218.25
Wednesdays	9:45 am	LM-742	\$ 218.25
	4:45 pm	LM-743	\$ 218.25
Thursdays	4:45 pm	LM-744	\$ 218.25
Saturdays	8:30 am	LM-745	\$ 218.25
	9:45 am	LM-746	\$ 218.25
	10:00 am	LM-747	\$ 218.25
	11:00 am	LM-748	\$ 218.25

### Movers & Shakers

4 years of age - 60 min. / 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-890	\$ 194.00
	5:00 pm	MS-899	\$ 194.00
Tuesdays	9:30 am	MS-891	\$ 218.25
	4:45 pm	MS-892	\$ 218.25
Wednesdays	9:45 am	MS-893	\$ 218.25
	4:45 pm	MS-894	\$ 218.25
Thursdays	4:45 pm	MS-895	\$ 218.25
Saturdays	8:30 am	MS-896	\$ 218.25
	9:45 am	MS-897	\$ 218.25
	11:00 am	MS-898	\$ 218.25

### 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.

Days	Time	Code	Cost
Mondays	4:45 pm	JG-160	\$ 194.00
Tuesdays	4:45 pm	JG-161	\$ 218.25
Wednesdays	4:30 pm	JG-162	\$ 218.25
	5:00 pm	JG-163	\$ 218.25
	6:00 pm	JG-164	\$ 218.25
Thursdays	4:45 pm	JG-165	\$ 218.25
	6:00 pm	JG-166	\$ 218.25
Saturdays	8:30 am	JG-167	\$ 218.25
	9:45 am	JG-168	\$ 218.25
	11:00 am	JG-169	\$ 218.25

## Recreational Programs

### Boys Gymnastics

90 min. / week

#### Boys - Ages 6 to 9 years old

Days	Time	Code	Cost
Wednesdays	6:15 pm	BG-136	\$ 297.00
Thursdays	4:30 pm	BG-137	\$ 297.00
	6:15 pm	BG-138	\$ 297.00
Fridays	5:00 pm	BG-139	\$ 297.00
Saturdays	9:00 am	BG-140	\$ 297.00
	10:45 am	BG-141	\$ 297.00

#### Boys - Ages 10 to 13 years old

Days	Time	Code	Cost
Tuesdays	6:00 pm	BG-135	\$ 297.00

### Girls Gymnastics

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.

#### Girls - Ages 6 to 9 years old

Days	Time	Code	Cost
Mondays	4:30 pm	GG-195	\$ 264.00
	6:00 pm	GG-196B	\$ 264.00
	6:15 pm	GG-197	\$ 264.00
Tuesdays	4:30 pm	GG-198	\$ 297.00
	6:00 pm	GG-199B	\$ 297.00
Wednesdays	4:30 pm	GG-200	\$ 297.00
	6:15 pm	GG-201	\$ 297.00
Thursdays	4:30 pm	GG-202	\$ 297.00
	6:15 pm	GG-203	\$ 297.00
Fridays	5:00 pm	GG-204	\$ 297.00
	7:00 pm	GG-205	\$ 297.00
Saturdays	9:00 am	GG-207	\$ 297.00
	10:00 am	GG-208	\$ 297.00
	10:45 am	GG-209	\$ 297.00
	2:15 pm	GG-210	\$ 297.00
	2:15 pm	GG-211	\$ 297.00

#### Girls - Ages 10 to 13 years old

Days	Time	Code	Cost
Mondays	6:00 pm	GG-196	\$ 264.00
Tuesdays	6:00 pm	GG-199	\$ 297.00
Fridays	7:00 pm	GG-206	\$ 297.00

# Experienced Recreational

## Gym Stars

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.

\*Entering this program is by invitation, or working on Level 3 or higher

### Boys - Ages 6 to 9 years old

Days	Time	Code	Cost
Wednesdays	6:00 pm	GSB-140	\$ 351.00
Saturdays	10:00 am	GSB-141	\$ 351.00

### Boys - Ages 10 to 13 years old

Days	Time	Code	Cost
Saturdays	2:00 pm	GSB-142	\$ 351.00

### Girls - Ages 6 to 9 years old

Days	Time	Code	Cost
Mondays	6:15 pm	GSG-141	\$ 312.00
Wednesdays	6:00 pm	GSG-142	\$ 351.00
Thursdays	6:00 pm	GSG-144	\$ 351.00
Saturdays	10:00 am	GSG-146	\$ 351.00
	2:00 pm	GSG-147	\$ 351.00

### Girls - Ages 10 to 13 years old

Days	Time	Code	Cost
Mondays	6:00 pm	GSG-140	\$ 312.00
Wednesdays	6:00 pm	GSG-143	\$ 351.00
Thursdays	6:00 pm	GSG-145	\$ 351.00

# 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-135	\$ 264.00
Tuesdays	6:15 pm	TT-136	\$ 297.00
Wednesdays	7:30 pm	TT-137	\$ 297.00
Thursdays	7:30 pm	TT-138	\$ 297.00
Saturdays	2:15 pm	TT-139	\$ 297.00

## Experienced Trampoline & Tumbling

Boys & Girls, Ages 7 & older - 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	GST-140	\$ 351.00
Fridays	7:00 pm	GST-141	\$ 351.00



# 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-115	\$ 264.00

## 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-535	\$ 264.00

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

Annual \$45.00 membership fee applies to all athletes - Valid July 1, 2023 to June 30, 2024

# Developmental Gymnastics

## Special Invitation Junior

Boys & Girls , Ages 5 & 6 years

2 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 2 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.

Days	Time	Code	Cost
Mondays	4:30 pm	SI-105	\$ 312.00
Saturdays	2:00 pm	SI-106	\$ 351.00

## Special Invitation Senior

Boys & Girls divided, Ages 7 & 8 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
Mondays	5:00 pm	SIG-112	\$ 456.75
Boys			
Days	Time	Code	Cost
Thursdays	4:30 pm	SIB-112	\$ 456.75

## Demo Boys - By Invitation

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.

Days	Time	Code	Cost
Tuesdays	4:45 pm	ABG-115	\$ 456.75
Thursdays	5:00 pm	ABG-116	\$ 456.75

## Xcel Performance - By Invitation

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.

This program is by invitation only.

Days	Time	Code	Cost
Tuesdays	5:00 pm	XCE-120	\$ 456.75
Thursdays	5:00 pm	XCE-121	\$ 456.75
Fridays	5:00 pm	XCE-122	\$ 456.75
Saturdays	2:00 pm	XCE-123	\$ 456.75

- Due to high demand, **we can not offer make up classes.**
- 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 \$45 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.**



\*Updated 10/01/2023