

PULSARS GYMNASTICS CLUB

SPORT STARTS HERE

SUMMER 2022

Recreational Schedule

Tuesdays July 5th to August 23rd (8 Weeks)
Wednesdays July 6th to August 24th (8 Weeks)
Thursdays July 7th to August 25th (8 Weeks)



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
Wednesdays	9:45 am	DD-716	\$ 156.00 FULL
Thursdays	5:00 pm	DD-717	\$ 156.00

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
Tuesdays	4:45 pm	LM-720	\$ 184.00
Wednesdays	9:45 am	LM-721	\$ 184.00
Thursdays	4:45pm	LM-722	\$ 184.00

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
Tuesdays	4:45 pm	MS-869	\$ 184.00
Wednesdays	9:45 am	MS-870	\$ 184.00
Thursdays	4:45pm	MS-871	\$ 184.00

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 recognised head coaches.

Days	Time	Code	Cost
Tuesdays	4:45 pm	JG-141	\$ 184.00 FULL
Wednesdays	9:45 am	JG-142	\$ 184.00
Thursdays	4:45pm	JG-143	\$ 184.00
	6:00 pm	JG-144	\$ 184.00 FULL



1206 Ringwell Drive, Newmarket
 905-836-2209
www.pulsars.ca

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 recognised head coaches.

Days	Time	Code	Cost
Tuesdays	4:30 pm	BG-121	\$ 252.00
	6:00 pm	BG-123	\$ 252.00
Thursdays	4:30 pm	BG-122	\$ 252.00

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 recognised head coaches.

Days	Time	Code	Cost
Tuesdays	4:30 pm	GG-151	\$ 252.00
	6:15 pm	GG-152	\$ 252.00
Wednesdays	9:30 am	GG-154	\$ 252.00 ON HOLD
	4:30 pm	GG-155	\$ 252.00
	6:15 pm	GG-156	\$ 252.00
Thursdays	4:30 pm	GG-157	\$ 252.00
	6:15 pm	GG-158	\$ 252.00

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
Tuesdays	6:15 pm	GG-153	\$ 252.00
Thursdays	6:15 pm	GG-159	\$ 252.00

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
Wednesdays	4:30 pm	TT-114	\$ 252.00
	6:15 pm	TT-115	\$ 252.00
Thursdays	6:30 pm	TT-116	\$ 252.00



Advanced Recreational

Gym Stars (Level 3+)

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.

*Entering this program is by invitation only.

Girls			
Days	Time	Code	Cost
Tuesdays	6:30 pm	GS-119	\$ 300.00
Thursdays	6:30 pm	GS-121	\$ 300.00

Boys			
Days	Time	Code	Cost
Tuesdays	6:30 pm	GS-120	\$ 300.00

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
Wednesdays	7:00 pm	ARU-120	\$ 300.00

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.

This program is by invitation only.

Days	Time	Code	Cost
Thursdays	5:00 pm	XCE-106	\$ 398.00

Tumbling for Dance

Ages 6 and Older
90 min/ 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. This program is designed for athletes that are already in a dance program.

Days	Time	Code	Cost
Tuesdays	4:45 pm	ARU-121	\$ 252.00
	6:30 pm	ARU-122	\$ 252.00
Wednesdays	4:45 pm	ARU-119	\$ 252.00

- No refunds after the session start date, or due to government shut down. Credits under special circumstances by approval of administration office only.
- Phone registrations accepted (Visa or MC).
- Payment due at time of registration.
- For online registration, visit our website at www.pulsars.ca
- **Prices shown do not include tax.**

*Updated 06/23/2022

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

Annual \$37.00 membership fee applies to all athletes

Valid July 1, 2022 to June 30, 2023