



## G FORCE GYM SPECIALTY CLASSES & SESSIONS

Fall 2009

Welcome to G Force Gym, the NEW gym everyone is talking about in Port Coquitlam. We opened our doors to the community in Sept 2006 and since then, our program has grown to include Tumbling Classes, Core Strength & Flexibility Classes, Hip Hop Classes, All-in-One Recreational Classes, Recreational Cheerleading and Pre-Competitive Cheerleading Classes.

This Manual is specifically designed to answer all your questions regarding our specialty classes for Fall 2009 and more specifically, the 2009-10 season. If you have any additional questions, please do not hesitate to contact the gym via phone: 604 464 8272 or the office manager Anne at gforcegymanne@gmail.com or the Director Liz at gforcegym@gmail.com.

**\*\*Tumbling Class Times and Information is listed on Page 2**

Age Group As of May 31st	All-in-One Classes (Recreational)	Pre Competitive Cheer (Recreational) I Practice / wk	Core Strength & Flexibility	Dance with Ms. Nickeshia
<b>5 and Younger</b>	Mondays 3:45-4:30pm Mondays 4:30-5:30pm Wednesdays 3:45-4:30pm Wednesdays 4:30-5:30pm Fridays 3:45-4:30pm Saturdays 3:00-4:00pm	Tuesdays 4:30-5:15pm Thursday 4:00-5:00pm Fridays 4:30-5:30pm		Mondays 4:45-5:30pm Wednesdays 4:15-5:15pm
<b>8 and Younger</b>	Mondays 3:45-4:30pm Mondays 4:30-5:30pm Wednesdays 3:45-4:30pm Wednesdays 4:30-5:30pm Fridays 5:00-6:00pm Saturdays 3:00-4:00pm	Tuesdays 4:30-5:15pm Tuesday 4:15-5:15pm Thursday 5:00-6:00pm Fridays 4:30-5:30pm Sundays 3:00-4:15pm		Mondays 6:30-7:15pm Wednesdays 4:15-5:15pm
<b>11 and Younger</b>	Mondays 4:30-5:30pm Wednesdays 4:30-5:30pm Saturdays 3:00-4:00pm	Tuesday 4:15-5:15pm Thursday 5:00-6:00pm Fridays 4:30-5:30pm Sundays 3:00-4:15pm	Tues 4:00-5:00pm Wed 4:30-5:15pm Wed 5:15-6:00pm	Mondays 5:30-6:30pm Wednesdays 5:15-6:00pm
<b>14 and Younger</b>		Thursday 5:00-6:00pm Sundays 3:00-4:15pm	Tues 4:00-5:00pm Tues 8:30-9:15pm Wed 4:30-5:15pm Wed 5:15-6:00pm	Mondays 5:30-6:30pm Wednesdays 5:15-6:00pm
<b>18 and Younger</b>			Tues 4:00-5:00pm Tues 8:30-9:15pm Wed 4:30-5:15pm Wed 5:15-6:00pm	

**All in One Recreational Classes**— Class time is used to develop different genres of movement: Trampoline training, Gymnastics & Tumbling, dance and movement as well as games and kinesthetic muscle and awareness development. Class is designed to be recreational and a “Progress Report Card” is provided at end of session.

**Pre-Competitive Cheerleading**— **Pre-Competitive Cheerleading** introduces students to a team dynamic where everyone works to develop individual skills but also work together to develop a routine performed by all. Students work and develop various areas and athletic skills: dance, jumps, motions, gymnastics & tumbling, stunting and performing. Athletes are required to purchase a t-shirt and shorts because they perform at either the Xmas Show or The Year End Show.

**Core Strength & Flexibility Classes**— Whether you want to get stronger or more flexible, this class will work towards helping you attain your tumbling and stunting goals while getting into shape. This class will help all athletes, regardless of sport.

**Dance with Ms. Nickeshia**— A graduate of Simon Fraser University’s Dance Program. Ms. Nickeshia will run a dance class that exposes students to all Dance Genres: Modern, Jazz, Lyrical and technique will all be explored. Dancers perform at the Xmas Show and Year End Show.

Class	Fees	Dates of Session
<b>All in One</b> 45 min class	\$40 membership & Insurance Fee \$125 Tuition for Fall Session	Fall Session: Sept 21st — Dec 13th
<b>All in One</b> 1 hour class	\$40 membership & Insurance Fee \$135 Tuition for Fall Session	See above
<b>Pre Competitive Cheer</b> 1 hour class	\$40 membership & Insurance Fee \$155 Tuition for Fall Session	Fall Session: Sept 21st — Dec 13th
<b>Pre Competitive Cheer</b> 1.15 hour class	\$40 membership & Insurance Fee \$170 Tuition for Fall Session	<b>Please Call the Gym for 15-18 yr olds, Senior Pre-Competitive Program Info</b>
<b>Core Strength &amp; Flexibility Classes</b>	\$40 membership & Insurance Fee \$45 per month for non-members VAS CHEERLEADERS: see below	Classes Run for 10 months—Sept 15th start You can join at any time 3-month commitment required <i>One FULL month notice required for cancellation</i>
<b>DANCE Classes</b>	\$40 membership & Insurance Fee \$125 Tuition for non-members \$ 90 Tuition for G Force Gym Members	Fall Session: Sept 14th — Dec 13th
<b>Tumbling Classes</b> See below....	\$40 membership & Insurance Fee \$45 per month for non-VAS Cheerleaders VAS CHEERLEADERS: \$30 per month for a 60min class \$25 per month for a 45min class \$20 per month for a 30min class	Classes Run for 10 months You can join at any time 3-month commitment required <i>One-month notice required for cancellation</i>
Day of Week	Tumbling Level	Class Times
<b>Monday Tumbling</b>	Level 1 Level 1-2 All Levels	4:15 - 5:15pm 5:30 - 6:30pm 8:00 - 9:00pm
<b>Tuesday Tumbling</b>	Level 1 Level 1-2 Level 2-4 Level 1-2 All Levels	3:30-4:30 pm 4:00-5:00 pm 5:00-6:00 pm 6:00-7:00 pm 8:00-9:00 pm
<b>Wednesday Tumbling</b>	Level 1-2 Level 2-3 Level 3-5	4:00-5:00 pm 5:30-6:30 pm 7:00-8:00 pm
<b>Thursday Tumbling</b>	Level 1 Levels 1-3 Levels 1-2	4:00-5:00 pm 5:00-6:00 pm 8:00-8:45 pm
<b>Friday Tumbling</b>	Level 1	5:15-6:15pm
<b>Saturday Tumbling</b>	Levels 1-2 Level 1-2 All Levels	10:30am-11:15am 12:30pm-1:15pm 1:30pm-2:30pm
<b>Sunday Tumbling</b>	Levels 1-3	12:30-1:30pm

*\$40 Membership Fee ONLY applicable to NEW members to G Force Gym  
Fee is good at ANY Cheer Gym in BC until September 2010*

**REGISTRATION FORM (Please fill out a separate form for each child)**

**NAME OF ATHLETE** \_\_\_\_\_

**PARENT(S) NAME(S)** \_\_\_\_\_

**PHONE NUMBERS** \_\_\_\_\_ & \_\_\_\_\_

**MAILING ADDRESS** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**AGE ON AUG 31<sup>ST</sup> 2009** \_\_\_\_\_ **BIRTH DATE** \_\_\_\_\_

***Class Selection:***

**Please register \_\_\_\_\_ for the following class(es):**

	<b>Type of Class</b>	<b>Day of Week &amp; Time</b>	<b>Level/Age</b>	<b>Cost</b>
<i>Sample:</i>	<u>All-in-One</u>	<u>Thursdays 4:00-5:00pm</u>	<u>Age 9</u>	<u>\$135</u>
	<u>Tumbling</u>	<u>Thursdays 5:00-6:00pm</u>	<u>Levels 1-2</u>	<u><del>\$45</del> X 3 months</u>

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**New Members** \$40

**GST %5** \$

**Total Cost**

**Payment Method:**

Initial payment of \$ \_\_\_\_\_ for start up costs

EFT Automatic Debit or Monthly cheques each totaling \$ \_\_\_\_\_

Receipt # \_\_\_\_\_

Visa or MC (circle one) or Debit

Notes \_\_\_\_\_

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