



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
3-5 Years	Mondays 4:30-5:30pm Wednesdays 4:00-4:45pm	Fridays 4:30-5:30pm		Mondays 6:30-7:15pm
6-9 Years	Mondays 4:30-5:30pm Wednesdays 4:00-5:00pm	Fridays 4:30-5:30pm Sundays 3:00-4:15pm		Mondays 6:30-7:15pm
10-13 Years	Mondays 4:30-5:30pm Wednesdays 4:00-5:00pm	Fridays 4:30-5:30pm Sundays 3:00-4:15pm	Tues 8:30-9:15pm Wed 5:15-6:00pm	Mondays 5:30-6:30pm
14 and Older		Sundays 3:00-4:15pm	Tues 8:30-9:15pm Wed 5:15-6:00pm	Mondays 5:30-6:30pm

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.

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.

Class	Fees	Dates of Session
All in One 45 min class	\$25 Membership & Insurance Fee \$125 Tuition for Winter Session	Winter Session: January 11th - April 1st
All in One 1 hour class	\$25 Membership & Insurance Fee \$135 Tuition for Winter Session	See above
Pre Competitive Cheer 1 hour class	\$25 Membership & Insurance Fee \$135 Tuition for Winter Session	Winter Session: January 11th - April 1st
Pre Competitive Cheer 1.25 hour class	\$25 Membership & Insurance Fee \$150 Tuition for Winter Session	See above
Core Strength & Flexibility Classes	\$25 membership & Insurance Fee \$35 per month for non-members <u>VAS Cheerleaders - \$25/month</u>	Classes Run for 10 months You can join at any time 3-month commitment required <i>One FULL month notice required for cancellation</i>
DANCE Classes	\$25 membership & Insurance Fee \$125 Tuition for VAS Cheerleaders \$ 90 Tuition for G Force Gym Members <i>(\$75 for 45min Class)</i>	Winter Session: January 11th - April 1st
Tumbling Classes See below....	\$25 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
Monday Tumbling	5-8 yr olds Level 1 9-12 yr olds Level 1-2 5-8 yr olds Level 1 11-14 yr olds Level 1-2	4:15 - 5:15pm 5:30 - 6:30pm 6:30 - 7:00pm 8:00 - 9:00pm
Tuesday Tumbling	7-11 yr olds Level 1 Boys Tumbling Ages 9-16 5-8 yr olds Level 1-2 8-11 yr olds Level 2-3 14-18 yr olds Level 2-4 10-14 yr olds Level 2-4	4:00-5:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-7:30 pm 8:00 - 9:00pm 8:30 - 9:00pm
Wednesday Tumbling	7-11 yr olds Level 1 14-18 yr olds Level 3-5 11-14 yr olds Level 2-4	5:30-6:30 pm 7:00-8:00 pm 8:30-9:00 pm
Thursday Tumbling	12-18 yr olds Level 1-3 12-18 yr olds Level 2-4 12-18 yr olds Level 1-2	5:00-6:00 pm 6:00-7:00 pm 8:00-8:45 pm
Friday Tumbling	9-14 yr olds Level 1-2	5:30-6:30pm
Saturday Tumbling	4-5 yr olds Level 1 9-12 yr olds Level 2-4 11-14 yr olds Level 1-3	10:30am-11:15am 11:30pm-12:30pm 12:30pm -1:15pm
Sunday Tumbling	11-14 yr olds Level 1-3	12:30-1:30pm

\$25 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 31ST 2009 _____ **BIRTH DATE** _____

Class Selection:

Please register _____ for the following class(es):

	Type of Class	Day of Week & Time	Level/Age	Cost
<i>Sample:</i>	<u>All-in-One</u>	<u>Mondays 4:30-5:30pm</u>	<u>Age 9</u>	<u>\$135</u>
	<u>Tumbling</u>	<u>Mondays 5:30-6:30pm</u>	<u>Levels 1-2</u>	<u>\$45 X 3 months</u>

1. _____

2. _____

3. _____

New Members \$25

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 _____
