

PULSARS GYMNASTICS CLUB

SPORT STARTS HERE



SUMMER 2020

Recreational Schedule

Mondays	July 13 th to Aug 31 th	(7 Weeks)
Tuesdays	July 14 th to Sep 1 st	(8 Weeks)
Wednesdays	July 15 th to Sep 2 nd	(8 Weeks)
Thursdays	July 16 th to Sep 3 rd	(8 Weeks)



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
Mondays	4:30 pm	BG-110	\$ 199.50

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 activities, 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
Mondays	6:15 pm	GG-120	\$ 199.50
Wednesdays	4:30 pm	GG-121	\$ 228.00

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
Wednesdays	6:15 pm	GG-122	\$ 228.00

Trampoline

Boys & Girls, Ages 7 & Older - 60 min. / week

This program is for boys & girls who want to Bounce, Swivel, Twist and become fit through Trampoline. Next steps are Interclub trampoline, Provincial and National Stream.

Days	Time	Code	Cost
Mondays	7:45 pm	RT-575	\$ 145.25

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
Tuesdays	6:30 pm	TT-100	\$ 228.00

Tumbling for Dance

Ages 6 and Older

1 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. This program is designed for athletes that are already in a dance program.

Days	Time	Code	Cost
Mondays	12:30 pm	ARU-107	\$ 145.25
	1:45 pm	ARU-108	\$ 145.25
Wednesdays	12:30 pm	ARU-110	\$ 186.75*
	1:45 pm	ARU-111	\$ 186.75*

* 9 weeks

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	4:30 pm	GS-100	\$ 272.00
Thursdays	4:30 pm	GS-101	\$ 272.00

Advanced Tumbling

Boys & Girls train together, Ages 8 to 12 years

2.5 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	1:00 pm	ARU-109	\$ 350.00
Thursdays	1:00 pm	ARU-112	\$ 393.75*

* 9 weeks

- We can not offer make-up classes during the summer session due to COVID-19
- 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 07/09/2020

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

Annual \$35.00 membership fee applies to all athletes
Valid July 1, 2020 to June 30, 2021