

NOVEMBER - DECEMBER • FALL 2023

Gymnastics & Trampoline

DROP-IN & LESSONS

QUEEN'S PARK SPORTSPLEX



GYMNASTICS & TRAMPOLINE REGISTRATION

Program Registration

November 16 at 10:00 am New Westminster residents
November 17 at 10:00 am Everyone

How to Register:

ONLINE Log into, or create your account: newwestcity.ca/register
PHONE Call a recreation facility during operating hours for assistance.
IN PERSON At any recreation facility. newwestcity.ca/recreation-facilities

Level Descriptions:

See the Fall Active Living Guide, Page 23.

Progressive Lesson Registration

Lessons in gymnastics, trampoline, swimming, and skating require activity outcome results (i.e. ready/not ready assessment) prior to registration in the next level. Check your levels online under "Activity Outcomes" in your online client record at newwestcity.ca/register.

If your last lesson set was prior to 2021, please call the lesson facility for more information on your correct level, or for assistance with activity outcomes.

GYMNASTICS & TRAMPOLINE

Participants may register for multiple lessons at the same level per session. Participants can only advance to the next level if the prerequisites are met and entered into their Activity Outcomes. Activity Outcomes will be posted after the last lesson for this short session.

GYMNASTICS & TRAMPOLINE DROP-IN SCHEDULE

Effective November 22 - December 22, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Motoring Munchkins 9:00 - 11:00 am	Parent & Tot Gymnastics 9:30 - 10:25 am	Parent & Tot Gymnastics 9:30 - 10:25 am	Parent & Tot Gymnastics 9:30 - 10:25 am	Motoring Munchkins 9:00 - 11:00 am	Parent & Tot Gymnastics 8:30 - 9:00 am (ends Dec. 9)
	Family Gymnastics 6:30 - 7:45 pm				
Youth & Adult Gymnastics & Trampoline 8:00 - 9:30 pm	Youth & Adult Gymnastics & Trampoline 8:00 - 9:30 pm Try it!	Youth & Adult Gymnastics & Trampoline 8:00 - 9:30 pm Try it!		Motoring Munchkins 12:00 - 2:00 pm Try it!	
Schedule is subject to change. For up-to-date schedules visit: newwestcity.ca/dropin					

Admission Fees:

Motoring Munchkins \$3.25
Parent & Tot Gymnastics \$5.00 per child
Children 6 and under must be accompanied by a caregiver (15+ years)
Youth Gymnastics & Trampoline \$7.00
Adult Gymnastics & Trampoline \$9.00
Family Gymnastics \$3.75 per person
Try It! \$2.00

GYMNASTICS & TRAMPOLINE LESSONS

	TUESDAY	WEDNESDAY	THURSDAY
Starts	November 28	Starts	November 22
Ends	December 19	Ends	December 20
No Lesson	N/A	No Lesson	N/A
Classes	4	Classes	5
TEENY TOT BEGINNERS (3 years)			
Class Length 40 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
10:30 AM	195943	10:30 AM	195945
3:45 PM	195811		
TEENY TOT INTERMEDIATE (3 years)			
Class Length 40 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
10:30 AM	195947	10:30 AM	195949
3:45 PM	195816		
TOT GYM 1 (4 - 6 years)			
Class Length 55 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
10:30 AM	195955	10:30 AM	195957
11:30 AM	199583	11:30 AM	195958
3:30 PM	195822	3:30 PM	195839
4:30 PM	195826	4:30 PM	195841
5:30 PM	195829	5:30 PM	195842
		6:30 PM	195843
TOT GYM 2 (4 - 6 years)			
Class Length 55 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
10:30 AM	195961	10:30 AM	195964
11:30 AM	195962	11:30 AM	195965
3:30 PM	195846	3:30 PM	195850
4:30 PM	195848	4:30 PM	195853
5:30 PM	195849	5:30 PM	195856
		6:30 PM	195864
TOT GYM 3 (4 - 6 years)			
Class Length 55 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
4:30 PM	195867	4:30 PM	195869
5:30 PM	195868	5:30 PM	195871
		6:30 PM	195873
TOT GYM 4 (4 - 6 years)			
Class Length 55 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
4:30 PM	195874	4:30 PM	195876
5:30 PM	195875	5:30 PM	195877
		6:30 PM	195878
TRAMPOLINE & TUMBLING (4 - 5 years)			
Class Length 40 minutes • \$50.00 / 4 classes, \$62.50 / 5 classes			
11:30 AM	195988	11:30 AM	195991
		11:30 AM	195994

GYMNASTICS & TRAMPOLINE LESSONS

	TUESDAY	WEDNESDAY	THURSDAY
Starts	November 28	Starts	November 22
Ends	December 19	Ends	December 20
No Lesson	N/A	No Lesson	N/A
Classes	4	Classes	5

LEVEL 1 - INTRO (6 - 12 years)

Class Length 55 minutes • \$50.00/ 4 classes, \$62.50 / 5 classes

3:30 PM	195884	4:00 PM	195887
4:30 PM	195885	5:00 PM	195888
5:30 PM	195886	6:00 PM	195889
		7:00 PM	195890

LEVEL 2 - RED (6 - 12 years)

Class Length 55 minutes • \$50.00/ 4 classes, \$62.50 / 5 classes

3:30 PM	195892	4:00 PM	195895
4:30 PM	195893	5:00 PM	195897
5:30 PM	195894	6:00 PM	195899
		7:00 PM	195901

LEVEL 3 - WHITE (6 - 12 years)

Class Length 85 minutes • \$65.25 / 4 classes, \$81.50 / 5 classes

3:30 PM	195918	3:30 PM	195921
5:00 PM	195919	5:00 PM	195922
		6:30 PM	195923

LEVEL 4 - BLUE (6 - 12 years)

Class Length 85 minutes • \$65.25 / 4 classes, \$81.50 / 5 classes

3:30 PM	195924	3:30 PM	195926
5:00 PM	195925	5:00 PM	195927
		6:30 PM	195929

LEVEL 5 - MERIT, BRONZE, SILVER & GOLD (6 - 14 years)

Class Length 85 minutes • \$72.00 / 4 classes, \$90.00 / 5 classes

3:30 PM	195933	3:30 PM	195935
5:00 PM	195934	5:00 PM	195936
		6:30 PM	195937

HOME LEARNERS GYMNASTICS & TRAMPOLINE (6 - 14 years)

Class Length 85 minutes • \$65.25 / 4 classes, \$81.50 / 5 classes

12:30 PM	195914
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TRAMPOLINE COLOUR LEVELS (6 - 12 years)

Class Length 55 minutes • \$50.00/ 4 classes, \$62.50 / 5 classes

3:30 PM	195903	4:00 PM	195906	3:30 PM	195912
4:30 PM	195904	5:00 PM	195907	4:30 PM	195913
5:30 PM	195905	6:00 PM	195908		
		7:00 PM	195909		

PRE-COMPETITIVE TRAMPOLINE (6 - 14 years)

Class Length 85 minutes • \$72.00 / 4 classes, \$90.00 / 5 classes

3:30 PM	195938	3:30 PM	195940
5:00 PM	195939	5:00 PM	195941
		6:30 PM	195942