

# FALCON GYMNASTICS

*A Tradition of Excellence Since 1973*  
 208-721 Vanalman Ave. Victoria BC V8Z 3B6  
 250 479 6424 - [www.falcongymnastics.com](http://www.falcongymnastics.com)



## 2010/2011 SCHEDULES

### PRE-SCHOOL PROGRAMS

**Parent and Tot (18 months to 3yrs)** - This introductory program is designed for children with an uncontrollable urge to discover. Movement patterns are emphasized - bouncing, swinging, rolling, balancing, and just old fashioned fun! Every child receives a certificate or ribbon upon completion of the session. A parent or guardian is required to assist the child in this class.

**Gym Bugs (3.5 to 5 yrs)** - Children will learn the fundamentals of gymnastic movements, Gymnastic skills are for general gross motor development, coordination and lots of fun! Children may need to be accompanied by a parent/guardian for at least the 1st two classes.

Please Add Annual GBC/Falcon Membership \$25 for each pre-school child enrolled in the GYM BUGS program.

GYM BUGS	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Parent + Tot</b> 45 min. 1 Class P/W	9:15 10:15	9:15 10:15	9:15 10:15	9:15	9:15 10:15	8:45 9:45 10:30	
<b>GYM BUGS</b> 60 min. 1 Class P/W	9:15 10:15 3:30	9:15 10:15 1:00	9:15 10:15 3:30	9:00 1:00	9:15 10:15	9:00 10:00 11:15	11:30

**All Pre-School Programs begin the week of Sept. 20 2010**

CLASS DESCRIPTION	FEES (GST Incl.)	TERMS 2009-2010
<b>Parent + Tot</b> 45 min. 1 Class P/W	Term 1 - 12 weeks \$90 + HST Term 2 - 10 weeks \$75 + HST Term 3 - 12 weeks \$90 +HST	Term 1 Sept. 20 - Dec.16 Term 2 Jan 10 - March 20 Term 3 April 1 - June 25
<b>GYM BUGS</b> 60 min. 1 Class P/W	Term 1 - 12 weeks \$114 + HST Term 2 - 10 weeks \$95 + HST Term 3 - 12 weeks \$114 + HST	Term 1 Sept. 20 - Dec.16 Term 2 Jan 10 - March 20 Term 3 April 1 - June 25

#### PRE-SCHOOL TERMS

2 Terms of 12 weeks (Fall and Spring) Winter Term is 10 weeks due to Spring Break.

#### Pre-School Drop in

Join us for unstructured play time with your pre-schooler. Please note parents and guardians must supervise their child(ren) at all times during the drop in

September to June:  
Tuesdays or Thursdays: 11:30 am to 12:30 pm

Cost: 10 classes for \$50 (HST incl) or Drop in fee of \$6 per class

Please add \$15 for one time insurance for the entire year.

#### MORE PROGRAMS...

**Christmas Camp December 27 - 31, 2010**  
Full and Half Days

**Spring Camp March 21 - 25, 2011**  
Full and Half Days

**Homeschool Program - Wed. 11am to 12pm**

**Falcon Gymnastics also offers fun filled Birthday Parties! Cost for up to 10 Children is \$110 + HST (non-members \$120 + HST) \$5 per extra child.**

**Please see our Website for Information on all our Classes, Programs, Camps and Parties**  
[www.falcongymnastics.com](http://www.falcongymnastics.com)

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### CAN GYM CLASSES

#### FALCON'S RECREATIONAL CLASSES FOR GIRLS AND BOYS (6 - 14 Years)

Our recreational gymnastics program runs on a semester system. Our first semester takes place from September and continues until the end of January. The second semester is from February to the end of June. Recreational classes are 1.15 hours long per week for girls and boys ages 6 and up.

#### FALCON JUNIORS CLASSES (Intermediate and Advanced)

A 2 hours per week class for ages 7 years and up. Students are required to have a minimum of 4 ribbons for these classes. More advanced skills are introduced and students will receive a ribbon on the level that they completed.

#### INTERCLUB TEAM

By invitation ONLY: Inter club is an introductory level of beginner competition level. It is aimed at the child who would like to excel, but with minimum amount of hours. This program lets you go to recreational events to perform routines and earn awards based on their efforts.

INTERCLUB group 1 (new members) will train on Tuesday and Thursday 2.5 hours each day.

INTERCLUB group 2 (previous members) will train on Monday and Wednesday 3 hours each day. Min. 2 classes per week is a must.

**KIP (Kids in Progress):** By invitation ONLY. Pre-competitive gymnastics is offered for children 5 and up with at least 1-2 years of gymnastics experiences. KIP (5-6 years old) will train once a week for 1.5 hours. KIP (7-8 years old) will train 2 times per week 2 hours each time.\* coaches expect a 10 month commitment.

**\*\*PROGRAM FOCUS:** Physical preparation, mastering basics. Introduction to competition is with our own Mini Olympics (Nov. and April)

\* Each participant will receive awards based on their efforts.

LEVELS	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Falcon's Recreational 6-14 yrs 1.25 hrs/week	3:30 pm	3:45 pm 5:00 pm 6:15 pm	3:30 pm	3:45 pm 6:15 pm	3:30 pm	9:30 am 10:45 pm 12:30 pm	12:30
Falcon's Juniors Level 5 Ribbon and above 1 or 2 X 2 hrs/week		5 - 7 pm		5 - 7 pm		12:15 pm to 2:15 pm	
Interclub Team 1 & 2 (10yrs+) 2 X 2.5/3 hrs/week		5 pm to 7:30 pm		5 pm to 7:30 pm			
KIP 5-6 yrs 1.5 hrs/week		3:30 pm to 5pm		3:30 pm to 5pm			
KIP 7+ yrs 2 X 2 hrs/week		5 pm to 7 pm		5 pm to 7 pm			
Adult & Teen Drop-In		7 to 8:30 pm		7 to 8:30 pm			

PROGRAM HOURS	Payment Option One Monthly Post Dated Cheques	Payment Option Two Full Term (5% Discount)
1.25 HRS/WEEK	10 Payments \$53.20 +HST	Two Payments \$253.30 +HST
1.5 HRS/WEEK	10 Payments \$57 +HST	Two Payments \$271.43 +HST
2 HRS/WEEK	10 Payments \$75 +HST	Two Payments \$357.14 +HST
2.5 HRS/WEEK	10 Payments \$90 +HST	Two Payments \$428.57 +HST
3 HRS/WEEK	10 Payments \$102 +HST	Two Payments \$485.70 +HST
4 HRS/WEEK	10 Payments \$130 +HST	Two Payments \$619 +HST
5 HRS/WEEK	10 Payments \$145 +HST	Two Payments \$690.50 +HST
6 HRS/WEEK	10 Payments \$165 +HST	Two Payments \$785.71 +HST

**All CAN GYM  
 Programs begin  
 Sept. 7 2010**

**Session 1 Sept. 8 to Feb. 3  
 Session 2 Feb. 3 to June 30**