



**UBC Active Kids provides developmentally appropriate recreational gymnastics and movement education classes to participants of all ages.**

Our program philosophy emphasizes positive sport experience and encourages life-long participation in physical activity. Certified instructors teach fundamental gymnastics and movement skills in a safe, fun, and physically active environment.

**OFFICE HOURS:**  
Monday - Friday  
8:30 am to 4:30 pm

Osborne Centre  
6108 Thunderbird Blvd.  
Vancouver, BC V6T 1Z3

**Phone:** 604-822-0207  
**Fax:** 604-822-8998

Email: [kin.outreach@ubc.ca](mailto:kin.outreach@ubc.ca)  
Web: [www.kin.educ.ubc.ca/outreach](http://www.kin.educ.ubc.ca/outreach)



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

**School of Kinesiology**

# UBC Active Kids

*Home of UBC Gymnastics*



## Winter 2014 Programs

(604) 822-0207  
[kin.outreach@ubc.ca](mailto:kin.outreach@ubc.ca)  
[www.kin.educ.ubc.ca/activekids](http://www.kin.educ.ubc.ca/activekids)

## DROP-IN GYMNASTICS

*Supervised, but unstructured, gym time. First come, first served.*

*Discounts available for 5- or 10-punch passes.*

### FAMILY DROP-IN (up to 13 years)

*All children must be accompanied by an adult. All children under 4 years of age must be within arm's reach of an adult at all times.*

\$5 per child

**Tuesdays:** 11:00 am—12:00 pm

**Fridays:** 11:00 am—12:00 pm & 7:15-8:15 pm

### ADULT DROP-IN (19+)

\$10 per person

**Mondays & Wednesdays:** 8:00-10:00 pm

## GYMNASTICS BIRTHDAY PARTIES

*Interactive birthday parties with instruction & games. Includes one hour and 15 minutes of gymnastics activities, and 45 minutes in a classroom for cakes and presents. All participants under 4 years of age must be within arm's reach of an adult at all times.*

**Saturdays:** 1:30-3:30 pm, 3:00-5:00 pm & 4:30-6:30 pm

**Sundays:** 12:30-2:30 pm, 2:00-4:00 pm & 3:30-5:30 pm

\$200 for up to 18 participants.

*Additional participants can be accommodated upon special request. Please contact the registration office for more information.*

**Please Note: all participants must have a waiver signed by their parent or legal guardian**

**REGISTER ONLINE:**  
[www.kin.educ.ubc.ca/activekids](http://www.kin.educ.ubc.ca/activekids)



## HOMESCHOOL GYMNASTICS

*Children develop physical literacy and basic gymnastics skills in a fun-filled environment.*

**Homeschool 1:** For 5-8 year olds,  
1.5 hour, 1:8 ratio, \$144

**Homeschool 2:** For 8-12 year olds,  
1.5 hours, 1:8 ratio, \$144

## SPECIAL EVENTS

*Pre-registration is required for all special events.*

### FUN MEET

*Children 5+ and adults perform the skills they have been working on all session and receive fun awards.*

\$10 per participant

**Saturday, December 7 2013:** 4:00-7:00 pm  
*A 2014 Winter term fun meet will be announced soon!*

## PRIVATE BOOKINGS

*UBC Active Kids can arrange customized visit(s) for your school, team or group.*

Please contact the Osborne Registration Office for more information.

## WEEKLY GYMNASTICS CLASSES

### ACTIVE START PROGRAM

Toddlers & preschoolers develop general movement skills through guided activities and unstructured play.

**Bouncing Babies:** 9-18 months (parent participation)

30 min, 1:8 ratio,  
Term 1: September 9—October 7 \$45.00  
Term 2: October 21—November 25 \$45.00

**Parent & Tot:** 1.5-3 years (parent participation)  
45 min, 1:8 ratio, \$132/\$143

**Preschool:** An independent class for 3-4 year olds,  
45 min, 1:6 ratio, \$144/\$156

### GYM KIDS PROGRAM

Children develop physical literacy and basic gymnastics skills in a fun-filled environment.

**Gym Kids 1:** For 5-6 year olds in Kindergarten,  
1 hour, 1:6 ratio, \$156/\$169

**Gym Kids 2:** For 6-7 year olds in grades 1 & 2,  
1.5 hours, 1:8 ratio, \$222/\$240.50

**Gym Kids 3:** For 8-10 year olds in grades 3 - 5,  
1.5 hours, 1:8 ratio, \$240.50

### TRAMPOLINE & TUMBLING PROGRAM

The ideal program for children interested in focusing on just the trampoline and floor. A tryout is required for the Intermediate/Advanced class.

**Beginner T&T:** 8-12 years  
1 hour, 1:6 ratio, \$240.50

**Intermediate/Advanced T&T:** 8-14 years,  
1.5 hours, 1:6 ratio, \$258/\$279.50

Program costs vary due to the number of classes in the session for a given day of the week.

# UBC Active Kids

Fall Session: January 6, 2013—April 6, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:15</b> Preschool Parent & Tot	<b>9:15-</b> Parent & Tot	<b>9:00</b> Preschool	<b>10:00</b> Preschool Parent & Tot	<b>9:15</b> Preschool Parent & Tot	<b>9:00</b> Gym Kids 1 Gym Kids 2 Preschool Parent & Tot	<b>9:00</b> Preschool Gym Kids 1 Gym Kids 2
<b>10:00</b> Preschool	<b>10:00</b> Preschool	<b>9:45</b> Parent & Tot	<b>3:30</b> Gym Kids 1 Gym Kids 2 Preschool	<b>10:00</b> Preschool Parent & Tot		
<b>10:15</b> Bouncing Babies	<b>10:15</b> Bouncing Babies	<b>10:30</b> Bouncing Babies		<b>11:00</b> Family Drop-in		<b>9:45</b> Parent & Tot
<b>1:00</b> Preschool Homeschool 1 Homeschool 2	<b>11:00</b> Family Drop-in		<b>4:30</b> Int./Adv. T&T Gym Kids 2		<b>10:00</b> Gym Kids 1 Gym Kids 3 Preschool	<b>10:30</b> Gym Kids 2 Gym Kids 3
<b>4:00</b> Excel 1 Excel 2 Gym Kids 1	<b>3:30</b> Gym Kids 1 Gym Kids 2 Preschool	<b>4:00</b> Excel 1 Excel 2	<b>5:00</b> Gym Kids 1	<b>4:00</b> Gym Kids 1 Gym Kids 2 Gym Kids 3	<b>10:30</b> Beg. T&T	<b>11:00</b> Gym Kids 1
<b>5:00</b> Gym Kids 2	<b>4:30</b> Gym Kids 2 Gym Kids 3	<b>4:30</b> Gym Kids 2	<b>6:00</b> Teen 1 Excel 3 Gym Kids 3 High School	<b>5:00</b> Beg. T&T	<b>11:30</b> Gym Kids 2 Gym Kids 3	<b>12:30-2:30</b> Birthday Party
<b>6:00</b> Teen 1 High school Excel 3	<b>5:00</b> Gym Kids 1	<b>6:00</b> High school Excel 3 Teen 1 Teen 2	<b>8:00</b> Adult	<b>5:30</b> Gym Kids 2 Gym Kids 3	<b>1:30-3:30</b> Birthday Party	<b>2:00-4:00</b> Birthday Party
<b>6:30</b> Int./Adv. T&T	<b>6:00</b> Teen 1 Excel 1 Excel 2	<b>8:00</b> Adult Drop-in		<b>6:00</b> Beg. T&T	<b>3:00-5:00</b> Birthday Party	<b>3:30-5:30</b> Birthday Party
<b>8:00</b> Adult Drop-in				<b>7:15-8:15</b> Family Drop-in	<b>4:30-6:30</b> Birthday Party	<b>5:00</b> Excel 3 High School
					<b>6:00</b> Adult	

Please note: There will be no classes February 10th

Register online: [www.kin.educ.ubc.ca/activekids](http://www.kin.educ.ubc.ca/activekids)

## WEEKLY GYMNASTICS CLASSES

### TEEN PROGRAM

For participants of all levels of ability, and those participants interested can have the opportunity to represent their high school at BC high school provincials.

**Teen 1:** 11-14 years,  
2 hours, 1:8 ratio, \$258/\$279.50

**Teen 2:** 15-18 years,  
2 hours, 1:8 ratio, \$279.50

**High School Competitive\*\*:** 13-17 years  
2 hours, 1:8 ratio, \$258/\$279.50 + Tax

### EXCEL PROGRAM

Our advanced recreational program for highly motivated children teaches progressively more advanced skills through each level of the program. A tryout is required.

**Excel 1:** 6-10 years,  
2 hours, 1:8 ratio, \$258/\$279.50

**Excel 2:** 7-12 years,  
2 hours, 1:8 ratio, \$258/\$279.50

**Excel 3\*\*:** 8-14 years,  
2 hours, 1:8 ratio, \$258/\$279.50

### ADULT PROGRAM

Adults of all ages and levels of ability can improve their gymnastics skills and fitness level in the adult class.

18+ years, 2 hours, 1:8-10 ratio, \$299 + Tax

\*\*Due to the nature of the program, **High School Competitive** and **Excel 3** participants must register for at least 2 classes per week.