

ABOUT US

UBC Active Kids provides developmentally appropriate recreational gymnastics, sport, and physical literacy 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.

ACTIVE KIDS POLICIES

All clients are responsible for knowing and adhering to all Active Kids policies. Please visit our website to learn more about waivers, cancellations, withdrawals, missed classes, refunds, and more. A direct link will also be provided on your receipt following registration.

 kin.ubc.ca/activekids/FAQ



THE UNIVERSITY OF BRITISH COLUMBIA
School of Kinesiology

UBC ACTIVE KIDS WINTER 2020



604-822-0207



kin.ubc.ca/activekids



active.kids@ubc.ca



Osborne Centre, 6108 Thunderbird Blvd.
Vancouver, BC V6T 1Z3
Monday - Friday
8:45am to 4:15pm

GYMNASTICS

FAMILY DROP-IN (up to 13 YRS)

All children must be accompanied by an adult, and any children 4 years or younger must be within arm's reach of an adult at all times.

\$5 per child

Mondays & Wednesdays: 11:00am-12:00pm

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

TEEN & ADULT DROP-IN (14+ YRS)

\$10 per person

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

BIRTHDAY PARTIES

Interactive birthday parties with instruction and games. Includes 1 hour and 15 minutes of gymnastics activities, and 45 minutes in a classroom for the party.

\$235 for up to 18 participants

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

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

SCHOOL AND GROUP BOOKINGS

Bookings are designed for school, camp, community, and private groups of 8 or more participants. NCCP certified and Active Kids trained gymnastics coaches can customize the experience for your group's needs.



active.kids@ubc.ca



SPORT AND PHYSICAL LITERACY PROGRAMS

Active Kids offers a variety of sport and physical literacy programs for various communities including, but not limited to:

Soccer: 3-5 & 6-9 YRS

Basketball: 8-12 & 12-16 YRS

Multi-Sport and Playtime: 1.5-3 YRS

Multi-Sport and Physical Literacy: 3-5 YRS

Homeschool Multisport: 5-8 & 9-12 YRS

Visit our website for complete information including locations, schedules, and registration information:

kin.ubc.ca/activekids/sports-physical-literacy

If you are interested in a custom program for your community, please email: active.kids@ubc.ca



WEEKLY GYMNASTICS CLASSES

PARENT & TOT: 1.5-3 YRS

A fun-filled introduction for you and your child to gymnastics while you explore the gym.
45 min, 1:8 ratio
\$148.50 (11 classes)/\$162.00 (12 classes)

PRESCHOOL: 3-4 YRS

For children ready to be on their own and explore the gymnastics gym through guided instructions and skills.
45 min, 1:6 ratio
\$156.75 (11 classes)/\$171.00 (12 classes)

GYM KIDS: 5-10 YRS

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

Gym Kids 1: 5-6 YRS

1 hour, 1:6 ratio
\$192.50 (11 classes)/\$210.00 (12 classes)

Gym Kids 2: 6-7 YRS

1.5 hours, 1:8 ratio
\$272.25 (11 classes)/\$297.00 (12 classes)

Gym Kids 3: 8-10 YRS

1.5 hours, 1:8 ratio
\$272.25 (11 classes)/\$297.00 (12 classes)

TRAMPOLINE & TUMBLING: 8-14 YRS

For children interested in focusing on just the trampoline and floor. *An assessment is required for Int/Adv T&T.* Please contact: active.kids@ubc.ca

Beginner T&T: 8-12 YRS

1 hour, 1:6 ratio
\$250.25 (11 classes)/\$273.00 (12 classes)

Intermediate/Advanced T&T: 8-14 YRS

1.5 hours, 1:6 ratio
\$288.75 (11 classes)/\$315.00 (12 classes)

HOMESCHOOL GYMNASTICS: 5-10 YRS

Children develop basic gymnastics skills in a fun-filled environment.
1.5 hours, 1:8 ratio
\$192.50 (11 classes)

* = DISCOUNTS

Acadia Park, UNA, and UTown members will receive 10% discount on Parent & Tot and Preschool classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM	9:15-10:00 Parents & Tot*		9:15-10:00 Parents & Tot*		9:15-10:00 Parents & Tot*	9:00-9:45 Parents & Tot Preschool	9:00-9:45 Parents & Tot Preschool
10AM	10:00-10:45 Preschool*		10:00-10:45 Preschool*		10:00-10:45 Preschool*	9:00-10:00 Gym Kids 1 9:00-10:30 Gym Kids 2 9:45-10:30 Preschool	9:00-10:30 Gym Kids 2 9:45-10:30 Preschool
11AM	11:00-12:00 Family Drop-in		11:00-12:00 Family Drop-in		11:00-12:00 Family Drop-in	10:00-11:00 Gym Kids 1 10:00-11:30 Gym Kids 3 10:30-11:30 Beg. T&T	10:00-11:00 Gym Kids 1 10:30-12:00 Gym Kids 2 Gym Kids 3 11:00-12:00 Gym Kids 1
12PM	12:30-2:00 Homeschool					11:00-1:00 Excel 1 Excel 2 11:30-1:00 Gym Kids 2 Gym Kids 3	
1PM							12:30-2:30 Birthday Party
2PM						1:30-3:30 Birthday Party	2:00-4:00 Birthday Party
3PM		3:30-4:15 Preschool		3:30-4:15 Preschool		3:00-5:00 Birthday Party	3:30-5:30 Birthday Party
4PM	4:00-5:00 Gym Kids 1 4:00-6:00 Excel 1 Excel 2 5:00-6:30 Gym Kids 2	3:30-4:30 Gym Kids 1 3:30-5:00 Gym Kids 2 4:30-6:00 Gym Kids 2 Gym Kids 3 5:00-6:00 Gym Kids 1	4:00-6:00 Excel 1 Excel 2 4:30-6:00 Gym Kids 2	3:30-4:30 Gym Kids 1 3:30-5:00 Gym Kids 2 4:30-6:00 Gym Kids 2 Int./Adv. T&T 5:00-6:00 Gym Kids 1 6:00-7:30 Gym Kids 3 6:00-8:00 Excel 3 Highschool	4:00-5:00 Gym Kids 1 4:00-5:30 Gym Kids 2 Gym Kids 3 5:00-6:00 Beg. T&T 5:30-7:00 Gym Kids 2 Gym Kids 3 6:00-7:00 Beg. T&T	4:30-6:30 Birthday Party	5:00-7:00 Excel 3 Highschool
5PM							
6PM	6:00-8:00 Excel 3 Teen 1 High School	6:00-8:00 Excel 1 Excel 2	6:00-8:00 Excel 3 Teen 1/2 High School				
7PM	6:30-8:00 Int./Adv. T&T						
8PM	8:00-10:00 Teen & Adult Drop-in		8:00-10:00 Teen & Adult Drop-in				7:00-9:00 Adult
9PM							
10PM							

WEEKLY GYMNASTICS CLASSES

TEENS: 11-19 YRS

For teens of all ability levels, no experience required.

Teen 1: 11-14 YRS

2 hours, 1:8 ratio
\$266.75 (11 classes)

Teen 1/2: 11-17 YRS

2 hours, 1:8 ratio
\$291.00 (12 classes)

HIGH SCHOOL COMPETITIVE: 13-17 YRS

Athletes train to represent their high school at BC High School local and provincial competitions. Registration is limited. Contact us to learn more:

active.kids@ubc.ca

2 hours, 1:8 ratio

\$297.00 (11 classes)/\$324.00 (12 classes)

EXCEL

Our advanced recreational program for highly motivated children teaches more advanced skills. Two classes per week is recommended. *An assessment is required before registration.* Please contact us to book an assessment: active.kids@ubc.ca

Excel 1: 6-10 YRS

Excel 2: 7-12 YRS

Excel 3: 8-14 YRS

2 hours, 1:8 ratio

\$288.75 (11 classes)/\$315.00 (12 classes)

ADULTS: 18+ YRS

Adults of all ages and levels of ability can improve their gymnastics skills and fitness level in the adult class. No previous gymnastics experience required.

2 hours, 1:8 ratio

\$231.00 (11 classes)

PRIVATE LESSONS

UBC Active Kids can arrange individual private or semi-private lessons based on availability.

active.kids@ubc.ca