

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

Spring 2024



 604-822-0207

 kin.ubc.ca/activekids

 kin.outreach@ubc.ca

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

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

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

No drop-in Monday May 20

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 cake and presents.

Option 1: Ages 2 - 6

\$285 for up to 12 participants

Option 2: Ages 7+

\$315 for up to 18 participants

*For both options, \$50 fee to add extra 6 participants available upon registration

*See website for more details

SCHOOL AND GROUP BOOKINGS

Bookings are designed for school, camp, community, and private groups of 8 or more. 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

Multisport and Playtime: 1.5-3 YRS

Mini Sport and Games: 3-5 YRS

Homeschool Multisport: 5-8 & 9-12 YRS

Kids Fit: <6 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 us: 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
\$146.75 (7 classes) / \$167.00 (8 classes)

PRESCHOOL: 3-4 YRS

For children ready to be on their own and explore the gymnastics gym through guided instructions and basic skills.
45 min, 1:6 ratio
\$146.75 (7 classes) / \$167 (8 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
\$159.00 (7 classes) / \$181.00 (8 classes)

Gym Kids 2: 6-7 YRS

1.5 hours, 1:8 ratio
\$222.00 (7 classes) / \$253.00 (8 classes)

Gym Kids 3: 8-10 YRS

1.5 hours, 1:8 ratio
\$222.00 (7 classes) / \$253.00 (8 classes)

TRAMPOLINE & TUMBLING: 8-14 YRS

The ideal program for children interested in focusing on just the trampoline and floor. An assessment is required for Int/Adv, book here: kin.outreach@ubc.ca
Beginner T&T: 8-12 YRS
1 hour, 1:6 ratio
\$183.50 (7 classes) / \$209.00 (8 classes)

Intermediate/Advanced T&T: 8-14 YRS

1.5 hours, 1:6 ratio
\$229.00 (7 classes) / \$261.00 (8 classes)

HOMESCHOOL GYMNASTICS: 5-10 YRS

Children develop basic gymnastics skills in a fun-filled environment.
1.5 hours, 1:8 ratio
\$253.00 (8 classes)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM							
10AM			10:00-10:45 Parent & Tot Preschool		10:00-10:45 Parent & Tot Preschool	9:00-9:45 Parent & Tot Preschool 9:00-10:00 Gym Kids 1 9:00-10:30 Gym Kids 2 9:45-10:30 Preschool 10:00-11:00 Gym Kids 1 10:00-11:30 Gym Kids 3 10:30-11:30 Beg. T&T 11:00-1:00 Excel 1 Excel 2 11:30-1:00 Gym Kids 2 Gym Kids 3	9:00-9:45 Parent & Tot Preschool 9:45-10:30 Parent & Tot Preschool 10:00-11:00 Gym Kids 1 10:30-12:00 Gym Kids 2 Gym Kids 3 11:00-12:00 Gym Kids 1
11AM			11:00 -12:00 Family Drop-in		11:00 -12:00 Family Drop-in		
12PM							
1PM					12:30-2:00 Homeschool		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 3:30-4:30 Gym Kids 1 3:30-5:00 Gym Kids 2 4:30-6:00 Gym Kids 2 Gym Kids 3 5:00-6:00 Beg. T&T		3:30-4:15 Preschool 3:30-4:30 Gym Kids 1 Beg. T&T 3:30-5:00 Gym Kids 2 4:30-6:00 Gym Kids 2 Gym Kids 3 Int./Adv. T&T		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		4:00-6:00 Excel 1 Excel 2 4:30-6:00 Int./Adv. T&T	4:00-5:00 Gym Kids 1 4:00-5:30 Gym Kids 2 5:00-6:00 Gym Kids 1 5:30-7:00 Gym Kids 3			
5PM						4:30-6:30 Birthday Party	
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	6:00-7:30 Gym Kids 3 6:00-8:00 Excel 3 High School	6:00-7:00 Beg. T&T		5:00-7:00 High School
7PM	6:30-8:00 Int./Adv. T&T				7:15-8:15 Family Drop-in		
8PM	8:00-10:00 Teen & Adult Drop-in		8:00-10:00 Teen & Adult Drop-in				7:00-9:00 Adult
9PM							
10PM	No Class May 20					No Class May 18	No Class May 19

WEEKLY GYMNASTICS CLASSES

TEENS: 11-17 YRS

For teens of all ability levels, no experience required.
Teen 1: 11-14 YRS
2 hours, 1:8 ratio
\$222.00 (7 classes)
Teen 1/2: 11-17 YRS
2 hours, 1:8 ratio
\$222.00 (8 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, no experience needed. Contact us to learn more: active.kids@ubc.ca
2 hours, 1:8 ratio
\$239.50 (7 classes) / \$273.00 (8 classes)

EXCEL

Our advanced recreational program for highly motivated children teaches more advanced skills. 2 classes per week is recommended. An assessment is required before registration, book one at: kin.outreach@ubc.ca
Excel 1: 6-10 YRS
Excel 2: 7-12 YRS
Excel 3: 8-14 YRS
2 hours, 1:8 ratio
\$234.25 (7 classes) / \$267.00 (8 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
\$174.75 (7 classes)

PRIVATE LESSONS

UBC Active Kids can arrange individual private or semi-private lessons based on availability. For information, go to: kin.ubc.ca/activekids/bookings
To book a private lesson, please contact:
amanda.cooney@ubc.ca