

PULSARS GYMNASTICS CLUB

SPORT STARTS HERE

SUMMER 2024

Recreational Schedule



Tuesdays July 2nd to August 20th (8 Weeks)
Wednesdays July 3rd to August 21st (8 Weeks)
Thursdays July 4th to August 22nd (8 Weeks)

Active Start



Tall & Small (Parent Participation)
 18 months to 2 yrs of age - 45 min. / week

Coaches introduce watching, listening, and replicating. In this program, kids learn ho to jump, climb, swing, land safely and interact with other children.

Days	Time	Code	Cost
Tuesday	4:45 pm	TS-110	\$ 174.00
Wednesdays	5:15 pm	TS-111	\$ 174.00

Diaper Daredevils (Parent Participation)
 2 yrs of age - 45 min. / week

In addition to the Tall & Small program, coaches introduce the building blocks needed for sport.

Days	Time	Code	Cost
Wednesdays	4:15 pm	DD-743	\$ 174.00
Thursdays	4:45 pm	DD-744	\$ 174.00

Look at Me, I'm 3
 Ages 3 yrs; 1 hr / week

This program is designed to allow children to become more independent in movement situations. Children follow the instruction of a certified coach without their parents' participation. Physical literacy is developed using music, games, and play to create a fun filled program

Days	Time	Code	Cost
Tuesdays	4:30 pm	LM-750	\$ 202.00
Wednesdays	5:30 pm	LM-751	\$ 202.00
Thursdays	4:45 pm	LM-752	\$ 202.00

Movers & Shakers
 Ages 4 yrs; 1 hr / week

The "Movers and Shakers" program is designed to introduce the basics needed in order to start learning the building blocks/skills in gymnastics. Children follow the instruction of a certified coach without their parents' participation. The coach will take them through a fun and engaging warm-up followed by basic introduction to the events of gymnastics using a "circuit" format.

Days	Time	Code	Cost
Tuesdays	4:45 pm	MS-900	\$ 202.00
Wednesdays	4:15 pm	MS-901	\$ 202.00
	5:30 pm	MS-902	\$ 202.00

Junior Gymnastics
 Boys & Girls, 5 years of age - 60 min. / week

The "Junior Gymnastics" program is for children 5 years of age. Also, boys and girls may be grouped together in order to introduce them to artistic gymnastics. At this level they start working toward our comprehensive level system.

Days	Time	Code	Cost
Tuesdays	4:45 pm	JG-170	\$ 202.00
	5:45 pm	JG-171	\$ 202.00
Wednesdays	4:15 pm	JG-172	\$ 202.00
Thursdays	6:00 pm	JG-173	\$ 202.00

10% discount for 2nd+ siblings (Does not apply to Promotions & Specials)

Annual \$50.00 membership fee applies to all athletes
 Valid July 1, 2024 to June 30, 2025



1206 Ringwell Drive, Newmarket
 905-836-2209
www.pulsars.ca

Recreational Programs

Boys Gymnastics

Ages 6 to 9 - 90 min. / week

This is an introductory class for boys that are looking to flip, swing, tumble, and spring in a safe environment. Here they not only continue their skill development in gymnastics but are also introduced to basic physical fitness and conditioning through games, stretching and specific challenges given to each child by their coach.

At this level they start working toward our comprehensive level system.

Days	Time	Code	Cost
Tuesdays	4:30 pm	BG-142	\$ 272.00
Wednesday	4:30 pm	BG-143	\$ 272.00
Thursdays	6:00 pm	BG-144	\$ 272.00

Girls Gymnastics

90 min. / week

Girls that are new to the sport of gymnastics will find themselves having a blast! Here they not only continue their skill development in gymnastics but are also introduced to basic physical fitness and conditioning through games, stretching and specific challenges given to each child by their coach.

At this level they start working toward our comprehensive level system.

Girls - Ages 6 to 9 years old

Days	Time	Code	Cost
Tuesdays	4:30 pm	GG-215	\$ 272.00
Wednesdays	4:30 pm	GG-217	\$ 272.00
	6:15 pm	GG-218	\$ 272.00
	6:15 pm	GG-219	\$ 272.00
Thursdays	4:30 pm	GG-220	\$ 272.00
	6:00 pm	GG-221	\$ 272.00

Senior Girls - Ages 10 to 13 years old

Days	Time	Code	Cost
Tuesdays	6:15 pm	GG-216	\$ 272.00

Trampoline & Tumbling

Boys & Girls, Ages 7 & older - 90 min. / week

This program combines the skills needed to Bounce, Swivel, and Twist on a trampoline as well as how to learn to Tumble and build better upper body strength.

This is a great program if you're thinking about additional practice, cheerleading, Dance or fitness for other sports as it teaches stability and core strength.

Days	Time	Code	Cost
Tuesday	4:30 pm	TT-140	\$ 272.00
	6:15 pm	TT-141	\$ 272.00

Tumbling for Dance

Ages 6 and Older

Beginner - 90 min / week Advanced - 2 hrs / week

This program is for boys & girls who want to learn to Tumble and come with good upper body strength. This program is great for anyone looking to learn to advance their tumbling skills in a controlled environment. This program is designed for athletes that are already in a dance program.

Days	Time	Code	Cost
Mondays	5:00 pm	ARU-130	\$ 204.00
	6:30 pm	ARU-131	\$ 204.00

Advanced Recreational

Gym Stars

2 hrs / week

This program is for those who already have some experience in recreational gymnastics and wish to learn in a more challenging and focused environment. This can be a pathway to our advanced recreational program or our competitive stream.

*Entering this program is by invitation only.

Girls - Ages 6 to 9 years old

Days	Time	Code	Cost
Tuesdays	6:00 pm	GSG-148	\$ 320.00
	6:00 pm	GSG-149	\$ 320.00

Senior Girls - Ages 10 to 13 years old

Days	Time	Code	Cost
Tuesdays	6:15 pm	GSG-150	\$ 320.00
Wednesdays	6:30 pm	GSG-151	\$ 320.00

Boys - Ages 6 to 9 years old

Days	Time	Code	Cost
Tuesdays	6:00 pm	GSB-143	\$ 320.00

Senior Boys - Ages 10 to 13 years old

Days	Time	Code	Cost
Thursdays	6:00 pm	GSB-144	\$ 320.00

Trampoline & Tumbling

Days	Time	Code	Cost
Tuesdays	7:00 pm	GST-142	\$ 320.00
Wednesday	7:00 pm	GST-143	\$ 320.00

Developmental

3 hrs / week, Ages 8 and older

The goal of these programs is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

This program is by invitation only.

Girls - Xcel Performance

Days	Time	Code	Cost
Tuesdays	5:00 pm	XCE-124	\$ 414.00
Thursdays	5:00 pm	XCE-125	\$ 414.00

Boys - Boys Demo

Days	Time	Code	Cost
Thursdays	5:00 pm	ABG-117	\$ 414.00

- No refunds after the session start date, or due to government shut down. Credits under special circumstances by approval of administration office only.
- Phone registrations accepted (Visa or MC).
- Payment due at time of registration.
- For online registration, visit our website at www.pulsars.ca
- **Prices shown do not include tax.**

*Updated 06/05/2023