

# G Force Gym

Ninja Classes

Ninja & Tumble Combo



#1304 – 4949 CANOE PASS WAY,  
TSAWWASSEN COMMONS (BESIDE THE STARBUCKS)  
[gforcegymliz@gmail.com](mailto:gforcegymliz@gmail.com) (Director)

## Welcome to G Force Gym South at Tsawwassen Commons

Ninja school is designed for boys and girls to learn gymnastics skills, obstacle training, and freestyle movement. Our new “Ninja classes” combine aspects of gymnastics, parkour, stunt and martial arts to create an action-packed experience that provides students with the opportunity to develop both physical and social abilities. Safety is paramount, with students being exposed to a variety of falling and landing techniques which can be used in real life situations. Alongside traditional gymnastics and parkour skills, students will have a ton of fun learning. Come out and learn the tumbling & gymnastics skills, inspired by the latest Ninja sport discipline. Build strength, agility, balance, coordination, listening skills, confidence and grit while learning new skills and having a ton of fun!

*G Force Gym South Staff*



### Connect with Us



@VAS\_CheerSouth  
VancouverAllStarsSouth



VancouverAllStarsSouth Families  
(Parent/Coach Communication Group)

VAS South Families



# SUMMER NINJA & TUMBLE CLASS OPTIONS:

TODDLERS 2-3YRS

5:00-5:40 PM TUESDAYS JULY & AUG  
5:00-5:40PM THURSDAYS JULY & AUG

CHILD 4-5YRS

5:00-5:40 PM TUESDAYS JULY & AUG  
5:45-6:25PM TUESDAYS JULY & AUG  
5:00-5:45PM THURSDAYS JULY & AUG  
6:00-6:45PM THURSDAYS JULY & AUG

YOUTH 6-10 YRS

5:45-6:30 PM TUESDAYS JULY & AUG  
6:00-6:45PM THURSDAYS JULY & AUG

## DATES:

JULY 6TH - 22ND  
AUG 3RD - 20TH

6 WEEKS  
\$70

\*\* Option to do any 4 Summer Classes for \$50+GST

.....



# FALL SESSION NINJA & TUMBLE OPTIONS:

When registering online, the gym has combined ages within the same day and time offering. We will have multiple staff on the class to divide athletes by age. Please register accordingly.

AGES	MON	TUES	WED	THURS	SAT
Toddlers 2-3Yrs	4:15-5:00PM	5:00-5:45PM	5:15-6:00PM	4:15-5:00PM	10:00-10:45AM
	5:15-6:00PM	5:45-6:30PM			11:00-11:45AM
Preschool 4-5Yrs	4:15-5:00PM	5:00-5:45PM	5:15-6:00PM	4:15-5:00PM	10:00-10:45AM
	5:15-6:00PM	5:45-6:30PM		6:00-6:45PM	11:00-11:45AM
Youth 6 & Older	6:00-6:45PM	5:00-5:45PM	5:15-6:00PM	6:00-6:45PM	10:00-10:45AM
	6:45-7:30PM	5:45-6:30PM			11:00-11:45AM

## FEES FOR NINJA & TUMBLE CLASSES

Monthly tuition takes into consideration when the gym is closed, when there are holidays. Holiday Closures have been factored in and fees are not pro-rated due to such closures.

### SIGN UP FOR A 3-MONTH FUN SESSION OR CHOOSE MONTHLY OPTION

Pay monthly - \$50 +gst per month Tuition

OR

Register the FALL, WINTER or SPRING Sessions:

\$140 +gst for a 3-Month Session:

Fall Session: Sept 7th - Dec 17th

Winter Session: Jan 4th - March 11th

Spring Session: April 4th - June 24th



\*\* Options for footwear

- Smooth soles indoor shoes
- Socks with traction
- Bare Feet are

