

G Force Gym

Ninja Classes

Ninja & Tumble Combo



#328 – 4949 CANOE PASS WAY,
TSAWWASSEN COMMONS (BESIDE STAPLES)
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



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	THURS
Toddlers 2-3Yrs	4:15-5:00PM	5:00-5:45PM	
	5:15-6:00PM	5:45-6:30PM	
Preschool 4-5Yrs	4:15-5:00PM	5:00-5:45PM	6:00-6:45PM
	5:15-6:00PM	5:45-6:30PM	
Youth 6 & Older	4:15-5:00PM	5:00-5:45PM	6:00-6:45PM
	5:15-6:00PM	5:45-6:30PM	

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.

NINJA & TUMBLE CLASSES GO FROM SEPT TO JUNE

*We ask for a 3-month commitment. Please provide one-months notice if you wish to stop attending after that.

Pay monthly - \$50 +gst per month Tuition

** Options for footwear

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

