



# Fall 2025 Gymnastics Classes

## September 8th - December 20th (15 weeks)

183 South Service Road  
Grimsby, L3M 4H6  
(289) 442-8286  
info@aspiregymnastics.ca  
aspiregymnastics.ca

| Classes                                                   | Monday                              | Tuesday                                          | Wednesday                           | Thursday                            | Friday                 | Saturday                                                                         |
|-----------------------------------------------------------|-------------------------------------|--------------------------------------------------|-------------------------------------|-------------------------------------|------------------------|----------------------------------------------------------------------------------|
| <b>Parent &amp; Tot</b> (ages 18 months - 3)<br>\$270+HST |                                     | 11:15-12:00<br>4:00-4:45                         |                                     | 4:00-4:45<br>4:45-5:30<br>5:45-6:30 |                        | 8:30-9:15<br>9:15-10:00<br>10:15-11:00<br>11:30-12:15<br>3:30-4:15               |
| <b>Mini Kindergym</b> (ages 2.5 - 4)<br>\$270+HST         |                                     | 9:30-10:15                                       |                                     |                                     | 11:30-12:15            |                                                                                  |
| <b>Kindergym</b> (ages 3 - 4)<br>\$270+HST                | 5:15-6:00<br>5:45-6:30              | 4:00-4:45                                        | 4:00-4:45<br>5:00-5:45<br>5:45-6:30 | 5:00-5:45                           | 5:15-6:00              | 8:30-9:15<br>8:45-9:30<br>10:00-10:45<br>11:45-12:30<br>2:45-3:30<br>3:30-4:15   |
| <b>Kindergym Plus</b> (ages 4 - 5)<br>\$330+HST           | 4:00-5:00<br>4:15-5:15              | 4:45-5:45<br>5:00-6:00<br>5:45-6:45<br>6:00-7:00 | 4:00-5:00<br>4:45-5:45<br>5:00-6:00 | 4:00-5:00<br>5:30-6:30              | 4:15-5:15<br>5:30-6:30 | 9:15-10:15<br>10:45-11:45<br>11:15-12:15<br>12:15-1:15<br>1:45-2:45<br>2:30-3:30 |
| <b>Recreational</b> (ages 6 - 8)<br>\$330+HST             | 4:00-5:00<br>4:45-5:45<br>6:30-7:30 | 4:00-5:00<br>4:45-5:45<br>6:45-7:45              | 4:00-5:00<br>6:00-7:00              | 6:30 - 7:30                         | 6:30-7:30              | 9:00-10:00<br>9:45-10:45<br>10:30-11:30<br>10:45-11:45<br>1:45-2:45              |
| <b>Recreational Plus</b> (ages 6 - 9)<br>\$435+HST        | 5:00-6:30<br>6:00-7:30              | 7:00-8:30                                        | 6:30-8:00                           | 4:00-5:30<br>5:30-7:00<br>6:30-8:00 | 4:00-5:30<br>6:00-7:30 | 1:00-2:30                                                                        |
| <b>Recreational 9+</b> (ages 9+)<br>\$435+HST             | 7:30-9:00                           | 7:15-8:45                                        |                                     | 7:00-8:30                           |                        | 12:15-1:45                                                                       |
| <b>Advanced</b> (Assessment required)<br>\$435+HST        | 7:30-9:00                           |                                                  | 7:00-8:30                           | 7:00-8:30                           | 6:00-7:30              | 12:15-1:45                                                                       |
| <b>Boys Beginner</b> (ages 6-8)<br>\$330+HST              |                                     |                                                  | 6:00-7:00                           |                                     | 6:30-7:30              |                                                                                  |
| <b>Boys Advanced</b> (ages 8-12)<br>\$435+HST             |                                     |                                                  | 6:30-8:00                           |                                     |                        |                                                                                  |

### Please Note:

\*A Gymnastics Ontario annual membership fee of \$48+HST is also required. (Term July 2025-June 2026)

\*We are closed Monday October 13th for Thanksgiving.



Register online at [aspiregymnastics.ca](http://aspiregymnastics.ca)