

## Spectrum Gymnastics – FALL SESSION

Session runs September 8<sup>th</sup> – December 18th (some exclusions).

**Priority Registration:** August 1st @10am **General Registration:** August 8th @10am

All participants must pay a non-refundable \$42 Gymnastics Ontario fee per year (renews July 1<sup>st</sup>, 2026).

**A & B** classes will warm up as ONE GROUP and split up for events for the remainder of class.

**Phone:** 226-534-9702 **Email:** admin@spectrumgymnastics.ca **Address:** 175 Robinson St., Simcoe N3Y 5L6

### THE MAIN GYM

Rec Gymnastics: Ages 6-7						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Basics & Beyond	6-7	5pm-5 :50pm <b>A</b>	4 :00pm-4:50pm	6 :10pm-7 :00pm	5 :15pm-6 :05pm	10am-10:50am
		5pm-5 :50pm <b>B</b>			6 :20pm-7 :10pm	12pm-12:50pm
Intermediate Rec	6-7	6pm-7:15pm			4:00pm-5:15pm	
Advanced Rec	6-7		5:10pm-6:25pm			

Rec Gymnastics: Ages 8-10						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Rec Gymnastics	8-10	5 :20pm-6 :10pm	5pm-5 :50pm 7pm-7 :50pm		5 :40pm-6 :30pm 6 :30pm-7 :20pm	12pm-12:50pm 12:10pm-1pm
		6pm-6:50pm				
		7 :20pm-8 :10pm <b>A</b>				
		7:20pm-8:10pm <b>B</b>				
Intermediate Rec	8-10	6:20pm-7:50pm 7:10pm-8:40pm		7pm-8:30pm	4pm-5:30pm	
Advanced Rec	8-10		6:10pm-8:10pm		4:10pm-6:10pm 7:10pm-9:10pm	

Rec Gymnastics: Ages 11-13						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Rec Gymnastics	11-13	7 :10pm-8 :00pm		6 :10pm-7 :00pm 7pm-7 :50pm		
Advanced Rec	11-13		6:10pm-8:10pm		7:10pm-9:10pm	

Ninja Zone						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Ninja Training	7-11	6:10pm-7pm	5:00pm-5:50pm 5:10pm-6pm	6pm-6:50pm 7:10pm-8:00pm	6:20pm-7:10pm	10:10am-11am 12:10pm-1pm
Ninja Pros	12-14			7:10pm-8:25pm		

Adaptive Programs						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
PlayAbilities	2-6	4pm-4:50pm		4pm-4:50pm		11am-11:50am
Sensory Gymnastics	7+			5pm-5:50pm		
Beyond Boundaries	7+		4:10pm-5:00pm			
Adaptive Fitness	18+				1pm-2pm	

Private Lessons & Rebound Therapy – Contact to Book

Trampoline & Tumbling						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Trampoline & Tumbling	6-8	5:10pm-6:00pm	4:10pm-5:00pm		7pm-7:50pm	10am-10:50am
Advanced T&T	6-8	6:10pm-7:25pm				
Trampoline & Tumbling	9-13	7:30pm-8:20pm		6pm-6:50pm	7pm-7:50pm	10:10am-11am
Advanced T&T	9-13		6pm-8pm		4:10pm-6:10pm	
Teen Tumbling	14-18				7:30pm-9pm	

Adult Programming						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Adult Gymnastics	18+		7pm-8:15pm			
Open Gym	16+		8:15pm-9:15pm			

Prices DO NOT include HST \*based on one class per week\* 15 week session:

Basics & Beyond - \$375  
Intermediate Rec (ages 6-7) - \$420  
Advanced Rec (ages 6-7) - \$392/14 weeks  
Rec Gymnastics - \$375  
Intermediate Rec (ages 8-10) - \$495  
Advanced Rec (ages 8-10 & 11-13) - \$555  
Ninja Training - \$420  
Ninja Pros - \$465  
Teen Tumbling - \$495

PlayAbilities - \$350/14 weeks  
Sensory Gymnastics - \$375  
Beyond Boundaries - \$350/14 weeks  
Adaptive Fitness - \$20/drop in  
Trampoline & Tumbling - \$375  
Advanced T&T (ages 6-8) - \$392/14 weeks  
Advanced T&T (ages 9-13) - \$555  
Adult Gymnastics - \$200/8 weeks

Program descriptions listed on website: [www.spectrumgymnastics.ca](http://www.spectrumgymnastics.ca)

#### GYM CLOSED:

August 30<sup>th</sup>-September 7<sup>th</sup> – Staff Break

Tuesday, October 7<sup>th</sup> – Fair Day

Monday, October 13<sup>th</sup> – Thanksgiving Monday

December 19<sup>th</sup> – January 4<sup>th</sup> Christmas Break