

## Spectrum Gymnastics – SPRING SESSION

Session runs April 27<sup>th</sup> – June 27<sup>th</sup> (some exclusions).

**Priority Registration:** March 23<sup>rd</sup> @ 2pm **General Registration:** March 30<sup>th</sup> @ 2pm

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

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

### THE MAIN GYM

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

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		5:40pm-6:30pm	12pm-12:50pm
		6pm-6:50pm			7pm-7:50pm	6:30pm-7:20pm
		7:20pm-8:10pm <b>A</b>				
		7:20pm-8:10pm <b>B</b>				
Intermediate Rec	8-10	6:20pm-7:50pm		7pm-8:30pm	4pm-5:30pm	
Advanced Rec	8-10				4:10pm-6:10pm	
					7:10pm-9:10pm	

Rec Gymnastics: Ages 11+						
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	
Teen Rec Gymnastics	14-18			7:00pm-8:30pm		

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				11am-11:50am
Sensory Gymnastics	7+			4pm-4:50pm 5pm-5:50pm		
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			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\* 9 week session:

Basics & Beyond - \$225  
 Intermediate Rec (ages 6-7) - \$252  
 Advanced Rec (ages 6-7) - \$252  
 Rec Gymnastics - \$225  
 Intermediate Rec (ages 8-10) - \$297  
 Advanced Rec (ages 8-10 & 11-13) - \$333  
 Ninja Training - \$265  
 Ninja Pros - \$292  
 Teen Tumbling - \$297

PlayAbilities - \$200/8 weeks  
 Sensory Gymnastics - \$225  
 Beyond Boundaries - \$225  
 Adaptive Fitness - \$20/drop in  
 Trampoline & Tumbling - \$225  
 Advanced T&T (ages 6-8) - \$224/8 weeks  
 Advanced T&T (ages 9-13) - \$333  
 Adult Gymnastics - \$200/8 weeks

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

#### GYM CLOSED:

May 10<sup>th</sup> – Mother's Day  
 May 17<sup>th</sup> & 18<sup>th</sup> – Victoria Day Weekend  
 June 6<sup>th</sup> & 7<sup>th</sup> – Staff training  
 June 21<sup>st</sup> – Father's Day