Spectrum Gymnastics – FALL SESSION

Session runs September 14th – December 17th (some exclusions).
Priority Registration: July 31st @ 10am General Registration: August 14th @ 10am
All participants must pay a non-refundable $42 Gymnastics Ontario fee per year (renews July 1st, 2026).

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

Rec Gymnastics: Ages 6-7						
Programs	**Age**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Saturday**
Basics & Beyond	6-7	5pm-5:50pm	4pm-4:50pm	6:10pm-7:00pm	5:15pm-6:05pm 6:20pm-7:10pm	10am-10:50am 12pm-12:50pm
Intermediate Rec	6-7	6pm-7:15pm			4pm-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 6pm-6:50pm 7:20pm-8:10pm	5pm-5:50pm 7pm-7:50pm		6:30pm-7:20pm	12pm-12:50pm
Intermediate Rec	8-10	6:20pm-7:50pm		7pm-8:30pm	4pm-5:30pm	
Advanced Rec	8-10		6:10pm-8:10pm		7:10pm-9:10pm	

Rec Gymnastics: Ages 11+						
Programs	**Age**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Saturday**
Rec Gymnastics	11-13	7:10pm-8pm		6:10pm-7:00pm		12:10pm-1pm
Advanced Rec	11-13		6:10pm-8:10pm		7:10pm-9:10pm	
Teen Rec Gymnastics	14-18			7:00pm-8:30pm		

Performance Programs: Ages 7+						
Programs	**Age**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Saturday**
Gymnaestrada	7+		4:10pm-5pm			
Performance Team	7+				4pm-7pm	

Ninja Zone						
Programs	**Age**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Saturday**
Ninja Training	7-11	6:10pm-7pm	5pm-5:50pm	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			
Teen Tumbling	14-18				7:30pm-9pm	

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

Prices DO NOT include HST *based on one class per week* 14 week session:	
Basics & Beyond - $350	PlayAbilities - $325/13 weeks
Intermediate Rec (ages 6-7) - $392	Sensory Gymnastics - $350
Advanced Rec (ages 6-7) - $392	Adaptive Fitness - $20/drop in
Rec Gymnastics - $350	Trampoline & Tumbling - $350
Intermediate Rec (ages 8-10) - $462	Advanced T&T (ages 6-8) - $364/13 weeks
Advanced Rec (ages 8-10 & 11-13) - $518	Advanced T&T (ages 9-13) - $518
Ninja Training - $395 (Includes ninja uniform)	Adult Gymnastics - $200/8 weeks
Ninja Pros - $437 (Includes ninja uniform)	Teen Tumbling - $462
Program descriptions listed on website: www.spectrumgymnastics.ca	

GYM CLOSED:
September 6th-13th – Gym cleaning & Coach training
October 6th – Fair Day
October 11th & 12th – Thanksgiving
December 21st – January 4th – Christmas Break