

Spectrum Gymnastics – FALL SESSION

Session runs September 3rd – December 19th (some exclusions).

Priority Registration: July 26th @10am **General Registration:** August 2nd @10am.

All participants must pay a non-refundable \$42 Gymnastics Ontario fee per year (renews July 1st, 2024).

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 A	4:00pm-4:50pm	6:10pm-7:00pm	6:20pm-7:10pm	10am-10:50am
		5pm-5:50pm B				
Intermediate Rec	6-7	5:20pm-6:35pm	4:00pm-5:15pm		4:00pm-5:15pm	
Advanced Rec	6-7	6pm-7:15pm	5:10pm-6:25pm		4:00pm-5:15pm	

Rec Gymnastics: Ages 8-10						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Rec Gymnastics	8-10	7:20pm-8:10pm A	7pm-7:50pm		5:40pm-6:30pm	
		7:20pm-8:10pm B				
Intermediate Rec	8-10	6:20pm-7:50pm		7pm-8:30pm		
Advanced Rec	8-10	7:10pm-8:40pm	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	5:40pm-6:30pm	
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	5:10pm-6:00pm	5:00pm-5:50pm	6pm-6:50pm	6:20pm-7:10pm	10:10am-11:00am A
		6:10pm-7:00pm		7:10pm-8:00pm		10:10am-11:00am B
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		
Beyond Boundaries	7+		4:10pm-5:00pm			
Families Breaking Barriers	7+					12pm-12:50pm
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	4:10pm-5:00pm		7pm-7:50pm	10am-10:50am
Advanced T&T	6-8	6:10pm-7:25pm		7pm-8:15pm		
Trampoline & Tumbling	9-13	7:30pm-8:20pm		6pm-6:50pm	7pm-7:50pm	
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		7:20pm-8:35pm	
Open Gym	16+		8:15pm-9:15pm			

Prices DO NOT include HST *based on one class per week* 16 week session:

<ul style="list-style-type: none"> Basics & Beyond - \$384 Intermediate Rec (ages 6-7) - \$432 Advanced Rec (ages 6-7) - \$432 Rec Gymnastics - \$384 Intermediate Rec (ages 8-10) - \$512 Advanced Rec (ages 8-10 & 11-13) - \$576 Ninja Training - \$424 Ninja Pros - \$472 Teen Tumbling - \$512 	<ul style="list-style-type: none"> PlayAbilities - \$336 Sensory Gymnastics - \$384 Beyond Boundaries - \$360 Families Breaking Barriers - \$15/drop in Adaptive Fitness - \$20/drop in Trampoline & Tumbling - \$384 Advanced T&T (ages 6-8) - \$432 Advanced T&T (ages 9-13) - \$576 Adult Gymnastics - \$192/8 weeks
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Program descriptions listed on website: www.spectrumgymnastics.ca

GYM CLOSED:

October 8th – Fair Day

October 14th – Thanksgiving Monday

October 26th & 27th – DIG Conference

December 21st – SHOWCASE & NINJA GAMES