



Fall Session

www.spectrumgymnastics.ca

Register on Uplifter

Little Ones						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Parent & Tot	2-3	10:30am-11:15pm ----- 5:05pm-5:50pm	4pm-4:45pm	5:05pm-5:50pm		10am-10:45am
Kindergym	4-5	5:20pm-6:20pm	4:15pm-5:15pm	5:20pm-6:20pm	4pm-5pm	11am-12pm
Baby & Me	6-18 months			10:30am-12pm		

Rec Gymnastics						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Basics & Beyond	6-7	6:05pm-7:05pm	5pm-6pm	6:05pm-7:05pm		
Rec Gymnastics	8-10	7:10pm-8:10pm		7:10pm-8:10pm		

Ninja Zone						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Lil' Ninjas	4-6	6:25pm-7:25pm	6:20pm-7:20pm	6:25pm-7:25pm	4:15pm-5:15pm	
Ninja Training	7-11	7:30pm-8:30pm	7:25pm-8:25pm	7:30pm-8:30pm	5:20pm-6:20pm	
Ninja Pros	12-14			8:35pm-9:35pm	6:25pm-7:25pm	

Special Needs						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Sensory Gymnastics	7+			4pm-5pm		
Play Abilities	2-6	4pm-5pm				

Private Lessons & Rebound Therapy – Contact to Book

Other Programs						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Trampoline & Tumbling	6-8		6:05pm-7:05pm		5:05pm-6:05pm	
Trampoline & Tumbling	9-13		7:10pm-8:10pm		6:10pm-7:10pm	
Teen Tumbling	14-18			8:15pm-9:45pm		
Adult Gymnastics	18+		8:15pm-9:15pm			
Open Gym	16+	8:30pm-9:30pm				

Contact Information

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

Session runs September 7th-December 17th 2021 (some exclusions)

All participants must pay a \$40 Gymnastics Ontario fee

Prices listed on website and DO NOT include HST *based on one class per week*

All classes end 10 minutes before listed end time to allow transition between classes and extra sanitation