

## Spectrum Gymnastics - SPRING SESSION

Session runs May 1<sup>st</sup> – June 24<sup>th</sup> (some exclusions).

Priority Registration: March 25th @10am General Registration: April 1st @10am.

All participants must pay a \$40 Gymnastics Ontario fee per year (renews July 1<sup>st</sup>, 2023).

All classes end 10 minutes before listed end time to allow transition between classes and family communication.

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

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

Little Ones						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Tiny Tots	18 months – 2.5 years	10:30am-11:15am 10:40am-11:25am	4:10pm-4:55pm		5pm-6pm A 5pm-6pm B	10am-10:45am A 10am-10:45am B
Tumble Tots	2.5-3	11:30am-12:15pm 11:40am-12:25pm	4pm-4:45pm A 4pm-4:45pm B	4pm-4:45pm A 4pm-4:45pm B	5:10pm-6:05pm A 5:10pm-6:05pm B	10:10am-10:55am A 10:10am-10:55am B
Kindergym	4-5	5pm-6pm A 5pm-6pm B 6pm-7pm	5pm-6pm A 5pm-6pm B	4:10pm-5:10pm A 4:10pm-5:10pm B	4pm-5pm A 4pm-5pm B 4:10pm-5:10pm A 4:10pm-5:10pm B	11am-12pm A 11am-12pm B 11:10am-12:10pm A 11:10am-12:10pm B 12:10pm-1:10pm A 12:10pm-1:10pm B
Leaps & Bounds	4-5 *invite only*	5:10pm-6:10pm A 5:10pm-6:10pm B				
Baby & Me	8-18 months			10:30am-12pm		
Homeschool	4-6		11:30am-12:30pm			
Homeschool	7-10		11:30am-12:30pm			
Preschool Drop In	Walking – 4 years		10am-11am	2pm-3pm		

Rec Gymnastics						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Basics & Beyond	6-7	6pm-7pm 7:10pm-8:10pm	6pm-7pm A 6pm-7pm B	6:40pm-7:40pm A 6:40pm-7:40pm B	6pm-7pm A 6:10pm-7:10pm A 6:10pm-7:10pm B	12pm-1pm A 12pm-1pm B
Kinetic Gymnastics	6-7 *invite only*		5:10pm-6:10pm			
Rec Gymnastics	8-10	7pm-8pm A 7pm-8pm B	6:10pm-7:10pm 7pm-8pm	6:50pm-7:50pm A 6:50pm-7:50pm B 7:40pm-8:40pm A	7pm-8pm A 7pm-8pm B 7:10pm-8:10pm A 7:10pm-8:10pm B	
Dynamic Gymnastics	8-10 *invite only*	6:10pm-8:10pm		7:50pm-8:50pm B		
Rec Gymnastics	11-13		7pm-8pm 7:10pm-8:10pm	7:40pm-8:40pm		

Ninja Zone						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Lil' Ninjas	4-6	5:20pm-6:20pm 6:20pm-7:20pm	4:20pm-5:20pm A 4:20pm-5:20pm B 5:20pm-6:20pm	4:20pm-5:20pm 6:30pm-7:30pm	4:20pm-5:20pm 5:20pm-6:20pm	10:20am-11:20am 11:20am-12:20pm
Ninja Training	7-11	7:20pm-8:20pm	5:20pm-6:20pm 6:20pm-7:20pm A 6:20pm-7:20pm B 7:20pm-8:20pm A 7:20pm-8:20pm B	7:30pm-8:30pm	6:20pm-7:20pm 7:20pm-8:20pm	12:20pm-1:20pm A 12:20pm-1:20pm B
Ninja Pros	12-14			8:30pm-9:30pm		

Adaptive Programs						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Sensory Gymnastics	7+			5:30pm-6:30pm		
Play Abilities	2-6	4pm-5pm				
Adaptive Fitness	18+				1pm-2pm	
Beyond Boundaries	7+	6:10pm-7:10pm				

Private Lessons & Rebound Therapy – Contact to Book

Trampoline & Tumbling						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Trampoline & Tumbling	6-8	5:20pm-6:20pm 6:20pm-7:20pm	4:10pm-5:10pm 5:10pm-6:10pm	4:20pm-5:20pm 6:30pm-7:30pm	4:20pm-5:20pm 5:20pm-6:20pm	10:20am-11:20am
Defying Gravity	6-8 *invite only*	7:20pm-8:20pm				
Trampoline & Tumbling	9-13		6:10pm-7:10pm 7:10pm-8:10pm	7:30pm-8:30pm 8:30pm-9:30pm		11:20am-12:20pm
Zero Gravity	9-13 *invite only*				6:20pm-8:20pm	
Teen Tumbling	14-18			7:50pm-9:20pm		

Adult Programming						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Adult Gymnastics	18+	8:30pm-9:30pm				
Open Gym	16+		8:30pm-9:30pm			

Prices DO NOT include HST \*based on one class per week\* 8 week session:

Baby & Me - \$60/month  
 Tiny Tots & Tumble Tots - \$155  
 Kindergym - \$160  
 Leaps & Bounds - \$160  
 Basics & Beyond - \$160  
 Kinetic Gymnastics - \$160  
 Rec Gymnastics - \$160  
 Dynamic Gymnastics - \$240  
 Adult Gymnastics - \$80/month  
 Open Gym - \$15 drop in  
 Adaptive Fitness - \$20/class

PlayAbilities - \$160  
 Sensory Gymnastics \$160  
 Adaptive Showcase - \$160  
 Lil' Ninjas - \$180  
 Ninja Training - \$180  
 Ninja Pros - \$180  
 Trampoline & Tumbling - \$160  
 Defying Gravity - \$160  
 Zero Gravity - \$240  
 Teen Tumbling - \$200

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