

Spectrum Gymnastics – SPRING SESSION

Session runs April 28th – June 26th (some exclusions).

Priority Registration: March 24th @2pm **General Registration:** March 31st @2pm

All participants must pay a non-refundable \$42 Gymnastics Ontario fee per year (renews July 1st, 2025).

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	5:15pm-6:05pm	10am-10:50am
		5pm-5:50pm 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				
		7:20pm-8:10pm A	7:20pm-8:10pm B			
		7:20pm-8:10pm B				
Intermediate Rec	8-10	6:20pm-7:50pm		7pm-8:30pm	4pm-5:30pm	
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		
Advanced Rec	11-13		6:10pm-8:10pm	7pm-7:50pm		
				7:10pm-9:10pm		

Ninja Zone						
Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Ninja Training	7-11	6:10pm-7pm	5:00pm-5:50pm	6pm-6:50pm	6:20pm-7:10pm	10:10am-11am
Ninja Pros	12-14			7:10pm-8:00pm		12:10pm-1pm
				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			
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				
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		7:20pm-8:35pm	
Open Gym	16+		8:15pm-9:15pm			

Prices DO NOT include HST *based on one class per week* 9 week session:

Basics & Beyond - \$216
 Intermediate Rec (ages 6-7) - \$243
 Advanced Rec (ages 6-7) - \$243
 Rec Gymnastics - \$216
 Intermediate Rec (ages 8-10) - \$288
 Advanced Rec (ages 8-10 & 11-13) - \$324
 Ninja Training - \$256
 Ninja Pros - \$283
 Teen Tumbling - \$288

PlayAbilities - \$192
 Sensory Gymnastics - \$216
 Beyond Boundaries - \$216
 Adaptive Fitness - \$20/drop in
 Trampoline & Tumbling - \$216
 Advanced T&T (ages 6-8) - \$243
 Advanced T&T (ages 9-13) - \$324
 Adult Gymnastics - \$216/9 weeks

Program descriptions listed on website: www.spectrumgymnastics.ca

GYM CLOSED:

May 11th – Mother’s Day
 May 19th – Victoria Day
 June 7th & 8th – Refresh Rec Retreat (Professional Development – staff)
 June 15th – Father’s Day
 June 27th-July 6th – Break Before Summer