

Spectrum Gymnastics – WINTER SESSION

Session runs January 5th – April 23rd (some exclusions).

Priority Registration: November 17th @ 2pm **General Registration:** November 24th @ 2pm

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

THE MAIN GYM

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

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 7pm-7:50pm		5:40pm-6:30pm	12pm-12:50pm
		6pm-6:50pm			6:30pm-7:20pm	12:10pm-1pm
		7:20pm-8:10pm A 7:20pm-8:10pm B				
Intermediate Rec	8-10	6:20pm-7:50pm 7:10pm-8:40pm		7pm-8:30pm	4pm-5:30pm	
Advanced Rec	8-10		6:10pm-8:10pm		4:10pm-6:10pm 7:10pm-9:10pm	

Rec Gymnastics: Ages 11+

Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Rec Gymnastics	11-13	7:10pm-8:00pm		6:10pm-7:00pm 7pm-7:50pm		
Advanced Rec	11-13		6:10pm-8:10pm		7:10pm-9:10pm	
Teen Rec Gymnastics	14-18			7:00pm-8:30pm		

Ninja Zone

Programs	Age	Monday	Tuesday	Wednesday	Thursday	Saturday
Ninja Training	7-11	6:10pm-7pm	5:00pm-5:50pm 5:10pm-6pm	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		
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			
Open Gym	16+		8:15pm-9:15pm			

Prices DO NOT include HST *based on one class per week* 15 week session:

<ul style="list-style-type: none"> Basics & Beyond - \$375 Intermediate Rec (ages 6-7) - \$420 Advanced Rec (ages 6-7) - \$420 Rec Gymnastics - \$375 Intermediate Rec (ages 8-10) - \$495 Advanced Rec (ages 8-10 & 11-13) - \$555 Ninja Training - \$420 Ninja Pros - \$465 Teen Tumbling - \$495 	<ul style="list-style-type: none"> PlayAbilities - \$350/14 weeks Sensory Gymnastics - \$375 Beyond Boundaries - \$375 Adaptive Fitness - \$20/drop in Trampoline & Tumbling - \$375 Advanced T&T (ages 6-8) - \$364/13 weeks Advanced T&T (ages 9-13) - \$555 Adult Gymnastics - \$200/8 weeks
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Program descriptions listed on website: www.spectrumgymnastics.ca

GYM CLOSED:

February 16th – Family Day
 March 16th-22nd – March Break
 March 29th – Limitless Adaptive Showcase
 April 5th & 6th – Easter

