

## Spectrum Gymnastics – WINTER SESSION

Session runs January 6th – April 24th (some exclusions).

**Priority Registration:** November 18th @2pm **General Registration:** November 25th @2pm

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

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

Q symbol beside class name there is only 2 classes in the gym at the time allowing for a quieter space than usual.

**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 <b>A</b>	4:00pm-4:50pm	6:10pm-7:00pm	5:15pm-6:05pm	10am-10:50am
		5pm-5:50pm <b>B</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 <b>A</b>	7:20pm-8:10pm <b>B</b>			
		7:20pm-8:10pm <b>B</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		
Beyond Boundaries	7+		4:10pm-5:00pm	5pm-5:50pm		
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				
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\* 15 week session:

Basics & Beyond - \$360  
 Intermediate Rec (ages 6-7) - \$405  
 Advanced Rec (ages 6-7) - \$405  
 Rec Gymnastics - \$360  
 Intermediate Rec (ages 8-10) - \$480  
 Advanced Rec (ages 8-10 & 11-13) - \$540  
 Ninja Training - \$400  
 Ninja Pros - \$445  
 Teen Tumbling - \$480

PlayAbilities - \$312  
 Sensory Gymnastics - \$360  
 Beyond Boundaries - \$360  
 Adaptive Fitness - \$20/drop in  
 Trampoline & Tumbling - \$360  
 Advanced T&T (ages 6-8) - \$405  
 Advanced T&T (ages 9-13) - \$540  
 Adult Gymnastics - \$192/8 weeks

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

#### GYM CLOSED:

February 17<sup>th</sup> – Family Day  
 March 9<sup>th</sup> – 15<sup>th</sup> – March Break  
 March 30<sup>th</sup> – Adaptive Showcase  
 April 21<sup>st</sup> – Easter Monday  
 April 26<sup>th</sup> – SHOWCASE & NINJA GAMES