

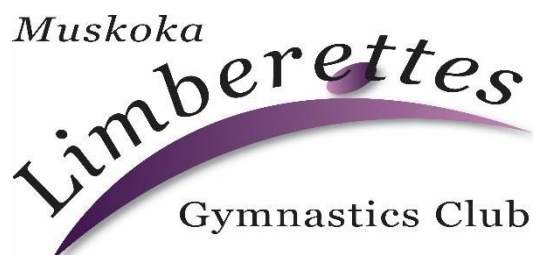
Spring 2026

Recreational Program Schedule

April 13th–June 8th

8 Weeks

No Classes: Monday May 18th
(Victoria Day)



Registration for Ages 0-4 and Advanced Recreational:

Tuesday March 24th @7:00am

Registration for Ages 5 & Up– Gymnastics and Trampoline:

Wednesday March 25th @ 7:00am

Tumble Tots Ages 1-3

A structured exploration of the gym, utilizing circuits and stations.

Adult participation is required on a 1:1 ratio.
Please note: due to space restrictions, only one parent may be with the group at a time

60-minute class—\$123.00 + \$45.00 2025/2026
Gymnastics Ontario registration fee.*

Choose one:

Tuesdays 9:30am-10:30am

Thursdays 9:30am-10:30am

Saturdays 9:00am-10:00am

Saturdays 10:00am-11:00am

Sundays 11:00am-12:00am

****Please note that Saturday Tumble Tots does not have a group warm-up/cool down. The gym is shared with both recreational and competitive gymnastics classes.**

Kindergym Ages 3 & 4

Must be 3 years of age by the start of the session

An introduction to the fundamentals of gymnastics utilizing circuits and stations.
Children attend class without parent participation.

60-minute class—\$123.00 + \$45.00 2025/2026
Gymnastics Ontario registration fee.*

Choose one:

Tuesdays 10:45am-11:45am

Tuesdays 4:00pm-5:00pm

Thursdays 10:45am-11:45am

Thursdays 4:00pm-5:00pm

Saturdays 9:00am-10:00am

Saturdays 10:00am-11:00am

Saturdays 11:00am-12:00pm

Sundays 11:00am-12:00pm

NEW Rock 'n Rollers Ages 0-12 months

Join us for active playtime and exploration with your baby! Have fun with interactive music and fun activities while enjoying social time with other parents.

45-minute class—\$55.00 + \$45.00 2025/2026 Gymnastics Ontario registration fee.*

Wednesdays 11:30am-12:15pm

Girls Recreational Gymnastics Ages 5 & Up

Gymnasts will begin to work through the levels of our modified CANGYM program, developing strength and flexibility and building self-confidence. No previous gymnastics experience is necessary.

60-minute class—\$123.00 + \$45.00 2025/2026 Gymnastics Ontario registration fee.* (Mondays—\$108.00)

Jr. Girls Ages 5 & 6

Choose one:

Mondays 4:00pm-5:00pm

Tuesdays 4:00pm-5:00pm

Wednesdays 4:00pm-5:00pm

Thursdays (all ages) 5:30pm-6:30pm

Thursdays (all ages) 6:30pm-7:30pm

Saturdays 11:00am-12:00pm

Saturdays 12:15pm-1:15pm

Sundays 12:00pm-1:00pm

Sundays 1:00pm-2:00pm

Int. Girls Ages 7 & 8

Choose one:

Mondays 5:00pm-6:00pm

Tuesdays 5:00pm-6:00pm

Wednesdays 5:00pm-6:00pm

Thursdays (all ages) 5:30pm-6:30pm

Thursdays (all ages) 6:30pm-7:30pm

Saturdays 12:15pm-1:15pm

Saturdays 1:15pm-2:15pm

Sundays 1:00pm-2:00pm

Sr. Girls Ages 9 & Up

Choose one:

Mondays 6:15pm-7:15pm

Tuesdays 6:30pm-7:30pm

Wednesdays 6:15pm-7:15pm

Thursdays (all ages) 5:30pm-6:30pm

Thursdays (all ages) 6:30pm-7:30pm

Saturdays 1:15pm-2:15pm

Sundays 1:00pm-2:00pm

Boys Recreational Gymnastics Ages 5 & Up

Gymnasts will begin to work through the levels of our modified CANGYM program, developing strength and flexibility and building self-confidence. Participants will also be introduced to Men's-specific events, such as pommel horse and parallel bars. No previous gymnastics experience is necessary.

60-minute class—\$123.00 + \$45.00 2025/2026 Gymnastics Ontario registration fee.*

Jr. Boys Ages 5 & 6

Mondays 4:00pm-5:00pm

Thursdays 4:00pm-5:00pm

Int. Boys Ages 7 & 8

Thursdays 5:00pm-6:00pm

Sr. Boys Ages 9 & Up

Thursdays 6:30pm-7:30pm

Homeschool Gymnastics Ages 5 & Up

Gymnasts will begin to work through the levels of our modified CANGYM program, developing strength and flexibility and building self-confidence. No previous gymnastics experience is necessary. Children under three require adult participation on a 1:1 ratio.

60-minute class—\$123.00 + \$45.00 2025/2026 Gymnastics Ontario registration fee.*

Boys and Girls Ages 1-4

Wednesdays 1:00pm-2:00pm

Wednesdays 2:00pm-3:00pm

Boys and Girls Ages 5-7

Wednesdays 1:00pm-2:00pm

Wednesdays 2:00pm-3:00pm

Boys and Girls Ages 8 & Up

Wednesdays 2:00pm-3:00pm

*Annual Gymnastics Ontario registration fee (\$45.00) is valid July 1, 2025—June 30, 2026, and is due for each registrant if not yet paid for the 2025/2026

Recreational Trampoline

Ages 6 & 7

This class will focus on teaching trampoline safety, proper technique, and basic skills. Athletes will learn control, safe landings, and skill progressions as they begin to work through the levels of our trampoline program.

**30-minute class—\$74.00+ \$45.00 2025/2026
Gymnastics Ontario registration fee.***

Choose one:

Wednesdays 4:00pm-4:30pm

Wednesdays 4:45pm-5:15pm

Recreational Trampoline

Ages 8 & Up

Participants will work through levels 1-4 of our progressive trampoline program. The focus in this class will be on teaching control, safe landings, and progressions for more challenging skills.

**45-minute class—\$105.00+ \$45.00 2025/2026
Gymnastics Ontario registration fee.***

Choose one:

Wednesdays 5:30pm-6:15pm

Wednesdays 6:15pm-7:00pm

Wednesdays 7:00pm-7:45pm

Pay-As-You-Go Ages 1-4

60-minutes—\$16.00/class + \$45.00 2025/2026 Gymnastics Ontario registration fee.*

PAYG classes require pre-registration online. Walk-ins will not be permitted. Registration opens each Wednesday morning at 9:00am for classes running each Friday.

Children under the age of three require adult participation on a 1:1 ratio.

Fridays 9:30am-10:30am

Advanced Girls Recreational

Ages 7 and up

Advanced recreational is for girls who are looking to challenge themselves. Gymnasts will work on developing and improving skills, strength, and flexibility. Advanced participants should be working a minimum of CANGYM level 4. Gymnasts can also be assessed for the program. *Please note that we reserve the right to switch gymnasts out of this program if they are registered but do not meet the prerequisites.

2 x 2 hours/week— \$427.50 + \$45.00 2025/2026 Gymnastics Ontario registration fee.*

Mondays & Wednesdays

5:00pm-7:00pm

Birthday Parties!

We offer one-hour gymnastics birthday parties. Parties are semi-structured and are coach-led. Dates often fill up quickly, so be sure to book in advance. Please note that parties may share gym space with other programs.

60-minute class—\$120.00 for up to 8 participants. Additional guests can be added for \$15.00 each.

Saturdays

2:30pm-3:30pm

3:30pm-4:30pm

Sundays

2:30pm-3:30pm

3:30pm-4:30pm

***Please note that we do not offer parties during the summer or during school breaks.**

***Annual Gymnastics Ontario registration fee (\$45.00) is valid for programs running July 1, 2025—June 30, 2026, and is due for each registrant if not yet paid for the 2025/2026 season.**

****We reserve the right to cancel/combine classes or change class times ****

****Due to high demand, you may only register in a maximum of 2 classes per child.****