Winter #1 2026
Recreational Program Schedule

November 21st- January 31st (8 week session)
*** No Classes: December 19th - January 3rd ***

Registration for Ages 0-4 and Advanced Recreational:
Tuesday October 20th @ 7:00am

Registration for Ages 5 & Up– Gymnastics and Trampoline:
Wednesday October 21st @ 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–$140.00 + $45.00 2026/2027 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

- An introduction to the fundamentals of gymnastics utilizing circuits and stations. Children attend class without parent participation.
- Must be 3 years of age by the start of the session
- 60-minute class–$140.00 + $45.00 2026/2027 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

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–$60.00 + $45.00 2025/2026 Gymnastics Ontario registration fee.*

Wednesdays:
11:30am-12:15pm

*Annual Gymnastics Ontario registration fee ($45.00) is valid July 1, 2026–June 30, 2027, and is due for each registrant if not yet paid for the 2026/2027 season.

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—$140.00 + $45.00 2026/2027 Gymnastics Ontario registration fee.*

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
- 6:30pm-7:30pm

Saturdays:
- 11:00am-12:00pm
- 12:15pm-1:15pm

Sundays:
- 12:00pm-1:00pm
- 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
- 6:30pm-7:30pm

Saturdays:
- 12:15pm-1:15pm
- 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
- 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—$140.00 + $45.00 2026/2027 Gymnastics Ontario registration fee.*

Jr. Boys Ages 5 &6

Choose one:

Mondays:
- 4:00pm-5:00pm

Thursdays:
- 4:00pm-5:00pm

Int. Boys Ages 7 & 8

Choose one:

Thursdays:
- 5:00pm-6:00pm

Sr. Boys Ages 9 & Up

Choose one:

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—$140.00 + $45.00 2026/2027 Gymnastics Ontario registration fee.*

All Genders Ages 1-4

Wednesdays:
- 2:00pm-3:00pm

All Genders Ages 5 & Up

Wednesdays:
- 1:00pm-2:00pm
- 2:00pm-3:00pm

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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—$85.00+ $45.00 2026/2027 Gymnastics Ontario registration fee.*

Choose one:

Wednesdays:

- **4:00pm-4:30pm**
- **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—$120.00+ $45.00 2026/2027 Gymnastics Ontario registration fee.*

Choose one:

Wednesdays:

- **5:30pm-6:15pm**
- **6:15pm-7:00pm**
- **7:00pm-7:45pm**

Pay-As-You-Go
Ages 1-4

PAYG classes require pre-registration online. Walk-ins will not be permitted. Registration is available through your online account.

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

60-minutes—$18.00/class + $45.00 2026/2027 Gymnastics Ontario registration fee.*

Fridays:
9:30am-10:30am

Advanced Girls Recreational
Ages 7 & 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— $491.00 + $45.00 2026/2027 Gymnastics Ontario registration fee.*

Tuesday & Thursday:
5:00pm-7:00pm

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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—$130.00 for up to 8 participants. Additional guests can be added for $16.25 each.

Saturdays:	Sundays:
2:30pm-3:30pm	2:30pm-3:30pm
3:30pm-4:30pm	3:30pm-4:30pm

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

Muskoka Limberettes Gymnastics Club

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

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