



# Recreational Program Guide

**Winter Session** (12 weeks)

January 5-March 30, 2026

## Parent Involved Recreational Gymnastics Programs

Coach-led classes that encourage parents with their toddlers to explore the “just for kids” equipment specifically designed to promote balance and coordination. Watch these little athletes grow as they develop fundamental movements, gross motor skills, and build confidence!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Tiny Tots</b> <b>\$285</b> Boys/Girls (12 to 24 months) 8:1 ratio   55 min/wk	4:30pm			9:30am	4:30pm	9:00am	9:00am
<b>Parent and Tot</b> <b>\$285</b> Boys/Girls (2 to 3 years) 8:1 ratio   55 min/wk	4:30pm 5:45pm	6:15pm	4:30pm	10:30am 6:15pm		9:00am 10:15am	9:00am 10:15am
<b>*Jr. Kindergym</b> <b>\$305</b> Boys/Girls (3 years mid-session) 6:1 ratio   55 min/wk <i>*by invitation only, requires parent assistance</i>			5:45pm			10:15am	

## Recreational Artistic Gymnastics Programs

Athletes participate independently in curriculum-based programs. Certified coaches provide high-quality instruction on the fundamentals of gymnastics to promote strength, flexibility, coordination, balance and agility. Timeslots with multiple classes running simultaneously are divided according to age & ability.

<b>Kindergym</b> <b>\$305</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (3 to 5 years) 6:1 ratio   55 min/wk	4:30pm 5:45pm	6:15pm	4:30pm 5:45pm	9:30am 10:30am 11:30am 6:15pm	4:30pm 5:45pm	9:00am 10:15am	9:00am 10:15am 11:30am
<b>Sr. Kindergym</b> <b>\$415</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (5 to 6 years) 8:1 ratio   1hr 25 min/wk		4:30pm		4:30pm		11:30am	11:30am
<b>Girls Gymnastics</b> <b>\$415</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (6 to 9 years) 8:1 ratio   1hr 25 min/wk	7:00pm	4:30pm 7:30pm	7:00pm	4:30pm 7:30pm	7:00pm	11:30am 1:30pm	1:30pm
<b>Teen Gymnastics</b> <b>\$415</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (10 to 18 years) 8:1 ratio   1hr 25 min/wk	7:00pm	7:30pm	7:00pm	7:30pm	7:00pm	1:30pm	
<b>*Inter Teen Gym</b> <b>\$520</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (10 to 18 years) 8:1 ratio   2hr 25 min/wk <i>*assessment required</i>			6:00pm		6:00pm		
<b>Boys/Teen Gym</b> <b>\$415</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys (6 to 16 years) 8:1 ratio   1hr 25 min/wk			7:00pm				

## Advanced Artistic Gymnastics Programs

A great next step for athletes looking to expand their gymnastics knowledge and experience with more time in the gym. Certified coaches will help develop individualized growth plans and prepare athletes for a gradual increase in intensity and continued skill development on all events. Advanced programs are by invitation only. Assessments are available upon request.

<b>Adv Kindergym</b> <b>\$425</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (3 to 5 years) 6:1 ratio   1hr 25 min/wk		5:00pm		4:30pm		9:00am 10:30am	
<b>Adv Kindergym 1</b> <b>\$560</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (4 to 6 years)   6:1 ratio 2 classes x 1hr 25 min/wk			4:30pm (A)		4:30pm (A)		
<b>Adv Girls Gym 1</b> <b>\$585</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (6 to 18 years) 8:1 ratio   2hr 55 min/wk			4:30pm (A)	6:00pm (B)	5:30pm (C)	1:00pm (D)	

<b>Adv Girls Gym 2 \$885</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (6 to 18 years)   8:1 ratio 2 classes x 2hr 55 min/wk			5:30pm (A)	4:30pm (B)	5:30pm (A)		9:00am (B)
<b>Adv Girls Gym 3 \$1080</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Girls (6 to 18 years)   8:1 ratio 2 classes x 3hr 55 min/wk		4:30pm (A)				12:30pm (A)	

<sup>(1)</sup> Assessment required for advanced programs, assessments available upon request

<sup>(2)</sup> Athletes to attend the same practice(s) for duration of the session

### Recreational Tumbling Programs

A popular program for cheerleaders, dancers and all gymnasts who want to improve and specialize their tumbling skills on the floor and trampoline. There will be an emphasis on developing the strength, power and technique required for build skills and connections.

<b>Rec Tumbling \$415</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (7 to 18 years) 8:1 ratio   1hr 25 min/wk	7:00pm	6:45pm	5:00pm			9:00am	1:00pm
<b>Inter Tumbling \$415</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (7 to 18 years) 8:1 ratio   1hr 25 min/wk			6:45pm	4:30pm		10:30am	
<b>Adv Tumbling \$500</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (7 to 18 years) 8:1 ratio   1hr 55 min/wk		6:30pm					
<b>Adv Tumbling 1 \$500</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (7 to 18 years) 8:1 ratio   1hr 55 min/wk		6:30pm					

<sup>(1)</sup> Assessment required for intermediate & advanced programs, assessments available upon request

### Ninja Gym Programs

Ninja programs are great for teaching children to channel their impulses and energy into goal-oriented focus. In addition to physical skills, athletes will learn about life skills, including self-confidence, discipline, impulse control, responsibility, and instinctual safety. Come discover the warp wall, climbing structure, obstacle course, and so much more!

<b>Jr. Ninja Gym \$340</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (4 to 6 years) 6:1 ratio   55 min/wk	4:30pm		4:30pm 5:45pm				
<b>Ninja Gym \$310</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (6 to 9 years) 8:1 ratio   55 min/wk	5:45pm	6:15pm	7:00pm			10:15am	1:00pm

## Specialty Programs

**DO IT ALL** in one program! Experience everything gymnastics & ninja: vault, bars, beam, floor, in-ground trampoline, tumble track, ninja obstacle course & structure. Designed to be a dynamic & all-inclusive program!

<b>Combo</b>	<b>\$460</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (6+ years) 8:1 ratio   1h 55 min/wk								3:00pm

**HOMESCHOOL** programs are specialized classes for homeschooled athletes. Learn the fun, fitness and fundamentals of gymnastics utilizing the vault, uneven bars, beam, floor, in-ground trampoline and tumble track.

<b>Homeschool</b>	<b>\$225</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (6 to 18 years) 8:1 ratio   55 min/wk					11:30am			

**DROP IN** for fun with the flexibility that works for your schedule. Same quality experience, less commitment. Works well for families unable to commit to consecutive weeks.

<b>Kinder Drop In</b>	<b>\$15</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (3 to 5 years) 6:1 ratio   55 min/class						4:30pm		

<b>Coed Drop In</b>	<b>\$15</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Boys/Girls (6+ years) 6:1 ratio   55 min/class						5:45pm		

## Additional Information

### Gymnastics Ontario (GO) Insurance/Admin Fee

For classes \$50+hst / drop-in class & clinics \$35+hst  
Valid July 1-June 30, non-refundable

### Family Discounts

5% off second child or program  
10% off third child or program

### Session Dates

Class Day	Start Date	End Date	Holidays & Closures
Monday	January 5th	March 30th	No classes Monday February 16th (Family Day)
Tuesday	January 6th	March 24th	
Wednesday	January 7th	March 25th	
Thursday	January 8th	March 26th	
Friday	January 9th	March 27th	
Saturday	January 10th	March 28th	
Sunday	January 11th	March 29th	