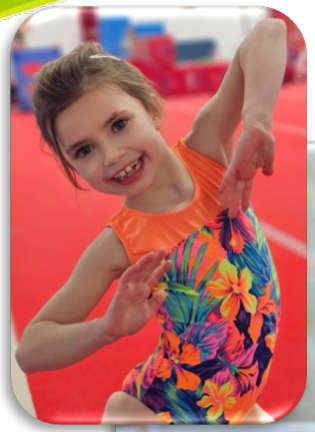
Recreational Program Guide

Winter Session | January 4-March 22, 2027 | 11 weeks









DYNAMO GYMNASTICS

V1 2026.11.09

Programs

Parent Involved Gymnastics

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

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Tiny Tots	$272	8:1	Coed	12-24m	50 m			✓	✓		✓	✓
Parent and Tot	$272	8:1	Coed	2-3 years	50 m	✓	✓	✓	✓		✓	✓
Jr. Kindergym*	$298	6:1	Coed	2.5-3.5 yr	50 m		✓		✓		✓	

Recreational Gymnastics

Athletes participate independently in curriculum-based programs. Certified coaches provide high-quality instruction on the fundamentals to promote strength, flexibility, coordination, balance and agility.

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Kindergym	$298	6:1	Coed	3-5 years	50 m	✓	✓	✓	✓		✓	✓
Sr. Kindergym	$378	8:1	Coed	5-6 years	1h 20m			✓	✓		✓	✓
Boys Gym	$378	8:1	Boys	6-9 years	1h 20m		✓					
Girls Gym	$378	8:1	Girls	6-9 years	1h 20m	✓	✓	✓	✓		✓	✓
Teen Girls Gym	$378	8:1	Girls	10+ years	1h 20m	✓	✓	✓	✓		✓	

Intermediate & Advanced Gymnastics

A great next step for athletes looking to expand their gymnastics knowledge and experience. Certified coaches will help develop individualized growth plans and prepare athletes for a gradual increase in intensity and continued skill development on all events.

(1) Assessment required for Inter & Adv

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Adv Kindergym	$400	7:1	Coed	4-6 years	1h 20m		✓	✓	✓	✓	✓	
Adv Kinder 1	$452	7:1	Girls	4-6 years	2 hrs		✓					
Adv Kinder 2	$538	7:1	Girls	4-6 years	2x1.5 hr			✓			✓	
Inter Girls Gym	$420	8:1	Girls	6-9 years	2 hrs		✓	✓				
Inter Teen Gym	$420	8:1	Girls	10+ years	2 hrs			✓			✓	
Adv Girls 1	$522	8:1	Girls	6-9 years	3 hrs			A	B	C	D/E	
Adv Girls 2	$753	8:1	Girls	6+ years	2x 3 hrs			A/B		A		B
Adv Girls 3	$855	8:1	Girls	6+ years	2x 4 hrs		A				A	

Recreational Tumbling

A popular program for cheerleaders, dancers and gymnasts who want to improve and specialize their tumbling skills on the floor and trampoline. *(1) Assessment required for intermediate & advanced programs, assessments available upon request*

(1) Assessment required for Inter & Adv

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Rec Tumbling	$378	8:1	Coed	7+ years	1h 20m	✓	✓	✓			✓	
Inter Tumbling	$378	8:1	Coed	7+ years	1h 20m			✓	✓			✓
Adv Tumbling	$470	8:1	Coed	7+ years	2h		✓					
Adv Tumbling 1	$470	8:1	Coed	7+ years	2h		✓					

Programs

Ninja Gym

Ninja programs are great for teaching children to channel their impulses and energy into goal-oriented focus. Come discover the warp wall, climbing structure, obstacle course, and so much more!

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Jr. Ninja Gym	$333	6:1	Coed	4-6 years	50 m	✓	✓	✓			✓	✓
Ninja Gym	$298	8:1	Coed	6+ years	50 m	✓		✓	✓		✓	✓

Specialty

Discover programs that are as unique as we are. Try everything Ninja & Gymnastics with the combo class. Join us for physical activity during the day with the Home School class.

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Do It All Combo	$430	8:1	Coed	6+ years	1h 50m			✓			✓	
Home School	$240	8:1	Coed	6+ years	50 m				✓			

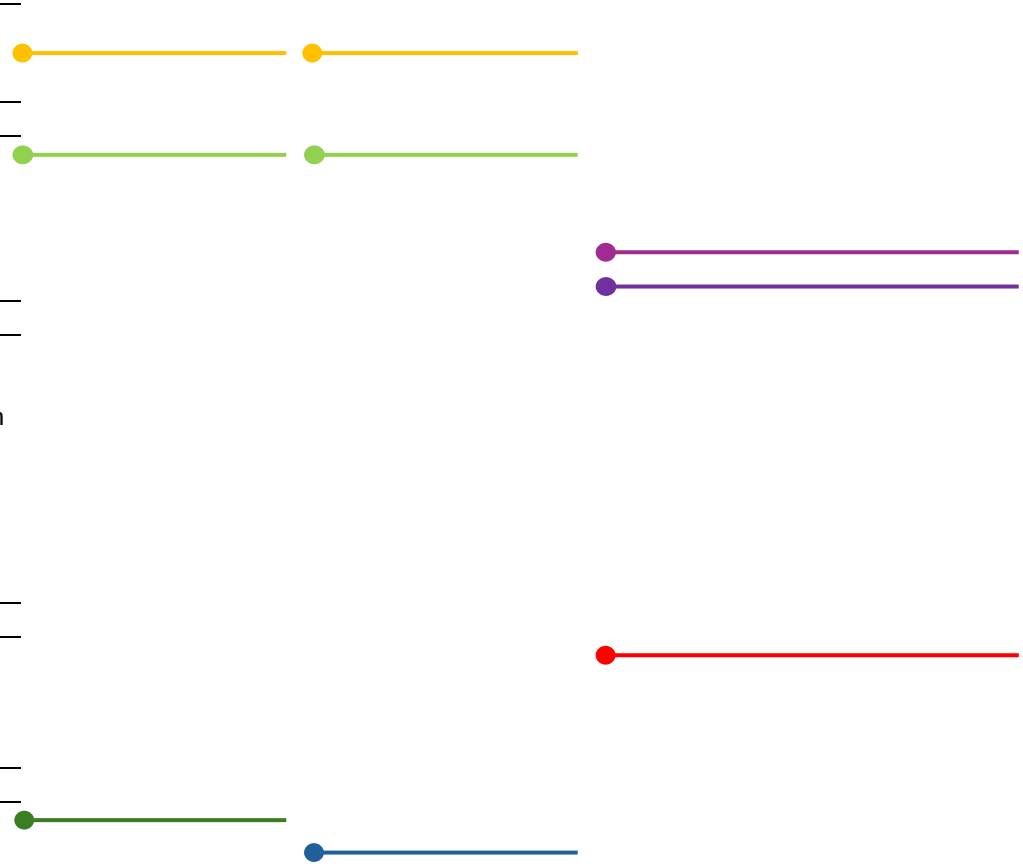
Drop In Program

Flexible and convenient for customers. No minimum commitment required. Come to play, bring a friend, have a great time!

Program	Cost	Ratio	Gender	Age	Length	Mo	Tu	We	Th	Fr	Sa	Su
Parent & Tot	$15	6:1	Coed	1-3 years	50 m					✓		
Kinder	$15	6:1	Coed	3-5 years	50 m					✓		
Coed	$15	6:1	Coed	6+ years	50 m					✓		
Ninja	$15	6:1	Coed	6+ years	50 m					✓		

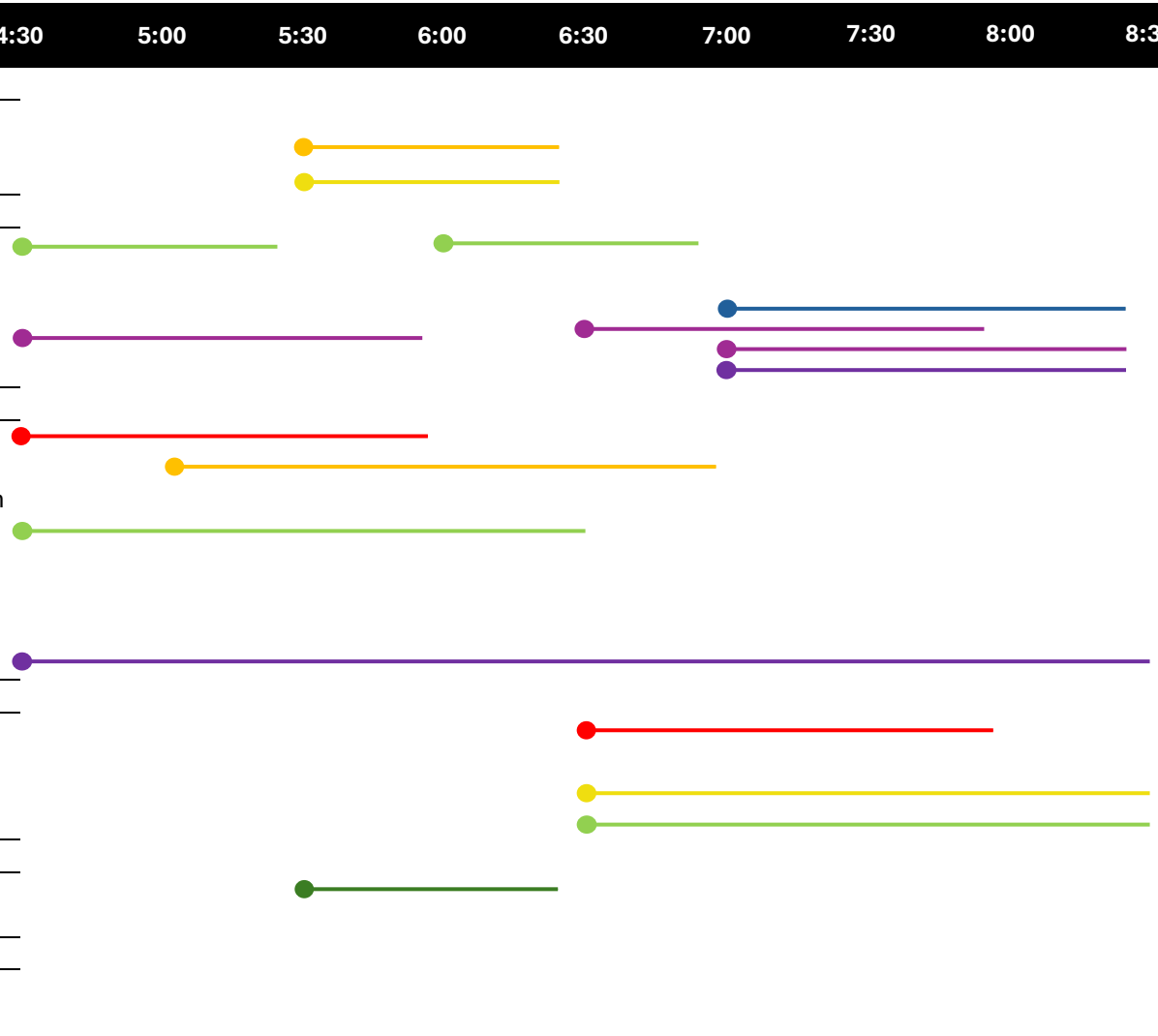
Schedule

MONDAY		
Parent Involved		
Tiny Tot	12-24mos	50 m
Parent & Tot	2-3 years	50 m
Jr. Kindergym	2.5-3.5 yr	50 m
Recreational Gymnastics		
Kindergym	3-5 years	50 m
Sr. Kindergym	5-6 years	1h 20m
Boys Gym	6-9 years	1h 20m
Girls Gym	6-9 years	1h 20m
Teen Girls Gym	10+ years	1h 20m
Inter & Adv Gymnastics		
Adv Kindergym	4-6 years	1h 20m
Adv Kinder 1	4-6 years	2 hrs
Adv Kinder 2	4-6 years	2x 1h 30m
Inter Girls Gym	6-9 years	2 hrs
Inter Teen Gym	10+ years	2 hrs
Adv Girls 1	6-9 years	3 hrs
Adv Girls 2	6+ years	2x 3 hrs
Adv Girls 3	6+ years	2x 4 hrs
Recreational Tumbling		
Rec Tumbling	7+ years	1h 20m
Inter Tumbling	7+ years	1h 20m
Adv Tumbling	7+ years	2 hours
Adv Tumbling 1	7+ years	2 hours
Ninja Gym		
Jr. Ninja Gym	4-6 years	50 m
Ninja Gym	6+ years	50 m
Specialty Programs		
Combo Class	6+ years	2 hrs
Home School	6+ years	50 m



Schedule

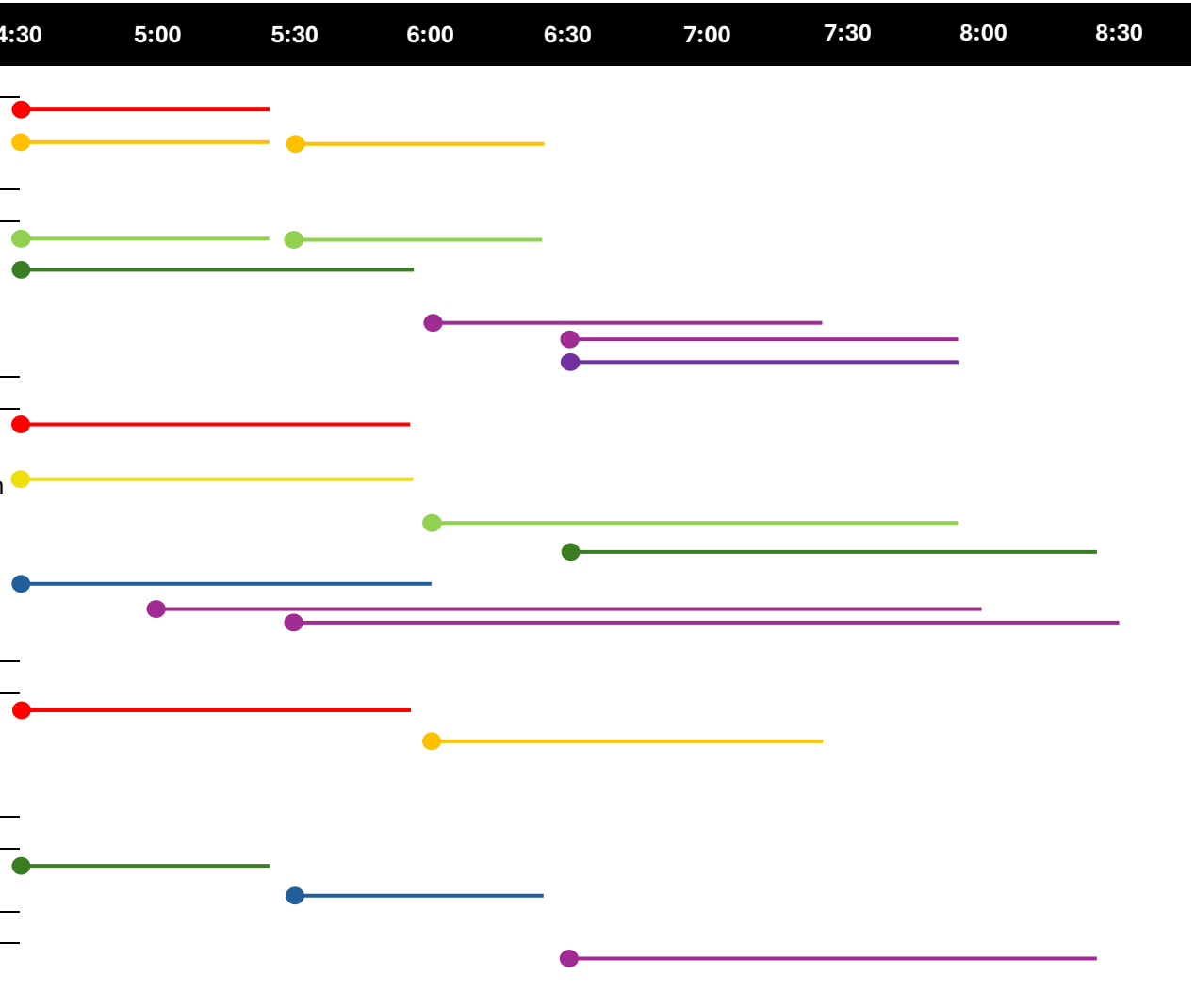
TUESDAY		
Parent Involved		
Tiny Tot	12-24mos	50 m
Parent & Tot	2-3 years	50 m
Jr. Kindergym	2.5-3.5 yr	50 m
Recreational Gymnastics		
Kindergym	3-5 years	50 m
Sr. Kindergym	5-6 years	1h 20m
Boys Gym	6-9 years	1h 20m
Girls Gym	6-9 years	1h 20m
Teen Girls Gym	10+ years	1h 20m
Inter & Adv Gymnastics		
Adv Kindergym	4-6 years	1h 20m
Adv Kinder 1	4-6 years	2 hrs
Adv Kinder 2	4-6 years	2x 1h 30m
Inter Girls Gym	6-9 years	2 hrs
Inter Teen Gym	10+ years	2 hrs
Adv Girls 1	6-9 years	3 hrs
Adv Girls 2	6+ years	2x 3 hrs
Adv Girls 3	6+ years	2x 4 hrs
Recreational Tumbling		
Rec Tumbling	7+ years	1h 20m
Inter Tumbling	7+ years	1h 20m
Adv Tumbling	7+ years	2 hours
Adv Tumbling 1	7+ years	2 hours
Ninja Gym		
Jr. Ninja Gym	4-6 years	50 m
Ninja Gym	6+ years	50 m
Specialty Programs		
Combo Class	6+ years	2 hrs
Home School	6+ years	50 m



Schedule

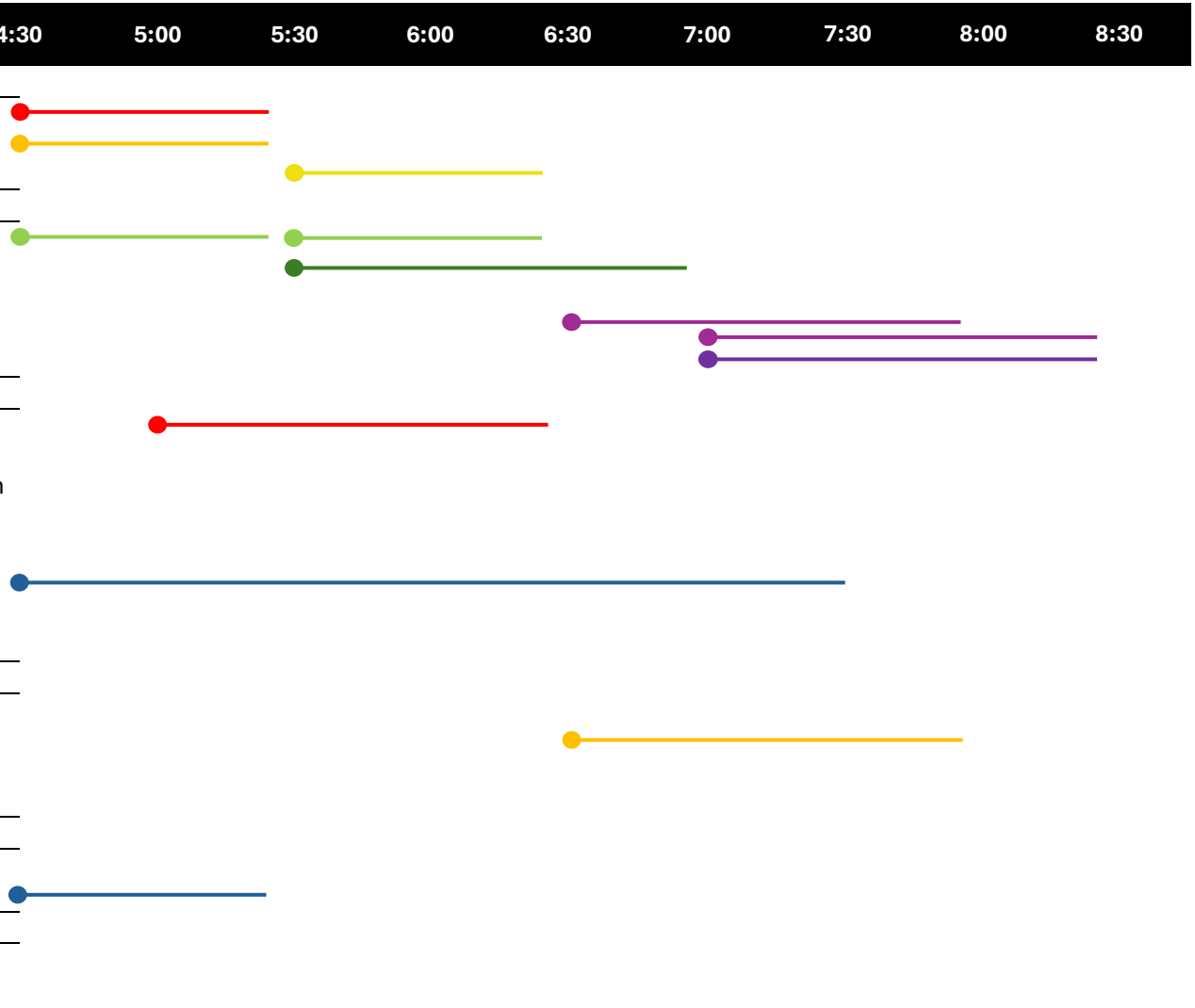
WEDNESDAY

	Parent Involved		
	Tiny Tot	12-24mos	50 m
	Parent & Tot	2-3 years	50 m
	Jr. Kindergym	2.5-3.5 yr	50 m
	Recreational Gymnastics		
	Kindergym	3-5 years	50 m
	Sr. Kindergym	5-6 years	1h 20m
	Boys Gym	6-9 years	1h 20m
	Girls Gym	6-9 years	1h 20m
	Teen Girls Gym	10+ years	1h 20m
	Inter & Adv Gymnastics		
	Adv Kindergym	4-6 years	1h 20m
	Adv Kinder 1	4-6 years	2 hrs
	Adv Kinder 2	4-6 years	2x 1h 30m
	Inter Girls Gym	6-9 years	2 hrs
	Inter Teen Gym	10+ years	2 hrs
	Adv Girls 1	6-9 years	3 hrs
	Adv Girls 2	6+ years	2x 3 hrs
	Adv Girls 3	6+ years	2x 4 hrs
	Recreational Tumbling		
	Rec Tumbling	7+ years	1h 20m
	Inter Tumbling	7+ years	1h 20m
	Adv Tumbling	7+ years	2 hours
	Adv Tumbling 1	7+ years	2 hours
	Ninja Gym		
	Jr. Ninja Gym	4-6 years	50 m
	Ninja Gym	6+ years	50 m
	Specialty Programs		
	Combo Class	6+ years	2 hrs
	Home School	6+ years	50 m



Schedule

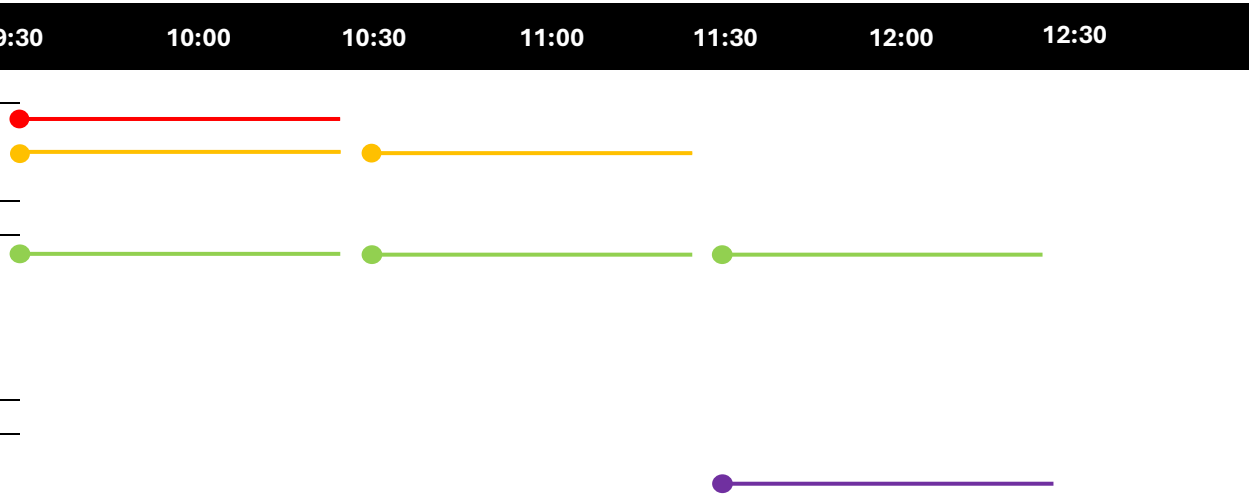
THURSDAY		
Parent Involved		
Tiny Tot	12-24mos	50 m
Parent & Tot	2-3 years	50 m
Jr. Kindergym	2.5-3.5 yr	50 m
Recreational Gymnastics		
Kindergym	3-5 years	50 m
Sr. Kindergym	5-6 years	1h 20m
Boys Gym	6-9 years	1h 20m
Girls Gym	6-9 years	1h 20m
Teen Girls Gym	10+ years	1h 20m
Inter & Adv Gymnastics		
Adv Kindergym	4-6 years	1h 20m
Adv Kinder 1	4-6 years	2 hrs
Adv Kinder 2	4-6 years	2x 1h 30m
Inter Girls Gym	6-9 years	2 hrs
Inter Teen Gym	10+ years	2 hrs
Adv Girls 1	6-9 years	3 hrs
Adv Girls 2	6+ years	2x 3 hrs
Adv Girls 3	6+ years	2x 4 hrs
Recreational Tumbling		
Rec Tumbling	7+ years	1h 20m
Inter Tumbling	7+ years	1h 20m
Adv Tumbling	7+ years	2 hours
Adv Tumbling 1	7+ years	2 hours
Ninja Gym		
Jr. Ninja Gym	4-6 years	50 m
Ninja Gym	6+ years	50 m
Specialty Programs		
Combo Class	6+ years	2 hrs
Home School	6+ years	50 m



Schedule

THURSDAY (AM)

	Parent Involved		
●	Tiny Tot	12-24mos	50 m
●	Parent & Tot	2-3 years	50 m
●	Jr. Kindergym	2.5-3.5 yr	50 m
	Recreational Gymnastics		
●	Kindergym	3-5 years	50 m
●	Sr. Kindergym	5-6 years	1h 20m
●	Boys Gym	6-9 years	1h 20m
●	Girls Gym	6-9 years	1h 20m
●	Teen Girls Gym	10+ years	1h 20m
	Specialty Programs		
●	Combo Class	6+ years	2 hrs
●	Home School	6+ years	50 m



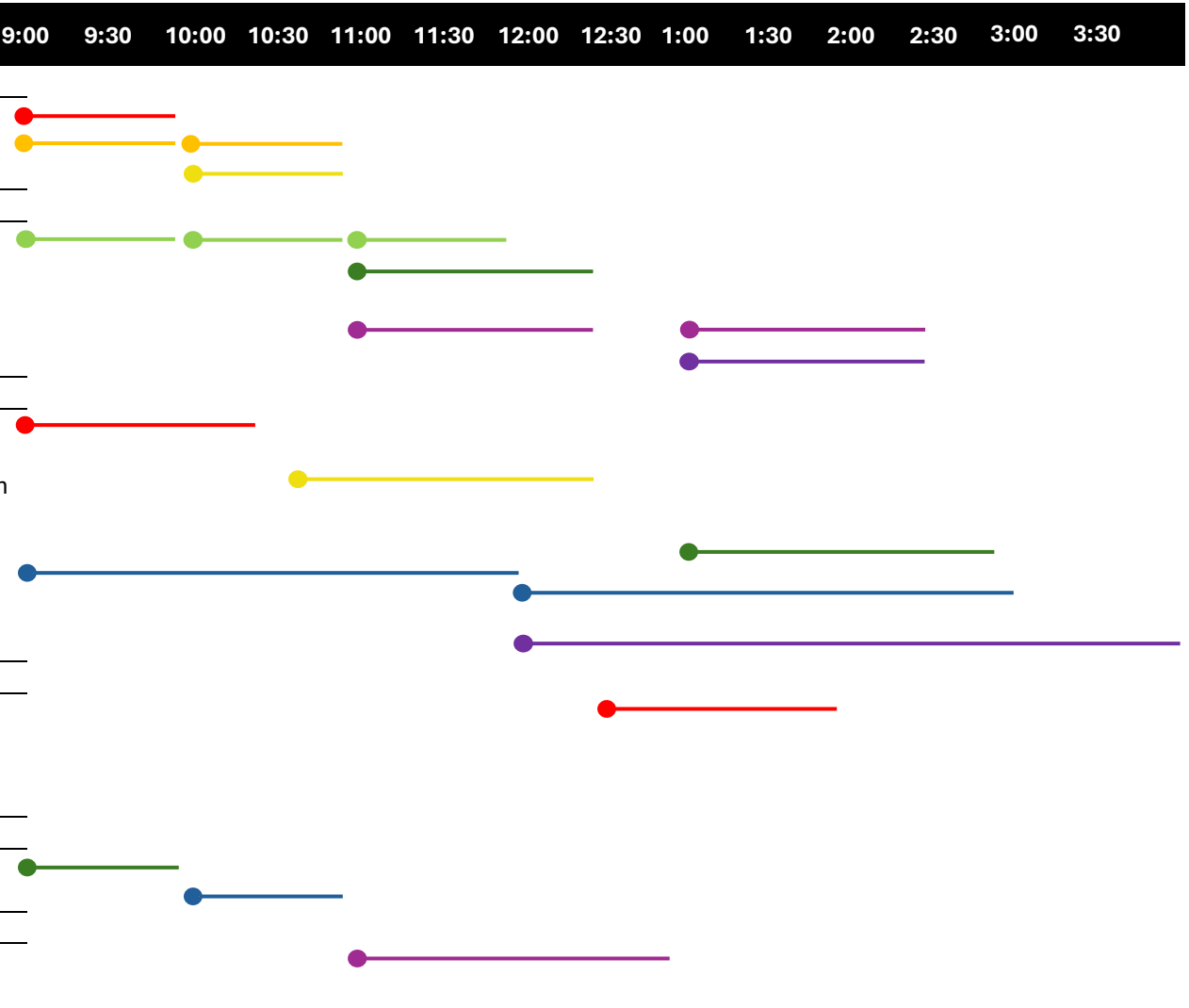
FRIDAY

	Inter & Adv Gymnastics		
●	Adv Kindergym	4-6 years	1h 20m
●	Adv Kinder 1	4-6 years	2 hrs
●	Adv Kinder 2	4-6 years	2x 1h 30m
●	Inter Girls Gym	6-9 years	2 hrs
●	Inter Teen Gym	10+ years	2 hrs
●	Adv Girls 1	6-9 years	3 hrs
●	Adv Girls 2	6+ years	2x 3 hrs
●	Adv Girls 3	6+ years	2x 4 hrs
	Recreational Tumbling		
●	Rec Tumbling	7+ years	1h 20m
●	Inter Tumbling	7+ years	1h 20m
●	Adv Tumbling	7+ years	2 hours
●	Adv Tumbling 1	7+ years	2 hours
	Specialty Programs		
●	Combo Class	6+ years	2 hrs
●	Home School	6+ years	50 m



Schedule

SATURDAY		
Parent Involved		
Tiny Tot	12-24mos	50 m
Parent & Tot	2-3 years	50 m
Jr. Kindergym	2.5-3.5 yr	50 m
Recreational Gymnastics		
Kindergym	3-5 years	50 m
Sr. Kindergym	5-6 years	1h 20m
Boys Gym	6-9 years	1h 20m
Girls Gym	6-9 years	1h 20m
Teen Girls Gym	10+ years	1h 20m
Inter & Adv Gymnastics		
Adv Kindergym	4-6 years	1h 20m
Adv Kinder 1	4-6 years	2 hrs
Adv Kinder 2	4-6 years	2x 1h 30m
Inter Girls Gym	6-9 years	2 hrs
Inter Teen Gym	10+ years	2 hrs
Adv Girls 1	6-9 years	3 hrs
Adv Girls 2	6+ years	2x 3 hrs
Adv Girls 3	6+ years	2x 4 hrs
Recreational Tumbling		
Rec Tumbling	7+ years	1h 20m
Inter Tumbling	7+ years	1h 20m
Adv Tumbling	7+ years	2 hours
Adv Tumbling 1	7+ years	2 hours
Ninja Gym		
Jr. Ninja Gym	4-6 years	50 m
Ninja Gym	6+ years	50 m
Specialty Programs		
Combo Class	6+ years	2 hrs
Home School	6+ years	50 m



Schedule

SUNDAY			9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30
Parent Involved																
Tiny Tot	12-24mos	50 m														
Parent & Tot	2-3 years	50 m														
Jr. Kindergym	2.5-3.5 yr	50 m														
Recreational Gymnastics																
Kindergym	3-5 years	50 m														
Sr. Kindergym	5-6 years	1h 20m														
Boys Gym	6-9 years	1h 20m														
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Inter Girls Gym	6-9 years	2 hrs														
Inter Teen Gym	10+ years	2 hrs														
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Recreational Tumbling																
Rec Tumbling	7+ years	1h 20m														
Inter Tumbling	7+ years	1h 20m														
Adv Tumbling	7+ years	2 hours														
Adv Tumbling 1	7+ years	2 hours														
Ninja Gym																
Jr. Ninja Gym	4-6 years	50 m														
Ninja Gym	6+ years	50 m														
Specialty Programs																
Combo Class	6+ years	2 hrs														
Home School	6+ years	50 m														

Additional Information

Gymnastics Ontario (GO) Insurance/Admin Fee

For classes $55+hst / drop-in class & clinics $40+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
Monday	January 4	March 22
Tuesday	January 5	March 16
Wednesday	January 6	March 17
Thursday	January 7	March 18
Friday	January 8	March 19
Saturday	January 9	March 20
Sunday	January 10	March 21

*Holiday Closures: No Classes Monday February 15th (Family Day)

Contact Us

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