

FALL TERM 2026

Recreational Schedule

Mondays	Sep 14th to Nov 23rd Closed Date: Monday, October 12th (Thanksgiving)	(10 Weeks)
Tuesdays	Sep 8th to Nov 24th	(12 Weeks)
Wednesdays	Sep 9th to Nov 25th	(12 Weeks)
Thursdays	Sep 10th to Nov 26th	(12 Weeks)
Fridays	Sep 11th to Nov 27th	(12 Weeks)
Saturdays	Sep 12th to Nov 28th	(12 Weeks)



Miss 1 Class = Get 1 FREE Make-Up Class!

We know schedules can be busy! Miss 1 class and receive 1 FREE make-up class during the same term.

All students are required to pay the annual Gymnastics Ontario registration fee of \$45.00, active from July 1st - June 30th. This GO/Registration fee is added to each student's first registration of the season.

Playtime Programs

Playtime is a non-structured program with an emphasis on exploration, allowing children to explore our gymnastics facility at their own pace. Parents will support and guide their children through our weekly themed gymnastics circuits and equipment. Two parents/guardians max per family are welcome. A coach will be on the floor encouraging growth and movement.

Kinder Playtime - 60 min. / visit

Ages Walking - 4

Wednesday at 10:45AM-11:45AM \$8/visit

Friday at 10:45AM-11:45AM \$8/visit

Weekend Playtime - 60 min. / visit

Ages Walking - 12

Saturday at 4:00PM-5:00PM \$11/visit





QUINTE BAY
GYMNASTICS

Active Start Program

Parented Classes - 45 min. / class / week

Our parented classes are coach-led, with our experienced coaches demonstrating the circuits and encouraging growth and exploration in a safe environment. Parents or guardians are expected to actively participate in the class, providing physical support to their child throughout the circuits and helping them master new skills. Your presence ensures your child's safety, as you stay within arm's reach at all times. Through play and movement, your child will develop fundamental movement skills and learn how to link them together. Our developmentally appropriate activities are designed to help participants feel competent and comfortable as they explore the world of gymnastics.

Artistic Ages Walking - 2

Monday at 4:00PM-4:45PM	\$135.00
Monday at 5:50PM-6:35PM	\$135.00
Monday at 6:20PM-7:05PM	\$135.00
Tuesday at 5:25PM-6:10PM	\$162.00
Wednesday at 4:00PM-4:45PM	\$162.00
Wednesday at 5:55PM-6:40PM	\$162.00
Thursday at 4:15PM-5:00PM	\$162.00
Thursday at 6:15PM-7:00PM	\$162.00
Friday at 5:40PM-6:25PM	\$162.00
Friday at 6:05PM-6:50PM	\$162.00
Saturday at 9:00AM-9:45AM	\$162.00
Saturday at 9:30AM-10:15AM	\$162.00
Saturday at 1:35PM-2:20PM	\$162.00

Artistic Ages 3-4

Monday at 4:15PM-5:00PM	\$135.00
Monday at 4:55PM-5:40PM	\$135.00
Monday at 6:45PM-7:30PM	\$135.00
Tuesday at 6:20PM-7:05PM	\$162.00
Tuesday at 7:15PM-8:00PM	\$162.00
Wednesday at 9:45AM-10:30AM	\$162.00
Wednesday at 4:55PM-5:40PM	\$162.00
Wednesday at 6:50PM-7:35PM	\$162.00
Thursday at 5:15PM-6:00PM	\$162.00
Thursday at 7:15PM-8:00PM	\$162.00
Friday at 4:10PM-4:55PM	\$162.00
Friday at 5:10PM-5:55PM	\$162.00
Friday at 7:00PM - 7:45PM	\$162.00
Saturday at 8:30AM-9:15AM	\$162.00
Saturday at 10:25AM-11:10AM	\$162.00
Saturday at 11:20AM-12:05PM	\$162.00
Saturday at 1:35PM-2:20PM	\$162.00
Saturday at 2:30PM-3:15PM	\$162.00



14 Harder Drive, Belleville
613-967-9517

www.quintebaygymnastics.com



QUINTE BAY
GYMNASTICS

Recreational Artistic Program

Recreational Artistic Classes - 45-60 min. / class / week

Our recreational artistic classes offer a wide variety of equipment, including the vault, bars, beam, floor, pit, trampoline, and tumbletrack, allowing students to develop their fundamental gymnastics skills while having fun in a supportive and encouraging environment. Whether your child is a complete beginner or has some experience in gymnastics, this program is open to students of all skill levels. Our experienced coaches will work with each student to help them progress at their own pace and reach their full potential working through our levelling system.

Artistic Age 4

Tuesday at 4:30PM-5:15PM	\$162.00
Tuesday at 6:35PM-7:20PM	\$162.00
Wednesday at 12:00PM-1:00PM	\$180.00
Wednesday at 4:15PM-5:00PM	\$162.00
Wednesday at 5:25PM-6:10PM	\$162.00
Wednesday at 6:20PM-7:05PM	\$162.00
Thursday at 6:35PM-7:20PM	\$162.00
Friday at 4:15PM-5:00PM	\$162.00
Friday at 6:35PM-7:20PM	\$162.00
Saturday at 9:55AM-10:40AM	\$162.00
Saturday at 11:05AM-11:50AM	\$162.00
Saturday at 12:35PM-1:20PM	\$162.00



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QUINTE BAY
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Recreational Artistic Program

Artistic Ages 5-6

Monday at 4:00PM-5:00PM	\$180.00
Monday at 4:15PM-5:15PM	\$180.00
Monday at 5:10PM-6:10PM	\$180.00
Monday at 6:20PM-7:20PM	\$180.00
Monday at 6:35PM-7:35PM	\$180.00
Monday at 7:30PM-8:30PM	\$180.00

Tuesday at 4:15PM-5:15PM	\$216.00
Tuesday at 4:20PM-5:20PM	\$216.00
Tuesday at 5:25PM-6:25PM	\$216.00
Tuesday at 5:35PM-6:35PM	\$216.00
Tuesday at 6:50PM-7:50PM	\$216.00

Wednesday at 12:00PM-1:00PM	\$216.00
Wednesday at 4:15PM-5:15PM	\$216.00
Wednesday at 5:10PM-6:10PM	\$216.00
Wednesday at 6:20PM-7:20PM	\$216.00
Wednesday at 7:15PM-8:15PM	\$216.00

Thursday at 4:00PM-5:00PM	\$216.00
Thursday at 4:15PM-5:15PM	\$216.00
Thursday at 5:10PM-6:10PM	\$216.00
Thursday at 5:25PM-6:25PM	\$216.00
Thursday at 6:20PM-7:20PM	\$216.00

Artistic Ages 5-6

Friday at 4:30PM-5:30PM	\$216.00
Friday at 5:05PM-6:05PM	\$216.00
Friday at 5:25PM-6:25PM	\$216.00
Friday at 6:35PM-7:35PM	\$216.00

Saturday at 8:35AM-9:35AM	\$216.00
Saturday at 9:45AM-10:45AM	\$216.00
Saturday at 9:55AM-10:55AM	\$216.00
Saturday at 10:55AM-11:55AM	\$216.00
Saturday at 11:05AM-12:05PM	\$216.00
Saturday at 12:05PM-1:05PM	\$216.00
Saturday at 12:35PM-1:35PM	\$216.00
Saturday at 1:45PM-2:45PM	\$216.00





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GYMNASTICS

Recreational Artistic Program

Artistic Ages 7-8

Monday at 5:10PM-6:10PM	\$180.00
Monday at 5:25PM-6:25PM	\$180.00
Monday at 6:55PM-7:55PM	\$180.00
Tuesday at 5:10PM-6:10PM	\$216.00
Tuesday at 6:20PM-7:20PM	\$216.00
Tuesday at 7:30PM-8:30PM	\$216.00
Wednesday at 1:00PM-2:00PM	\$216.00
Wednesday at 4:00PM-5:00PM	\$216.00
Wednesday at 5:10PM-6:10PM	\$216.00
Wednesday at 6:20PM-7:20PM	\$216.00
Wednesday at 7:30PM-8:30PM	\$216.00
Thursday at 4:00PM-5:00PM	\$216.00
Thursday at 5:10PM-6:10PM	\$216.00
Thursday at 6:20PM-7:20PM	\$216.00
Thursday at 7:30PM-8:30PM	\$216.00
Friday at 4:15PM-5:15PM	\$216.00
Friday at 5:30PM-6:30PM	\$216.00
Friday at 7:00PM-8:00PM	\$216.00
Saturday at 8:35AM-9:35AM	\$216.00
Saturday at 10:55AM-11:55PM	\$216.00
Saturday at 12:05PM-1:05PM	\$216.00
Saturday at 1:30PM-2:30PM	\$216.00
Saturday at 2:45PM-3:45PM	\$216.00

Artistic Ages 9-10

Monday at 4:00PM-5:00PM	\$180.00
Monday at 7:30PM-8:30PM	\$180.00
Tuesday at 4:00PM-5:00PM	\$216.00
Tuesday at 7:30PM-8:30PM	\$216.00
Wednesday at 1:00PM-2:00PM	\$216.00
Wednesday at 7:30PM-8:30PM	\$216.00
Thursday at 4:05PM-5:05PM	\$216.00
Thursday at 7:30PM-8:30PM	\$216.00
Friday at 4:15PM-5:15PM	\$216.00
Friday at 7:30PM-8:30PM	\$216.00
Saturday at 9:00AM-10:00AM	\$216.00
Saturday at 2:00PM-3:00PM	\$216.00

Artistic Ages 11+

Monday at 7:30PM-8:30PM	\$180.00
Wednesday at 4:00PM-5:00PM	\$216.00
Thursday at 5:20PM-6:20PM	\$216.00
Friday at 6:40PM-7:40PM	\$216.00
Saturday at 11:20AM-12:20PM	\$216.00
Saturday at 12:50PM-1:50PM	\$216.00



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QUINTE BAY
GYMNASTICS

Advanced Artistic Program

Advanced Artistic Classes - 75 min. - 210 min. / class / week

Our advanced artistic program offers a more challenging and dynamic environment where they will have the opportunity to further develop their skills utilizing the competitive equipment, learning new techniques, and pushing themselves to new heights, while having fun in a supportive and encouraging environment. Our experienced coaches will work with each student to help them progress through our leveling system and striving to reach their goals,

Advanced Artistic Ages 5-6

Monday at 4:00PM-5:15PM	\$225.00
Wednesday at 4:15PM-5:30PM	\$270.00
Saturday at 8:30AM-9:45AM	\$270.00
Saturday at 10:50AM-12:05PM	\$270.00

To be eligible to register into the advanced program, your child must be tested, pre-approved or have passed:

- Artistic Ages 5-6 Level 4
- Artistic Ages 7-9 Level 6 or Tumbling Level 5
- Artistic Ages 10+ Level 8 or Tumbling Level 10

Advanced Artistic Ages 7-9

Thursday 4:00-5:15PM & Saturday 8:45-10:00AM	\$540.00
★ Monday at 5:30PM-8:00PM	\$450.00
Wednesday at 5:45PM-8:15PM	\$540.00
Friday at 4:15PM-6:45PM	\$540.00
★ Friday at 5:10PM-7:40PM	\$540.00
★ Saturday at 10:15AM-12:45PM	\$540.00

2 Options for Advanced Ages 7-9

- 1.25 hrs, twice a week
- 2.5 hrs, once a week

Advanced Artistic Ages 10+

Friday at 6:15PM-8:45PM	\$540.00
★ Saturday at 1:15PM-3:45PM	\$540.00

★ Performance Groups for Advanced

Intro to competitive gymnastics, including routines and participation in 2-3 beginner meets in Spring 2027. Athletes are expected to remain enrolled in the program from September-June. *Additional meet fees apply.*





QUINTE BAY
GYMNASTICS

Recreational Tumbling Program

Recreational Tumbling Classes - 60 min. / class / week

Our recreational tumbling classes are designed to introduce students to the sport of power tumbling with a focus on cartwheels, handstands, round-offs, and handsprings. Students will rotate to the rod floor, trampoline, tumbletrack and pit.

Tumbling Ages 7-9

Monday at 4:35PM-5:35PM	\$180.00
Monday at 5:45PM-6:45PM	\$180.00
Tuesday at 4:00PM-5:00PM	\$216.00
Wednesday at 5:15PM-6:15PM	\$216.00
Friday at 4:00PM-5:00PM	\$216.00
Saturday at 8:45AM-9:45AM	\$216.00
Saturday at 12:00PM-1:00PM	\$216.00

Tumbling Ages 10+

Monday at 6:20PM-7:20PM	\$180.00
Friday at 4:10PM-5:10PM	\$216.00
Friday at 6:30PM-7:30PM	\$216.00
Saturday at 9:55AM-10:55AM	\$216.00

Tumbling for Cheer & Dance Ages 8+

Monday at 5:10PM-6:10PM	\$180.00
Saturday at 1:35PM-2:35PM	\$216.00
Saturday at 1:35PM-2:35PM	\$216.00

Advanced Tumbling Program

Advanced Tumbling Classes - 60 min.- 90 min. / class / week

Our advanced tumbling program offers a more challenging and dynamic environment where they will have the opportunity to further develop their skills, learning new techniques, and pushing themselves to new heights. while having fun in a supportive and encouraging environment. Our experienced coaches will work with each student to help them progress through our leveling system and striving to reach their goals.

Advanced Tumbling Ages 5-7

Tuesday at 5:10PM-6:10PM	\$216.00
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Advanced Tumbling Ages 8-10

Tuesday at 6:20PM-7:20PM	\$216.00
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Advanced Tumbling Ages 11+

Tuesday at 7:30PM-9:00PM	\$324.00
Wednesday at 7:20PM-8:50PM	\$324.00

To be eligible to register into the advanced program, your child must be tested, pre-approved or have passed:

- Tumbling Ages 5-7 Level 3 or Artistic Level 4
- Tumbling Ages 8-10 Level 5 or Artistic Level 7
- Tumbling Ages 11+ Level 7 or Artistic Level 10





QUINTE BAY
GYMNASTICS

Recreational Trampoline Program

Recreational Trampoline Classes

- 60 min. / class / week

Our recreational trampoline programs focus on building trampoline skills starting at beginner levels, building on developing into more difficult skills, progressing to combining skills and executing full routines.

Recreational Trampoline Ages 9+

Tuesday at 8:00PM-9:00PM	\$216.00
Wednesday at 6:25PM-7:25PM	\$216.00
Friday at 5:20PM-6:20PM	\$216.00
Friday at 7:40PM-8:40PM	\$216.00
Saturday at 10:10AM-11:10AM	\$216.00
Saturday at 2:40PM-3:40PM	\$216.00

Acrobatic Gymnastics Program

Acrobatic Gymnastics Classes - 60 min. / class / week

Our acrobatic classes focus on building on beginner gymnastics skills, handstands, cartwheels and progressing to more dynamic skills working in duos and trios with an added dance element. Classes utilize the spring floor, trampolines, and pegs during each class all while working through our levelling system.

Acro Gymnastics Ages 8+

Thursday at 6:30PM-7:30PM	\$216.00
Saturday at 9:45AM-10:45AM	\$216.00

PA Day Camp

5 PA Days for 2026-2027 8:00am-4:00pm

Children will participate in a fun-filled day of gymnastics and other camp activities! They will enjoy gym time in the morning and afternoon rotating to different events; bars, trampoline, pit, beam, floor, tumble track, vault and more. Children will also have outdoor fun (weather permitting), active games in the gym and an afternoon craft.

Monday, October 26 th , 2026	\$58.00
Friday, November 20 th , 2026	\$58.00
Friday, January 29 th , 2027	\$58.00
Friday, March 12 th , 2027	\$58.00
Friday, April 23 rd , 2027	\$58.00
Friday, May 31 st , 2027	\$58.00



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These programs are co-ed. Whether you have never stepped foot in a gym or you know which skills you would like to learn or work on the coach will be there to assist you along the way. You will rotate around the gym using vault, bars, beam, floor, trampoline, tumble trak, and more! This program is designed to meet the goals of everyone regardless of age, fitness level, or experience.

Highschool Gymnastics Program

Ages 13-17 - 60 min. / class / visit

Wednesday at 8:00PM-9:00PM

\$10/visit



Adult Gymnastics Program

Ages 18+ - 90 min. / class / visit

Tuesday at 7:30PM-9:00PM

\$15/visit



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