



Spring Term 2025

Recreational Schedule

Mondays	March 17th to June 9th	(12 Weeks)
Tuesdays	March 18th to June 10th	(13 Weeks)
Wednesdays	March 19th to June 11th	(13 Weeks)
Thursdays	March 20th to June 12th	(13 Weeks)
Fridays	March 21st to June 13th	(11 Weeks)
Saturdays	March 22nd to June 14th	(11 Weeks)



Closed Dates: Friday, April 18th (Good Friday), Friday, May 2nd & Saturday, May 3rd (Hosting Acro Meet), Saturday, May 17th & Monday, May 19th (Victoria Day Weekend)

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

Tuesday at 10:45AM-11:45AM	\$8/visit
Wednesday at 10:45AM-11:45AM	\$8/visit
Thursday 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	\$10/visit
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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 confident and comfortable as they explore the world of gymnastics.

Artistic Ages Walking – 2

Monday at 4:15PM-5:00PM	\$153.00
Monday at 5:20PM-6:05PM	\$153.00
Tuesday at 4:15PM-5:00PM	\$165.75
Tuesday at 5:20PM-6:05PM	\$165.75
Wednesday at 4:30PM-5:15PM	\$165.75
Wednesday at 4:55PM-5:40PM	\$165.75
Wednesday at 5:50PM-6:35PM	\$165.75
Thursday at 4:00PM-4:45PM	\$165.75
Thursday at 5:10PM-5:55PM	\$165.75
Thursday at 5:30PM-6:15PM	\$165.75
Friday at 4:15PM-5:00PM	\$140.25
Saturday at 8:50AM-9:35AM	\$140.25
Saturday at 10:20AM-11:05AM	\$140.25
Saturday at 12:10PM-12:55PM	\$140.25
Saturday at 1:50PM-2:35PM	\$140.25

Artistic Ages 3-4

Monday at 6:20PM-7:05PM	\$153.00
Monday at 7:05PM-7:50PM	\$153.00
Tuesday at 4:05PM-4:50PM	\$165.75
Tuesday at 5:30PM-6:15PM	\$165.75
Tuesday at 6:20PM-7:05PM	\$165.75
Wednesday at 9:45AM-10:30AM	\$165.75
Wednesday at 6:30PM-7:15PM	\$165.75
Thursday at 4:05PM-4:50PM	\$165.75
Thursday at 5:00PM-5:45PM	\$165.75
Thursday at 6:25PM-7:10PM	\$165.75
Friday at 4:10PM-4:55PM	\$140.25
Friday at 5:10PM-5:55PM	\$140.25
Friday at 6:05PM-6:50PM	\$140.25
Saturday at 8:30AM-9:15AM	\$140.25
Saturday at 9:25AM-10:10AM	\$140.25
Saturday at 1:50PM-2:35PM	\$140.25
Saturday at 2:55PM-3:40PM	\$140.25





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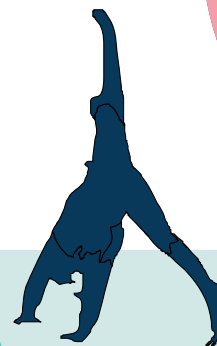
Recreational Artistic Program

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

Monday at 5:00PM–5:45PM	\$153.00
Monday at 6:15PM–7:00PM	\$153.00
Tuesday at 5:30PM–6:15PM	\$165.75
Tuesday at 6:15PM–7:00PM	\$165.75
Wednesday at 12:00PM–1:00PM	\$165.75
Wednesday at 4:00PM–4:45PM	\$165.75
Wednesday at 5:30PM–6:15PM	\$165.75
Thursday at 5:10PM–5:55PM	\$165.75
Friday at 5:05PM–5:50PM	\$140.25
Friday at 6:25PM–7:10PM	\$140.25
Saturday at 8:30AM–9:15AM	\$140.25
Saturday at 9:45AM–10:30AM	\$140.25
Saturday at 11:10AM–11:55AM	\$140.25
Saturday at 12:05PM–12:50PM	\$140.25
Saturday at 12:50PM–1:35PM	\$140.25





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Recreational Artistic Program

Artistic Ages 5-6

Monday at 4:05PM-5:05PM	\$204.00
Monday at 5:10PM-6:10PM	\$204.00
Monday at 5:20PM-6:20PM	\$204.00
Monday at 5:55PM-6:55PM	\$204.00
Monday at 6:30PM-7:30PM	\$204.00
Monday at 7:10PM-8:10PM	\$204.00
Tuesday at 4:05PM-5:05PM	\$221.00
Tuesday at 5:10PM-6:10PM	\$221.00
Tuesday at 6:25PM-7:25PM	\$221.00
Wednesday at 12:00PM-1:00PM	\$221.00
Wednesday at 4:15PM-5:15PM	\$221.00
Wednesday at 5:10PM-6:10PM	\$221.00
Wednesday at 5:25PM-6:25PM	\$221.00
Wednesday at 6:20PM-7:20PM	\$221.00
Wednesday at 6:40PM-7:40PM	\$221.00
Wednesday at 7:30PM-8:30PM	\$221.00
Thursday at 4:00PM-5:00PM	\$221.00
Thursday at 5:00PM-6:00PM	\$221.00
Thursday at 5:55PM-6:55PM	\$221.00
Thursday at 6:05PM-7:05PM	\$221.00
Thursday at 6:15PM-7:15PM	\$221.00

Artistic Ages 5-6

Friday at 4:05PM-5:05PM	\$187.00
Friday at 5:10PM-6:10PM	\$187.00
Friday at 5:15PM-6:15PM	\$187.00
Friday at 6:20PM-7:20PM	\$187.00
Friday at 6:45PM-7:45PM	\$187.00
Saturday at 8:40AM-9:40AM	\$187.00
Saturday at 9:25AM-10:25AM	\$187.00
Saturday at 9:50AM-10:50AM	\$187.00
Saturday at 9:55AM-10:55AM	\$187.00
Saturday at 10:40AM-11:40AM	\$187.00
Saturday at 11:00AM-12:00PM	\$187.00
Saturday at 11:40AM-12:40PM	\$187.00
Saturday at 11:45AM-12:45PM	\$187.00
Saturday at 12:35PM-1:35PM	\$187.00
Saturday at 12:40PM-1:40PM	\$187.00
Saturday at 1:25PM-2:25PM	\$187.00
Saturday at 1:50PM-2:50PM	\$187.00



★ Rising Stars Showcase ★

This event is not just a performance; it is a celebration of hard work, dedication, and personal achievement, where each participant will demonstrate their unique routines tailored to their skill levels, highlighting their growth through weekly training. Family and friends are invited to cheer on their athletes from the stands inside the gym. Open to all active students in the Spring Term, cost \$40, includes, athlete gift, certificate, medal.





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Recreational Artistic Program

Artistic Ages 7-8

Monday at 4:00PM-5:00PM	\$204.00
Monday at 5:10PM-6:10PM	\$204.00
Monday at 6:25PM-7:25PM	\$204.00
Tuesday at 4:05PM-5:05PM	\$221.00
Tuesday at 5:15PM-6:15PM	\$221.00
Tuesday at 6:25PM-7:25PM	\$221.00
Wednesday at 1:00PM-2:00PM	\$221.00
Wednesday at 4:00PM-5:00PM	\$221.00
Wednesday at 5:10PM-6:10PM	\$221.00
Wednesday at 6:20PM-7:20PM	\$221.00
Wednesday at 7:30PM-8:30PM	\$221.00
Thursday at 7:20PM-8:20PM	\$221.00
Friday at 4:15PM-5:15PM	\$187.00
Friday at 5:25PM-6:25PM	\$187.00
Friday at 7:00PM-8:00PM	\$187.00
Saturday at 9:50AM-10:50AM	\$187.00
Saturday at 10:00AM-11:00AM	\$187.00
Saturday at 10:35AM-11:35AM	\$187.00
Saturday at 12:15PM-1:15PM	\$187.00
Saturday at 1:45PM-2:45PM	\$187.00
Saturday at 2:45PM-3:45PM	\$187.00

Artistic Ages 9-10

Monday at 7:45PM-8:45PM	\$204.00
Tuesday at 7:30PM-8:30PM	\$221.00
Wednesday at 4:00PM-5:00PM	\$221.00
Thursday at 4:00PM-5:00PM	\$221.00
Thursday at 5:10PM-6:10PM	\$221.00
Thursday at 6:25PM-7:25PM	\$221.00
Thursday at 7:15PM-8:15PM	\$221.00
Friday at 4:00PM-5:00PM	\$187.00
Friday at 6:35PM-7:35PM	\$187.00
Saturday at 9:25AM-10:25AM	\$187.00
Saturday at 10:35AM-11:35AM	\$187.00
Saturday at 1:05PM-2:05PM	\$187.00

Artistic Ages 11+

Tuesday at 6:55PM-7:55PM	\$221.00
Wednesday at 7:35PM-8:35PM	\$221.00
Friday at 7:45PM-8:45PM	\$187.00
Saturday at 11:00AM-12:00PM	\$187.00

Rising Stars Showcase

SAVE THE DATE

Saturday, June 21st, 2025

* Registration Opens April 1st, 2025



14 Harder Drive, Belleville
613-967-9517
www.quintebaygymnastics.com



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Advanced Artistic Program

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

Our advanced artistic program offers a more challenging and dynamic environment where gymnasts 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,

Artistic Ages 5-6

Monday at 4:00PM-5:15PM	\$255.00
Monday at 5:25PM-6:40PM	\$255.00
Monday at 6:50PM-8:05PM	\$255.00
Tuesday at 4:00PM-5:15PM	\$276.25
Friday at 6:45PM-8:00PM	\$233.75
Saturday at 8:25AM-9:40AM	\$233.75
Saturday at 2:15PM-3:30PM	\$233.75

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

Artistic Ages 7-9

Monday 4:00-5:15PM & Saturday 8:35-9:20AM	\$488.75
Tuesday 4:00-5:15PM & Thursday 4:00-5:15PM	\$552.50
Tuesday at 6:25PM-8:55PM	\$552.50
Friday at 4:05PM-6:35PM	\$467.50
Friday at 6:00PM-8:30PM	\$467.50

NEW

2 Options for Advanced Ages 7-9

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



Artistic Ages 10+

Friday at 5:10PM-7:40PM	\$467.50
Saturday at 1:30PM-4:00AM	\$467.50



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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

Wednesday at 4:20PM-5:20PM	\$221.00
Wednesday at 6:40PM-7:40PM	\$221.00
Friday at 4:00PM-5:00PM	\$187.00
Friday at 7:30PM-8:30PM	\$187.00
Saturday at 8:45AM-9:45AM	\$187.00
Saturday at 11:05AM-12:05PM	\$187.00
Saturday at 3:00PM-4:00PM	\$187.00

Tumbling Ages 10+

Monday at 6:50PM-7:50PM	\$204.00
Friday at 6:20PM-7:20PM	\$187.00
Saturday at 2:45PM-3:45PM	\$187.00

Tumbling for Cheer & Dance Ages 8+

Monday at 4:00PM-5:00PM	\$204.00
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Advanced Tumbling Program

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

Our advanced tumbling program offers a more challenging and dynamic environment where gymnasts 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.

Tumbling Ages 5-7

Tuesday at 4:45PM-5:45PM	\$221.00
Thursday at 5:45PM-6:45PM	\$221.00

Tumbling Ages 8-10

Monday at 4:30PM-5:30PM	\$204.00
Monday at 5:40PM-6:40PM	\$204.00

Tumbling Ages 11+

Thursday at 6:55PM-8:25PM	\$331.50
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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





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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+

Monday at 8:00PM-9:00PM	\$204.00
Wednesday at 5:30PM-6:30PM	\$221.00
Wednesday at 8:00PM-9:00PM	\$221.00
Friday at 5:10PM-6:10PM	\$187.00
Friday at 7:30PM-8:30PM	\$187.00

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+

Tuesday at 5:45PM-6:45PM	\$204.00
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Gymnaestrada Group Performance Program

Gymnaestrada Group Performance Classes - 90 min. / class / week

Gymnaestrada is all about participation and fun—it's a non-competitive group routine that's open to everyone! This 'Gymnastics for All' event welcomes gymnasts of all ages, genders, and skill levels, blending various gymnastics disciplines to highlight their unique talents, creativity, and passion for the sport. This year, Quinte Bay Gymnastics is thrilled to host the Ontario Gymnaestrada. We've put together a performance group class to create a team for the event. Our coaches will design a large group routine that showcases each athlete's individual skills. It's going to be an incredible experience! Plus, during the main event weekend, students will have the chance to join in on workshops. Uniform: Club Leo (not incl.)

Gymnaestrada Class Ages 8+

Sunday at 4:30PM-6:00PM	\$280.00
Dates: March 23, 30, April 6, 13, 27 May 11, 25, June 1, 8, 15	

As this is a performance group your child must be able to attend 90% of the classes and be available to perform: Saturday, June 21st during the Rising Stars Showcase & during the main performance on Saturday, June 28th & Sunday, June 29th held here at QBGC.



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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

Thursday at 8:00PM-9:00PM

\$10/visit



Adult Gymnastics Program

Ages 18+ – 90 min. / class / visit

Tuesday at 7:30PM-9:00PM

\$15/visit



Parents Night Out

Ages 4-12 – 5:30-8:30PM, \$30/child/event

Little ones will enjoy an evening packed with activities while you take some time to yourself! Here's what we have planned: 2 hours of gymnastics, playing games, creative craft time and dinner; pizza, chips, and juice.

Available Dates:

- Rainbows & Unicorns - Friday, March 21st, 2025
- April Showers - Friday, April 25th, 2025
- Safari Seekers - Friday, May 23rd, 2025
- Zoom, Zoom Racecar - Friday, June 13th, 2025



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