

Winter Term 2026

Winter Term at a Glance

Mondays	Dec 1st to Mar 9th	(12 Weeks)
Tuesdays	Dec 2nd to Mar 10th	(13 Weeks)
Wednesdays	Dec 3rd to Mar 11th	(13 Weeks)
Thursdays	Dec 4th to Mar 12th	(13 Weeks)
Fridays	Dec 5th to Mar 13th	(12 Weeks)
Saturdays	Dec 6th to Mar 14th	(12 Weeks)



Closed Dates: Monday, December 22nd, 2025, through Sunday, January 4th, 2026. (Winter Break)
Friday, January 30th & Saturday, January 31st (Hosting TG Meet) & Monday, February 16th (Family Day)

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. Each family may have up to two parents/guardians on the floor. A coach is present to encourage growth, movement, and confidence through playful exploration.

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	\$11/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 competent and comfortable as they explore the world of gymnastics.

Artistic Ages Walking - 2

Monday at 4:15PM-5:00PM	\$162.00
Monday at 5:15PM-6:00PM	\$162.00
Tuesday at 4:15PM-5:00PM	\$175.50
Tuesday at 5:00PM-5:45PM	\$175.50
Tuesday at 6:30PM-7:15PM	\$175.50
Wednesday at 4:55PM-5:40PM	\$175.50
Wednesday at 6:30PM-7:15PM	\$175.50
Thursday at 4:00PM-4:45PM	\$175.50
Thursday at 5:10PM-5:55PM	\$175.50
Friday at 4:15PM-5:00PM	\$162.00
Friday at 6:25PM-7:10PM	\$162.00
Saturday at 9:25AM-10:10AM	\$162.00
Saturday at 10:25AM-11:10AM	\$162.00
Saturday at 11:55PM-12:40PM	\$162.00
Saturday at 1:10PM-1:55PM	\$162.00

Artistic Ages 3-4

Monday at 5:55PM-6:40PM	\$162.00
Monday at 6:20PM-7:05PM	\$162.00
Tuesday at 4:05PM-4:50PM	\$175.50
Tuesday at 6:00PM-6:45PM	\$175.50
Wednesday at 9:45AM-10:30AM	\$175.50
Wednesday at 4:00PM-4:45PM	\$175.50
Wednesday at 4:30PM-5:15PM	\$175.50
Wednesday at 5:50PM-6:35PM	\$175.50
Wednesday at 6:45PM-7:30PM	\$175.50
Thursday at 4:05PM-4:50PM	\$175.50
Thursday at 5:00PM-5:45PM	\$175.50
Thursday at 6:05PM-6:50PM	\$175.50
Friday at 4:10PM-4:55PM	\$162.00
Friday at 5:10PM-5:55PM	\$162.00
Friday at 6:05PM-6:50PM	\$162.00
Saturday at 8:30AM-9:15AM	\$162.00
Saturday at 9:35AM-10:20AM	\$162.00
Saturday at 10:25AM-11:10AM	\$162.00
Saturday at 11:20AM-12:05PM	\$162.00
Saturday at 1:15PM-2:00PM	\$162.00



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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 tumble track, allowing students to develop their fundamental gymnastics skills while having fun in a supportive and encouraging environment. Whether your child is a 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 6:15PM-7:00PM	\$162.00
Tuesday at 4:25PM-5:10PM	\$175.50
Tuesday at 5:20PM-6:05PM	\$175.50
Tuesday at 5:30PM-6:15PM	\$175.50
Tuesday at 6:20PM-7:05PM	\$175.50
Wednesday at 12:00PM-1:00PM	\$234.00
Wednesday at 5:30PM-6:15PM	\$175.50
Thursday at 5:10PM-5:55PM	\$175.50
Friday at 5:05PM-5:50PM	\$162.00
Saturday at 8:35AM-9:10AM	\$162.00
Saturday at 10:35AM-11:20AM	\$162.00
Saturday at 11:10AM-11:55AM	\$162.00
Saturday at 12:05PM-12:50PM	\$162.00
Saturday at 3:10PM-3:55PM	\$162.00



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Recreational Artistic Program

Artistic Ages 5-6

Monday at 4:05PM-5:05PM	\$216.00
Monday at 5:10PM-6:10PM	\$216.00
Monday at 5:15PM-6:15PM	\$216.00
Monday at 6:25PM-7:25PM	\$216.00
Monday at 7:10PM-8:10PM	\$216.00
Tuesday at 4:05PM-5:05PM	\$234.00
Tuesday at 5:10PM-6:10PM	\$234.00
Tuesday at 5:20PM-6:20PM	\$234.00
Tuesday at 6:30PM-7:30PM	\$234.00
Wednesday at 12:00PM-1:00PM	\$234.00
Wednesday at 4:15PM-5:15PM	\$234.00
Wednesday at 5:10PM-6:10PM	\$234.00
Wednesday at 5:25PM-6:25PM	\$234.00
Wednesday at 6:20PM-7:20PM	\$234.00
Wednesday at 6:40PM-7:40PM	\$234.00
Thursday at 4:00PM-5:00PM	\$234.00
Thursday at 4:55PM-5:55PM	\$234.00
Thursday at 5:55PM-6:55PM	\$234.00
Thursday at 6:05PM-7:05PM	\$234.00
Thursday at 6:15PM-7:15PM	\$234.00

Artistic Ages 5-6

Friday at 4:05PM-5:05PM	\$216.00
Friday at 5:10PM-6:10PM	\$216.00
Friday at 5:15PM-6:15PM	\$216.00
Friday at 6:20PM-7:20PM	\$216.00
Saturday at 8:30AM-9:30AM	\$216.00
Saturday at 8:50AM-9:50AM	\$216.00
Saturday at 9:50AM-10:50AM	\$216.00
Saturday at 10:00AM-11:00AM	\$216.00
Saturday at 11:10AM-12:10PM	\$216.00
Saturday at 11:20AM-12:20PM	\$216.00
Saturday at 12:00PM-1:00PM	\$216.00
Saturday at 12:50PM-1:50PM	\$216.00
Saturday at 1:00PM-2:00PM	\$216.00
Saturday at 1:45PM-2:45PM	\$216.00
Saturday at 2:00PM-3:00PM	\$216.00
Saturday at 2:55PM-3:55PM	\$216.00





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Recreational Artistic Program

Artistic Ages 7-8

Monday at 4:05PM-5:05PM	\$216.00
Monday at 5:10PM-6:10PM	\$216.00
Monday at 6:20PM-7:20PM	\$216.00
Tuesday at 4:05PM-5:05PM	\$234.00
Tuesday at 5:15PM-6:15PM	\$234.00
Tuesday at 6:30PM-7:30PM	\$234.00
Wednesday at 1:00PM-2:00PM	\$234.00
Wednesday at 4:00PM-5:00PM	\$234.00
Wednesday at 5:10PM-6:10PM	\$234.00
Wednesday at 6:20PM-7:20PM	\$234.00
Wednesday at 7:30PM-8:30PM	\$234.00
Thursday at 4:00PM-5:00PM	\$234.00
Thursday at 5:10PM-6:10PM	\$234.00
Thursday at 5:45PM-6:45PM	\$234.00
Friday at 4:15PM-5:15PM	\$216.00
Friday at 5:25PM-6:25PM	\$216.00
Friday at 7:00PM-8:00PM	\$216.00
Saturday at 8:40AM-9:40AM	\$216.00
Saturday at 9:40AM-10:40AM	\$216.00
Saturday at 11:00AM-12:00PM	\$216.00
Saturday at 2:05PM-3:05PM	\$216.00

Artistic Ages 9-10

Monday at 7:45PM-8:45PM	\$216.00
Tuesday at 7:40PM-8:40PM	\$234.00
Wednesday at 1:00PM-2:00PM	\$234.00
Wednesday at 5:30PM-6:30PM	\$234.00
Thursday at 4:00PM-5:00PM	\$234.00
Thursday at 6:25PM-7:25PM	\$234.00
Thursday at 7:00PM-8:00PM	\$234.00
Friday at 6:35PM-7:35PM	\$216.00
Saturday at 9:40AM-10:40AM	\$216.00
Saturday at 12:25PM-1:25PM	\$216.00

Artistic Ages 11+

Wednesday at 4:00PM-5:00PM	\$234.00
Wednesday at 7:35PM-8:35PM	\$234.00
Thursday at 7:00PM-8:00PM	\$234.00
Friday at 7:30PM-8:30PM	\$216.00
Saturday at 10:50AM-11:50AM	\$216.00
Saturday at 1:35PM-2:35PM	\$216.00



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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 athletes 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 strive to reach their goals.

Advanced Artistic Ages 5-6

Monday at 4:00PM-5:15PM	\$270.00
Monday at 4:20PM-5:35PM	\$270.00
Tuesday at 4:00PM-5:15PM	\$292.50
Thursday at 4:10PM-5:25PM	\$292.50
Saturday at 11:40AM-12:55PM	\$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 8
- Artistic Ages 10+ Level 8 or Tumbling Level 10

Advanced Artistic Ages 7-9

Tuesday 4:00-5:15PM & Saturday 10:15-11:30AM	\$585.00
★ Monday at 5:30PM-8:00PM	\$540.00
Tuesday at 6:25PM-8:55PM	\$585.00
Friday at 4:05PM-6:35PM	\$540.00
★ Friday at 6:00PM-8:30PM	\$540.00
★ Saturday at 8:25AM-10:55AM	\$540.00

NEW

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 4:50PM-7:20PM	\$540.00
★ Saturday at 1:30PM-4:00AM	\$540.00

NEW Performance Groups for Advanced

★ Intro to competitive gymnastics with routines at 3 beginner meets in spring 2026. Athletes stay enrolled in the group through June. Additional meet fees of \$150/meet apply.





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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, tumble track and pit.

Tumbling Ages 7-9

Monday at 5:45PM-6:45PM	\$216.00
Wednesday at 6:40PM-7:40PM	\$234.00
Friday at 4:00PM-5:00PM	\$216.00
Friday at 7:30PM-8:30PM	\$216.00
Saturday at 9:15AM-10:15AM	\$216.00
Saturday at 10:50AM-11:50AM	\$216.00
Saturday at 12:35PM-1:35PM	\$216.00

Tumbling Ages 10+

Monday at 4:35PM-5:35PM	\$216.00
Friday at 6:20PM-7:20PM	\$216.00
Saturday at 8:30PM-9:30PM	\$216.00
Saturday at 2:45PM-3:45PM	\$216.00

Tumbling for Cheer & Dance Ages 8+

Monday at 4:00PM-5:00PM	\$216.00
Tuesday at 7:10PM-8:10PM	\$234.00

Advanced Tumbling Program

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

Our advanced tumbling program offers a more challenging and dynamic environment where athletes 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 strive to reach their goals.

Advanced Tumbling Ages 5-7

Tuesday at 6:00PM-7:00PM	\$234.00
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Advanced Tumbling Ages 11+

Tuesday at 6:00PM-7:30PM	\$351.00
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Advanced Tumbling Ages 8-10

Tuesday at 7:10PM-8:10PM	\$234.00
Tuesday at 7:40PM-8:40PM	\$234.00

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



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Recreational & Advanced Trampoline Program

Recreational Trampoline Classes - 60 min. / class / week

Our recreational and advanced 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 6:50PM-7:50PM	\$216.00
Monday at 8:00PM-9:00PM	\$216.00
Friday at 5:10PM-6:10PM	\$216.00
Friday at 7:30PM-8:30PM	\$216.00
Saturday at 2:15PM-3:15PM	\$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 sprung floor, trampolines, and pegs during each class all while working through our levelling system.

Acro Gymnastics Ages 8+

Tuesday at 5:45PM-6:45PM	\$234.00
Friday at 6:45PM-7:45PM	\$234.00



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Highschool & Adult Gymnastics Programs

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 track, 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



Adaptive Adult Gymnastics Program

Ages 18+ - 60 min. / class / visit

Wednesday at 2:00-3:00PM

\$11/visit

NEW



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