

Summer Term 2025

Recreational Schedule

Mondays	June 30th to August 18th	(6 Weeks)
Tuesdays	July 1st to August 19th	(7 Weeks)
Wednesdays	July 2nd to August 20th	(8 Weeks)
Thursdays	July 3rd to August 21st	(8 Weeks)

Closed Dates: Monday, June 30th & July 1st (Canada Day Long Weekend),
Tuesday, August 4th (Civic Holiday)



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

WED & FRI at 10:30AM-11:30AM \$8/visit

Weekend Playtime - 60 min. / visit
Ages Walking - 12

FRI at 7:30PM-8:30PM \$10/visit



QUINTE BAY
GYMNASTIC

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

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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 5:00PM-5:45PM	\$76.50
Monday at 6:05PM-6:50PM	\$76.50
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Tuesday at 4:45PM-5:30PM	\$89.25
Tuesday at 5:00PM-5:45PM	\$89.25
Tuesday at 5:55PM-6:40PM	\$89.25
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Wednesday at 4:05PM-4:50PM	\$102.00
Wednesday at 5:55PM-6:40PM	\$102.00
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Thursday at 6:05PM-6:50PM	\$102.00

Artistic Ages 3-4

Monday at 4:00PM-4:45PM	\$76.50
Monday at 7:05PM-7:50PM	\$76.50
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Tuesday at 4:00PM-4:45PM	\$89.25
Tuesday at 5:30PM-6:15PM	\$89.25
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Wednesday at 4:00PM-4:45PM	\$102.00
Wednesday at 6:25PM-7:10PM	\$102.00
Wednesday at 6:50PM-7:35PM	\$102.00
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Thursday at 5:10PM-5:55PM	\$102.00
Thursday at 7:00PM-7:45PM	\$102.00



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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 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 4:00PM–4:45PM	\$76.50
Tuesday at 4:30PM–5:15PM	\$89.25
Tuesday at 6:40PM–7:25PM	\$89.25
Wednesday at 4:05PM–4:50PM	\$102.00
Wednesday at 5:00PM–5:45PM	\$102.00
Wednesday at 6:05PM–6:50PM	\$102.00
Thursday at 5:10PM–5:55PM	\$102.00
Thursday at 7:00PM–7:45PM	\$102.00

Artistic Ages 5–6

Monday at 4:15PM–5:05PM	\$102.00
Monday at 4:55PM–5:55PM	\$102.00
Monday at 5:25PM–6:25PM	\$102.00
Monday at 5:55PM–6:55PM	\$102.00
Monday at 6:35PM–7:35PM	\$102.00

Artistic Ages 5–6

Tuesday at 4:15PM–5:15PM	\$119.00
Tuesday at 5:25PM–6:25PM	\$119.00
Tuesday at 5:30PM–6:30PM	\$119.00
Tuesday at 5:40PM–6:40PM	\$119.00
Tuesday at 6:40PM–7:40PM	\$119.00
Tuesday at 7:35PM–8:35PM	\$119.00
Wednesday at 4:55PM–5:55PM	\$136.00
Wednesday at 5:50PM–6:50PM	\$136.00
Wednesday at 7:00PM–8:00PM	\$136.00
Thursday at 4:45PM–5:45PM	\$136.00
Thursday at 5:55PM–6:55PM	\$136.00
Thursday at 7:55PM–8:55PM	\$136.00



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QUINTE BAY
GYMNASTIC

Recreational Artistic Program

Artistic Ages 7-8

Monday at 4:15PM-5:15PM	\$102.00
Monday at 5:25PM-6:25PM	\$102.00
Monday at 6:35PM-7:35PM	\$102.00
Monday at 7:00PM-8:00PM	\$102.00
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Tuesday at 4:15PM-5:15PM	\$119.00
Tuesday at 5:25PM-6:25PM	\$119.00
Tuesday at 6:40PM-7:40PM	\$119.00
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Wednesday at 5:00PM-6:00PM	\$136.00
Wednesday at 7:20PM-8:20PM	\$136.00
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Thursday at 4:00PM-5:00PM	\$136.00
Thursday at 4:10PM-5:10PM	\$136.00
Thursday at 5:20PM-6:20PM	\$136.00
Thursday at 6:05PM-7:05PM	\$136.00
Thursday at 7:05PM-8:05PM	\$136.00

Artistic Ages 9-10

Monday at 6:40PM-7:40PM	\$102.00
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Tuesday at 5:20PM-6:20PM	\$119.00
Tuesday at 6:35PM-7:35PM	\$119.00
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Thursday at 4:00PM-5:00PM	\$136.00
Thursday at 5:50PM-6:50PM	\$136.00

Artistic Ages 11+

Tuesday at 7:45PM-8:45PM	\$119.00
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Thursday at 7:15PM-8:15PM	\$136.00



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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 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 4:15PM-5:30PM	\$127.50
Wednesday at 4:15PM-5:30PM	\$170.00
Thursday at 4:10PM-5:25PM	\$170.00

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

Artistic Ages 7–9

Monday at 4:00PM-6:30PM	\$225.00
Monday at 5:40PM-8:10PM	\$225.00
Wednesday at 5:40PM-8:10PM	\$340.00

Artistic Ages 10+

Wednesday at 5:30PM-8:00PM	\$340.00
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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 4:40PM-5:40PM \$136.00

Thursday at 6:30PM-7:30PM \$136.00

Thursday at 7:40PM-8:40PM \$136.00

Tumbling Ages 10+

Wednesday at 7:00PM-8:00PM \$136.00

Tumbling for Cheer & Dance Ages 8+

Tuesday at 7:50PM-8:50PM \$119.00

Advanced Tumbling Program

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

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

Wednesday at 5:55PM-6:55PM \$136.00

Tumbling Ages 8-10

Wednesday at 5:55PM-6:55PM \$136.00

Tumbling Ages 11+

Monday at 4:15PM-5:45PM \$153.00

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 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+

Wednesday at 7:05PM-8:05PM

\$136.00

Thursday at 8:00PM-8:00PM

\$136.00

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 4:00PM-5:00PM

\$119.00



Leadership Training Program - Want to become a Coach at QBGC?

The Leadership Training Program at Quinte Bay Gymnastics (QBGC) is designed to lay the foundation for aspiring individuals to become great leaders and confident coaches. This program provides a unique blend of self-reflection, goal setting, and skill development, essential for understanding social cues, improving communication, managing behaviour, and lesson planning. Furthermore, participants will get acquainted with our gym rules, expectations, procedures, routines, and much more.

Leadership Training Program (Ages 13+): July 22nd & 23rd - 8:30AM-4:30PM

\$120.00



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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 7:45PM-8:45PM

\$10/visit



Adult Gymnastics Program

Ages 18+ – 90 min. / class / visit

Tuesday at 7:30PM-9:00PM

\$15/visit



Birthday Parties at QBGC

Our parties are structured, where 2 qualified coaches rotate the group of party participants through different gymnastics circuits, giving them opportunities to explore a variety of equipment. \$200 includes up to 12 participants, including the birthday child. Each additional participant up to 16, is \$10 each.

2hr Party – 1st hour in gym, 2nd hour in party room

\$200.00

