

CATALYST GYMNASTICS

WELCOME TO OUR Fall 2025 Session

At Catalyst Gymnastics, our goal is that every athlete, no matter what age or level, feels welcome just as they are, encouraged and included in a positive environment. Athletes will be challenged and can expect progress throughout our sessions with unrivaled coach engagement.



For the Latest News and
Club Updates, Follow Us
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Catalyst.Gymnastics



Catalyst Gymnastics



CatalystGymnastics

In this newsletter you will find:

Fall Session Calendar, Recreational Evaluation Information, Parking,
Viewing Your Child's class, P.A Day camp info and More!

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Gym Safety Guidelines

Parents, gather 'round for some safety talk! Give these protocols a once-over and chat with your kiddos about the "RULES" so we are all on the same page about safety in the gym!

- Our coaches? They're the crème de la crème, certified by the Nationally Certified Coach Program (NCCP) – top-notch, baby!
- No solo stunts on the equipment before class! You gotta have a certified Catalyst Coach with you to keep things safe.
- Only healthy little gymnasts allowed! If your munchkin's feeling under the weather, let them chill at home. Coaches have the power bench anyone if they come to class sick!
- Gym time is all about good vibes – keep it positive! Remember the "Golden Rule"; Only kind words and hands to ourselves.
- Parent and Tot classes: Only one parent sidekick per kiddo allowed! Siblings and babies in carriers? Sorry, but they'll have to wait outside the gym adventure with a caregiver of their own.
- Keep your gymnast hydrated! Please bring your water bottle with your name on it.
- Say cheese... later! Cameras are off-limits during class for privacy. No photos or videos, please! Parents will have an opportunity to snap some pics on the last day of classes.
- Dress code time: Girls, Leotards, hair tied back, and please leave the bling at home. Boys, rock those athletic shorts and t-shirts. And bare feet only, please!
- Please leave your valuables at home since the foyer & changeroom are unsupervised during class.
- Parents/Guardians **MUST** drop off and pick up gymnasts **INSIDE** the facility for safety. If you're running late, just give us a call at 905-875-3672
- Weather woes? If Halton schools take a snow day, so do our daytime programs! We will contact members by email regarding any closures, and update our social media.
- Missed a class? *Sorry, but we cannot offer any makeup classes, credits or refunds.*
- Stay in the loop with all the latest buzz on our Social Media or at www.catalystgymnastics.ca.

Questions? Email us at admin@catalystgymnastics.ca



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Viewing Your Child's Class

Parents are not required to stay and watch your child's class, but you are certainly welcome to watch. Due to the large number of attendees on Wednesday, Friday and weekends, we have introduced "overflow" seating inside the gym on the chairs inside.

On these specific days, viewers can choose to sit in either the viewing room or the gym seating area. If siblings are attending and wish to sit in the gym, please ensure they remain seated throughout the class, and stay out of the "Field of Play". No touching, sitting or playing on equipment/mats.

We also request that you refrain from "coaching" your child while they are in class. This can be confusing for the children, and may pose serious safety risks if they focus on their parents instead of their coach, or if they receive conflicting instructions.

Additionally, please note that FOOD, DRINKS (water only please) or SHOES are permitted in the gym.

Thank you in advance for your cooperation.



Photo/Video Policy

To ensure that the privacy for all our young gymnasts, we have a few important rules to follow:

- No paparazzi moments during classes – Allow the kiddos to shine without the distraction of photography!
- Parents, you're in luck! On the last day there is an opportunity for a quick snapshot with your superstar!
- Camera flashes are strictly prohibited, as they can temporarily blind our athletes and potentially lead to an injury. Safety always comes first!

While our staff may capture some fun moments for club activities, to post on the website/social media, this will only happen with your permission as the parent or guardian.



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About Our Level System:

Catalyst Gymnastics uses the CanGym Program, that was developed by Gymnastics Canada and is a progressive gymnastics program, and is used by most Clubs across the country. Coaches will be testing athletes based on their class skills, and recording their progression by their evaluating skills. Once the skills they are working on are completed in their level, they will move up to the next level.

We have started grouping our beginner/intermediate level athletes into age/level appropriate recreational classes. Beginner is levels 1-3, Intermediate is level 4+. To view your child's progression, please log onto your account and go to "Participants" tab, and click on your child's name. Look across to the right and you'll see 'Evaluations', click the dropdown, and you'll see their completed skills/levels.

Parking Reminders

Please ensure that you do not park in our neighbors spots during "Business hours" during the work week. You may park there on weekends and evenings.

We kindly ask for your assistance in managing crowds during our busiest class times. You have the option to simply "drop off" your athletes in a kiss-and-ride style at the beginning of training. As you know, our parking and seating spaces are in high demand between **4:30 and 7:00 PM** which are our most popular class hours.

We believe that the parents of our youngest athletes participating in the 55-minute programs would greatly appreciate the opportunity to sit and watch during this brief window of their child's practice.

Feel free to return later in the evening and enjoy watching your athletes train.



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Fall Session Calendar

- Saturday September 6th-12th Classes Begin
- October 11th-13th CLOSED for Thanksgiving
- **November 1-Pre-Registration for Current Members (registered in Fall Session)**
- November 2nd- OPEN Registration (Everyone Welcome)
- December 9th-15th-Last Week of Classes

**Please speak to your child's Coach at least a week PRIOR to Registration, to ask what level your child should register for the Winter Session.

NEW! Date Night at Catalyst!

Date Night on the horizon, but babysitter's gone AWOL?
FEAR NOT!

We've got a plan that'll make your night out a breeze while your kiddos have the time of their lives! Drop them off at Catalyst Gymnastics for an epic evening featuring our now famous, coach-led dance party, games, new pals, a splash of gymnastics, and a scrumptious pizza feast!

Details:

- Date: Saturday November 8th
- Ages: 6 and up
- Time: 6:00 PM - 8:30 PM
- Cost: \$50 (pizza included!)



Just remember to pack a water bottle with their name and some comfy & groovy gear for all that boogieing!

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Did You Know?

We Also Offer...

- Birthday Parties (Sunday Afternoons Only)
- NEW! Date Night at Catalyst.
- PA Day Camps 4-12yrs (registration now open online)
- March Break Camp 4-12 yrs (Daily and Weekly Options)
- Winter Break Camp 4-12 yrs (Daily Options)
- Summer Camp 4-12 yrs (NEW! Daily & Weekly Options)
- Private Lessons (Limited Availability) Please email us your request to admin@catalystgymnastics.ca. Prices vary from \$60-\$150/hr.
- Field Trips for Schools/Daycares
- Homeschool Class Options
- CIT (Coach in Training) Course Ages 13+

For more information, please email us at
admin@catalystgymnastics.ca