

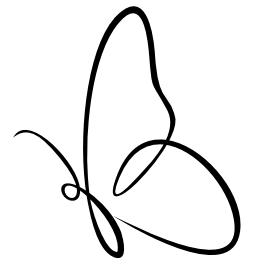


# Catalyst Gymnastics

## Fall 2026 Class Schedule

14 Week Fall Session Begins September 8th

Registration Opens June 20, 2026 at 9:00am for ALL Members



| Class                                                                               | Monday | Wednesday    | Friday | Saturday      | Sunday                |
|-------------------------------------------------------------------------------------|--------|--------------|--------|---------------|-----------------------|
| <b>Parent &amp; Tot</b><br>18 mths- 3 yrs<br>45 min \$312<br>No Experience Required | 9:45   |              |        | 9:00<br>10:00 |                       |
| <b>Mini's</b><br>3 yrs 55 min<br>\$416<br>No Experience Required                    | 10:30  | 5:15         | 5:30   | 9:30<br>10:30 | 10:30<br>11:30        |
| <b>Mighties</b><br>4-5 yrs 55 min<br>\$416<br>No Experience Required                | 5:00   | 4:45<br>6:15 | 6:30   | 8:45<br>9:45  | 8:45<br>9:30<br>10:30 |
| <b>Advanced Mighties</b><br>4-5 yrs<br>85 min \$624<br>(Coach Invite Only)          | 4:30   |              |        |               |                       |
| <b>Girls JR Recreation</b><br>85 mins 6-8 yrs<br>\$624<br>No Experience Required    | 6:00   | 5:00<br>5:30 |        | 9:15<br>10:45 | 9:00                  |
| <b>Girls SR Recreation</b><br>85 mins 9+ yrs<br>\$624<br>No Experience Required     |        | 7:00         | 5:15   |               | 11:30                 |
| <b>Girls Recreation</b><br>IntAdv 7+<br>85 mins \$624<br>Must Have Completed Lv 4   |        | 5:45         | 6:45   |               |                       |

Register Online at [www.catalystgymnastics.ca](http://www.catalystgymnastics.ca)

Prices Do NOT Include H.S.T or the Annual Gymnastics Ontario Fee



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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------|--------|----------|--------|
| <b>Boys Recreation</b><br>5-12yrs<br>55 min \$416<br>No Experience Required                                                                                              |        | 6:00      |        |          | 10:45  |
| <b>Tumbling Beginner</b><br>6 yrs 55 min<br>\$416<br>No Experience Required                                                                                              |        | 5:00      | 7:30   |          | 11:00  |
| <b>Tumbling: Walkovers</b><br>6+yrs 55 min<br>\$416<br>Must have cartwheel, handstand, & limbers                                                                         |        | 6:30      |        |          |        |
| <b>Tumbling: Aerials</b><br>6+yrs 55 min<br>\$416<br>Athletes must be able to perform a clear handstand on floor, strong cartwheel, limber and front/back walkovers.     |        | 7:00      |        |          | 10:00  |
| <b>Tumbling: Handsprings</b><br>6+yrs 55 min<br>\$416<br>Athletes must be able to perform a clear handstand on floor, strong cartwheel, limber and front/back walkovers. |        |           |        |          | 12:00  |

## Did you Know? We also offer...

- Birthday Parties (Sundays PM Only)
- PA Day Camps 4-12yrs 8:30-4:30pm
- March Break Gymnastics Camp 4-12yrs Daily and Weekly Options
- Winter Break Gymnastics Camp 4-12yrs Daily Options
- Summer Gymnastics Camp 4-12yrs Half or Full Day Week Options
- Private Lessons (Limited Availability) Please email us your request.
- Field Trips for Schools/Daycares
- Homeschool Classes
- CIT (Coach in Training) Leadership 12yrs and Up (Offered During the Fall Session)
- Catalyst Merchandise