

# CATALYST GYMNASTICS

## WELCOME TO OUR Spring 2026 Session



Classes Begin March 23, 2026

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.



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Catalyst.Gymnastics



Catalyst Gymnastics

In this Session Information you will find:

Session Dates and Holidays, Recreational Evaluation Information, SPOT TV,  
Viewing Your Child's class, PA Day Camp info and More!

# Catalyst Gym Safety



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, but don't forget it when you leave!
- 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. Catalyst is not responsible for lost/stolen items.
- 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](http://www.catalystgymnastics.ca).

Questions? Email us at [admin@catalystgymnastics.ca](mailto:admin@catalystgymnastics.ca)



# Viewing Your Child's Class

We are excited to share some news we've been working on behind the scenes, just as we promised!

Catalyst Gymnastics has partnered with SPOT TV, a leading provider of secure streaming services for athlete enrichment programs and sports facilities. This new collaboration will allow families to watch their child's class online through a secure, password-protected live stream.

We know how much you enjoy watching your athletes train and how some of you wish we had more space for viewing. To ensure that parents don't miss a moment—whether the viewing area is full (or even if you're at work, home, or busy with other siblings' schedules)—you will now be able to log in and watch your child's class in real-time through a secure app.

## Athlete Safety Comes First

This platform has been carefully selected with security as a top priority. Viewing access is restricted to your child's specific class only, and the system is designed to detect and prevent screenshots. Any attempt to capture images will result in automatic suspension of account access and will notify our administrative team.

Please note the following:

- The general public cannot view any Catalyst streaming. Catalyst admin approves every request for viewing access.
- Parents can only view during their child's scheduled class time.
- Viewing availability ends at the conclusion of each session. You must request renewed access at the beginning of each new session.

We are excited to continue enhancing the Catalyst experience and to provide more opportunities for families to stay connected and engaged.

To get started:

- DOWNLOAD the Free App (Search SPOT TV Family)
- On the APP Home Screen, select the yellow button 'NEW HERE? SIGN UP' and complete your registration
- Our Admin team will approve your request to view after confirming that you have agreed to the Viewing Policy Agreement on your account, and we have verified your child's viewing schedule.

# Viewing Your Child's Class Cont...

Parents are not required to remain in the gym during their child's class. Feel free to enjoy a coffee or catch up on your shopping! On Wednesdays, Fridays, and weekends, due to high attendance, we have introduced "overflow" seating in the gym.

## Viewing Options

On these busy days, you can either sit in the viewing room or find a spot in the gym seating area.

If siblings accompany you, please ensure they remain seated and refrain from entering the "Field of Play." They should not touch or play on the equipment or mats. Additionally, please remember that \*\*food, coffee (water only), and outdoor shoes\*\* are not permitted inside the gym.

We appreciate your assistance in managing overcrowding during peak times. You can "drop off" your athletes in a kiss-and-ride style at the beginning of training. Please note that parking and seating are in high demand between 4:30 and 7:00 PM, which are our busiest hours.

For parents of our youngest athletes in the 55-minute programs, we understand the value of watching this brief practice. Feel free to return later to see your older athletes complete their class.

Please avoid "coaching" your child during class, as this can lead to confusion and potential safety risks if they focus on their parents rather than their coach.

## 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 beginners and intermediate level athletes into age/level appropriate recreational classes. Beginner is levels 1-4, Intermediate is level 5 + (must have completed level 4)

Tumbling athletes will be separated into Beginner Level (Handstands, Cartwheels, Limbers, and Walkovers). The Advanced programs are a Aerial Intensive and Handspring Intensive.

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.

# Spring Session Calender

- Monday March 23-29 First Week of Classes
  - Friday April 3 - Monday April 6-CLOSED for Easter Weekend
  - Friday April 24 - PA Day Camp classes running as scheduled
  - Sunday May 10-Showcase/Xcel Try-outs (details will be sent out via email) (Please click the link above for try-out requirements).
  - Saturday May 16 - Monday May 18-CLOSED for Victoria Day Weekend
  - Friday June 5<sup>th</sup> - PA Day Camp-classes running as scheduled
  - Tuesday June 16-Monday June 22 Last Week of Classes
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## Catalyst Photo/Video Policy

To ensure that the privacy for all our young gymnasts, and their families, we have a few important rules in place:

- Absolutely NO Photos or Video recording during class please!
  - 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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## DID YOU KNOW?

### We Also Offer:

- Birthday Parties (Sunday Afternoons Only)
- 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 (Weekly Options)
- Private Lessons (Limited Availability) Please email us your request to [admin@catalystgymnastics.ca](mailto:admin@catalystgymnastics.ca). Prices vary from \$60-\$150/hr.
- Field Trips for Schools/Daycares
- Homeschool Class Options
- CIT (Coach in Training) Course Ages 13-15 (During the Fall Session)

For more information, please email us at [admin@catalystgymnastics.ca](mailto:admin@catalystgymnastics.ca)