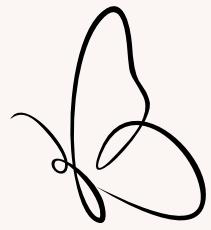




# Catalyst Gymnastics

## Spring 2026 Class Schedule



13 Week Winter Session Starts March 23, 2026

Registration Opens January 17, 2026 at 9:00am for CURRENT Members (Members in Winter Session),  
January 18, 2026 at 9:00am for all NEW Members

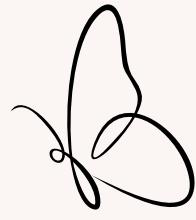
Class	Monday (9 Weeks)	Wednesday	Friday	Saturday	Sunday
<b>Parent &amp; Tot</b> 18 mths-3 yrs 45 min \$312 No Experience Required	9:45			9:00 10:00	10:00 10:45
<b>Mini's</b> 3 yrs 55 min \$416 No Experience Required	10:30	5:15	5:30	9:30 10:30	8:30 10:30
<b>Mighties</b> 4-5 yrs 55 min \$416 No Experience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



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Class	Monday (9 weeks)	Wednesday	Friday	Saturday	Sunday
Boys Recreation 5-12yrs 55 min \$416 No Experience Required	4:00	6:00			9:45 10:30
Tumbling Beginner 6+ yrs 55 min \$416 No Experience Required		5:00 6:00	7:30		9:00 11:00
Tumbling: Walkovers 6+ yrs 55 min \$416 Must have cartwheel, handstand, & limbers		7:30			
Tumbling: Aerials 6+ yrs 55 min \$416 Must have		7:30			10:00
Tumbling: Handsprings 6+ yrs 55 min \$416				8:45	

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## DID YOU KNOW?

### WE ALSO OFFER...

- Birthday Parties (Sunday 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
- Summer Gymnastics Camp 4-12yrs NEW! Daily and Weekly Options
- Private Lessons (Limited Availability) Please email us your request.
- Field Trips for Schools/Daycares
- Homeschool Classes
- NEW! Recreation Movie Nights
- CIT (Coach in Training) 13yrs and Up-Offered in the Fall Session

QUESTIONS? [admin@catalystgymnastics.ca](mailto:admin@catalystgymnastics.ca)