



# Catalyst Gymnastics

## Summer 2026 Class Schedule



8 Week Summer Session Starts July 7th, 2026

Class	Tuesday	Wednesday	Thursday
<b>Parent &amp; Tot</b> 18 months-3 years 45 mins \$186* No Experience Required		4:45	
<b>Mini's</b> 3 years 55 min \$256* No Experience Required	5:00	5:00	5:30
<b>Mighties</b> 4-5 years 55 min \$256* No Experience Required	6:00	5:15	5:15 6:15
<b>Girls Jr Recreation</b> 6-8 years 55 min \$256* No Experience Required		6:00 7:00	5:00 7:15
<b>Girls Sr Recreation</b> 9-12 years 55 min \$256* No Experience Required	7:00	6:15	7:00
<b>Girls Recreation Intermediate</b> 6+ years 55 mins \$256 Must have completed level 4 (bronze)			
<b>Boys Recreational</b> 5-12 years 55 mins \$256 No Experience Required	6:30		
<b>Tumbling</b> 6+ years 55 mins \$256* No Experience Required	5:30	5:30 7:30	
<b>Tumbling Intermediate</b> 6+ years 55 mins \$256* Athletes must be able to perform a clear handstand on floor, and a strong cartwheel.			6:00
<b>Tumbling Aerial Intensive</b> 6+ years 55 mins \$256 Athletes must be able to perform a clear handstand on floor, and a strong cartwheel., round off and limbers.	7:30		
<b>Tumbling BHS Intensive</b> 6+ years 55 mins \$256 Athletes must be able to perform a clear handstand on floor, and a strong cartwheel., and front and back walkovers.	7:00		

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

#THISISTHETEAM

## 2026 Summer Session Information

Our **8-week Summer Session** presents a streamlined version of our typical schedule. Please be aware that we are closed on weekends and do not offer recreational classes on Mondays or Fridays. All recreational classes during the summer will last for **55 minutes**, with the exception of the Parent & Tot class, which is **45 minutes** long.

If your preferred class is **FULL**, please add your child to the waitlist. If there is enough interest and coach availability, we may be able to accommodate additional participants. Please note that classes may be canceled or rescheduled depending on enrollment, coaching availability, and gym space.

Prices do not include H.S.T. or the obligatory annual **\$55.00** Gymnastics Ontario membership fee (valid from July 1, 2026, to June 30, 2027).

To register, visit **[www.catalystgymnastics.ca](http://www.catalystgymnastics.ca)**.

#THISISTHETEAM