

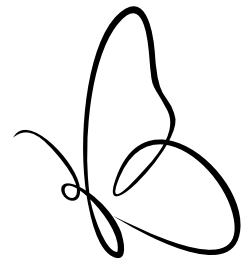


Catalyst Gymnastics

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
Parent & Tot 18 mths-3 yrs 45 min \$329 No Experience Required	9:45			9:00 10:00	
Mini's 3 yrs-55 min \$448 No Experience Required	10:30	5:15	5:30	9:30 10:30	10:30 11:30
Mighties 4-5 yrs-55 min \$448 No Experience Required	5:00	4:45 6:15	6:30	8:45 9:45	8:45 9:30 10:30
Advanced Mighties 4-5 yrs 85 min \$624 (Coach Invite Only)	4:30				
Girls JR Recreation 85 mins 6-8 yrs \$624 No Experience Required	6:00	5:00 5:30		9:15 10:45	9:00
Girls SR Recreation 85 mins 9+ yrs \$624 No Experience Required		7:00	5:15		11:30
Girls Recreation IntAdv 7+ 85 mins \$624 Must Have Completed Lv 4		5:45	6:45		

Register Online at www.catalystgymnastics.ca

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



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Class	Monday	Wednesday	Friday	Saturday	Sunday
Boys Recreation 5-12yrs 55 min \$448 No Experience Required		6:00			10:45
Tumbling Beginner 6 yrs 55 min \$448 No Experience Required		5:00	7:30		11:00
Tumbling: Walkovers 6+yrs 55 min \$448 Must have cartwheel, handstand, & limbers		6:30			
Tumbling: Aerials 6+yrs 55 min \$448 Athletes must be able to perform a clear handstand on floor, strong cartwheel, limber and front/back walkovers.		7:00			10:00
Tumbling: Handsprings 6+yrs 55 min \$448 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