



Gymnastics

Where The Dream Begins



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2023/2024 Session Dates

- Session 1: Sept 9 – Nov 2
- Session 2: Nov 4 – Dec 21
- Session 3: Jan 6 – Feb 29
- Session 4: Mar 2 – Apr 25
- Session 5: Apr 27 – Jun 20

Pre-School Programs

Kids will develop balance & coordination, as they progress through the classes, they will add agility, strength, flexibility, and attentiveness!

PARENT & TOT Walking to 3 years

- Monday 9:30 – 10:30am
- Tuesday 10:30 – 11:30am
- Wednesday 10:30-11:30am
- Thursday 9:30 – 10:30am
- Saturday 8:30 – 9:30am
- Saturday 9:30-10:30am
- Sunday 8:30-9:30am



JR. KINDERGYM 3 years

- Tuesday 9:30 – 10:30am
- Saturday 10:30 – 11:30am

KINDERGYM 3 & 4 years

- Monday 10:30 – 11:30am
- Thursday 10:30 – 11:30am
- Saturday 11:30 – 12:30pm
- Sunday 9:30 – 10:30am



ADVANCED KINDERGYM 4 & 5 years

- Saturday 11:30 – 12:30pm
 - Sunday 9:30 – 10:30am
- \$120.00 + HST

ACRO CLASS Co-ed 7+ years

If you love to tumble on the floor and on the Tumbler Trak, this is the class for you! Learn to perfect your tumbling skills!

- Sunday 11:30 – 12:30pm
- \$120.00 + HST



Stars Programs

Gymnasts will learn basic skills such-as handstands, cartwheels, rolls, swings and holds on the bars, and shape jumps on the Tumbler Trak, all with proper forms.



STARS Co-ed 4.5 - 6 years

- Tuesday 4:30 – 5:30pm
- Wednesday 4:30 – 5:30pm
- Saturday 12:30 – 1:30pm
- Sunday 10:30 – 11:30am

\$120.00 + HST



RISING STARS 5 – 7 years

- Tuesday 5:30 – 7:00pm
- Wednesday 5:30 – 7:00pm
- Saturday 1:30 – 3:00pm

SHOOTING STARS 7 – 9 years

- Tuesday 7:00 – 8:30pm
- Wednesday 7:00 – 8:30pm
- Saturday 3:00 – 4:30pm



SUPER STARS 9+ years

- Tuesday 7:00 – 8:30pm
- Wednesday 7:00 – 8:30pm
- Saturday 3:00 – 4:30pm

Girls or Boys \$170.00 + HST

Advanced Recreation 8 years +

This class is geared for those who have an ability to perform more challenging/difficult skills and are interested in longer practices.

Girls

- Tuesday 6:00-8:30pm

Co-ed

- Saturday 2:00-4:30pm

\$280.00 + HST (8 weeks)



Xcel Program 7 years +

A structured program that is a natural progression from our Advanced Recreational classes or for any athlete who is seeking more of a challenge.

Girls

- Thursdays 5:00-8:00pm

\$285.00 + HST (8 weeks)

DROP IN

Drop in: 5 years and under
Wednesday 9:00am – 10:30am

\$20.00 + HST

\$15.00 + HST (Sibling Discount)

Club fee due on second visit



10% sibling discount toward class fees for each additional sibling.

Cash, Debit, Credit or Cheque.

All registrations must be done in person.

Annual Club Fee

\$35.00 + HST per child

The club fee covers each child's yearly membership fee as well as a small administrative fee.

Note: Our year runs July-June; therefore, club fees renew every July. This fee is non-refundable. All of our class prices are based on 8 weeks.

Competitive Teams



Champions Competitive team placements occur in June. If you are interested in joining before this date, reach out to championsgymnasticscompetitive@gmail.com

Check us out on Instagram
@championsgc

We Also Offer...

Birthday Parties, Camps,
& Private Lessons!

