



# STRATHMORE GYMNASTICS CENTRE 2022/2023 SCHEDULE

Updated  
January 5, 2023

## MINI GYMKYDS (3yrs) Semi Parented - 45 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:45-11:30	11:15-12:00	10:45-11:30			10:30-11:15

## GYMKYDS (4-5 yrs) Unparented - 60 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30				4:30-5:30	10:00-11:00
5:00-6:00		4:30-5:30			

## GYMNASTICS - 6-8 yrs - 90 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Burg/Red 4:00-5:30	Burg/Red 4:15-5:45		Red/Tan/Br 6-9 yrs 4:15-5:45	Burg/Red/Tan 5:45-7:15	Burg/Red/Tan 11:30-1:00
Tan/Bronze 4:00-5:30	Red/Tan/Bronze 4:15-5:45				Tan/Bronze/Purple 11:15-12:45
Bronze/Purple/Blue 4:15-5:45					

## GYMNASTICS - 9-12 yrs - 90 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Red/Tan 5:45-7:15			Red/Tan/Br 6-9 yrs 4:15-5:45	Red/Tan/Br (8+ yrs) 5:45-7:15	Tan/Bronze/Purple 11:15-12:45
Tan/Bronze/Purple 5:45-7:15					
Bronze/Purple/Blue 6:00-7:30					

## TUMBLERS - 6+ yrs - 60 min | 75 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-11 yrs 6:30-7:45	6-8 yrs 5:30-6:30			Teen Tumblers - 11+ 6:00-7:15	

## TEEN CLASSES - 11+ yrs - 75 min | 90 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Girls Teen Rec 6:00-7:30		Teen Tumblers - 11+ 6:00-7:15	

## ADAPTIVE GYM - 60 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-2:00					

## HOMESCHOOL REC - 90 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1:00-2:30			

## MINI NINJAS - 4-5 yrs (daytime 3.5-5 yrs) - 45 min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11:45-12:30			10:30-11:15
		4:00-4:45			

**NINJAS (PARKOUR) - Jr: 6-8 yrs | Sr: 9-11 yrs | Teen: 11+ yrs - 75 min**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Jr Ninja - Girls 5:00-6:15			Co-ed 6-9 yrs 11:45-1:00
		Jr Ninja - Boys 1 5:15-6:30			
		Jr Ninja - Boys 2 5:30-6:45			
		Sr Ninja - Girls 6:30-7:45			
		Sr Ninja - Boys 6:45-8:00			

**PRESCHOOL OPEN GYMS - 5 yrs & under (Parent supervised)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30-12:30	9:00-10:00				9:00-9:50

**OPEN GYM - All ages (5 & under must be directly supervised)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2:00-3:30	2:00-3:30	2:30-3:30*	1:00-2:30	2:00-3:30	depends on bday bookings - check Google calendar
				7:15-8:30	

**\*\*All open gym times are subject to change - check Google Calendar for updated schedules\*\***



**BIRTHDAY PARTIES**

	FRIDAY	SATURDAY	SUNDAY
Your party includes 75 minutes in the gym for games & free time with our awesome coaches, and 45 minutes in our party room for food, cake and gifts!	morning times may be available for preschool parties	1:30-3:30	10:30-12:30
			1:00-3:00
		4:00-6:00	3:30-5:30

**2022/2023 PRICE LIST (effective July 1, 2022 - party prices effective Sept 1, 2022)**

CLASSES		OPEN GYMS		BIRTHDAY PARTIES	
45 min classes	\$20/class	Walking - 5 yrs	\$5/child	Up to 8 kids	\$160 +gst
60 minute classes	\$23/class	6+ yrs	\$10/child	Up to 15 kids	\$195 +gst
75 minute classes	\$24/class	*Wed 2:30-3:30	\$5/child	Bouncy House	\$10 +gst
90 minute classes	\$25/class	Adaptive	\$5/participant	50% deposit due on booking	
AGF reg/ins (July 1-June 30)	\$60/participant (added to 1st mth)	AGF ins (July 1-June 30)	\$15/participant (1st visit free)	AGF ins (July 1-June 30)	\$2/child (built into bday price)

All classes are ongoing - register anytime and drop anytime (space permitting). Monthly fees will fluctuate depending on # of classes in that month.

**\*\*Schedule is subject to change - watch for updated versions\*\***  
**\*\*Classes must have a minimum registration in order to run\*\***  
**\*\*See website for cancellation, withdrawal, and make-up policies\*\***

**ALL AGF REGISTRATION/INSURANCE IS VALID JULY 1, 2022 - JUNE 30, 2023**