



Recreational session



Winter | Spring Double session :

The new formula that makes life easier

From January 12 to June 14

SESSION INFORMATION

DOUBLE SESSION WINTER | SPRING

DATES:

♥ From January 12 to June 14

ONLINE REGISTRATION:

♥ Starting Tuesday, November 4 at 9 a.m.

BREAKS DURING THE SESSION:

- Spring Break : March 2 to 8
- Easter : April 2 to 8

EXCEPTION FOR KARIBOU CLASSES:

- Winter Session : January 12 to March 29
- Spring Session : March 30 to June 14
- Option to register for both sessions starting November 4 !

WHY A DOUBLE SESSION ?

One registration, two seasons of learning and fun !

- Better continuity in learning
- More complete follow-up and evaluation
- Less stress for parents when it comes to registration
- Consistent, high-quality teaching without interruptions

WHAT'S NEW

Here's what you need to know:

KINÉTIK

Reorganization of levels for better structure and progression :

- Level 1 : Beginner (class duration 1h15)
 - Level 2 : Intermediate (class duration 1h15)
 - Levels 3–4 : Advanced (class duration 1h30)
 - Levels 5+ : Expert (class duration 2h)
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PARKOUR becomes PK KOMBUSTION

- Initiation (ages 6–7): 1h class
 - Intermediate (ages 8–12): 1h15 class
 - Advanced (ages 8–12): 1h30 class
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CANGYM becomes GAM KOMPAK

- Beginner (ages 6–12): 1h15 class
 - Advanced (ages 6–12): 1h30 class
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TUMBLING becomes STR/TMBL KONNECT

- Beginner (ages 6–8): 1h15 class
 - Intermediate (ages 7–12): 1h30 class
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NEW COURSES

- Klassik : adult gymnastics class (17 years and older)
- Aktiv : gymnastics for teenage girls (ages 13–16)

PAYMENT OPTIONS

Our classes are evolving to better support athlete progression. As a result, the duration of certain programs and the overall session has increased, which may influence the session cost.

That's why we now offer several flexible payment options :

- Full payment at registration
- 2 payments – 50% at registration + 50% on February 15
- 3 payments– 50% at registration + 25% on February 15 + 25% on April 15

At Gymini, every dollar invested goes directly back into the community!
As a non-profit organization, our activities are tax-exempt. All funds collected go toward supporting our programs, our coaches, and our young athletes.



DISCOUNTS

FAMILY AND MULTI-CLASS DISCOUNTS

To encourage family participation, Gymini offers progressive discounts :

- 10% off for the 2nd child
- 15% off for the 3rd child
- 20% off for the 4th child and beyond

In addition, a 5% discount applies to additional classes for the same participant.

MUNICIPAL DISCOUNTS

Thanks to our agreements with certain municipalities, residents may be eligible for a municipal discount when registering for a recreational program. Terms and amounts vary depending on the city. Please contact your municipality directly for applicable details.

AFFILIATION

All recreational athletes must be affiliated in order to participate in Club Gymini activities.

This affiliation, valid for a full year (from September to August), is mandatory for insurance and safety reasons.

As affiliated members, all participants agree to follow the club's established policies and codes of conduct.

You only need to purchase the affiliation once per year, regardless of the number of sessions or programs you participate in.

KARIBOU | MOTOR DEVELOPMENT

A program specially designed for children aged 1 to 4 years, focused on stimulating basic motor skills in a fun and caring environment. Children learn to run, jump, climb, throw, roll, and play while developing coordination, balance, and self-confidence.

Kids progress alongside a parent, creating a special moment to share together!

Exception for the youngest

Unlike other disciplines, the Karibou program maintains two separate sessions. This format allows for better adaptation to the rapid growth and developmental changes of young children.

Our Karibou Groups			
12-20 months	45 minutes	10 classes	204.99\$
20-30 months	45 minutes	10 classes	204.99\$
2½ à 4 years	45 minutes	10 classes	204.99\$



KANGAROO 4 YEARS OLD | KOALA YEARS OLD

This is the age when children discover the wonderful world of gymnastics on their own, without their parents. The class is inspired by Gymini's KINÉTIK program and the Karibou "World Tour" motor development program. Children will explore the world of gymnastics in an atmosphere of fun, discovery, and self-improvement.

KANGAROO			
4 years old	60 minutes	20 classes	499.99\$
KOALA			
5 years old	60 minutes	20 classes	499.99\$



KINÉTIK | WOMEN'S ARTISTIC GYMNASTICS

Artistic gymnastics combines dance, acrobatics, and athletic performance, promoting body control and confidence. Girls train on the floor, beam, bars, and vault, progressing at their own pace and according to their individual goals.

OUR GROUPS				
Kinétik Beginner (level 1)	Ages 6-12	75 minutes	20 classes	579.99\$
Kinétik Intermediate (level 2)	Ages 6-12	75 minutes	20 classes	579.99\$
Kinétik Advanced (levels 3 & 4)	Ages 6-12	90 minutes	20 classes	649.99\$
Kinétik Expert (levels 5 et +)	Ages 6-12	120 minutes	20 classes	679.99\$



ARTISTIC GYMNASTICS | TEENS & ADULT

AKTIV

The AKTIV program combines fun, fitness, and self-improvement. Designed for teenage girls aged 13 to 17, it offers a recreational, motivating, and pressure-free environment where everyone progresses at their own pace.

KLASSIK

The KLASSIK program is for adults who wish to discover or rediscover gymnastics in a positive and supportive atmosphere. Inspired by the KINÉTIK program, it provides an approach tailored to each participant's abilities and goals. Between fun, fitness, and self-confidence, KLASSIK allows you to move, grow, and share the joy of movement.

OUR GROUPS				
Aktiv (all levels)	Ages 13-16	120 minutes	20 classes	679.99\$
Klassik (all levels)	Ages 17+	120 minutes	20 classes	679.99\$



KOMPAK | MEN'S ARTISTIC GYMNASTICS

Men's artistic gymnastics focuses on strength, coordination, and body control.

Boys train on six apparatuses: floor, pommel horse, rings, vault, parallel bars, and high bar.

Each athlete progresses at his own pace in an environment that promotes fun, health, and self-improvement.

NOS GROUPES				
KOMPAK Beginner	Ages 6-12	75 minutes	20 classes	579.99\$
KOMPAK Advanced	Ages 6-12	90 minutes	20 classes	649.99\$



KOMBUSTION | PARKOUR

Parkour is the art of movement : moving fluidly, quickly, and efficiently while overcoming obstacles using only your body.

You'll jump, climb, roll, and run with agility, coordination, and boldness!

OUR GROUPS				
KOMBUSTION Initiation	Ages 6-7	60 minutes	20 classes	499.99\$
KOMBUSTION Intermediate	Ages 8-12	75 minutes	20 classes	579.99\$
KOMBUSTION Advanced	Ages 8-12	90 minutes	20 classes	649.99\$



KONNECT | TUMBLING

Tumbling is the art of mastering momentum, acrobatics, and coordination on surfaces such as the floor, trampolines, and the tumble track.

Athletes practice rolls, cartwheels, round-offs, jumps, and back handsprings in a safe and stimulating environment.

An ideal discipline to :

- Explore acrobatic movement
- Build agility and strength
- Develop safety awareness and body control

OUR GROUPS				
KONNECT Beginner	Ages 6-8	75 minutes	20 classes	579.99\$
KONNECT Intermediate	Ages 7-12	90 minutes	20 classes	649.99\$



CHEERLEADING

Cheerleading is a complete team sport that combines acrobatics, dance, jumps, stunts, and tumbling, all performed in a choreographed routine set to music.

Each athlete plays a vital role :

- Bases provide support, stability, and safety during stunts
- Flyers perform high-level skills in the air

Cheerleading develops strength, balance, coordination, confidence, and a strong team spirit.

It's the perfect discipline for kids who love to move, perform, and grow together!

OUR TEAMS				
Phantom	Ages 5-6	60 minutes	20 classes	499.99\$
Falcon	Ages 7-8	75 minutes	20 classes	579.99\$
Millenium	Ages 9-12	75 minutes	20 classes	579.99\$



CIRCUS ART

Circus arts include juggling, balancing, acrobatics, and expressive movement. These classes help develop coordination, precision, and creativity.

Classes are held at the École de cirque – École Saint-Jean-Baptiste, 2 Avenue de la Fabrique, Vaudreuil-Dorion.

OUR GROUPS				
Introduction to Circus Arts	Ages 4-6	60 minutes	20 classes	319.99\$
Apprentice Acrobat & Juggling	Ages 7-12	75 minutes	20 classes	399.99\$



AERIAL CIRCUS

Aerial circus focuses on apparatuses performed in the air, such as the trapeze, silks, and aerial hoop. It helps develop strength, agility, and self-confidence.

Classes are held at the École de cirque – École Saint-Jean-Baptiste, 2 Avenue de la Fabrique, Vaudreuil-Dorion.

OUR GROUPS				
Initiation	Ages 7–9	60 minutes	20 classes	399.99\$
Beginner–Intermediate	Ages 10+	75 minutes	20 classes	479.99\$
Intermediate	Ages 10+	90 minutes	20 classes	479.99\$
Advanced	Ages 12+	115 minutes	20 classes	639.99\$



ACROVOLTIGE | ACROBATIC GYMNASTICS

Also known as acrosport or acrogym, acrobatic gymnastics is a spectacular team sport that combines choreography, lifts, human pyramids, and floor acrobatics, all performed to rhythmic music.

Accessible to all ages and levels, it develops coordination, confidence, teamwork, and the joy of movement.

Classes take place depending on the group and level at:

- École de l'Éclusière, Coteau-du-Lac
- École St-Ignace, Coteau-du-Lac
- École de cirque – École Saint-Jean-Baptiste, Vaudreuil-Dorion

OUR GROUPS				
Beginner	Ages 6–10	90 minutes	20 classes	394.99\$
Intermediate	Ages 8-12	90 minutes	20 classes	394.99\$
Advanced	Ages 8-12	Two classes per week 90 minutes + 120 minutes	20 classes	679.99\$
Expert	Ages 10-16	Two classes per week 120 minutes + 180 minutes	20 classes	764.99\$



KAMÉLÉON

A specialized recreational program in motor development, gymnastics, and acrobatic sports, designed for children aged 4 to 14 with disabilities (ID, ASD, language, or behavioral challenges, etc.).

The goal?

To provide a safe, stimulating, and inclusive environment where each child can grow at their own pace while enjoying a rewarding group experience !

OUR OPTIONS			
Ages 4-5	60 minutes	20 classes	499.99\$
Ages 6 and up	75 minutes	20 classes	499.99\$



Fill out this form to submit an application for the KAMÉLÉON program



DROP-INS SPECIAL ACTIVITIES

A fun introductory activity designed to help participants move, try new equipment, and challenge themselves at their own pace ! Each session includes a group warm-up followed by guided exploration on different apparatuses, supervised by our coaches.

PRICES

\$10 per session or \$90 for 10 sessions (punch card)

AFFILIATION REQUIRED

An annual affiliation (\$35) or a one-day affiliation (\$5) is required to participate.

REGISTRATION

You can pay on-site, but to secure your spot, we recommend registering directly through Amilia, our online registration platform.

DROP-INS SCHEDULE		
THURSDAY	11:00 a.m. to 12:00 p.m	January 15 to June 11
FRIDAY	8:15 p.m. to 9:15 p.m. and 9:15 p.m. to 10:15 p.m.	January 16 to June 12
SATURDAY	3:30 p.m. to 4:30 p.m.	January 17 to June 13

Schedules may change. Recreational breaks apply. To verify the latest schedule, visit <https://app.amilia.com/store/fr/gymini/shop/programs/120559>



FREQUENTLY ASKED QUESTIONS

Q : What should I wear for a recreational class?

Wear form-fitting clothing and tie back long hair. Go barefoot or wear indoor shoes, depending on the discipline. No jewelry is allowed.

Q : Can parents watch the classes?

For safety reasons, parents are not allowed on the practice floor (except for Karibou classes). However, they can observe from the glass mezzanine.

Q : Can my child be in the same group as their friend?

Yes, you can send a request by email before the start of the session to recreatif@clubgymini.org, including the children's names. We'll do our best to accommodate, but not all requests can be guaranteed.

Q : What happens if my child misses a class?

Missed classes cannot be rescheduled or made up.

Q : What happens in case of a weather-related cancellation?

If a class is canceled due to weather, an email will be sent the same day to the Amilia account holder, and an announcement will be posted on Facebook. A drop in activity will be offered to affected participants, but the regular class will not be rescheduled.

Q : Can I register after the session has started?

Yes, as long as there are spots available ! The fee will be prorated based on the number of remaining classes at the time of registration.

FREQUENTLY ASKED QUESTIONS

Q : My child will turn 4 in March. Which class should I register them for?

You have three options:

- You can register your child in the Karibou 2½ to 4 years class for both the winter and spring sessions. This class is designed for children aged 2½ to 4 and provides an environment adapted to their motor development.
- If you believe your child is ready and mature enough to participate in a one-hour class without a parent, you may register them in the Kangaroo 4 years class, even if they are slightly younger. This class promotes independence and development through fun and structured activities.
- You can register your child in Karibou 2½ to 4 years for both sessions and add them to the waiting list for the Kangaroo 4 years class. If a spot becomes available, you'll have the option to transfer your child to the Kangaroo class and cancel the Karibou one.

These options allow you to choose the course that best fits your child's needs and maturity level.

Q : My child is currently enrolled in Kinétik, but registration opens before the session ends. I don't know if she will pass her level. Which class should I choose?

Register your child in the same level they are currently attending. If she successfully completes her level before the session ends, we will adjust her registration to the appropriate group afterwards.

FREQUENTLY ASKED QUESTIONS

Q : You offer so many programs. I'm not sure which one to choose. Can my child try a class first?

Trial classes are not available. However, you are welcome to observe a class in session from the glass mezzanine to get a better idea of how the classes work and to experience the atmosphere before registering.

Q : What is your refund and cancellation policy?

- Federation affiliation fees are non-refundable.
- Before the activity begins: full refund.
- After the activity has started: refund pro-rated for remaining classes, minus 10% administrative fees (maximum \$50).
- If the cancellation is made by the club: refund pro-rated with no administrative fees.

Q : Can my child move up two levels during the double session?

It's possible, but not guaranteed. The double session (winter + spring) allows more time for progression, but the main goal is for each child to master the technical elements of their current level before advancing. Progress is based on each athlete's pace and development.

Q : How does the waiting list work?

If all groups are full, you can add your child to the online waiting list. If a spot becomes available, registrations are processed in the order requests were received. You'll receive an automatic email invitation to finalize the registration within a limited time before the spot is offered to the next person on the list.



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Thanks to our valued partners :

