

GYMNASTICS MISSISSAUGA @ SportZone

Register early for FALL and WINTER programs at our new facility beside the Hershey Centre.

Challenge your child at Canada's premier gymnastics centre in Mississauga's new flagship sports complex. Programs start at age 2 and qualify for the Fitness Tax Credit. Kids learn great skills from NCCP Certified coaches. They also keep active, make friends and have fun in a safe environment. Parent viewing is encouraged.

Gymnastics is the base of all sport and is a natural way to gain confidence, strength, flexibility, balance, spatial and inverted awareness required to succeed in sports and life. All ages and levels including adults can benefit. Our facility is also great for dryland and offseason training. Get inspired and participate alongside some of Canada's best high performance athletes.

School groups and birthday parties are well accommodated. Consider coaching at the NCCP level. Applications are encouraged.

**MiniGym
KinderGym
Boys, Girls
Teens/Adults
Trampoline
Dryland Training
Offseason Programs
Competitive**



**GYMNASTICS
MISSISSAUGA**

A non-profit organization affiliated with the City of Mississauga and a member club of Gymnastics Ontario.



5600 Rose Cherry Place
(Use Hershey Centre north parking)

gymmississauga.org

905.270.6161