



CALEDONIA GYMMIES

GYMNASTICS & TRAMPOLINE CLUB

Summer Session Newsletter 2025

WELCOME!

IT'S A PLEASURE TO WELCOME BACK RETURNING & NEW MEMBERS TO SUMMER PROGRAMS! PLEASE READ THE FOLLOWING NEWSLETTER AS IT CONTAINS IMPORTANT INFORMATION FOR OUR MEMBERSHIP.

ALL NEWS WILL BE DELIVERED BY EMAIL OR SOCIAL MEDIA.

Our Summer Camp will run for 10 weeks:

Thurs July 2, 2026 - Fri Sept 4, 2026

***Closure Dates: Mon Aug 3, 2026 (Civic Holiday)**

(gym closures reflected in program price)

Be to bring: Lunch - 2 Snacks - Water Bottle - Hat - Sunscreen

Summer Info & Protocols:

1. **Dropping Off Children:** EVERY camper must be brought into the building and signed in with coach/group upon arrival. Coach will greet and direct parents to designated drop offs based on ages:
 - Front Door: 4-5 yrs & 6-7 yrs
 - Side Entrance: 8 yrs+
 - Parents will be asked who is picking up that day.
2. **Releasing Children:** Children will be released only to parent(s) or persons designated by the parent/guardian. Only those listed on the release form may pick up the child. Identification will be required by anyone picking up. Parents must inform coaches of any alternate arrangements for pick up time. (Time, person picking up, etc) Please pickup your camper at the end of the day at groups designated area.
3. **Camp Groups:** campers will be divided into groups with coaches.
4. **Parents MUST** read and accept Gymbies Membership Policies & Waiver, and Informed Consent and Assumption of Risk.
5. **Daily Camp Schedule** below. These times are a guide, as some activities may take longer than others.
6. **Outdoor Activities:** are weather dependent. Coaches and campers may take hikes close by to snack, play games, activities, and encourage exercise and physical well being. Park Play Daily.
7. Labeled bags will be essential to keep all belongings together on a hook in the changeroom. Gymbies is not responsible for any lost or stolen items but will do our best to help find them.
8. **Snacks:** camps will have 2 snacks and lunch as well as modified downtime for media breaks. Concession open
9. **Staff** will create a fun and positive experience along with appropriate hygienic precautionary measures.
10. If a participant is unable to follow the behavioral policies and guidelines put forth by coaches and staff to ensure the health and safety of all other participants within the program, immediate pick up will be required by a parent or guardian. (see policies on pg. 2)
11. **Absence:** if you know your child will be absent from our program, the coaches appreciate knowing before class. Call and leave a message at 905 765-1623. Refunds are not possible.
12. **All registrations must be finalized online before any camper can participate. (NO Refunds are possible).**
13. **Splash Pad Afternoon Visits: Tues + Thurs 1:00-4:00pm (Weather permitting).**
 - 4-5 yrs Campers: have the option to stay back from splash pad.
 - Please Note: campers staying back will take part in seat work, crafts, activities, media, not gym activities.
 - All other age groups will adhere to the daily camp dynamic and attend the splash pad.

Gymmies Camper Behavior Policy

Caledonia Gymmies is an active learning environment that promotes fun through progressive gymnastics programs. Our priority remains as it has always been, the health and safety of all our participants, patrons, and staff. We expect all athletes and campers alike to adhere to the behavioral health and safety policies set out by our club officials to take part in our programs. These policies include:

- Respect: both coaching staff and fellow camper/athletes.
- Individuals: campers are responsible for their own actions and must accept the consequences.
- Hands on or any physical altercations with other campers or staff will not be tolerated.
- Camper's actions should be made in a courteous and inclusive manor.
- Every participant is held to these policies as equal participants.
- Zero Tolerance for physical or threatening harm. Parents will be called for immediate pick up should a camper exhibit any behaviors of threatening or inflicting physical harm on fellow participants or staff.

Children unable to abide by the behavior policies will have direct intervention from coaching staff.

Minor infractions will be met with reminders with full explanation and addressed on site.

If behavior continues, parents will be notified for immediate pick up.

Every child is granted equal opportunity for participation in Gymmies programs under these conditions and safety guidelines.

If behaviors continue, the child will be removed from the program and family refunded the remaining program time.

Daily Schedule:

Summer Camp Daily Schedule

Time	Group 1 – 4/5 yrs	Group 2 – 5,6/7 yrs	Group 3 - 6/7	Group 4 – 8+ yrs
8:00 - 8:30	Arrival / activity centres	Arrival	Arrival	Arrival
8:30 - 9:00		Open Gym Circuit	Open Gym Circuit	Open Gym Circuit
9:00 - 9:30	Floor Circuit	Trampolines / DMT	Equipment 1 (Rec Room)	Equipment 1
9:30 - 10:00	Snack 1	Park Play/ Outdoor activities	Park Play/ Outdoor activities	Trampolines / DMT
10:00 - 10:30	Park Play/ Outdoor activities	Snack 1	Snack 1	Park Play/ Outdoor activities
10:30 - 11:00	Floor Game	Equipment 1 (Rec Room)	Trampolines / DMT	Snack 1
11:00 – 11:30	Trampolines / DMT	Outdoor Sport	Outdoor Sport	Equipment 1
11:30 - 12:00	Lunch	Floor Game	Floor Game	Outdoor Sport
12:00 - 12:30	Equipment 1	Lunch	Lunch	Floor Game
12:30 - 1:00	Outdoor Sport	Trampoline 2	Equipment 2 (Rec Room)	Lunch
1:00 - 1:30	Equipment 2	Craft	Trampoline 2	Equipment 2
1:30 - 2:00	Trampoline 2	Equipment 2 (Rec Room)	Craft	Camp Game
2:00 - 2:30	Snack 2	Outdoor Games	Outdoor Games	Tumble /Fast Tracks
2:30 - 3:00	Media/Craft	Snack 2	Snack 2	Equipment 3
3:00 - 3:30	Outdoor Games	Tumble /Fast Tracks	Camp Game	Snack 2
3:30 - 4:00	Equipment 3 (Rec Room)	Camp Game	Tumble /Fast Tracks	Trampoline / DMT
4:00 - 4:30	Camp Game	Equipment 3	Equipment 3	Craft
4:30 - 5:00	Home Time Prep	Home Time Prep	Home Time Prep	Home Time Prep