



# Summer Camp 2025 Newsletter

10 Kinross Street East, Caledonia, ON, N3W1K8

caledoniagymmies@rogers.com

905-765-1623 - [www.gymmies.com](http://www.gymmies.com) - Office hrs: 10:00-6:00

**Facebook Page:** <https://www.facebook.com/caledoniagymmies>

**Instagram:** @gymmiesgymnastics

It is a pleasure to welcome all our new and returning members to Gymmies Summer Camp 2025! Please read the following information as it contains important information to ensure a safe and fun time at Gymmies.

Direct questions or concerns to our Main Office at 905-765-1623 Mon – Fri 10:00 – 6:00.

**Please Bring:** Water Bottle – Sunscreen – Hat – Lunch – 2 Snacks Every Day!

**Each child MUST have their own, *sharing NOT permitted***

**SNACKS CONTAINING PEANUTS/ NUTS ARE RESTRICTED FOR THE SAFETY OF ALL CAMPERS HOWEVER GYMMIES SHOULD NOT BE CONSIDERED A NUT FREE FACILITY.**

## 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** Gymmies 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. Gymmies 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.
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.

14. Concession stand is open for treats ranging from \$0.50 - \$3.00.

## Daily Camp Schedule

Time	Group 1 – 4/5 yrs	Group 2 – 6/7 yrs	Group 3 – 8+ yrs
8:00 - 8:30	Arrival / gym stations and activity centres	Arrival / Open Gym Circuit	Arrival / Open Gym Circuit
8:30 - 9:00			
9:00 - 9:30	Floor Circuit	Trampolines	Floor Circuit
9:30 - 10:00	<b>Snack 1</b>	Park Play/Outdoor Activities	Trampolines
10:00 - 10:30	Park Play/Outdoor activities	<b>Snack 1</b>	Park Play/Outdoor Activities
10:30 - 11:00	Trampolines	Equipment 1	<b>Snack 1</b>
11:00 - 11:30	Floor Game	Outdoor Sport	Equipment 1
11:30 - 12:00	<b>Lunch</b>	Floor Game	Outdoor Sport
12:00 - 12:30	Equipment 1	<b>Lunch</b>	Floor Game
12:30 - 1:00	Outdoor Sport	Craft	<b>Lunch</b>
1:00 - 1:30	Equipment 2	Trampoline 2	Equipment 2
1:30 - 2:00	Trampoline 2	Equipment 2	Camp Game
2:00 - 2:30	<b>Snack 2</b>	Media/Craft	Trampoline 2
2:30 - 3:00	Media/Craft	<b>Snack 2</b>	Equipment 3
3:00 - 3:30	Media/Craft	Media/Craft	<b>Snack 2</b>
3:30 - 4:00	Equipment 3	Camp Game	Craft
4:00 - 4:30	Camp Game	Equipment 3	Craft
4:30 - 5:00	<b>Home Time Prep</b>	<b>Home Time Prep</b>	<b>Home Time Prep</b>

### 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.