



# CALEDONIA GYMMIES

## GYMNASTICS & TRAMPOLINE CLUB

# Winter Session Newsletter 2025

## WELCOME!

IT'S A PLEASURE TO WELCOME BACK RETURNING & NEW MEMBERS TO START THIS SESSION!  
PLEASE READ THE FOLLOWING NEWSLETTER AS IT CONTAINS IMPORTANT INFORMATION FOR  
OUR MEMBERSHIP. ALL NEWS WILL BE DELIVERED BY EMAIL OR SOCIAL MEDIA.

**Our Winter Session will run for 12 weeks:**

**Sun Dec 7, 2025 - Sat Mar 14, 2026**

**\*Closure Dates: Sun Dec 21 - Saturday Jan 3, 2026 (Christmas Break)**

**Mon February 16, 2026 (Family Day)**

(gym closures reflected in program price)

### Upon Registration Parents MUST sign off on:

- **Membership Policy/Waiver**
- **Informed Consent and Assumption of Risk**
- **Parent Viewing Policy**

\*Gymmies requires all members and athletes to respect the policies and guidelines set by our clubs board of directors.

### Gymmies Health and Safety

- All participants must be considered in good health before attending a program at Gymmies.
- Children feeling ill / showing signs of illness should not attend class.
- Sanitizing stations found throughout the gym.
- Water bottles should be brought to every class. (fill station available).

### Parent Viewing (Pg 3)

ALL Parent Viewing will be on a scheduled basis.  
Schedule will be sent out prior to start of the session.

#### Viewing Rules for Parents:

- **NO photos/videos (privacy protection)**
- **NO parent/sibling of participant may enter the gym floor**
- **Viewers are to remain quiet for class duration**
- **Do NOT have volume on any phone or media device**
- **Please limit to 1 parent per participant**
- **Sibling must be kept at arms length at all times**
- **TV in Tot Lot for enhanced viewing**

### Drop off and Pickup Routine

There are 3 program areas (Rec Room, Main Gym & Tot Lot)  
• **Rec Room** participants (Gym PreK-JK, Sk-Gr1, Rollers) will enter through the main, front foyer upon arrival. Outerwear will be left here.

• **Main Gym** participants (ALL Tramp, Twisters, 2/4 hr Gym, Primary, Junior, Drop In 5-12 yrs+ and Tumble) will enter at the left side entrance of the facility. Coaches will meet them. Outerwear will be stored on adjacent hooks; shoes will be placed in cubies.

- **Tot Lot** participants (Tods/Twos & Hoppers) will enter through the main front door. Programs will be upstairs; Coaches will collect and dismiss in the common area.
- **MUST** park in a designated space and accompany your child directly to the proper area of the facility (as outlined above).
- Remove shoes and place in cubbies (as our athletes move through common areas in bare feet).
- Pick up your child promptly when class has ended. **NO CHILD WILL BE RELEASED** except to the parent or guardian who dropped off.

### Gym Rules for Participants/Members

- Participants must ask permission to leave the gym area.
- Please take younger participants for bathroom break before class.
- All participants (unless advertised) **MUST** be potty trained.
- Dress in gym attire, bare feet. Body suits or shorts + t-shirts
- No gum, candy or jewelry worn during class
- GYMMIES IS NOT A NUT FREE FACILITY
- Smoking is not permitted anywhere in the building
- Do not bring valuables in change rooms, including glasses & cell phones. GYMMIES not responsible for lost or stolen articles
- **NO PARENTS ALLOWED ON THE GYM FLOOR EVER!**
- All questions/concerns should be brought to administrative staff attention.

#### SNOW/ Inclement Weather Closure Policy:

Families should consider Gymmies is open on snowy days.

Gymmies is closed for both athletes and coaches due to any of the following conditions:

- over 1 foot of snow falls,
- electricity is out, heat in the winter is not available,
- Environment Canada declares a weather emergency, people to stay off the roads.








# CALEDONIA GYMMIES

## GYMNASTICS & TRAMPOLINE CLUB

### Winter Session Newsletter 2025

### WINTER SESSION AT A GLANCE:

Gymmies Winter Session Calendar 2025-26														
	Week 1	Week 2  Christmas Week	Gym Closed Dec 21-	Gym Closed Jan 3	Week 3	Week 4	Week 5 	Week 6	Week 7	Week 8 	Week 9	Week 10	Week 11	Week 12
SUN	Dec 7 START DAY	Dec 14	Dec 21	Dec 28	Jan 4	Jan 11	Jan 18	Jan 25	Feb 1	Feb 8	Feb 15	Feb 22	Mar 1	Mar 8
MON (11 wks)	Dec 8 START DAY	Dec 15	Dec 22 Christmas Camp 8-5	Dec 29 Christmas Camp 8-5	Jan 5	Jan 12	Jan 19	Jan 26	Feb 2	Feb 9 Feb 16 Gym Closed (Family Day)	Feb 23	Mar 2	Mar 9	
TUES	Dec 9 START DAY	Dec 16	Dec 23 Christmas Camp 8-5	Dec 30 Christmas Camp 8-5	Jan 6	Jan 13	Jan 20	Jan 27	Feb 3	Feb 10	Feb 17	Feb 24	Mar 3	Mar 10
WED	Dec 10 START DAY	Dec 17	Dec 24	Dec 31	Jan 7	Jan 14	Jan 21	Jan 28	Feb 4	Feb 11	Feb 18	Feb 25	Mar 4	Mar 11
THURS	Dec 11 START DAY	Dec 18	Dec 25	Jan 1	Jan 8	Jan 15	Jan 22	Jan 29	Feb 5	Feb 12	Feb 19	Feb 26	Mar 5	Mar 12
FRI	Dec 12 START DAY	Dec 19	Dec 26	Jan 2 Christmas Camp 8-5	Jan 9	Jan 16	Jan 23	Jan 30	Feb 6	Feb 13	Feb 20	Feb 27	Mar 6	Mar 13
SAT	Dec 13 START DAY	Dec 20	Dec 27	Jan 3	Jan 10	Jan 17	Jan 24	Jan 31	Feb 7	Feb 14	Feb 21	Feb 28	Mar 7	Mar 14

### Kids Night Out! Event Schedule 2025-2026

Fridays 6:30-8:30pm Active Theme Parties ages 5-12 yrs

October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24  Halloween Party 630-830 (#1)	
November 2025						
9	10	11	12	13	14  K POP Demon Hunters 630-830 (#2)	15
23	24	25	26	27	28  Super Heros 630-830 (#3)	29
December 2025						
7	8	9	10	11	12  Christmas 630-830 (#4)	13
January 2026						
18	19	20	21	22	23  OLYMPIC GAMES Night! 630-830 (#5)	24
February 2026						
8	9	10	11	12	13  Parents Night Out? **530-830** (#6)	14
March 2026						
1	2	3	4	5	6  St. Patrick's Day 630-830 (#7)	7
22	23	24	25	26	27  Easter 630-830 (#8)	28
April 2026						
12	13	14	15	16	17  Carnival Night! 630-830 (#9)	18
May 2026						
3	4	5	6	7	8  LAST ONE! 630-830 (#10)	9



Registration opens: Fri Oct 10 @ 5pm!

Register @ [www.gymmies.com](http://www.gymmies.com)

## CAMPS



### Christmas 2025

Mon Dec 22  
Tues Dec 23  
Mon Dec 29  
Tues Dec 30  
Fri Jan 2

### March Break 2026

March 16-20

Single Days: \$60    Full Week: \$280

Ages: 4-12yrs

Camp Day Times: 8:00am-5:00pm



# VIEWING SCHEDULE Winter Session 2025-26: Caledonia Gymmies Dec 7 - Mar 14, 2026

Gymmies is a very busy club - We appreciate your cooperation during class viewing.

Space is limited, so whenever possible try to restrict viewing to

## How to use This Viewing Schedule:

- ⇒ 1 Spectator per participant only please.
- ⇒ Find your class day/time
- ⇒ PLEASE REMOVE ALL FOOTWEAR (to cubbies) and head to assigned viewing area: Main Gym: viewing gallery upstairs. Rec Room: behind partitions

**Main Gym:** Find a chair in gallery or upper kitchen if free. Do not sit/stand on the floor or gym stairs. Tot lot room is out of bounds (Tods/Twos only). As classes finish, chairs may become available in the gallery.

**Rec Room:** please stay behind the partitions as labelled. Do not enter gym area.

**Totlot Room:** view every week from the kitchenette window & TV screen.

- ⇒ Quiet please during viewing. Do not motion or yell down to athletes.
- ⇒ **No videos or photos please.**
- ⇒ Gymmies has the right to refuse viewing to anyone not abiding by viewing safety rules.

### MONDAY REC ROOM

4:45-5:45	Prek, JK (1)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
5:00-6:00	SK, G1 (1)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
6:00-7:00	Prek, JK (2)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
7:00-8:00	SK, G1 (2)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
5:45-7:15	Rollers (1)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8

### MONDAY MAIN GYM

4:30-7:30	Workshop Jr.	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
5:00-7:00	Primary (1)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
5:30-7:00	Twisters (1)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
7:00-8:00	Gr 2 gym (1)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
7:00-9:00	Junior (1)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
7:30-9:00	Xtreme Tramp	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8

### TUESDAY REC ROOM

5:15-6:15	PreK, JK (3)	Dec 9, Jan 6, 20, Feb 3, 17, Mar 3
5:30-6:30	SK, G1 (3)	Dec 16, Jan 13, 27, Feb 10, 24, Mar 10
5:30-6:30	PreK, JK (4)	Dec 9, Jan 6, 20, Feb 3, 17, Mar 3
6:30-7:30	SK, G1 (4)	Dec 16, Jan 13, 27, Feb 10, 24, Mar 10

### TUESDAY MAIN GYM

4:00-5:30	PC/Super tramp	Dec 9, Jan 6, 20, Feb 3, 17, Mar 3
4:00-7:00	Workshop Novice	Dec 16, Jan 13, 27, Feb 10, 24, Mar 10
5:00-7:00	Tiny/Sparkle (1)	Dec 9, Jan 6, 20, Feb 3, 17, Mar 3
6:00-9:00	Workshop Sr.	Dec 16, Jan 13, 27, Feb 10, 24, Mar 10
6:30-8:00	Twisters (2)	Dec 9, Jan 6, 20, Feb 3, 17, Mar 3
7:00-9:00	Aspire (1)	Dec 16, Jan 13, 27, Feb 10, 24, Mar 10
7:00-8:00	Tumble	Dec 9, Jan 6, 20, Feb 3, 17, Mar 3

### WEDNESDAY REC ROOM

5:00-6:00	SK, G1 (5)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
5:15-6:45	Rollers (3)	Dec 17, Jan 14, 28, Feb 11, 25, Mar 11
5:45-6:45	Prek, JK (6)	Dec 17, Jan 14, 28, Feb 11, 25, Mar 11
6:00-7:00	SK, G1 (6)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4

### WEDNESDAY MAIN GYM

4:45-5:45	Tramp SK Gr.1 (1)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
5:00-7:00	Primary (2)	Dec 17, Jan 14, 28, Feb 11, 25, Mar 11
6:00-8:00	Twinkle/Aspire (1)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
6:45-8:15	Twisters (3)	Dec 17, Jan 14, 28, Feb 11, 25, Mar 11
7:00-9:00	Junior (2)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
7:30-8:30	G2+gym(4)	Dec 17, Jan 14, 28, Feb 11, 25, Mar 11
7:30-8:30	Tumble Advanced	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4

### THURSDAY REC ROOM

5:30-6:30	SK, G1 (7)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
6:00-7:00	PreK, JK (7)	Dec 18, Jan 15, 29, Feb 12, 26, Mar 12
6:30-7:30	SK, G1 (8)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5

### THURSDAY MAIN GYM

4:00-6:00	Tiny (2)/Sparkle	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
4:30-6:00	SuperPC Tramp	Dec 18, Jan 15, 29, Feb 12, 26, Mar 12
6:00-9:00	Workshop Sr	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
7:00-8:00	Gr 2+ gym (4)	Dec 18, Jan 15, 29, Feb 12, 26, Mar 12
7:00-9:00	Junior (4)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5

### FRIDAY REC ROOM

5:00-6:00	SK, G1 (9)	*Every Class
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### FRIDAY MAIN GYM

5:00-7:00	Twinkle/Aspire (2)	Dec 12, Jan 9, 23, Feb 6, 20, Mar 6
5:00-7:00	Prim (3), Junior (5)	Dec 19, Jan 16, 30, Feb 13, 27, Mar 13
5:30-7:00	Twisters (6)	Dec 19, Jan 16, 30, Feb 13, 27, Mar 13

### SATURDAY REC ROOM

9:00-10:00	Prek, JK (9)	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
9:30-10:30	SK, G1 (10)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14
9:30-10:30	PreK, JK (10)	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
10:00-11:30	Rollers (6)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14
10:30-11:30	SK, G1 (11)	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
11:00-12:00	PreK, JK (11)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14
11:30-1:00	Rollers (7)	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
12:00-1:00	SK, G1 (12)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14

### SATURDAY MAIN GYM

9:00-11:00	Primary (4)	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
10:00-11	Gr 2 tramp (4)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14
10:30-11:30	Gr 2+ Gym (6)	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
10:30-12	Twisters (7)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14
11:00-1:00	Junior 6	Dec 13, Jan 10, 24, Feb 7, 21, Mar 7
11:30-12:30	Gr 2+ Gym (7)	Dec 20, Jan 17, 31, Feb 14, 28, Mar 14

### SUNDAY REC ROOM

9:00-10:00	PreK, JK (13)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
9:15-10:15	PreK (14)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
9:45-10:45	SK, G1 (13)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
10:15-11:45	Rollers (8)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
11:45-12:45	SK, Gr 1 (14)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
12:00-1:00	PreK (15)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
12:15-1:45	Rollers (9)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1

### SUNDAY MAIN GYM

8:30-10:30	Twinkle 3/Aspire 3	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
10:45-12:15	Twisters (9)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
11:00-12:00	Gr 2 Gym (9)	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
12:30-2:30	Primary (5)/Junior(7)	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8
11:00-2:00	Workshop Novice	Dec 7, Jan 4, 18, Feb 1, 15, Mar 1
2:00-3:30	PC Tramp	Dec 14, Jan 11, 25, Feb 8, 22, Mar 8

Please Respect our Policies and Fellow Members.

Thanks So Much!



# WHAT WE COACH: PROGRESSIVE LEARNING AND FUN!

## TOTLOT GYM:

Our program is based on activities that involve organized play, free play and structured skills on the gymnastics equipment in the upper Tot Lot Room Gym. Physical activity both structured and unstructured is said to be essential in a young child's development. Not only will your child's physical abilities develop through gymnastic skills but researchers believe our sport contributes to the development of cognitive and affective (social/emotional) skills in children. Our program utilizes skills outlined in the "Preschool Movement Manual" provided to clubs by the Canadian Gymnastics Federation. The parent's role in the class is to assist their child with the skills the coaches introduce. Coaches will lead the group and spot items like head position, back arches etc. Many of the principles of the above are similar, without the support of the adult. In these programs children in small groups will rotate through stations and circuits where the coach is ready to instruct. Smaller skills will be set up to keep line ups at a minimum. The preschool check sheets will be kept to ensure quality instruction is being introduced in a safe and progressive manner. Remember, many skills have 3 or 4 levels of drills to master before the "whole skill" is taught. We encourage taking turns, listening to coaches, and a combination of stretching (in one place) combined with unstructured movement patterns through the gym.

## REC ROOM GYM & MAIN GYM:

GYMNASTICS, TRAMPOLINE & TUMBLING - these programs use the Cangym badge program. Each class includes a warm up, movement theme and time on 2-3 apparatus rotations (vault, bars, beam, floor). Coaches track badges, here is an overview of the Can Gym.

### BRONZE LEVEL (BADGE 1-4)

**BURGUNDY** - BADGE 1

**RED** - BADGE 2

**TAN** - BADGE 3

**BRONZE** - BADGE 4

### SILVER LEVEL (BADGE 5-8)

**PURPLE** - BADGE 5

**BLUE** - BADGE 6

**TURQUOISE** - BADGE 7

**SILVER** - BADGE 8

### GOLD LEVEL (BADGE 9-14)

**ORANGE** - BADGE 9

**YELLOW** - BADGE 10

**GREEN** - BADGE 11

**GREY** - BADGE 12

Cangym is designed primarily for recreational gymnastics programs. Generally, it is expected that for badges in bronze level a single badge could be completed within one session. The silver level may require one or more sessions to complete each badge.

Each badge consists of approximately 20+ skills. The Bronze level badges concentrate on developing the Dominant Movement Patterns of gymnastics. The silver level works on combining DMPs (Dominant Movement Patterns) and the Gold level one focus on mastering the identified key skills.

Trampoline and Tumbling Classes follow CANGYM pages, a series of progressive skill sets to attaining higher skills with more degree of difficulty. All our participants work at their own pace!

We will be using the badge system all year. Kids continue learning "where they left off" with each new session. We strive to make learning gymnastics fun & informative, promoting healthy participation.