

"Over 1600 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

Caledonia Gymmies Gymnastics

caledoniagymmies@rogers.com 905-765-1623 www.gymmies.com Office Hours Mon-Fri 10:00-6:00

It's a pleasure to welcome back returning & new members to start this session! Please read the following newsletter carefully as it contains important information for a participants. All news & reminders will be delivered by email message or by Facebook: <https://www.facebook.com/pages/Caledonia-Gymmies/272504586109478?ref=ts>.

The Summer Session will run for 7-9 weeks: Wed July 2 - Fri Aug 29, 2025

***Note: Closure Dates Mon Aug 4**

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 Policies

- Member of Gymnastics Ontario, governed by it's policies
 - Gymmies exercise all precaution/regard for safety of all
 - Non-profit organization operated by a parent volunteer for fund raising, special events, inside + outside maintenance. Your patience/help is always appreciated
 - **Absolutely no refunds are possible. Credits possible w/ doctor note.**
 - Gymnasts cannot participate until full fees are received
 - Sportsmanlike conduct/good behaviour is enforced for all
 - Safety for all members, coaches, facilitators is of the utmost importance.
- Behavioural Conduct:** programs are implemented as advertised for the benefit of all our attendees. Gymmies will take the following steps to address any behavioral misconduct of camp attendees:
- Constant reminders of the rules while attending Gymmies Gymnastics
 - Moderate discipline in line with our club policies (Thinking time with full intervention and explanation)
 - Full review and discussion with parent at time of pickup.
- Should behaviors continue, intensify, or impede on program operation, parents will be contacted for immediate pickup of their child.
- Adjustment to program or class type may be implemented.
- Exercise the right to refuse membership to those unable to abide by rules governing safe program participation.
 - Participants must ask permission to leave the gym area.
 - Please take younger participants for **bathroom break** before class (located in Rec room. *All participants (unless advertised) MUST be potty trained.
 - Fund raising campaigns are optional & offered to meet budget demands, new equipment and new programming.
 - Instruction follows Cangym Badge Program for girls/boys in gymnastics classes, Canadian Trampoline Program Guide & Gymnastics Ontario Pre-school Manual. All are progressive & expert recommended for safely guiding skill progression
 - Dress in gym attire, bare feet. Body suits or shorts + t-shirts
 - No gum, candy or jewellery worn during class
 - GYMMIES **IS NOT** A NUT FREE FACILITY
 - Smoking is not permitted anywhere in the building
 - Progress reports are given at the end of each session
 - Do not bring valuables in change rooms, including glasses & cell phones. GYMMIES not responsible for lost or stolen articles
 - Report absentees to office 905 765-1623 if possible.
 - Late Arrivals should check in with coach from the change areas.
 - **NO PARENTS ALLOWED ON THE GYM FLOOR EVER!**

Gymmies Health and Safety

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

Drop off and Pickup Routine

There are 2 program areas (**Rec Room & Main Gym**)

- **Rec Room** participants (**Gym PreK-JK, Sk-Gr1, Rollers, Primary, NEW* Hoppers and Tods & Twos**) will enter through the main, front foyer and be directed to their designated color-coded meeting point upon arrival. Outerwear will be left here.
- **Main Gym** participants (**Tramp, Twisters, 2/4 hr Gym, Super Tramp, Gym Gr. 2+, Junior, Tiny, Adv. 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.
- **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.

Parent Viewing:

*****FOR SUMMER CLASSES!**

Parents will have a chance to view every class weekly.
No schedule viewing for summer classes!
Please follow our rules for viewing listed below.

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

Fall Registration Coming Soon..

WHAT WE TEACH DURING CLASSES

Classes for Toddlers, Preschools, JK/SK (beginner to advanced) with adult accompaniment- 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 or in the main gym as designated in the program brochure. 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. It is progressive and covers all the dominant movement patterns associated with gymnastics, specific to toddlers-age 5. There are 3 different levels each containing 8-10 skills on the apparatus. **The parent's role in the class is to assist their child with the skills the coaches introduce.** This could involve holding their hands, support at their back & front ("sandwich their tummy") or encouraging them to try new things. Coaches will mingle through the group and spot items like head position, back arches etc. Helping kids know names of classmates, taking turns if needed and similar skills helps parents prepare students for programs on their own.

Classes for Toddlers, Preschools, JK/SK (beginner to advanced) NO adult accompaniment- 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 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.

GYMNASTICS, TRAMP & TUMBLING FOR GRADES 1+- these programs use the Cangym badge program. Each class includes a warm up, game, movement theme and time on 2-3 apparatus rotations (vault, bars, beam, floor). Coaches track badges by 3 steps: A (attempted), L (learning), M (mastered). Here is an overview of the Can Gym

Badge Program:

<u>BRONZE LEVEL</u>	<u>SILVER LEVEL (badge5-8)</u>	<u>GOLD LEVEL (badge 9-14)</u>
Burgundy - badge 1	Purple	Orange
Red - badge 2	Blue	Yellow
Tan - badge 3	Turquoise	Green
Bronze - badge 4	Silver	Grey, White, Gold

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 10-17 week session. The silver level may require one or more sessions to complete each badge. The badges in the gold level may require a Super Rec or PreComp program of 4-6 hours weekly.

Each badge consists of approximately 30 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.

From Burgundy to Bronze boys & girls must master all the same skills. Starting at Badge 5, Purple skills are separated & defined by the apparatus specifically for boys or girls.

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.