



"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 10-6



Spring 2025 Programs

Sun Mar 16 - Sat June 14, 2025

~~12~~ 13 Week Sessions!

All Program Registration **NOW LIVE @ gymmies.com!**

13 Weeks: 60 min **\$319** 90 min **\$390** 120 min **\$463**

NEW! Multiple Session Registration Open Now!

Spring Session: Sun Mar 16 - Sat June 14, 2025

March Break Camp: Mon Mar 10 - Fri Mar 14, 2025

Summer Camp: Wed July 2 - Fri Aug 29, 2025

Summer Classes: Coming Soon...

"Roll Call" Afterschool Program 2024/25 (River Heights)

Get your 1 hr of physical activity per day! Bars, Beam, Floor, Vault, Tramp Games, Sports, Fitness, and More!

3:00pm-5:30pm Mon -Fri (\$150 Deposit & \$45 mem fee due at registration)

\$15/day

Trampoline Birthday Parties (Saturdays 1-2 or 2-3)

Use both in ground trampolines/pit, and tracks for the full hour. Party Room rental available upstairs for snacks, cake, and gifts!

Party: 10 Participants Max, Ages 4+. **\$200**

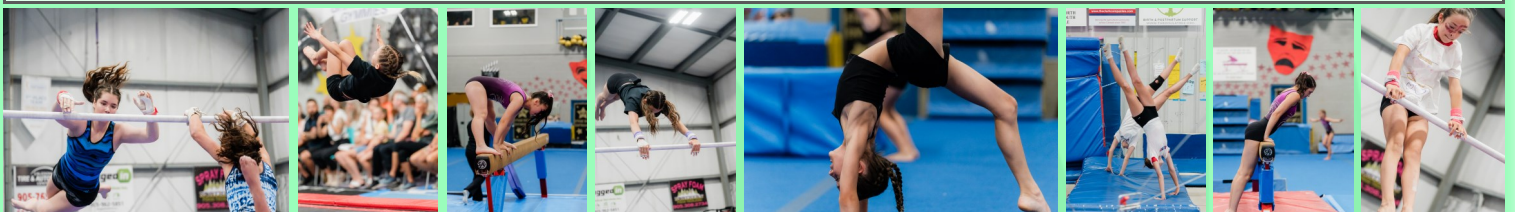
Party Room: Optional **\$30**

JUMP IN (Drop In) Programs - 90 min Classes

Not big on structured classes? But love being active... Using tramp & full gym equipment? Drop in classes are BACK! For both the main gym and rec room. Learn new skills or just have fun with friends participating!

FRIDAYS & SATURDAYS

\$17/class



For full program details and booking, please visit www.gymmies.com or call our Main Office: 905-765-1623



CALEDONIA GYMMIES GYMNASTICS 2024-25 PROGRAM GUIDE

13 Week Spring Session: Sun Mar 16 - Sat June 14, 2025

★ FULL PROGRAM DETAILS & REGISTRATION @ www.gymmies.com

PRESCHOOL CLASSES: **\$239** +\$45 mem fee

Programs: <i>in Gymmies upper tot lot studio</i>	Ages:	Mon	Tues	Wed	Thurs	Sat	Sun
Tods & Twos (b/g with adult accompaniment)	16-36 months	5:15-6:00	9:00-9:45 10:30-11:15 4:45-5:30 5:30-6:15	9:00-9:45 10:30-11:15 4:30-5:15	4:30-5:15	9:00-9:45 11:30-12:15	8:30-9:15 10:00-10:45
HOPPERS (b/g adult free)	2.5-4 yrs	4:30-5:15 6:00-6:45	9:45-10:30 11:15-12 4-4:45,6:15-7	9:45-10:30 11:15-12 5:15-6:00	5:15-6:00	9:45-10:30 12:15-1:00	9:15-10:00 10:45-11:30

GYMNASTICS CLASSES: **\$319** + \$45 mem fee

Programs: <i>in Main gym, * Rec Room</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Gym PreK-JK	4:00-5:00 4:45-5:45	5:00-6:00 6:00-7:00	4:15-5:15 5:15-6:15	5:00-6:00 6:00-7:00	6:00-7:00	9-10, 10-11 11-12, 12-1	9-10, 12-1 9:15-10:15
* Gym SK - Gr. 1	5:00-6:00 5:30-6:30	4:00-5:00 6:30-7:30	4:15-5:15 5:30-6:30	4:00-5:00 6:30-7:30	5:00-6:00	9:30-10:30 10:30-11:30 12:00-1:00	9:45-10:45 11:45-12:45
Gym Gr. 2+	6:30-7:30	7:00-8:00	6:30-7:30 7:30-8:30	6:30-7:30	7:00-8:00	10:30-11:30 11-12, 12-1	11:15-12:15

2hr ADV.REC GYMNASTICS CLASSES **\$463** + \$45 mem fee

Programs: <i>new! all in main gym</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tiny JK-SK		5:00-7:00		5:00-7:00			
Primary Gr. 1-2	5:00-7:00			5:00-7:00	5:00-7:00	9:00-11:00	12:00-2:00
Junior Gr.3+	7:00-9:00	7:00-9:00	6:00-8:00	4-6, 7-9	7:00-9:00	11:00-1:00	2:00-4:00

TRAMP/TUMBLING CLASSES: **\$319/\$390** + \$45 mem fee

Programs: <i>all b/g in main gym</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Trampoline Gr. Sk-Gr.1				5:30-6:30		9:00-10:00	12:45-1:45
Trampoline Gr. 2+	7:45-8:45	7:15-8:15			5:00-6:00	10:00-11:00	10:15-11:15
Tumbling: Basic-Advanced instruction			7:30-8:30				12:30-1:30
Xtreme Tramp (10yrs+ all for fun with codi)				8:00-9:30			
Super Tramp (All ages with exp with codi)		4:00-5:30		8:00-9:30			2:00-3:30

COMBO CLASSES: 30 min tramp , 60 min gymnastics **\$390** + \$45 mem fee

Programs: <i>(in Main gym, * Rec Room)</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Rollers SK-Gr.1	5:45-7:15	5:00-6:30		5:00-6:30	6:00-7:30	10:00-11:30 11:30-1:00	10:15-11:45 12:15-1:45
Twisters Gr.2+			6:15-7:45	7:00-8:30 7:30-9:00	5:30-7:00 7:30-9:00	10:30-12:00 11:30-1:00	10:45-12:15

STAR ADV. PROGRAMS: **\$390**(1.5hr) **\$660**(3hr) **\$852**(4hr) + \$45 mem fee

Membership is by INVITATION ONLY Note: ages for each class will be enforced

Program: choose 2 <i>(all in main gym)</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Sparkle 4hr (ages 4-5)		5:00-7:00		5:00-7:00			
Twinkle 4hr (ages 6-8)		5:00-7:00			4:00-6:00		11:30-1:30
Aspire 4hr (ages 9+ years)		7:00-9:00		7:00-9:00			11:30-1:30
PC Trampoline 3hr (Pre-comp ages 7+) with codi		4:00-5:30		8:00-9:30			2:00-3:30

JUMP IN: (DROP IN) **\$17/class** + \$45 mem fee

For boys & girls. Use tramp & full equipment. Member's choice of day & activity.	main gym (Gr. 2+)	rec room (JK-Gr. 1)	main gym (Gr. 2+)
Supervised active play in Rec Room (for JK-Gr 1) & Main Gym (for Gr2+)	Friday 7:00-8:30	Friday 4:00-5:30	Saturday 9-10:30

General Gymmies Registration Information: All policies are available when registering online.

- All members must read and accept membership policies/waiver & Gymnastics Ontario (GO) Declaration of Compliance.
- We reserve the right to limit class size. Registration is on a 1st come basis. To ensure first choice register ASAP. Spots cannot be held without full payment.
- Classes may be cancelled or altered to meet demand. Fees are refundable for medical reasons only. Makeup classes for unforeseen cancellations may occur.
- Credits are provided for cancellations including those due to a pandemic.
- We are a member club of GO & hire fully certified coaches through the (NCCP) National Coaching Certification Program. Coaches are first aid certified & complete police checks.
- Gymmies is a non profit club run by a volunteer Executive. Classes have increased this year after freezing fees for 4 years, 4-6% to reflect known increased operating costs.
- We offer fund raising campaigns to support our annual budget & appreciate our membership's support.
- Need special payment consideration? Can't register online or use a credit card? Prefer installments? **Call or email** Gymmies Office or email caledoniagymmies@rogers.com.
- Want your child assessed for elite level programs? Call us now!
- Parents want to view classes? - we've saved a spot for you every other week!

GYMMIES SPECIAL! Attend any 2nd rec class for the same child & SAVE 25% (off 2nd class) automatically calculated at registration!