

# Caledonia Gymmies Gymnastics 2018-19

## "Roll Call" After School Care Program

Gymmies is proud to offer our super fun after school care program for students age JK-Gr.6 attending River Heights and Notre Dame elementary schools.

Programs start at 3:00 with pick up by director Ty Martin or fully certified coach. Arrive at Gymmies, snack & prepare for gym activities. 4:00-5:00 Roll Call is in the Main Gym/Tot Lot for a physically active, fun program including trampolines, full gymnastic equipment, sports, games & kid's fitness equipment. 5-5:30 Tumble room for seat activities and help with homework. Pick up is 5:30pm with after hours care available for \$5 extra/child/day to 6pm. Bring 1 snack & gym clothes.

Membership Fee	Deposit (per child)	Per Day (3:00-5:30)
\$30 (\$15 if attended summer)	\$50.00	\$12.00

## Birthday Parties

Saturdays 1:30- 2:30 & 2:30- 3:30

Hold your party at Gymmies. Use both in ground tramps/pit for the full hour! Party Room rental available upstairs for snacks, cake, and gifts! (2:30-3:30 & 3:30-4:30). Minimum 6-10 max participants / party. Deposit of half the total fees plus room rental fee due at point of booking paid by credit ca. *Sorry no debit!*

Call Gymmies Main Office 905 765-1623 to book a party today!

Cost per child	Party Room Rental (optional)
\$17.00 (Deposit of \$8.50/child)	\$20.00 (flat rate)

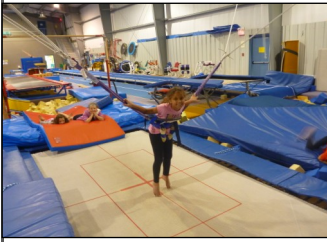


**GYMMIES ROLL CALL!**



**Gymmies offers CAMPS!**

Christmas, March Break, Summer.



**Tramp Harness..Cool!**

## 2018-19 PA DAY Care -7 Days

(ALL DAY 8-5:30, HALF DAY 8-12:30 OR 1-5:30)

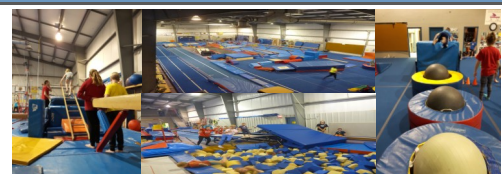
Sept 14/18	Oct 2/18	Nov 16/18	Jan 21/19	Apr 12/19	Jun 7/19	Jun 28/19
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Trampoline, pit, full gymnastic equipment, games, sports, and seatwork. Camp fun atmosphere designed to meet your needs! Kids bring lunch & 2 snacks.

Full Day \$45/child, \$40 per additional sibling  
1/2 Day \$30/child  
(Extended Care \$5.00/30min)

## Monthly Gym Blast Party

Back to Friday 6:30-8:30pm  
(Ages 5-12, \$15.00/child)



For anyone: members, friends or siblings!

Held every month on Friday, coaches and provincial competitive athletes donate their time to raise funds for travel costs to , national, and world championships. Crazy gym Circuits, Tramps, Pits, Games, Snacks & treat!

\*\*\*REGISTER ONLINE FOR ALL PARTIES \*\*\*

## Have a child with special talents?

Talent refers to how fast kids learn. Picking the right program helps keep kids interested & love learning. Gymmies have local, provincial & National elite tramp, gym & tumbling athletes. Artistic competitive opportunities in Ontario have changed so athletes with 6-8 training hours a week can compete. This offers a whole new elite experience complimenting interclub & provincial meets. Consider a 4 hr gymnastics or try super tumble, super tramp, or precompetitive tramp!

Email [gymmies@rogers.com](mailto:gymmies@rogers.com).



**GYMMIES don't defy GRAVITY they defeat it**



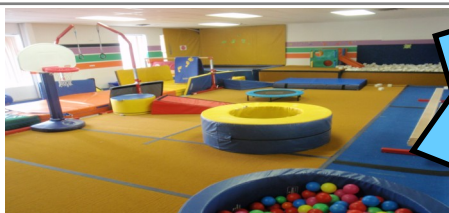
1982-2018

# Caledonia Gymmies Gymnastics 2018-19 Program Guide

10 Kinross Street E, Caledonia [www.gymmies.com](http://www.gymmies.com) 905-765-1623  
[gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com)



2 in-ground Olympic size trampolines!



Gymmies upper TOT LOT Preschool Room



**Christmas Camp: Dec 27, 28, Jan 2, 3, 4, 2019**

**March Break Camp : March 11-15, 2019**

For more information or registration, log on to [gymmies.com](http://gymmies.com)

General Gymmies Information: (including how to register)

## Session 2 Online Registration **O P E N** Sat Dec 1, 2018

ALL registration is online!! Log on to our website [www.gymmies.com](http://www.gymmies.com). Create a login name & password. Access all programs & register safely any time! Offering two regular sessions:

### Session #2: Sun Feb 3/19 → Sat May 25/19.

- We reserve the right to limit class sizes. Registration is on a first come basis
- New! Prorated registration starts following our third week of programming. So don't delay registering!
- Classes may be cancelled or altered to meet registration demand. Fees are refundable for medical reasons only. We offer makeup classes for holidays or unforeseen cancellations
- We are a member club of Gymnastics Ontario & hire fully certified coaches through the (NCCP) National Coaching Certification Program. Coaches are first aid certified & complete police checks
- Offline payments are held for 7 days only. All policies are available when registering online.
- Gymmies is a non profit organization operated by a volunteer Executive Committee
- Outreach locations offered in Smithville, Dundas, Port Dover, Waterford
- We offer fund raising campaigns to support our annual budget & appreciate our membership's support.
- Need special payment consideration? Help with online registration? Prefer to pay with cash in full or monthly credit card installments? Visit Andrew in the office. **Gymmies Office hours: Mon-Fri 10-6pm.** Email Andrew: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com)

We accept cash, visa, mastercard. **Sorry no cheques or debit.** Visit us on facebook!



Celebrating 20 Years in our Facility 1996—2016



**INSIDE GYMMIES Caledonia FACILITY**

# CALEDONIA GYMMIES GYMNASTICS, TRAMPOLINE & TUMBLING, COMBO & SPECIALTY CLASSES

15 WEEK WINTER SESSION 2— SUNDAY FEB 3, 2019 TO SAT MAY 25, 2019

CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ONLINE at [www.gymmies.com](http://www.gymmies.com)

E-MAIL: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com) OFFICE: M-F 10-6pm 10 Kinross St E Caledonia 905 765-1623. Add \$30 non refundable annual membership to fall fees quoted

“Participaction Special”—attend any 2 recreation classes for the same child/week, receive 25% off the lesser class. Register online or office

## GYMMIES GYMNASTICS CLASSES ON EVENINGS, WEEKENDS & DAYTIME

Preschooler program uses upper TOT LOT & follows the Cangym Preschool Program including “kid sized” vault, bars, beam, rings, tramp. All gymnastics classes for grade SK/JK + use the main gym & follow Canadian Gymnastics Federation progressive badge or preschool program. Returning members continue in badge program each session along side new members. Choose 1 day/time from options listed. Session Prices: All 1hr classes- \$313.61; 2hr classes-\$462.74

Programs	Who for/Name	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
For PRESCHOOLERS In Gymmies upper tot lot room (LOOK BELOW! Additional “saver” preschool programs- see Specialty Section)		Tods & Twos 16-30 mth with adult	6:00-7:00	10:00-11:00 5:00-6:00	5:00-6:00	4:30-5:30	9:30-10:30	11:00-12:00	10:00-11:00 12:00-1:00
		Hoppers 2.5-3.5 yrs adult optional	5:00-6:00	11:00-12:00	6:00-7:00	4:30-5:30	9:30-10:30	10:00-11:00 11:00-12:00	11:00-12:00 12:00-1:00
New! For Grade: PreK (main gym)		New! Ages 3.5 yrs+ Circuit in main gym				5:30-6:30			New!10:00-2:00
For Grade: JK / SK (main gym)		Event rotations on vault, bars, beam, floor following the CanGym badge program. Completed skills are stored in our data system to ensure continuous learning from session to session.	6:30-7:30	5:30-6:30	5:30-6:30 6:30-7:30	6:30-7:30		11:00-12:00 1:00-2:00	11:00-12:00 2:00-3:00
For Grade 1—2 (in main gym)			5:00-6:00	6:30-7:30	4:30-5:30	7:30-8:30	6:00-7:00	2:00-3:00	New!10:00-11:00 12:00-1:00
For Grade 3+ (in main gym)			7:00-8:00			7:30-8:30		2:00-3:00	New!10:00-11:00 12:00-1:00
2 hr SPARKLE	PreK, JK	Those coordinated ready for quicker class pace	5:00-7:00		5:30-7:30		4:00-6:00		
2 hr TWINKLE	Grade SK, 1/2	More serious skills taught with conditioning for those with tan badge+. Uses Ontario Development Program (ODP). Any bodysuit required for training.		5:00-7:00		5:30-7:30	4:00-6:00	1:30-3:30	
2 hr ASPIRE	Grade 3+			7:00-9:00				11:30-1:30	11:00-1:00

NEW SPECIAL! TAG ALONG! Notre Dame & River Heights students joining a 3:30-4:30 pm class can “tag along” with Gymmies after school kids for free! Register in office!

## GYMMIES TRAMPOLINE & TUMBLING CLASSES ON EVENINGS & WEEKEND

Programs use full tramps, double mini, fast trak & pit. Choose 1 day/time from options listed. Session Prices: 1hr classes- \$313.61; 1.5 hr classes \$378.47

Programs For	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JK/SK	For boys & girls following CanGym Federation progressive program for tramp and tumbling. Each child progresses at own pace.	5-6 Tramp					9-10 tramp	
Grade 1-2		5-6 Tramp 5:30-6:30 Tumble 7:30-8:30 Tramp	7:30-8:30 Tramp	5-6:30 Super tramp (see details below)	7:30-9 Super tramp (see details below)		9-10 Tramp 10:00-11:00 Tramp 12:00-1:00 Tramp	2:30-3:30 Tramp
Grade 3+		5:30-6:30 Tumble 7:30-8:30 Tramp	7:30-8:30 Tramp	5-6:30 Super tramp (see details below)	7:30-9 Super tramp (see details below)		10-11 Tramp 12:00-1:00 Tramp	2:30-3:30 Tramp
Tumble for Dance	b/g all ages & ability. Learn tumbling technique with Jodi	7:30-9:00						

## GYMMIES COMBO CLASSES: INCLUDES FLYERS, ROLLERS, TWISTERS

Gymmies most popular program.... Combine 2 events into 1 class! Flyers (age 3-4 yrs. 30 min tramp, 1 hr tot lot gym), Rollers (age 5-7, 30 min tramp, 1 hr gym), Twisters (age 8+, 30 min tramp, 1 hr gym). All follow Canadian Gymnastics Federation progressive badge or preschool program. Fees: 1.5hr classes \$378.47

Programs for:	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Boy/Girl age 3,4		4:00-5:30 Flyers		5:30-7:00 Flyers		
Boy/Girl age 5-7	6:00-7:30 Rollers	6:00-7:30 Rollers	6:30-8:00 Rollers	5-6:30 Rollers	10-11:30 Rollers	11:00-12:30 Rollers NEW!! 12:30-2 Rollers
Boy/Girl age 8+	7:30-9:00 Twisters	7:30-9:00 Twisters	7:30-9:00 Twisters		12-1:30 Twisters	3:00-4:30 Twisters

## GYMMIES “BUDGET FRIENDLY” SPECIALTY CLASSES-PRESCHOOL DAYTIME & HOME SCHOOL CLASSES

Gymmies 15 wk session special programs. Super saver rates: 1.5 hr \$145.59, 2 hr \$194.06; 3hr \$291.18 (only 6.49/hr). All programs taught by Director specialist Lisa Kubiak

Program	Details	Tuesday	Wednesday	Thursday	Friday	Saturday
Action Mania Preschool	2 hour drop in class in main gym/tramp, pit all physical activity. Designed to meet your schedule! 15 classes can be used once a week, every other week or 2 days some weeks. Add extra classes for \$13 each. Bring a snack.		12:45-2:45			
Kindergymmies Preschool	Combines gym & sport elements with social interaction. Weekly themes, curriculum based crafts & story emphasizing class routine. Excellent prep for JK. 3 hr class, bring a snack.		9:30-12:30	10:00-1:00	11:00-2:00	
Home School Class 5yrs+	High activity program featuring warm up games, tramp, full equipment in main gym for 1.5 hours a week.	12:30-2:00		1:15-2:45		

## GYMMIES “STAR ADVANCED PROGRAMS” FOR TRAMP, TUMBLING & GYMNASTICS

Gymmies best option for those with experience & love our sport; especially bronze badge plus. 1.5 hr \$378.47, 2hr \$462.743, 3hr \$662.00, 4 hr: 5 payments of \$203 (dated Feb-Jun)

Program Name	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
Super Tramp Register on line	b/g all ages with experience. Focus on builders for rotations, flips & twists. Taught by Gymmies national trampolinist Michael Mancini			5:00-6:30	7:30-9:00		
Precompetitive Tramp 3 hrs Register through Gymmies office.	3 hr Trampoline by invitation only. Taught by Michael Mancini. Cost- \$662.00 per session			5:00-6:30	7:30-9:00		
Super Recreation 4 hrs/week Introduction of more advanced skills via Ontario Gymnastics Federation: ODP, OCP. Can lead to competitive gymnastics. Register through Gymmies office. \$55 bodysuit required, prepaid at registration	Sparkle+ ODP skills & conditioning for girls PreK, JK. Pick 2 classes.	5:00-7:00		5:30-7:30		4:00-6:00	
	Twinkle+ OCP skills & conditioning for girls in gr SK, 1/2. Pick 2 classes.		5:00-7:00		5:00-7:00		Sat 9:30-11:30
	Aspire+ OCP skills & conditioning for girls in grade 3+. Pick 2 classes.		7:00-9:00		7:00-9:00		Sat 9:30-11:30
PreCompetitive Gymnastics \$55 bodysuit required, prepaid at registration	For athletes with previous experience working towards competitive eligibility. By invitation only. 4hrs/week. Taught by Brooke. Register through Gymmies office.	7:00-9:00		7:00-9:00			

TO REGISTER AND TO CHECK OUT OUR WEBSITE: [www.gymmies.com](http://www.gymmies.com). Call us 905 765-1623. OFFICE HOURS: MON-FRI 10-6PM