



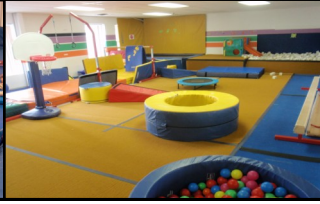
# Caledonia Gymmies Gymnastics 2019-20 Program Guide



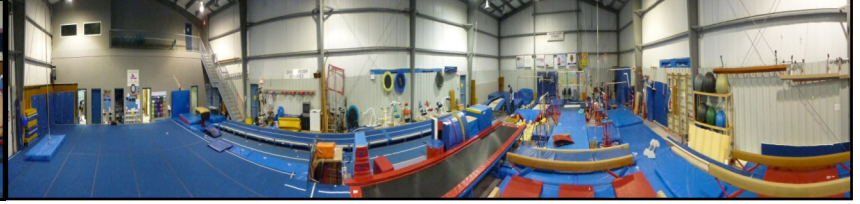
10 Kinross Street E, Caledonia N3W 1K8  
www.gymmies.com 905 765-1623 gymmies-reg@rogers.com



2 In-ground Olympic Size Trampolines!



Gymmies Upper TOT LOT



INSIDE GYMMIES Caledonia FACILITY

## “Roll Call” After School Care Program

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

Programs start at 3:00 with pick up by our certified coaches. 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 including trampolines, sports, games, full gymnastic equipment, & kid's fitness equipment. 5-5:30 Tumble room for seat activities. Pick up is 5:30pm with after hours care available for \$5 extra/child/day to 6pm. Bring 1 snack & gym clothes. Register online.

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 inground tramps/pit for the full hour! Party times: Saturday 1:30-2:30 or 2:30-3:30.

Room rental available downstairs for snacks, cake, and gifts! (2:30-3:30 & 3:30-4:30). Minimum 6, max 10 participants/party. Deposit of half the total fees plus room rental fee due at point of booking.

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

Cost per child	Party Room Rental (optional)
\$17.00 (Deposit of \$8.50/child)	\$25.00 (flat rate)

## 2019-20 PA DAY Care

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

Sept 13/19	Oct 8/19	Nov 15/19	Jan 20/20	Apr 24/20	Jun 5/20
Trampoline, pit, full gymnastics equipment, games, sports & seatwork. Camp fun atmosphere & quality, active care. Kids bring lunch & 2 snacks.					Full Day: 8-5:30pm \$45/child, \$40 per additional sibling 1/2 Day: 8-12:30 or 1-5:30 \$30/child Extended Care: \$5/30min/child.

## Monthly FRIDAY Party Friday 6:30-8:30pm (Ages 5-12, \$15.00/child)

**For our members, friends or siblings!**

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

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

## What's new in 2019-20? LOOK HERE!

- ⇒ Gymmies New Website: Easier for cell phone registration!
- ⇒ Gymmies New Online Registration Provider: Easier to navigate!
- ⇒ Gymmies New Advanced Recreation: We've trained more coaches for 2 hr! Advanced Recreation offering better options & badge advancement possibilities!
- ⇒ Gymmies New! **Specialized Registration**– 3 Great Options: (details pg 3)
  1. Tag Along: ANY River Heights/Notre Dame student can be escorted for a Gymmies 4PM class by our Roll Call team (our after school program) FREE!
  2. Make Mine a Double: we've suggested “back to back” classes for the same child (all ages) scheduled together & offered at 25% off the lesser rate
  3. Grand Slam Combos: classes for siblings are offered at the same time so busy families train in the specific classes during the same time... 1 trip to Gymmies.
- ⇒ Finally... **Debit is now available in GYMMIES office!**

### General Gymmies Information:

### Session 1 Online Registration LIVE August 1, 2019!

ALL registration is on-line!! Log on to our website www.gymmies.com. Create a login name & password. Access all programs & register any time! Step by Step instructions located on our website.

Offering two 15 week sessions:

- Session #1 Sun. Sept 15/19-Sat Jan 11/20.**
- Session #2 Sun. Jan 19, 2020 (Registration opens Dec 1/19).**

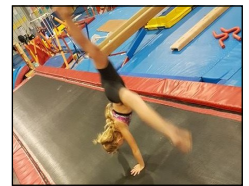
- We reserve the right to limit class size. Registration is on a first come basis. To ensure first choice register ASAP.
- Classes may be cancelled or altered to meet demand. Fees are refundable for medical reasons only. Makeup classes for holidays or unforeseen cancellations occur.
- Offline pending registration must be paid in 3 days to maintain your spot on class lists.
- New! Prorated fees start after week 3 so DO NOT DELAY
- 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.
- Spots cannot be held without full payment. All policies are available when registering online.
- Gymmies is a non profit club run by a volunteer Executive
- Outreach locations offered in Cayuga, Dundas, Port Dover, Waterford.
- 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 credit card? Prefer cash or installments? Visit Andrew in the office. It is our privilege to offer all programs. We hope to see you soon! Check us out on:

**facebook** New! **Instagram**

**Gymmies Office hours: Mon-Fri 10-6pm.**  
Email Andrew: gymmies-reg@rogers.com  
We accept cash, Visa, Mastercard & \*NEW\* **DEBIT**



Christmas, March Break, & Summer Camps



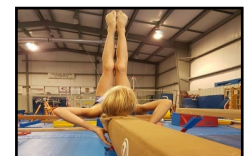
Tumbling Fast Trak!



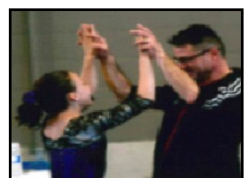
Tramp Harness..Cool!



All the latest equipment!



PA Day, Birthday Parties



Competitive Gymnastics Tramp, Tumbling

“Over 1400 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!”

# CALEDONIA GYMMIES FALL PROGRAM GUIDE

15 WEEK FALL SESSION 1-SUN SEPT 15, 2019-SAT JAN 11, 2020. WINTER SESSION 2- SUNDAY Jan 19, 2020 TO SAT MAY 9/20

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

E-MAIL: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com) 905 765-1623. Office hours: Mon-Fri 10-6pm. Address: 10 Kinross St E Caledonia.

"Participaction Special" — attend any 2nd class per week for the same child, receive 25% off the lesser fee. Now calculated at registration!

## GYMMIES PRESCHOOL & HOMESCHOOL CLASSES: DAYTIME, EVENINGS, WEEKENDS

Preschool programs use upper TOT LOT & follow the Cangym Preschool Program including all "kid sized" safe & self contained gym with vault, bars, beam, floor, rings, pit & tramp for kids 6 years & under. All 1hr classes- \$326 plus \$30 annual membership. Attend any second class for the same child & SAVE 25% off, automatically calculated at registration. Special budget friendly weekday daytime rates see below.

Programs & Who for	Details choose 1 class from options listed	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
For PRESCHOOLERS In Gymmies upper tot lot room	Tods & Twos 16-30 mth with adult. \$326/ses	6:00-7:00	10:00-11:00 5:00-6:00	4:30-5:30	5:30-6:30	10:00-11:00 6:00-7:00	9:00-10:00	10-11 12-1
	Hoppers 2.5-3.5 yrs adult opt. \$326/ses.	5:00-6:00	11:00-12:00 6:00-7:00	5:30-6:30	4:30-5:30	10:00-11:00 6:00-7:00	9:00-10:00	11-12 12-1
Kindergymmies Preschool 3hr	Perfect prep for JK! Weekly theme, gym time & craft establishing routines for 3 yrs. Send 1 snack. \$303 per session.			9:30-12:30	10:00-1:00	11:00-2:00		
Up Down All Around 2 hr <i>New!</i>	All activity in upper tot lot & main gym for 2.5 yrs+ without adult. \$202 per session.			12:45-2:45				
Home School Classes 1.5hr	High activity: warmup, games, tramp, full equipment in main gym for kids 5yrs+ \$151/session.		12:30-2		1:15-2:45			

Try Tag Along!  
See details on  
back side!

## GYMMIES RECREATION GYMNASTICS CLASSES: EVENINGS, WEEKENDS & DAYTIME

We recommend these classes for new members or those working on the first 2 badges (burgundy & red).

All gymnastics classes listed here use the main gym & follow Canadian Gymnastics Federation progressive badge program. All 1hr classes- \$326 plus \$30 annual membership. Attend any second class for the same child & SAVE 25%

Programs & Who for:	Details choose 1 class from options listed	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
For PreK (main gym) Age 3.5-4.5yrs	Main gym is busy, PreK must be ready to stay with the group or join Hoppers. Same class but upstairs.				5:00-6:00	4:00-5:00	10-11	10-11, or 1:30-2:30
For Grade: JK/SK (main gym)	Event rotations on vault, bars, beam, floor following the tan+ CanGym badge program. Completed skills are stored in our data system to ensure continuous leaning from session to session.	6:00-7:00	5:30-6:30	6:30-7:30	4:00-5:00	6:00-7:00	11-12	11:00-12:00
For Grade 1-2 (in main gym)		5:00-6:00	6:30-7:30	4:00-5:00		7:00-8:00		3:00-4:00
For Grade 3+ (in main gym)		7:00-8:00	4:00-5:00			7:00-8:00		3:00-4:00

## Introducing...NEW! ADVANCED RECREATION GYMNASTICS CLASSES:

We recommend these classes for those with experience or working on Tan, bronze level (3rd-4th badges). Love to train or working on Purple, Blue, Turquoise or Silver? (5th-8th badges) MOVE UP to two 2 hr classes a week.

Is your child a fast learner? Likes learning at the highest levels with advanced coaches? Here's our best offer: **New Advanced Recreation!** Completed skills are stored in our data system to ensure continuous leaning from session to session. Skills in the higher badges require more builder skills, conditioning & more advanced instruction. Now we have the plan! Attend a 2 hr class for tan or bronze badge. Purple, Blue, Turquoise or Silver level badge or interested in moving to precompetitive? Attend TWO-2hr classes a week. All 2 hr classes \$481. Add a 2nd class & SAVE 25%! 4 hr class- \$842 plus \$30 annual membership. Not sure what badge? Check with the office for badge level.

Programs for:	Age	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
Kinder (former sparkle)	PreK, JK, SK	Includes vault, bars, beam, floor instruction following tan+ Can Gym badge program with flexibility, strength and conditioning. Instructors level 2 provincial coaches.	4-6		5-7		4-6	11-1	9-11
Primary (former twinkle)	Grade 1-3		4-6	5-7	4-6, 5-7		4-6	11-1	9-11, 11-1,
Junior (former aspire)	Grade 4+		4-6	7-9	7-9	7-9			11-1

## GYMMIES TRAMPOLINE & TUMBLING CLASSES

Instruction follows Canadian Gymnastics Federation progressive badge program. Completed skills are stored in our data system to ensure continuous leaning from session to session. Fees: 1hr classes- \$326; 1.5hr \$393; 2 hr \$481. 3 hr \$675. Plus \$30 annual membership. choose 1 class from options listed

Programs for: choose 1 class from options listed	Monday	Tues	Wed	Thursday	Friday	Saturday	Sunday
Grade JK/SK	4:45-5:45 tramp		5:15-6:15 tramp		5-6 tramp	9-10 tramp	
Grade 1-2	4:45-5:45, 8-9 tramp 7-8 tumbling	5-6 tramp		7:00-8:00 tramp	5-6 tramp 7-8 tumble	9-10 tramp	2-3 tumbling
Grade 3+	8-9 tramp 7-8 tumbling	5-6 tramp		7:00-8:00 tramp	7-8 tumble		2-3 tumbling
Super Tramp, Super Tumbling, Tumble for Dance see "Advanced Star Programs" for details on reverse	7:30-9 Tumble for Dance		6:30-8 SuperTumble	7-9 Super tramp 7:30-9 Super tumble		11:30-1:30 Super Tramp	3:30-5:30 Super Tramp
PreComp (PC) Tramp see reverse for details			6-9 PC tramp				9-12 PC tramp

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

Gymmies most popular program option.... Combine 2 events into 1 class! Includes 30 minutes tramp, 1 hour gymnastics. **Rollers-JK, SK, Gr 1** (30 min tramp, 1 hr gym), **Twisters-Gr 2 +** (30 min tramp, 1 hr gym). **TNT** for 7yrs+ (30 min tramp, 30 min tumbling). All follow Can Gym Federation progressive badge. Fees: 1hr classes- \$326; 1.5hr classes \$393.

Programs for:	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Rollers for JK/SK, Gr1	5:45-7:15	6:00-7:30	7:00-8:30	5:30-7:00	10:00-11:30	11:30-1, 12-1:30
Twisters for Gr 2+		7:30-9:00	7:30-9:00	6:00-7:30		2:00-3:30
TNT (tramp/tumbling 7yrs+)		7:30-8:30	8:00-9:00			12:00-1:00

Details on Gymmies Tag Along Program, Make Mine a Double Class, Grand Slam Family Options and All Star Advanced Recreation Programs on REVERSE

TO REGISTER & VIEW OUR \*NEW\* WEBSITE: [www.gymmies.com](http://www.gymmies.com). Call us 905 765-1623. OFFICE: MON-FRI 10-6PM

# CALEDONIA GYMMIES 2019-20 SPECIALIZED PROGRAM GUIDE

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

Email: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com) 905 765-1623. Office hrs Mon-Fri 10-6. Club address: 10 Kinross St E Caledonia (behind the arena)

15 WEEK FALL SESSION 1: SUN SEPT 15, 2019-SAT JAN 11, 2020. WINTER SESSION 2: SUNDAY JANUARY 19 TO SAT MAY 2, 2020.

## GYMMIES TAG ALONG CLASSES: walk with Roll Call for free, take a 4:00 class!

Gymmies super convenient program for River Heights & Notre Dame students! Walk with Gymmies ROLL CALL afterschool program. Snack, change and prepare for your 4pm class. Parents pickup at Gymmies when your class is done! Register for the programs listed below & click tag along option with your registration. Complete School Class form online.

Programs for:	Monday	Tuesday	Wednesday	Thursday	Friday
Grade JK/SK	Kinder 4-6			Gym 4:00-5:00	Kinder 4-6
Grade 1-2	Primary 4-6		Gym 4:00-5:00 Primary 4-6		Primary 4-6
Grade 3+	Junior 4-6	Gym 4:00-5:00			

## GYMMIES "MAKE MINE A DOUBLE" (for the same child)

Want to attend 2 classes at Gymmies for the same child "back to back?" DECIDE ON CLASSES FROM PROGRAMS GUIDE. READ HERE FOR SOME OPTIONS! Register for each class separately online and receive the 25% off the second class automatically... EASY!

Programs for:	CLASS 1 TYPE, DAY/TIME	CLASS 2 TYPE, DAY/TIME	PRICE FOR BOTH
Grade JK/SK	Mon 4:45-5:45 Tramp	Mon 6:00-7:00 Gym	\$570
	Friday 5:00-6:00 Tramp	Fri 6:00-7:00 Gym	\$570
	Wed 5:15-6:15 Tramp	Wed 6:30-7:30 Gym	\$570
Grade 1-2	Tues 6:30-7:30 Gym	Tues 7:30-8:30 TNT	\$570
	Sun 2:00-3:00 Tumble	Sun 3:00-4:00 Gym	\$570
Grade 3+	Mon 7:00-8:00 Tumbling	Mon 8:00-9:00 Tramp	\$570
	Sun 2:00-3:00 Tumble	Sun 3:00-4:00 Gym	\$570

## GYMMIES "GRAND SLAM COMBO" Busy Families look here!

We've searched our programs for class options for 2 siblings taking place at or near the SAME TIME! 1 TRIP TO GYMMIES! YEH!! Register for each class separately on line. See class details on previous page in Gymmies Program Guide.

Class For child 1	Class for child 2	Class For child 1	Class for child 2
Mon 6-7 JK/SK	Mon 6-7 Tods & Twos	Mon 7-8 Gym Gr 3+	Mon 7-8 Tumbling Gr 1/2
Mon 5-6 Hoppers	Mon 5-6 Gr 1/2 Gym	Mon 4-6 Kinder, Primary Adv Rec	Mon 4-6 Junior Adv Rec
Mon 6-7 Tods & Twos	Mon 6:00-7:00 JK/SK	Tues 5-6 Tramp 1/2, 3+	Tues 5-7 Primary Adv Rec
Tues 5-6 Tods & Twos	Tues 5-6 Tramp 1/2, 3+	Tues 7:30-8:30 TNT	Tues 7:30-9 Twisters
Fri 4-6 Kinder Adv Rec	Fri 4-6 Primary Adv Rec	Fri 6-7 Tods/Hoppers	Fri 6-7 JK/SK Gym
Sat 10-11 PreK	Sat 10-11:30 Rollers	Sat 10-11 Tramp 1/2 3+	Sat 10-11:30 Rollers
Sun 10-11 Tods & Twos	Sun 10-11 PreK	Sun 11-12 Gym JK/SK	Sun 11-12 Hoppers
Sun 12-1 TNT	Sun 12-1:30 Rollers	Sun 2-3 Tumble 1/2, 3+	Sun 2-3:30 Twisters

### Details on Gymmies Advanced Recreation Gym, Tramp, Tumbling from the Program Guide

Gymmies best option for those with experience & love our sport. We offer coaches to match the skills covered in these programs. 1.5 hr \$393.00, 2 hr \$481.00, 3 hr \$675.00, 4 hr: 4 payments of \$210. Not sure what badge? Check with the office for badge level.

Programs	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
<b>Kinder</b> (former sparkle) For PreK, JK, SK	Gymmies certified level 2 coaches introduce Can Gym badge tan+ skills during 2 hr class with proper builders, technique & conditioning. We recommend TWO- 2 hr classes for Purple, Blue, Turquoise or Silver level badge. Great option too for those interested in moving to future precompetitive. <b>All 2 hr classes \$481. Add a 2nd class &amp; SAVE 25%! 4 hr class- \$842 plus \$30 annual membership.</b>	4-6		5-7		4-6	11-1	9-11
<b>Primary</b> (former twinkfe) <b>Grade 1-3</b>		4-6	5-7	4-6, 5-7		4-6	11-1	9-11, 11-1, 12-2
<b>Junior</b> (former aspire) <b>Grade 4+</b>		4-6	7-9	7-9	7-9		1-3	11-1
<b>Super Tramp:</b> For b/g ages 7yrs+. Quicker pace for members completing our recreation program pages 1-4 ready for page 5+ inversions & saultos & for a level 2 coach required in Ontario. <b>Super Tumbling:</b> For b/g ages 7yrs+ who've passed pages 1-4 & ready for flight tumbling; excellent for dancers, cheer or gymnasts who love floor with exp. coaches Micah, Anisa & Brooke. <b>Fees for Super Tumbling/Super Tramp: 2 hr \$481.00. 25% off 2nd class, 4 hr 4 payments of \$210.</b> <b>Tumble for Dance:</b> b/g all ages & ability. Learn tumbling technique specific to dance with Jodi. \$393.		7:30-9 Tumble for Dance		6:30-8 Super Tumble	7-9 Super tramp		11:30-1:30 Super Tramp	3:30-5:30 Super Tramp
<b>PreComp (PC) Tramp:</b> More advanced instruction including inversions & combinations taught safely with proper progressions, technique and conditioning by director Dan & National Team Member & level 2 coach Michael Mancini. Non competitive. 3 hr program \$675.00. Interested in competitive? Add a 2nd 3hr class. See office for details.				6-9 PC tramp				6-9 PC tramp

TO REGISTER & VIEW OUR \*NEW\* WEBSITE: [www.gymmies.com](http://www.gymmies.com). Call us 905 765-1623. OFFICE: MON-FRI 10-6PM