

GRAND RIVER GYMMIES 2026-27 ELITE PROGRAM REGISTRATION PACKAGE

MAY 2026



CALEDONIA

905 765-1623

Training at: Gymmies Training Centre

Located at 10 Kinross St E Caledonia. N3W 1K8

Website: www.gymmies.com Email: gymmies@rogers.com

GRG Elite Programs General Information

(Applicable to all elite programs listed within, unless otherwise specified)

Speak to Gymmies administration for clarification on the following:

- **GRG 2026-27 Season - Summer:** classes run the week of July 6-

Fri Aug 29, 2026 = 8 weeks. 1 week off: Aug 29-Sept 6.

Fall: Tu Sept 8-Sun Dec 20, 2026 =16 wks + 1 wk over Xmas. **Restart:** Sun

Jan 3/27 -Sat June 20, 2027 (gala) =24 wks. **TOTAL: 48 weeks.**

- Instalment payments for fees are a courtesy to allow easier payment of the SEASON'S total registration fees. They do not reflect a month-by-month registration format. Registration is for the full 48-week season. Fees are non-cancellable and remain payable for the entire term, except in cases where participation must cease due to a physician's written recommendation.

- Forms & fee details must be received prior to starting the program by the deadline requested (June 6, 2026) & to avoid the \$100 late fee

- Fundraising: case of chocolate in fall & spring, 50/50 lottery

All Monthly Payments quoted include the following fees:

- \$300 (nonrefundable) **Membership fee**

- Yearend Club Photos

- Subsidized training fees based on the number of weekly hours

- Meet Fees: for artistic programs are paid separately from the monthly fee.

Trampoline Meet Fees (3 cups) are included in your monthly fees

All meet fees ARE NON-REFUNDABLE & MAKE UP MEETS NOT AVAILABLE.

IMPORTANT: you will be notified of qualifier/invitational meet dates that you are registered in & expected to compete at. Exception- championship meets that are qualified for are paid separately including tour selection if attended

Required Membership Documents

- Completion of Club registration forms, Athlete training Agreement
- Completion of GO medical, registration forms
- Signing GO Informed Consent, Assumption of Risk
- Reading current policy handbook including refund policies (emailed separately)

Earning Back Fees— you may earn back fees by cleaning or helping with club events "repaid" at \$20/hour. See Gymmies policy handbook for full details.

Items not Included with Monthly Fees: Competitive clothing.

Gymnastics Ontario requires Team suits to compete. Here is the clothing requirement for all programs & current prices:

Jagwear full sleeve bodysuit. Price: \$237. Workshop Tank suit \$85.

Limelight Joggers \$89 & Jacket \$127-\$138, back packs \$70-\$80

Male trampolinist: same singlets \$131 & shorts \$43

We will be organizing re-selling of gently used competitive wear but sizing available varies from year to year.

Introducing Gymmies Elite Team

Meet our elite team at Gymmies. We offer artistic gymnastics and trampoline from developmental level to national eligibility:



Lisa Martin Club Director

I have been with Gymmies since 1984, am an honors graduate of Mohawk College's Sports Administration program. I am a national level 3 certified coach, former recreation director, judge, elite program director and current member of the Executive Committee.



Dan Wardley, Tramp /Artistic Director

I currently am director & level 3 certified for competitive artistic and tramp with provincial and national coaching experience working in both programs this season.



Regan Ireland, Artistic, Provincial Coach

I am a former level 8/9 competitive gymnast & certified provincial level 2 coach for gymnastics. I am excited to be co-coaching Gymmies most elite gymnasts bringing my strong attention to form and technique to OCP levels 3-9.



Jodi Foster, Interclub Director & Dance Specialist

I was a high-level gymnast & dancer, attending the gymnastics coaching certification program at Seneca College with provincial coaching status. I am a certified acrobatic arts instructor, specializing in the Xcel program this year.



Codi Churchill, Tramp & Artistic Coach

I was a national level trampolinist at Gymmies retiring to run the elite tramp program in Cambridge for 3 years. I am a certified provincial tramp and artistic coach specializing in twist and flip technique with a strong music, social media and marketing background.



Natalie Mancini, Artistic Coach

I am a former provincial trampolinist and artistic gymnast at Gymmies. I am a certified level 2 coach and currently a student at Brock University in their concurrent education program studying to be a high school teacher.



Nicole Catarino, Artistic Coach

I am a former Gymmies gymnast and tumbler for 10 years+ and current Caledonia Gymmies Recreation Supervisor, now fully certified level 2 competitive coach dedicated to introducing elite gymnastics with strong fundamentals.

*Gymmies mission statement:
to provide quality programs,
coaches & facilities so
athletes of all levels safely
achieve personal best!*



Ontario Competitive Program (OCP).

For athletes with strength, flexibility & agility beyond the average gymnast who are fast learners with the focus for meeting provincial+ L3-9 requirements

Athlete Mobility is Possible by Achieving 3 criteria:

1. overall score 36.00+ at 3 meets
2. qualify for championships (ocp)
3. Mastered new level elements & ready for routines

Ontario XCEL Program:

An invitational stream designed to offer a broad based, attainable competitive stream (with less training hours) outside the traditional provincial stream to attract & retain a diverse group of gymnasts.

Grp 4 PRO (14+yrs with exp) 13.5-18 hrs.
Xcel Platinum or Diamond (t.b.c) coached by Regan, Dan

Gymmies Grp 7 Academy (14+yrs with exp) 9-12.5 hrs.
Compete Xcel Gold. Coached by Nicole, Codi, Natalie, Jodi.

Gymmies Grp 1 Quest (12yrs+) 18 hrs.
Compete OCP Level 6-9 coached by Regan & Dan.

G7 All Starz

Grp 2 Twist (11-13yrs+) 18 hrs.
Compete Platinum coached by Regan & Codi.

G5 Aerials

Grp 5 Select (12-14yrs.) 13.5 hrs.
Xcel Gold. Natalie, Nicole, Codi.

Gymmies Grp 3 Flip (10-11yrs) 16 hrs.
Level 3-4 coached by Regan, Codi.

G4 Select

Grp 10 Rebound (11-14yrs+) 7-10.5 hrs.
Compete Xcel Bronze or silver coached by Jodi.

Grp 6 Petite Elite (8-11 yrs) 12 hrs.
OCP L3. Coaches Nicole, Regan, Codi

G10 Bounce

Grp 9 Springers (10-11yrs+) 7-10.5 hrs.
Compete Xcel Bronze or silver coached by Jodi.

Grp 8 Pixie (8-10 yrs.) 10.5hrs.
Compete OCP L2 coached by Nicole

Workshop Novice

Grp 12 Workshop Senior (11yrs+) 6 hrs.
Compete Xcel bronze coached by Nicole, Megann

Grp 11 Workshop Junior (8-10yrs+) 6 hrs.
Compete OCP L2. Coached by Nicole, Megann

4 hr. Sparkle, 2 hr Tiny, Primary JK/SK

4 hr. Twinkle Gr 1/2

4 hr. Aspire Gr 3+

Caledonia Gymmies Recreation 1-2 hours

Competitive category is based on athlete's age as of December 31, 2027. Ages above are a guide.
Gymmies mission statement: to provide quality programs, coaches and facilities so athletes of all levels safely achieve personal best!

Grand River Gymmies 2026-27 SEASON FEES & FALL Schedule: July 6/26-June 19/27

May 8/26 (003)

Use this chart to view training groups, schedule, athlete ages, competitive level, number of meets, fees for 12 MONTHLY fees paid by preauthorized debit or credit card. Check out Gymmies Policy handbook emailed separately to all families.

The last day of the 2025-26 season is on Sat June 20/26 (gala). Then 2 weeks off: June 20-26 & June 29-July 5, 2026.

YELLOW column is SUMMER SCHEDULE & GREEN column is the FALL SCHEDULE

GRG 2026-27 Season - Summer: classes run the week of July 6-Fri Aug 29, 2026 = 8 weeks. 1 week off: Aug 29-Sept 6.

Fall: Tu Sept 8-Sun Dec 20, 2026 =15 wks + 1 wk over Xmas. **Restart:** Sun Jan 3/27 -Sat June 19, 2027 (gala) =24 wks. **TOTAL: 48 weeks.**

-ARTISTIC MEET FEES: The number of competitions for each group is listed below. Meet fee entries are separate from monthly fees and will be collected in two payments due July 15 and August 15. Some groups may also attend one USA competition (est. \$250, t.b.c.). Details will follow this fall, with participation approval and payment due Sept. 15.

-3 TRAMPOLINE CUP FEES: \$660 is included with the monthly fees for senior tramp. \$480 is included with the monthly fees for Interclub tramp meets.

-Note: All GRG fees are subsidized to help athletes at all levels access training opportunities. As training hours increase, a greater subsidy is applied to the hourly training rate to help offset the additional costs.

Group Name/ Group Number	Ages	Competition Level	Primary Coach(s) <i>other support is possible</i>	Total Weekly hours	12 Monthly Fees Paid <i>July 3/26- June 3/27</i>	Summer 2026 Training Schedule 8 weeks: July 6-Aug 29/26	FALL 2026-27 Training Schedule 40 weeks: Sept 8/26-June 20/27	Competitions <small>Groups 1-12 pay meet fees in 2 payments plus 3rd fee for optional USA meet. Tramp members' meet fees are in monthly fees settled at season end.</small>
Group1 "Quest"	12-16	OCP L6+ Qualifiers	Regan, Dan	18	\$399	Mon/Wed/Th 12:30-5, Tues 8:30-1	Sun 8:30-1, M/Th 4-8:30, Wed 12-4:30	3 competitions = \$480 (\$240 x 2 payments) Paid by credit card on the 15th of July & Aug. One USA competition (est. \$250, t.b.c.). Details will follow this fall, with participation approval and payment due Sept. 15.
Group 2 "Twist"	11-13	Xcel Platinum	Regan, Codi	18	\$399	Mon/Wed/Th 12:30-5, Tues 8:30-1	Sun 8:30-1, M/Th 4-8:30, Wed 12-4:30	
Group 3 "Flip"	10-11	OCP Level 3/4 Qualifiers	Regan, Codi	16	\$409	M/Wed/Th 8:30-12:30, Tues 10:30-2:30.	Sun 1-5, Mon/Wed 4-8, Tu 12:00-4:00	
Group 4 "PRO"	14+	Xcel Platinum or diamond t.b.c.	Regan, Dan	13.5 18	\$393 \$399	Mon, Wed, Thurs 10:30-3. 4x t.b.d.	Tues/Wed 4:30-9, Sun 11-3:30, 4x Th 4-8:30	
Grp 5 "Select"	12-14	Xcel Gold	Natalie, Codi Nicole	13.5	\$393	Tu 12:30-5, W 1-5:30, Th 8:30-1.	Mon 4-8:30, Tu 4-8:30, Th 4:00-8:30	
G6 "Petite Elite"	8-11	OCP Level 3 Qualifiers	Nicole, Codi, Regan	12	\$378	Mon 8:30-12:30, Tu 1-5, Wed 12:30-4:30	Tu 4:30-8:30, Th 12-4, Sun 9-1	
G7 "Academy"	14+ with exp	Xcel Gold	Natalie, Codi Nicole, Jodi	9 12.5	\$332 \$392	Tues 9-1:30, W 8:30-1, 3x: Fri 8-11:30	Wed 4:30-9, Sun 1-5:30 3x: Th 5:30-9:00	
Group 8 "PIXIE"	8-10	OCP Level 2 Qualifiers	Nicole	10.5	\$362	M 8-11:30, Tu 2:30-6, Th 8-11:30.	Mon 4:30-8, W 4:30-8, Sun 8:30-12:00	
G9 "Springers"	10-11	Xcel Bronze/Silver	Jodi	7 10.5	\$332 \$362	M 5:30-9, Wed 4-7:30, 3x: Fri 8-11:30	Mon & Wed 5:30-9:00 3x: Th 5:30-9:00	
G10 "Rebound"	10-14	Xcel Bronze/Silver	Jodi	7 10.5	\$332 \$362	Tu 5:30-9, Th 5:30-9, 3x: Fri 8-11:30	Tu 5:30-9, Sat 9-12:30 3x: Th 5:30-9:00	
G11 Jr Workshop	8-10	OCP Level 2 1 invitational	Nicole, Megann	6	\$305	Mon 1-4, Wed 1-4	Tu 4:30-7:30, Th 4:30-7:30	1 spring invitational = \$160 paid by credit card on July 15th
G12 Sr Workshop	11yrs+	Xcel Bronze 1 invitational	Nicole, Megann	6	\$305	Wed 3-6, Fri 10-1	Mon 6-9, Wed 6-9	1 spring invitational = \$160 paid by credit card on July 15th
"Sr Tramp"	14yrs+	L P1-3: 3x/wk L P4+: 4x/wk	Dan	10.5 14	\$417 \$456	Mon/Tues/Wed 4:30-8, Th 6-9:30	Tues/Wed/Th 6-9:30, Sun 1:30-5	\$660 for 3 cups included in monthly fees with balance paid at season end.
"InterClub (IC) Tramp"	8yrs+	Beginner-adv Interclub	Dan, Codi, Jon	6	\$345	Tues 12:30-3:30, Th 3:30-6:30	Tu 4-7, Wed 4-7	\$480 for 3 invitationals meet fees included in monthly fees with balance paid at end.
PreCompetitive Tramp (PC)	8yrs+	Non-competitive	Dan, Jon	3	\$260	Mon 7:30-9, Th 3-4:30	Mon 7:30-9, Th 4:30-6	Meet fees not applicable.

Program admin inquiries can be emailed to Andrew office manager andrewgymmies@rogers.com or Lisa Martin, Club Director at gymmies@rogers.com