



CALEDONIA GYMMIES

GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2



Winter Program 2026

10 WEEK SPECIAL!

Sun Jan 4 - Sat Mar 14, 2026

Registration OPEN !

SPECIAL DISCOUNT!
25% OFF
2nd Class Reg
-3rd Child Class Reg



*March Break Camps

*NEW! Kids Night Out! (1-2 Fridays/mth, 6:30-8:30)

Registration OPEN! See Page 3 for Details



45min: **\$199**

1hr: **\$266**

90min: **\$325**

2hr: **\$386**

Gymnastics Classes

Focus on fundamentals and skill building on all 4 WAG events (floor, bars, beam, vault).

2 hr Gymnastics

More advanced, more time including builder skills & advanced instruction on all events provided by our experienced coaches.

Trampoline Classes

Progressive skill building following CANGYM model. Use 2 inground tramps, double mini, and pit!

Tumble Classes

Beginners and Advanced. Progressive instruction in Acro and Tumbling elements.

Preschool Classes

"Kid sized" super safe & self contained gym with vault, bars, beam, floor, rings, circuits for kids up to 4 years.

Drop In Classes

Energetic FUN! Check out what Gummies is all about when it works for you!

Combo Classes

Try a little of everything! 60 min gym + 30 min of trampoline!

STAR Advanced Classes

4 - 6 hour classes. Begin your competitive journey here!

Winter 10 Week Session Programs: Sunday Jan 4 - Saturday Mar 14. 2026

All Gymmies programs subject to one-time yearly \$45 membership fee (July/2025-June/2026)

Preschool	Ages:	Description: 45/min	Sun	Mon	Tues	Wed	Thurs	Sat	Price:
Tots & Twos	16-36 mth *Parent Accompany	Focus on coordination, movement patterns, and gymnastics elements delivered through circuits & exploration. All in the TOTLOT Gym	8:30-9:15 10:00-10:45	4:30-5:15	4:45-5:30 5:30-6:15	10:30-11:15 4:30-5:15	4:45-5:30	9:00-9:45 11:30-12:15	\$199
Hoppers	2.5-4 yrs *No Parent	Follows CANGYM preschool badge system. Skill building on gymnastics apparatus in TOTLOT Gym	9:15-10:00 10:45-11:30 11:30-12:15	5:15-6:00	4:00-4:45 6:15-7:00	9:45-10:30 11:15-12:00 5:15-6:00	4:00-4:45 5:30-6:15 6:15-7:00	9:45-10:30 12:15-1:00	
Gymnastics		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Prek-JK		9:00-10:00 9:15-10:15 12:00-1:00	4:45-5:45 6:00-7:00	5:15-6:15 5:30-6:30	5:45-6:45	6:00-7:00		9:00-10:00 9:30-10:30 11:00-12:00	\$266
Sk-Gr. 1		9:45-10:45 11:45-12:45	5:00-6:00 7:00-8:00	5:30-6:30 6:30-7:30	5:00-6:00 6:00-7:00	5:30-6:30 6:30-7:30	5:00-6:00	9:30-10:30 10:30-11:30 12:00-1:00	
Gr. 2+		11:00-12:00	7:00-8:00		7:30-8:30	7:00-8:00		10:30-11:30 11:30-12:30	
2 hr Gymnastics		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Tiny (JK-SK)				5:00-7:00		4:00-6:00			\$386
Primary (Gr. 1-2)		12:30-2:30	5:00-7:00		5:00-7:00		5:00-7:00	9:00-11:00	
Junior (Gr. 3+)		12:30-2:30	7:00-9:00		7:00-9:00	7:00-9:00		11:00-1:00	
Trampoline/Tumble		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Trampoline (SK-Gr.1)					4:45-5:45			9:00-10:00	\$266
Trampoline (Gr. 2+)		10:00-11:00		7:30-8:30				10:00-11:00	
Tumbling/Adv. Tumble (7yrs+)				7:00-8:00	Adv. Tumble 8:30-9:30				
Super Tramp (7yrs+)				4:00-5:30		4:30-6:00			\$325
Xtreme Tramp (10yrs+)			7:30-9:00						
Combo (gym & tramp)		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Rollers (SK-Gr.1)		10:15-11:45 12:15-1:45	5:45-7:15		5:15-6:45			10:00-11:30 11:30-1:00	\$325
Twisters (Gr.2+)		10:45-12:15	5:30-7:00	6:30-8:00	6:45-8:15		5:30-7:00	10:30-12:00	

STAR ADVANCED PROGRAMS

Classes:	Description:	Sun	Mon	Tues	Wed	Thurs	Fri	Price:
Sparkle (4-5 yrs)	12 Week Session (4hrs/week) Using our advanced model Gymmies certified elite coaches introduce skills with age appropriate music, conditioning, terminology & plenty of praise! Great first intro to more advanced skills / faster pace than recreation programs that can lead to competitive. Select 2 class times per age group.			5:00-7:00		4:00-6:00		\$710
Twinkle (6-8 yrs)		8:30-10:30			6:00-8:00		5:00-7:00	
Aspire (9 yrs+)		8:30-10:30		7:00-9:00	6:00-8:00		5:00-7:00	
Workshop Jr. (5-7 years)	41 Week Program (6 hrs/week) PRECOMPETITIVE TEAM - Preparation for competitive gym using Ontario Comp Program rules.		Jr. 4:30-7:30	Sr. 6:00-9:00	Jr. 4:30-7:30	Sr. 6:00-9:00		\$285/mth
Workshop Sr. (8-12 years)								
PreComp Trampoline	More advanced instruction including inversions and combinations taught safely with proper progressions, technique, and conditioning. Register for 2 Super Tramp Classes to be "PC".	2:00-3:30		4:00-5:30		4:00-5:30		\$550

Some MORE Gymmies Programs...

Programs:	Description:	Days	Time	Price:	Registration:
Trampoline Birthday Parties	<ul style="list-style-type: none"> ages 4 - 12 years Consist of 1 hour of full trampoline, double mini, and fast track and pit FUN! 10 participants (call office if numbers exceed 10) Party Room option 	Saturdays	1:00-2:00 (party room 2-3) 2:00-3:00 (party room 3-4)	\$200 add \$30 for party room	Live
Drop-in Class	High energy and active fun through gym circuits and stations. Includes moderate instruction on vault, bars, beam, floor, and trampoline. Registration is daily. Ages: 5 - 12 yrs	Fridays	7:00-8:30	\$17/class	Live
Roll Call After School Care	<p>Who For?: Students aged JK-Gr 6 attending River Heights with working parents who are looking to fulfill the recommended 60 minutes of daily, high-energy physical activity at a facility offering flexible, Monday-Friday (or as-needed) after-school care.</p> <p>ROLL CALL fun starts with pick up by our coaches at River Heights School. Walk to Gymmies facility, eat a snack from your lunch bag.</p> <p>4:00-5:00pm Main gym activities - gym equipment, games, parachute, circuits, tramp time, pit, youth sized fitness equipment, indoor sports</p> <p>5:00-5:30 pm Seat activities, media, toy stations, and homework (with help from our coach)</p>	Monday-Friday	3:00-5:30	\$16/day	Live
Christmas Break Camps	Daily themes, sports, games, crafts, circuits, moderate and fun instruction on trampolines, uneven bars, balance beams, floor, vault and more! Ages: 4 - 12	Mon Dec 22 Tues Dec 23 Mon Dec 29 Tues Dec 30 Fri Jan 2	8:00-5:00	\$60/day	Live
March Break Camps		Mar 16-20			Live
Kids Night Out!	1-2 monthly parties for kids! A chance to get out and have some fun! Circuits, gymnastics events, trampolines, tumble tracks, pits, games, activities and more! Each night has planned themes for kids! Ages: 5 - 12 years	Fridays	6:30-8:30	\$20/participant	Live
Special Discount!	25% Discount App <ul style="list-style-type: none"> Any Second class registration (per child) OR Any Third child class registration fees (per child) 	/ . jjm		25% OFF	Live



Kids Night Out! Event Schedule 2025-

Fridays 6:30-8:30pm Active Theme Parties ages

October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	
19	20	21	22	23	24	Halloween Party 630-830 (#1)
						Ty Martin
November 2025						
9	10	11	12	13	14	K POP Demon Hunters 630-830 (#2)
23	24	25	26	27	28	Super Heros 630-830 (#3)
December 2025						
7	8	9	10	11	12	Christmas Party 630-830 (#4)
January 2026						
18	19	20	21	22	23	Olympic Games Night! 630-830 (#5)
February 2026						
8	9	10	11	12	13	Parents Night Out? **530-830** (#6)
March 2026						
1	2	3	4	5	6	St. Patrick's Day 630-830 (#7)
22	23	24	25	26	27	Easter Party 630-830 (#8)
April 2026						
12	13	14	15	16	17	Carnival Night! 630-830 (#9)
May 2026						
3	4	5	6	7	8	GRAND FINALE LAST ONE! 630-830 (#10)

