



# CALEDONIA GYMMIES

## GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2



### Fall 2025 Programs

Sun Sept 14 - Sat Dec 6, 2025

Registration LIVE Fri Aug 1 @5:00pm

45min: \$239 1hr: \$319 90min: \$390 2hr: \$463



#### Gymnastics Classes

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



#### Trampoline Classes

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



#### Preschool Classes

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



#### Combo Classes

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

#### 2 hr Gymnastics

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

#### Tumble Classes

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

#### Drop In Classes

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

#### STAR Advanced Classes

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



Fall 12 Week Session Programs: Sunday Sept 14 - Saturday Dec 6, 2025

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:
Tods & 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 11:30-12:15	3:45-4:30 4:30-5:15	4:45-5:30 5:30-6:15	9:00-9:45 10:30-11:15 4:30-5:15	4:45-5:30	9:00-9:45 11:30-12:15	\$239
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	5:15-6:00 6:00-6:45	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 6:15-7:15	6:00-7:00	5:00-6:00 6:00-7:00	6:00-7:00	9:00-10:00 10:00-11:00 11:00-12:00 12:00-1:00	\$319
Sk-Gr. 1	9:45-10:45 11:45-12:45 1:00-2:00 3:00-4:00	5:00-6:00 7:00-8:00	5:30-6:30 6:30-7:30	5:00-6:00 7:00-8:00	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 2:00-3:00	7:00-8:00	7:30-8:30	7:15-8:15	7:00-8:00	7:00-8:00	10:30-11:30 11:00-12:00 12:00-1:00	

2 hr Gymnastics	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Tiny (JK-SK)			5:00-7:00		4:00-6:00			\$463
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+)	2:30-4:30	7:00-9:00		7:00-9:00	5:00-7:00 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)	12:45-1:45			4:45-5:45			9:00-10:00	\$319
Trampoline (Gr. 2+)	10:00-11:00		7:15-8:15		5:30-6:30	5:00-6:00	10:00-11:00	
Tumbling/Adv. Tumble (7yrs+)	1:00-2:00		6:30-7:30	Adv. Tumble 8:30-9:30				
Super Tramp (7yrs+)	2:00-3:30		4:00-5:30		4:00-5:30			\$390
Xtreme Tramp (10yrs+)		7:30-9:00			8:00-9:30			

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	5:00-6:30	5:15-6:45 5:45-7:15		6:00-7:30	10:00-11:30 11:30-1:00	\$390
Twisters (Gr.2+)	10:45-12:15	5:30-7:00	6:30-8:00	6:45-8:15	7:00-8:30 7:15-8:45	5:30-7:00	10:30-12:00 11:30-1:00	

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		\$852
Twinkle (6-8 yrs)		8:30-10:30			6:00-8:00		5:00-7:00	
Aspire (9 yrs+)		10:30-12:30		7:00-9:00			5:00-7:00	
Workshop Jr. (5-7 years) Workshop Sr. (8-12 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
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		\$660



## Some MORE Gymmies Programs...

Programs:	Description:	Days	Time	Price:	Registration:
<b>Trampoline Birthday Parties</b>	<ul style="list-style-type: none"> <li>ages 4 - 12 years</li> <li>Consist of 1 hour of full trampoline, double mini, and fast track and pit FUN!</li> <li>10 participants (call office if numbers exceed 10)</li> <li>Party Room option</li> </ul>	Saturdays	<b>1:00-2:00</b> (party room 2-3)  <b>2:00-3:00</b> (party room 3-4)	<b>\$200</b>  add \$30 for party room	<b>Live</b> 8/1/25
<b>Drop-in Class</b>	High energy and active fun through gym circuits and stations. Includes moderate instruction on vault, bars, beam, floor, and trampoline. Registration is daily.	Fridays	7:00-8:30	<b>\$17/class</b>	<b>Live</b> 8/1/25
<b>Roll Call After School Care</b>	<p><b>Who For?:</b> Students aged JK-Gr 6 attending <b>River Heights</b> 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><b>ROLL CALL fun starts with pick up by our coaches</b> at River Heights School. Walk to Gymmies facility, eat a snack from your lunch bag.</p> <p><b>4:00-5:00pm Main gym activities-</b> gym equipment, games, parachute, circuits, tramp time, pit, youth sized fitness equipment, indoor sports</p> <p><b>5:00-5:30 pm</b> Seat activities, media, toy stations, and homework (with help from our coach)</p>	Monday-Friday	3:00-5:30	<b>\$16/day</b>	<b>Live</b> 8/1/25
<b>Christmas Break Camps</b>	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	<b>\$60/day</b>	<b>TBA</b>
<b>March Break Camps</b>		Mar 16-20			<b>TBA</b>

## INFORMATION & TRYOUT DAYS:

Tues Aug 5<sup>th</sup> 5-6:30pm or Thur Aug 7<sup>th</sup> 5-6:30pm

**Register online at [www.gymmies.com](http://www.gymmies.com) for tryout day Aug 5 or Aug 7 (starting July 28).**

Can't make it then? Call Gymmies office 905 765-1623 for options.



What happens at Tryout Day? Athletes attend ready to participate in a class. Bring a water bottle. Parents can watch from the viewing gallery.

Meet coaches. Participate in conditioning, vault, bars, beam & floor. Not to show current skills (skills not required to attend) but to evaluate agility, strength, flexibility, eagerness etc.

Gymmies office will email families with coaches recommendation for 2025-26 programs by Aug 8. We can transfer recreation registration to advanced programs.