



# Caledonia Gymmies Gymnastics

"Over 1600 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

caledoniagymmies@rogers.com 905-765-1623 www.gymmies.com Office Hours Mon-Fri 10:00-6:00

It's a pleasure to welcome back returning & new members to start this session! Please read the following newsletter carefully as it contains important information for all participants. All news & reminders will be delivered by email message or Facebook: <https://www.facebook.com/pages/Caledonia-Gymmies/272504586109478?ref=ts>

**The Winter Session will run for 13 weeks: Sun Dec 8, 2024 - Sat Mar 8, 2025**

**\*Note: Closure Dates Dec 24, 25, 26, 31, Jan 1, Feb 17 (gym closures reflected in program price)**

## Upon Registration Parents MUST sign off on:

- **Membership Policy/Waiver**
- **Informed Consent and Assumption of Risk**
- **Parent Viewing Policy**

**\*Gymmies requires all members and athletes to respect the policies and guidelines set by our club's board of directors.**

## Gymmies Policies

- Member of Gymnastics Ontario - governed by it's policies
- Gymmies exercises precaution/regard for the safety of all members
- Non-profit organization - operated by a volunteer board for fundraising, special events, inside + outside maintenance. Your patience/help is always appreciated
- **Fee refunds are only possible with a doctor's note.**
- Athletes cannot participate until fees are received or alternatives arranged.
- Sportsmanlike conduct/good behaviour is enforced for the wellbeing of all.
- Safety of all members, coaches, facilitators is of the utmost importance.
- **Behavioural Conduct:** Programs are implemented as advertised for the benefit of all attendees. Gymmies will take the following steps to address any behavioral misconduct of camp attendees:
  - Consistent reminders of the rules while participating in our programs.
  - Moderate discipline in line with club policies ("thinking time" with full intervention and explanation).
  - Full review and discussion with parent at time of pickup.Should behavioral issues persist, intensify or impede program operation, parents can be contacted for immediate pickup of their child.
- Adjustment to program or class type may be suggested.
- Exercise the right to revoke membership to those unable to abide by the rules governing safe program participation.
- Participants must ask permission to leave the gym area.
- Please take younger participants for **bathroom break** before class (located in "Rec Room"). \*All participants (unless advertised) MUST be potty trained.
- Fundraising campaigns are optional & offered to assist budget demands, new equipment procurement and expand programming options.
- Instruction follows Cangym Badge Program for girls/boys in gymnastics classes; Canadian Trampoline Program Guide; & Gymnastics Ontario Pre-school Manual. All are progressive & expert recommended for safely guiding skill progression.
- Gym Attire: Bodysuits, shorts/t-shirts, tanks, leggings etc + bare feet.
- No gum, candy or jewellery should be worn during class.
- GYMMIES **IS NOT** A NUT FREE FACILITY.
- Smoking is not permitted anywhere in the building.
- **NEW** Progress reports available via reg profile at the end of each session.
- Do not leave valuables unattended, including glasses & cell phones. GYMMIES is not responsible for lost or stolen articles
- Absentees can be reported to office (905 765-1623) if necessary.
- Late Arrivals should check in with coach from the foyer/viewing areas.
- **PARENTS ARE NOT PERMITTED ON THE GYM FLOOR EVER!**

## Gymmies Health and Safety

- All participants should be considered in good health before attending a program at Gymmies.
- Children feeling ill/showing signs of illness should not attend class.
- Optional sanitizing stations will be found throughout the gym.
- Water bottles can be brought to every class. (NEW fill station available).

## Drop off and Pickup Routine

There are 3 program spaces (**Rec Room**, **Main Gym** & **Tot Lot**)

- **Rec Room** participants (**Gym PreK-JK, Sk-Gr1, Rollers, Drop-In 4-7 yrs**) will enter through the main door & front foyer - leaving shoes in cubbies. Space accessed through Rec Room door. Outerwear can be left on adjacent hooks. Coaches will call out the names of all participants.
- **Main Gym** participants (**ALL Tramp, Twisters, 2/4 hr Gym, Tiny, Primary, Junior, Drop In 8yrs+ and Tumble**) will enter at the left-side entrance of the facility. Coaches will meet them there. Outerwear can be stored on adjacent hooks; shoes placed in cubies.
- **Tot Lot** participants (**Tods/Twos & Hoppers**) will enter through the main front door. Programs are upstairs in Tot Lot Room. Parents will drop off and/ or enter space with their child.
- **MUST** park in a designated space and **accompany** your child directly to the proper area of the facility (as outlined above).
- **ALL VISITOR SHOES MUST BE REMOVED** and placed in cubbies (as athletes move through common areas bare footed).
- Pick up your child promptly when class has ended. **NO CHILD WILL BE RELEASED** except to the parent or guardian who dropped off.

## Parent Viewing: (Pg 3)

**ALL** Parent Viewing will be on a **scheduled basis**. Schedule will be sent out prior to start of the session.

### Viewing Rules for Parents:

- **NO** photos/videos (privacy protection).
  - **NO** parent/sibling of participant may enter the gym floor.
  - Viewers should remain quiet for class duration.
  - Do **NOT** have volume up on any phone or media device.
  - Please limit viewing to 1 parent per participant.
  - Sibling must be kept at arms length at all times.
- NEW!** CCTV in Tot Lot viewing space.

**CHRISTMAS CAMP REG OPEN! MARCH BREAK CAMP REG OPEN!**



# Winter Session 2024 Calendar / Weekly Classes

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## Christmas Break Schedule 2024-2025

Winter 2024-25 Evening/Weekend Classes + Christmas Camp Days													
Weeks →	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
SUN	Dec 8 START DAY	Dec 15	Dec 22 Classes ON	Dec 29 Classes ON	Jan 5	Jan 12	Jan 19	Jan 26	Feb 2	Feb 9	Feb 16	Feb 23	Mar 2
MON (12 wks)	Dec 9 START DAY	Dec 16	Dec 23 Classes ON Camps ON	Dec 30 Classes ON Camps ON	Jan 6	Jan 13	Jan 20	Jan 27	Feb 3	Feb 10	Feb 17 CLOSED Family Day	Feb 24	Mar 3
TUES (11 wks)	Dec 10 START DAY	Dec 17	Dec 24 CLOSED	Dec 31 CLOSED	Jan 7	Jan 14	Jan 21	Jan 28	Feb 4	Feb 11	Feb 18	Feb 25	Mar 4
WED (11 wks)	Dec 11 START DAY	Dec 18	Dec 25 CLOSED	Jan 1 CLOSED	Jan 8	Jan 15	Jan 22	Jan 29	Feb 5	Feb 12	Feb 19	Feb 26	Mar 5
THURS (12 wks)	Dec 12 START DAY	Dec 19	Dec 26 CLOSED	Jan 2 Classes ON Camps ON	Jan 9	Jan 16	Jan 23	Jan 30	Feb 6	Feb 13	Feb 20	Feb 27	Mar 6
FRI	Dec 13 START DAY	Dec 20	Dec 27 Classes ON Camps ON	Jan 3 Classes ON Camps ON	Jan 10	Jan 17	Jan 24	Jan 31	Feb 7	Feb 14	Feb 21	Feb 28	Mar 7
SAT	Dec 14 START DAY	Dec 21	Dec 28 Classes ON	Jan 4 Classes ON	Jan 11	Jan 18	Jan 25	Feb 1	Feb 8	Feb 15	Feb 22	Mar 1	Mar 8



## December 2024 / January 2025 Christmas break schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W13	1	2	3	4	5	6	7
	FINAL WEEK OF FALL SESSION 2024						
W 1	8 First Day of Winter Session	9	10	11	12	13	14
W 2	15	16	17	18	19	20	21 *Rec Classes
W 3	22 *Rec Classes	23 *Camp 8-5 *Rec Classes	24 Closed	25 Closed	26 Closed	27 *Camp 8-5 *Rec Classes	28 *Rec Classes
W 4	29 *Rec Classes	30 *Camp 8-5 *Rec Classes	31 Closed	Jan 1 Closed	Jan 2 *Camp 8-5 *Rec Classes	Jan 3 *Camp 8-5 *Rec Classes	Jan 4 *Rec Classes
W 5	Jan 5 *Rec Classes	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11



# VIEWING SCHEDULE Winter Session 2024-2025: Caledonia Gymmies Dec 5, 2024

Gymmies is a very busy club - We appreciate your cooperation during class viewing.

Space is limited, so whenever possible try to restrict viewing to

## 1 SPECTATOR AT A TIME.

### How to use This Viewing Schedule:

- 1. Locate your child's class** and their scheduled day/time in either the Rec Room or Main Gym.
- 2. Scroll across** to see the designated viewing dates of your child's group. These are the days this session you may view the class. **\*Please** do not view on unsigned days.
- 3. At the start of class** after greeting your coach, **REMOVE ALL FOOTWEAR** (to cubbies) and head to assigned viewing area: upstairs for **Main Gym**; behind partitions in the **Rec Room**.
- 4. Main Gym:** Find a chair in gallery or upper kitchen if free. Do not sit/stand on the floor or gym stairs. Tot lot room is out of bounds (Tods/Twos only). As classes finish, chairs may become available in the gallery. For Rec Room, please stay behind the partitions as labelled. **Do not** enter gym area.
- 5. Quiet please during viewing.** Do not motion or yell down to athletes.

**No videos or photos please.**

### MONDAY REC ROOM

4:00-5:00	PreK, JK (1)	Dec 9, 23, Jan 6, 20, Feb 3, Feb 24
5:00-6:00	SK, G1 (1)	Dec 16, 30, Jan 13, 27, Feb 10, Mar 3
4:45-5:45	PreK, JK (2)	Dec 9, 23, Jan 6, 20, Feb 3, Feb 24
5:30-6:30	SK, G1 (2)	Dec 16, 30, Jan 13, 27, Feb 10, Mar 3
5:45-7:15	Rollers (1)	Dec 9, 23, Jan 6, 20, Feb 3, Feb 24

### MONDAY MAIN GYM

5:00-7:00	Primary (1)	Dec 16, 30, Jan 13, 27, Feb 10, Mar 3
6:30-7:30	Gr 2 gym (1)	Dec 9, 23, Jan 6, 20, Feb 3, Feb 24
7:00-9:00	Junior (1)	Dec 16, 30, Jan 13, 27, Feb 10, Mar 3
7:45-8:45	Gr 2+ tramp (1)	Dec 9, 23, Jan 6, 20, Feb 3, Feb 24

### TUESDAY REC ROOM

4:00-5:00	SK, G1 (3)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
5:00-6:30	Rollers (2)	Dec 17, Jan 14, 28, Feb 11, 25
5:00-6:00	PreK, JK (3)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
6:00-7:00	PreK, JK (4)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
6:30-7:30	SK, G1 (4)	Dec 17, Jan 14, 28, Feb 11, 25

### TUESDAY MAIN GYM

4:00-5:30	PC/Super tramp	Dec 17, Jan 14, 28, Feb 11, 25
5:00-7:00	Tiny (1)	Dec 17, Jan 14, 28, Feb 11, 25
5:00-7:00	Twinkle (1)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
7:00-9:00	Aspire (1)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4
7:00-8:00	Gr 2+ gym (2)	Dec 17, Jan 14, 28, Feb 11, 25
7:00-9:00	Junior 2	Dec 17, Jan 14, 28, Feb 11, 25
7:15-8:15	Gr 2+ tramp (2)	Dec 10, Jan 7, 21, Feb 4, 18, Mar 4

### WEDNESDAY REC ROOM

4:15-5:15	SK, G1 (5)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
5:15-6:45	Rollers (3)	Dec 18, Jan 15, 29, Feb 12, Feb 26
5:15-6:15	PreK, JK (6)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
5:30-6:30	SK, G1 (6)	Dec 18, Jan 15, 29, Feb 12, Feb 26

### WEDNESDAY MAIN GYM

6:30-7:30	Gr2+ gym (3)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
6:15-7:45	Twisters (1)	Dec 18, Jan 15, 29, Feb 12, Feb 26
6:45-8:15	Twisters (2)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
6:00-8:00	Junior (3)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
7:30-8:30	G2+ gym (4)	Dec 11, Jan 8, 22, Feb 5, 19, Mar 5
7:30-8:30	Tumble	Dec 18, Jan 15, 29, Feb 12, Feb 26

### THURSDAY REC ROOM

4:00-5:00	SK, G1 (7)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27, Mar 6
5:00-6:00	PreK, JK (7)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27, Mar 6
5:00-6:30	Rollers (4)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6
6:00-7:00	PreK, JK (8)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27, Mar 6
6:30-7:30	SK, G1 (8)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6

### THURSDAY MAIN GYM

4:00-6:00	Junior (3)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27
5:00-7:00	Primary (2)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27
5:00-7:00	Tiny (2)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6
5:30-6:30	SK Tramp (1)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6
6:30-7:30	Gr 2 gym (5)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6
7:00-8:30	Twisters (3)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27
7:00-9:00	Aspire (2)	Dec 12, Jan 2, 16, 30, Feb 13, Feb 27
7:00-9:00	Junior (4)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6
7:30-9:00	Twisters (4)	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6
8:00-9:30	Super/Xtreme tramp	Dec 19, Jan 9, 23, Feb 6, 20, Mar 6

### FRIDAY REC ROOM

5:00-6:00	SK, G1 (9)	Dec 13, 27, Jan 10, 24, Feb 7, 21, Mar 7
6:00-7:00	PreK, JK (9)	Dec 13, 27, Jan 10, 24, Feb 7, 21, Mar 7
6:00-7:30	Rollers (5)	Dec 20, Jan 3, 17, 31, Feb 14, Feb 28, Mar 7

### FRIDAY MAIN GYM

4:00-6:00	Twinkle (2)	Dec 13, 27, Jan 10, 24, Feb 7, 21, Mar 7
5:00-7:00	Primary (3)	Dec 13, 27, Jan 10, 24, Feb 7, 21, Mar 7
5:00-6:00	Gr2+ tramp (3)	Dec 20, Jan 3, 17, 31, Feb 14, Feb 28, Mar 7
5:30-7:00	Twisters (6)	Dec 13, 27, Jan 10, 24, Feb 7, 21, Mar 7
7:00-8:00	G2+ Gym (6)	Dec 13, 27, Jan 10, 24, Feb 7, 21, Mar 7
7:00-9:00	Junior (5)	Dec 20, Jan 3, 17, 31, Feb 14, Feb 28, Mar 7
7:30-9:00	Twisters (5)	Dec 20, Jan 3, 17, 31, Feb 14, Feb 28, Mar 7

### SATURDAY REC ROOM

9:00-10:00	PreK, JK (10)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
9:30-10:30	SK, G1 (10)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
10:00-11:00	PreK, JK (11)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
10:00-11:30	Rollers (6)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
10:30-11:30	SK, G1 (11)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
11:00-12:00	PreK, JK (12)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
11:30-1:00	Rollers (7)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
12:00-1:00	PreK, JK (13)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
12:00-1:00	SK, JK (12)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1

### SATURDAY MAIN GYM

9:00-10:00	SK tramp (2)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
9:00-11:00	Primary 5	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
10:00-11:00	Gr 2 tramp (4)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
10:30-11:30	Gr 2 Gym (7)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
10:30-12:00	Twisters (7)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
11:00-1:00	Junior 6	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
11:30-1:00	Twisters (8)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1
11:00-12:00	Gr 2+ Gym (8)	Dec 14, 28, Jan 11, 25, Feb 8, 22, Mar 8
12:00-1:00	Gr 2+ Gym (9)	Dec 21, Jan 4, 18, Feb 1, 15, Mar 1

### SUNDAY REC ROOM

9:00-10:00	PreK, JK (14)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
9:15-10:15	PreK (15)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
9:45-10:45	SK, G1 (13)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
10:15-11:45	Rollers (8)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
11:45-12:45	SK, Gr 1 (14)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
12:15-1:45	Rollers (9)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
12:00-1:00	PreK (16)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
1:00-2:00	SK, G1 (15)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
3:00-4:00	SK, G1 (16)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2

### SUNDAY MAIN GYM

10:15-11:15	Gr 2+ tramp (5)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
10:45-12:15	Twisters (9)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
11:15-12:15	Gr 2 Gym (10)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
11:30-1:30	Twinkle 3/Aspire (3)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
12:00-2:00	Primary (5)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
12:45-1:45	SK+ tramp (3)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
12:30-1:30	Tumble	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
2:00-3:00	Gr 2 Gym (11)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2
2:00-3:30	PC/Super tramp (3)	Dec 15, 29, Jan 12, 26, Feb 9, Feb 23
2:00-4:00	Junior (7)	Dec 8, 22, Jan 5, 19, Feb 2, 16, Mar 2

*Please Respect our Policies and Fellow Members.*

*Thanks So Much!*



## WHAT WE TEACH DURING CLASSES

**Classes for Toddlers, Preschools, JK/SK (beginner to advanced) with adult accompaniment-** Our programs are based around activities involving organized play, free play and structured skills on gymnastics equipment in the Tot Lot Room or Rec Room gym as designated in the program brochure. Physical activity both structured and unstructured is essential to childhood development. Not only will your child's physical attributes develop through gymnastics, but researchers believe our sport contributes to the development of cognitive and affective (social/emotional) skills in children. Our program utilizes skills outlined in the "Preschool Movement Manual" provided to clubs by the Canadian Gymnastics Federation. It is progressive and covers all the dominant movement patterns associated with gymnastics (specific to toddlers—5 yr olds). There are 3 different levels each containing 8-10 skills per apparatus. **The parental role in Tods/Twos class is to assist their child with the skills coaches introduce.** This could involve holding their hands, support at their back & front ("sandwich their tummy") or encouraging them to try new things. Coaches will mingle through the group and spot items like head position, back arches etc. Helping participants know the names of classmates, taking turns if needed and similar skills that foster self-sufficiency and are great for prepping little ones for school/preschool and independent programming.

**Classes for Toddlers, Preschools, JK/SK (beginner to advanced) NO adult accompaniment-** Many of the principles of the above are similar... but without the support of an adult. In these programs, children in small groups will rotate through stations where the coach is there to instruct. Smaller skills will be set up to keep everyone moving. The preschool check sheets will be kept to ensure quality instruction is introduced in a safe and progressive manner. Many skills have 3 or 4 levels of drills to master before the "whole skill" is taught and learned. We encourage taking turns, listening to coaches, and a combination of stretching (in one place) combined with unstructured movement patterns throughout the gym space.

**GYMNASTICS, TRAMP & TUMBLING FOR GRADES 1+-** These programs use the Cangym badge program. Each class includes a warm up, game, movement theme and time on 3-4 apparatus rotations (vault, bars, beam, floor). Coaches track badges by 3 designators: A (attempted), L (learning), M (mastered).

Here is an overview of the Can Gym Badge Program:

### **BRONZE LEVEL**

**Burgundy**- badge 1  
**Red**- badge 2  
**Tan**- badge 3  
**Bronze**- badge 4

### **SILVER LEVEL (badge5-8)**

**Purple**  
**Blue**  
**Turquoise**  
**Silver**

### **GOLD LEVEL (badge 9-14)**

**Orange**  
**Yellow**  
**Green**  
**Grey, White, Gold**

Cangym Badge Program is designed primarily for recreational gymnastics. Generally, it is expected that badges at the bronze level can be completed within one 10-17 week session. The Silver level may require one or more sessions to complete each badge. The badges in the Gold level may require a Super Rec or PreComp program: 4-6 hours/week.

Each badge consists of approximately 30 skills. The Bronze level badges concentrate on developing the "Dominant Movement Patterns" of gymnastics. The Silver level works on combining DMPs (Dominant Movement Patterns) and the Gold level one focus on mastering the identified key skills.

From Burgundy to Bronze, boys & girls must master all the same skills. Starting at Badge 5, Purple skills are separated & defined by the apparatus specifically for boys or girls.

We will be using the badge system all year. Kids continue learning "where they left off" with each new session. We strive to make learning gymnastics fun & informative - promoting healthy participation.