

CALEDONIA GYMMIES GYMNASTICS FALL PROGRAM GUIDE

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

Spaces are *Limited!* Here are the available classes left! 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.**

**Gymmies amazing “TAG ALONG” allows any River Heights or Notre Dame student to tag along with Roll Call for a 4-4:30pm class FREE!**

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	Tuesday	Wed	Thursday	Friday	Sunday
For PRESCHOOLERS In Gymmies upper tot lot room	<b>Tods &amp; Twos</b> 16-30 mth with adult . \$326/session.	10:00-11:00			10:00-11:00 6:00-7:00	2:00-3:00
	<b>Hoppers</b> 2.5-3.5 yrs adult opt. \$326/session.	11:00-12:00		5:30-6:30	10:00-11:00 6:00-7:00	2:00-3:00
<b>Kindergymmies</b> <i>Preschool 3hr</i>	Perfect prep for JK! Weekly theme, gym time & craft with routines for 3 yrs. Parents send lunch. \$303/session.				11:00-2:00	
<b>Up Down All Around</b> 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			

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	Tuesday	Wed	Thursday	Friday	Sunday
<b>For PreK</b> <i>(main gym) Age 3.5-4.5yrs</i>	Main gym is busy, PreK must be ready to stay with the group or join Hoppers. Same class but upstairs.					1:00-2:00
<b>For Grade: Jk/SK</b> <i>(main gym)</i>	Event rotations on vault, bars, beam, floor following tan+ CanGym badge program. Completed skills are stored in our data system to ensure continuous leaning from session to session.	5:00-6:00			4:00-5:00	11:00-12:00
<b>For Grade 1-2</b> <i>(in main gym)</i>		4:00-5:00	4:00-5:00	5:00-6:00		
<b>For Grade 3+</b> <i>(in main gym)</i>		4:00-5:00				

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	Wed	Thurs	Friday	Sun
<b>Kinder</b> <i>(former sparkle)</i>	<b>PreK, JK, SK</b>	Includes vault, bars, beam, floor instruction following tan+ Can Gym badge program with flexibility, strength and conditioning. Completed skills are stored in our data system to ensure continuous learning from session to session. Instructors are level 2 provincial coaches.		4-6		9-11
<b>Primary</b> <i>(former twinkle)</i>	<b>Grade 1-3</b>			4-6, 6-8		9-11
<b>Junior</b> <i>(former aspire)</i>	<b>Grade 4+</b>		7-9			11-1

GYMMIES TRAMPOLINE 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. Plus \$30 annual membership. choose 1 class from options listed

Programs for: choose 1 class from options listed	Monday	Wed	Thursday	Friday	Saturday	Sunday
Trampoline Grade JK/SK	4:45-5:45 tramp	5:15-6:15 tramp			9-10 tramp	
Trampoline Grade 1-2	4:45-5:45,8-9 tramp			5-6 tramp	9-10 tramp	
Trampoline Grade 3+	8-9 tramp			5-6 tramp		
Tumble for Dance <i>learn acro technique from star instructor Jodi</i>	7:30-9:00					

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	Friday	Sunday
<b>Rollers</b> for JK/SK, Gr1						1:30-3:00
<b>Twisters</b> for Gr 2+		7:30-9:00	7:30-9:00	7:30-9:00		TNT 12-1 tramp/tumbling 7yrs+

GYMMIES OTHER COOL ACTIVITIES: Register for each online at [www.gymmies.com](http://www.gymmies.com)

**ROLL CALL– After School Care Program - \$12/day** (60 minutes of physical gym fun!)  
for students JK-Gr.6 attending **River Heights** and **Notre Dame Elementary Schools**.

**2019-20 PA DAY Care** (ALL DAY 8-5:30, HALF DAY 8-12:30 OR 1-5:30) **\$45/full day \$30 1/2 Day** (Sibling \$40 each)

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

GYMMIES Trampoline BIRTHDAY PARTY Saturdays 1:30- 2:30 or 2:30- 3:30

Gymmies offers Christmas, March Break & Summer Camps. All day, half day morning & afternoon options. Full details on each available on line.

TO REGISTER, VIEW POLICIES & OUR \*NEW\* WEBSITE: [www.gymmies.com](http://www.gymmies.com). Call us 905 765-1623.