

Caledonia Gymmies Gymnastics 2020 Fall Programs



10 Kinross Street E, Caledonia N3W 1K8

Phone: 905-765-1623 www.gymmies.com



2 In-ground Olympic Size Trampolines!



Gymnastics, tramp, tumbling



INSIDE GYMMIES Caledonia FACILITY

WE'RE PREPARED & READY!

We've been open since May 29, 2020

when our Elite Teams started back. How? By implementing all Covid-19

GOVERNMENT & GYMNASTICS ONTARIO SAFETY PROTOCOLS including:

Proper PPE, staggered class times to alleviate crowding, limiting 50 members in the gym,

safe entry/exit procedures: temperature taking, member health assessment, social

distancing marks, mask wearing coaches, hand hygiene stations everywhere,

increased regular cleaning & hired daily professional cleaners with the best products & use of

3 **Foggers** - Designed for Disinfection. Fogging allows complete coverage of large areas in

less time with better coverage. Is the fastest & most efficient way to apply **Vital Oxide**

(has been authorized by Health Canada for use against SARS-CoV-2 the Coronavirus that

causes COVID-19) but is also non toxic, does not cause respiratory or skin irritation.

Coaches fog equipment after every rotation! WE ARE PREPARED TO DELIVER ON SAFETY!

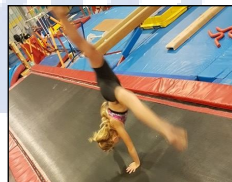
There is mounting evidence that children and youth aged 5 to 17 should get at least 60 minutes of moderate-to-vigorous intensity physical activity per day. Currently only 37% of this target group meets the recommendation. Let Gymmies help!

We're offering Shorter 10 WEEK, MORE AFFORDABLE SESSIONS:

60 min class **\$220**. 90 min **\$270**. 120 min class **\$320**.

FALL Session: Sun Sept 6, 2020 - Sat Nov 14, 2020

Online Registration LIVE Friday, August 21, 2020 @ 5:00pm



"Roll Call"

After School Care Program

RIVER HEIGHTS Students \$12 /day

\$50 Deposit and \$30 mem fee due at registration

3:00 - 3:30 Pick up by our certified coaches.

3:30 - 4:00 Arrive at gym, snack, prep for activity.

4:00 - 5:00 1 Hour Physical activity in Main Gym.

5:00 - 5:30 Outdoor Activities, ready for parent pickup
Bring 1 Snack and a change of clothes

Bars, Beam, Floor, Vault, Tramp Games, Sports,
Fitness, and More!

\$12/day

2020-21

PA DAY Care

ALL DAY 8:00-5:30

Trampoline, full gymnastics, games
equipment, sports & seatwork. Fun
camp atmosphere & quality, active
care. Kids bring lunch & 2 snacks.
2020-21 Dates t.b.a.

\$50/participant

NEW! OPEN GYM

For 5yrs+ Home School students
M-F 12:30-2:30, Sat 1:30-3:30, Sun 3-5

A chance for active FUN AROUND YOUR
SCHEDULE includes gymnastics, trampoline,
sports, games, and more! Sign up and attend
any time slot, once per week! Come on
different days! Great flexibility. Fit & fun!

\$220/session

Sorry all, we are restarting fall with members age JK+ with hopes to start preschool in 2021

"Over 1100 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

Check us out on:

[facebook](#)

[Instagram](#)

CALEDONIA GYMMIES GYMNASTICS FALL PROGRAM GUIDE

10 WEEK FALL SESSION RUNS: Sunday Sept 6, 2020 - Saturday Nov 14, 2020

CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ON-LINE at www.gymmies.com

E-MAIL: gymmies-reg@rogers.com 905 765-1623. Office hours: Mon-Fri 10-6pm. Address: 10 Kinross St E Caledonia.

10 Week Session 2: Nov 15-Feb 6/21. Session 3: Feb 7-Apr 24/21 Session 4: Apr 25-July 3/21

GYMNASTICS CLASSES:

\$220 + \$30 mem fee

Programs: use main gym & new! gym central	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Grade JK/SK	These classes are for new members or those working on the first 2 badges (burgundy & red). Event rotations on vault, bars, beam, floor (including fast trak) following CanGym badge program. Completed skills are stored in our data system to ensure continuous learning.	4:00-5:00	5:15-6:15		5:45-6:45 6:15-7:15	4:15-5:15 7:00-8:00	8:45-9:45 11:45-12:45	9:30-10:30 1:45-2:45
Grade 1-2		7:00-8:00		4:00-5:00	7:00-8:00	4:00-5:00	9-10 1-2	10:45-11:45 1:30-2:30
Grade 3+		7:00-8:00		4:00-5:00	7:00-8:00		9-10 1-2	1:30-2:30

2 hr ADVANCED REC GYMNASTICS CLASSES: \$320 + \$30 mem fee

Programs for	Age	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tiny	JK, SK	Recommended for those with experience or working on Tan-Bronze level (3rd-4th badges). Skills in the higher badges require more builder skills, conditioning & more advanced instruction. Includes vault, bars, beam, floor instruction following tan+ Can Gym badge program with flexibility, strength & conditioning. Instructors are our most experienced coaches.			3:30-5:30			9:00-11:00	9:00-11:00
Primary	Grade 1-3		5:00-7:00	5:00-7:00	5:00-7:00	3:30-5:30		11:15-1:15	11:15-1:15
Junior	Grade 4+		7:00-9:00	7:00-9:00	7:00-9:00	3:30-5:30		1:30-3:30	1:30-3:30

TRAMPOLINE & TUMBLING CLASSES: \$220-\$270 + \$30 mem fee

Instruction follows Can Gym Federation progressive badge program using tramps, double mini tramp and fast trak.

Programs for: choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Grade JK/SK \$220							Tramp 12:30-1:30
Grade 1-2 \$220		Tramp 8-9	Tramp 6:30-7:30	Tramp 8-9			Tramp 12:30-1:30
Grade 3+ \$220		Tramp 8-9	Tramp 6:30-7:30	Tramp 8-9			
Advanced Double T (7 yrs+) \$270 advanced tumbling & tramp with inversions with advanced technique					7:30-9:00		
Super Tramp (7 yrs+) \$270 More advanced class with inversions 1x week	4:30-6:00		7:30-9:00			11:30-1:00	9:00-10:30
3 hr PreComp (PC) Tramp: New! More advanced instruction twice a week with inversions & combinations taught safely with proper progressions, technique and conditioning by National Team Member/level 2 coach Michael. \$465.00 + \$30 membership.							PICK TWO: Mon 4:30-6:00, Wed 7:30-9:00 Sat 11:30-1:00 Sun 9-10:30. Non competitive.

NEW! OPEN GYM CLASSES: (including home school members) \$220 + \$30 mem fee

A chance for active FUN AROUND YOUR SCHEDULE includes gymnastics, trampoline, sports, games, and more! Sign up and attend any time slot, once per week! Come on different days around your schedule! Great flexibility.

Programs for:	Ages	Where?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Open Gym	6 - 12 yrs	Main Gym	12:30-2:30	12:30-2:30	12:30-2:30	12:30-2:30	12:30-2:30	1:30-3:30	3:00-5:00

COMBO CLASSES: DoubleT, ROLLERS & TWISTERS \$220(1hr)/\$270(1.5 hr)

Gymmies most popular program option. Combine 2 events into 1 class! Includes 30 minutes tramp, 1 hour gymnastics. Double T is 30 min each of tramp & tumbling. See ages below for boys & girls. All follow Can Gym Federation progressive badge program.

Programs for:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Rollers for JK/SK, Gr1	5:15-6:45		5:45-7:15	4:30-6:00	5:15-6:45	10:00-11:30	10:00-11:30, 2:45-4:15
Twisters for Gr 2+		6:30-8:00		7:30-9:00		10:15-11:45	11:45-1:15
Double T (tramp/tumble) 7 yrs+	8:00-9:00					9-10 am	

Sorry we are not holding birthday parties or monthly Friday parties in session 1 to limit entries, hopefully in session 2+. Parent viewing is also now postponed.

General Gymmies Information:

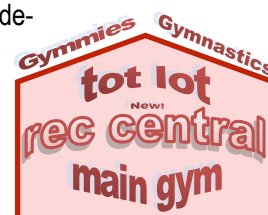
All members must read and accept membership policies/Waiver & Gymnastics Ontario Declaration of Compliance COVID 19.

We reserve the right to limit class size. Registration is on a first come basis. To ensure first choice register ASAP. Spots cannot be held without full payment. All policies are available when registering online. Classes may be cancelled or altered to meet demand.

Fees are refundable for medical reasons only. Makeup classes for holidays or unforeseen cancellations may occur. Offline registration payments must be paid in 3 days OVER THE PHONE to Gymmies office with a credit card.

We are a member club of Gymnastics Ontario & hire fully certified coaches through the (NCCP) National Coaching Certification Program. Coaches are first aid certified & complete police checks. Gymmies is a non profit club run by a volunteer Executive. We offer fund raising campaigns to support our annual budget & appreciate our membership's support. Need special payment consideration? Can't register online or use a credit card? Prefer installments?

Call Andrew in the office. Sorry we must limit office access too. Check us out on:



We're using ALL our space for social distancing!

www.gymmies.com or Call us 905 765-1623 (10-6 M-F)