

Caledonia Gymmies Gymnastics 2021 Fall Programs



10 Kinross Street E, Caledonia N3W 1K8
gymmies-reg@rogers.com

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



2 In-ground Olympic Size Trampolines

Gymnastics, Trampoline & Tumbling

Inside Gymmies Facility

Welcome Back Gymnasts!

We're featuring full class schedules for all our Programs & Services...

Including Preschool Daytime, Birthday Parties, Friday Drop In Parties, PA Days,

Within all Covid-19 GOVERNMENT & GYMNASTICS ONTARIO SAFETY PROTOCOLS including: Proper PPE, safe entry/exit procedures: temperature taking, social distancing marks, mask wearing coaches, hand hygiene stations everywhere, increased regular cleaning & use of **3 Foggers** for disinfection. Fogging is the fastest & most efficient way to apply **Vital Oxide** (has been authorized by Health Canada for use against Coronavirus that causes COVID-19) but is also non toxic, does not cause respiratory or skin irritation).

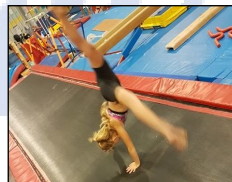
There is mounting evidence that children and youth aged 5 to 17 should get at least 60 minutes of moderate-to-vigorous intensity physical activity per day. Currently only 37% of this target group meets the recommendation. Let Gymmies help!

We're offering 10 WEEK, MORE AFFORDABLE SESSIONS:

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

FALL Session: Sun Sept 12, 2021 - Sat Nov 20, 2021

Online Registration LIVE Friday, August 13, 2021 @ 5:00pm



"Roll Call" After School Care Program

RIVER HEIGHTS Students \$13/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!

\$13/day

2021-22 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.

2021-22 Dates:

- FRI Oct 8
- FRI Nov 12
- MON Jan 17
- FRI Apr 22
- MON June 6

\$50/day

Tramp Birthday Parties

Saturdays 2-3 pm, 3-4 pm, 4-5 pm

Hold your birthday party at Gymmies. \$17/child
Use both in ground **tramps/pit** for the full hour.
Party **Room rental** available upstairs for snacks, cake, and gifts! Times:3-4pm, 4-5pm & 5-6pm.
Minimum 6-10 max participants/ party. Deposit of half the total fees plus room rental fee due at point of booking. New! Book your party online or **Call Gymmies Main Office 905 765-1623** to book a party today!

Check us out online at gymmies.com

Or Check us out on:



We're even planning on allowing limited spectators (as per protocols) back into the club!

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

CALEDONIA GYMMIES GYMNASTICS FALL PROGRAM

10 WEEK FALL SESSION RUNS: **Sunday Sept 12, 2021 - Saturday Nov 14, 2021**

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.

Session 2: Nov 21-Feb 12/22

Session 3: Feb 13-Apr 30/22

Session 4: May 1-June 25/22

Welcome back Preschool CLASSES: (including home school members) **\$220** + \$30 mem fee

Most Preschool programs use our upper TOT LOT & follow the progressive Cangym Preschool Program including "kid sized" super safe & self contained gym including vault, bars, beam, floor, rings, pit & tramp for kids up to 6 years. Attend any second class for the same child & SAVE 25% off, automatically calculated at registration. *Special budget friendly weekday daytime rates see below*

Programs for: choose 1 class from options listed	Ages	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tods & Twos (b/g with adult)	16-36 months	5:30-6:30	10-11	5:30-6:30	10-11,5:30-6:30	5:00-6:00	8:30-9:30, 12-1	9-10, 12-1, 3-4
Hoppers (b/g adult optional)	2.5-4 yrs	1-2, 6:30-7:30	10-11, 5-6	6:30-7:30	10-11,5:30-6:30	5:00-6:00	8:30-9:30, 12-1 9:30-10:30	10-11,12-1,3-4
Little Giants (boys beginner gym instruction)	2.5-4 yrs		6-7				10:30-11:30	2:00-3:00
New!Tyke Boys (boys beginner gym instruction)	5-6 yrs				6:30-7:30		1:00-2:00	2:00-3:00
Up,Down All Around (b/g) MainGym/Tramp. Special \$150	3-4 years	1-2:30		1-2:30				
Homeschool-Main Gym/Tramp. Special \$150	5 yrs+	2-3:30	1:30-3:00	2-3:30	1:30-3			

GYMNASTICS CLASSES: **\$220** + \$30 mem fee

Programs: use main gym	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Gym PreK-JK	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.	5-6		6-7	5-6	5:30-6:30	8:30-9:30 11-12	9:30-10:30 1-2
Gym Grade SK, 1		6-7	6:15-7:15	5-6	6:30-7:30	6:30-7:30	10:30-11:30 2-00-3:00	11:00-12:00 2:30-3:30
Gym Grade 2+		7-8	7-8	7-8	5:30-6:30 7:30-8:30	7:30-8:30	11:00-12:00, 3:00-4:00	1:30-2:30 3:30-4:30

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

Programs for	Age	Details choose 1 class from options listed	Mon	Tues	Thurs	Fri	Sat	Sun
Tiny	JK, SK	Recommended for those with experience or working on Tan-Bronze level (3rd-4th badges).	3:30-5:30	5-7	3:30-5:30		1-3	10:30-12:30
Primary	Grade 1-2	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	5-7	5-7	5:30-7:30	5-7	3-5	10:30-12:30
Junior	Grade 3+	with flexibility, strength & conditioning. Instructors are our most experienced coaches.	7-9	4-6, 7-9		7-9	3-5	12:30-2:30

TRAMPOLINE 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
Tramp Gr Sk-Gr2 \$220		5:15-6:15		6:30-7:30		9:30-10:30	
Tramp Gr 3+ \$220	8:00-9:00	7:15-8:15			6:00-7:00	9:30-10:30	4:00-5:00
Extreme Tramp (7 yrs+) \$270 advanced trampoline with inversions with advanced technique			8:00-9:00				

COMBO CLASSES: ROLLERS, TWISTERS, TWIST & FLIP **\$220(1hr)/\$270(1.5 hr)** + \$30 mem fee

Gymmies most popular program option. Combine 2 events into 1 class! Includes 30 minutes tramp, 1 hour gymnastics. Twist & Flip Acro is 30 min each of fast trak & double mini tramp: ideal for dancers, cheer leaders or those who love acrobatics. All follow Can Gym Federation progressive badge program.

All Programs for boys & girls:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Rollers for JK/SK, Gr1	5:00-6:30	5:30-7	4-5:30, 5:30-7		5:00-6:30	9:30-11:00	9:30-11, 12:30-2
Twisters for Gr 2+	6:30-8:00	7-8:30	7-8:30	7:30-9:00	6:30-8:00	12:00-1:30	11-12:30, 2-3:30
New! Twist & Flip Acro 7 yrs+ (see description above)		8:00-9:00			7:00-8:00	10:00-11:00	

GYMMIES "STAR ADVANCED PROGRAMS" FOR TRAMPOLINE & GYMNASTICS

Gymmies best option for those with experience & love our sport: 1.5 hr \$270 3 hr \$465 4 hr \$600 (call office for installments if desired)

Program	***Membership is by INVITATION ONLY***	Mon	Tues	Thurs	Fri	Sat	Sun
Sparkle (girls JK, SK)	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 at a faster pace than	3:30-5:30	5-7	3:30-5:30		1-3	
Twinkle (girls gr 1, 2)		5-7	5-7	5:30-7:30	5-7		
Aspire (girls gr 3+)		7-9	4-6, 7-9		7-9	3-5	
Super Tramp (Pick 1 class/week)	b/g all ages with exp. Focus on builders for rotations, flips & twists taught by National athlete & provincial coach Michael		Wed 4-5:30			12:30-2	9:30-11
PC Tramp (Precompetitive) (Pick 2 classes/week)	3 hr Trampoline by invitation only preparation for routines to prepare for future competitive. Taught by Michael.		Wed 4-5:30			12:30-2	9:30-11

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. Credits are provided for cancellations including those due to Covid-19. 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 10-6 M-F. **905 765-1623 oemail: andrewgymmies@gmail.com. Website: www.gymmies.com**