

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

Caledonia

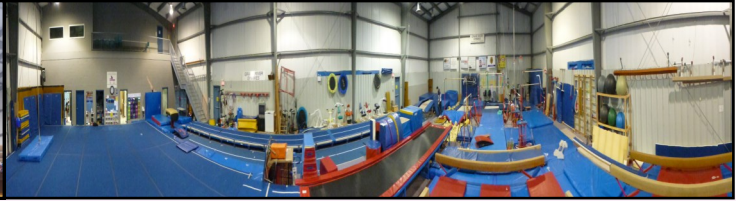
Gymmies Gymnastics



gymmies-reg@rogers.com 905-765-1623

www.gymmies.com

Office Hours Mon-Fri 10:00-6:00



2 In-ground Trampolines

Gymnastics & Trampoline

Inside Gymmies Facility

NEW!
~~10~~ 12 Week

Spring Session

12 Week Session: Sun Mar 20, 2022 - Sat June 11, 2022

Classes: 60 min **\$264** 90 min **\$324** 120 min **\$384**

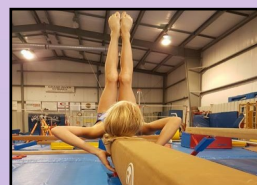
Online Registration LIVE Friday, Feb 18, 2022@ 5:00pm

Gymmies is proud to offer the programs you love for an extended 12 week session!

- We will continue with the appropriate safety measures as provincial guidelines develop
- Reopening up "scheduled" parent viewing days to parents (18 years+) is a possibility based on provincial guidelines and board of directors review.
- *All Sun / Mon / Fri classes offered at a reduced rate due to holidays.
- **March Break Camps:** March 14 - 18, 2022. 8-5pm, ages 4-12 yrs.
- **Chocolate Fundraiser:** due to overwhelming popularity, we will once again offer the sale of our Worlds Finest chocolate almond fundraiser.

(*As a not-for-profit gymnastics club, we depend on budget items like our chocolate fundraiser to keep our cost as affordable to members as possible. Gymmies appreciates all members participation!

***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!



"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 Apr 22 - MON June 6

\$50/day

Tramp Birthday Parties
Saturdays Trampoline Times:
2-3 pm or 3-4 pm

Hold your birthday party at Gymmies. Use both in
ground tramps/pit, and tracks for the full hour.
Party Room rental available upstairs for snacks,
cake, and gifts!
Ages: 4+

10 max participants/ party..... **\$180**
Room Rental Times:3-4pm & 4-5pm. **\$20**

Monthly Friday Night Parties (7:30-9:00pm)

Join us for fun on a Friday! Tramps, equipment, circuits, stations. Special activities, and more!
Party proceeds put toward competitive athletes travel expenses. Ages: 4-12 years

\$15/participant

Or Check us out on:



CALEDONIA GYMMIES GYMNASTICS Spring PROGRAM GUIDE

NEW! 12 Week Spring Session: Sun Mar 20 - Sat June 11, 2022

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.

Spring Session 3: Mar 20 - June 11, 2022

Summer Session 4: June 12 - Sept 3, 2022

PRESCHOOL / DAYTIME CLASSES:

\$264 New members only +\$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, & 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	Sat	Sun
Tods & Twos (b/g with adult)	16-36 months	5-6	10-11, 5-6	5:30-6:30	10-11, 5:30-6:30	8:30-9:30, 11:30-12:30 2-3, 3-4	9-10, 11-12 3-4
Hoppers (b/g adult optional)	2.5-4 yrs	1-2, 5-6	10-11	5:30-6:30	10-11, 5:30-6:30	8:30-9:30, 9:30-10:30 11:30-12:30, 2-3, 3-4	10-11, 11-12 3-4
Little Giants (boys beginner gym instruction)	2.5-4 yrs					10:30-11:30	2-3
Tyke Boys (boys beginner gym instruction)	5-6 yrs				6:30-7:30	10:30-11:30	2-3
Up, Down All Around (b/g) Main Gym/Tramp. Special \$180	3-4 yrs			1-2:30			
Homeschool-Main Gym/Tramp. Special \$180	5 yrs+	2-3:30	1:30-3	2-3:30			

GYMNASTICS CLASSES:

\$264 New members only + \$30 mem fee

Programs: use main/ Jr. 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.	6-7	5:30-6:30	5-6	5-6	5-6 5:30-6:30	9:15-10:15 11:30-12:30 2:30-3:30	9:30-10:30 12:30-1:30 1-2
Gym SK - Gr. 1		7-8	6-7	6:30-7:30	6:30-7:30	6:30-7:30	10:30-11:30 1:30-2:30 2-3	10:30-11:30 2:30-3:30
Gym Gr. 2+		8-9	7-8	7:30-8:30	5:30-6:30 7:30-8:30	7:30-8:30	10:15-11:15 11-12 3-4	1:30-2:30 3:30-4:30

2 hr ADVANCED REC GYMNASTICS CLASSES:

\$384 New members only + \$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). Completion in the higher badges require more builder skills, conditioning & advanced instruction. Includes vault, bars, beam, floor rotations following tan+ Can Gym badge program with flexibility, strength & conditioning. Instructors are our most experienced coaches.	3:30-5:30		3:30-5:30		3:30-5:30	9:15-11:15	
Primary	Gr. 1-2		5-7	4-6	6-8	5:30-7:30	6:30-8:30	9:15-11:15 3-5	
Junior	Gr. 3+		7-9	7-9	6-8	5:30-7:30	6:30-8:30	3-5	11-1

TRAMPOLINE CLASSES:

\$264 New members only + \$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		5-6		6:30-7:30	5-6	9:30-10:30	
Tramp Gr. 3+		7-8			6-7		4:00-5:00
Extreme Tramp (7 yrs+) Codi's advanced trampoline with inversions and advanced technique			8-9				

COMBO CLASSES: ROLLERS, TWISTERS, TWIST & FLIP

\$264(1hr) / \$324(1.5 hr) New members only + \$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	5-6:30	4-5:30, 5:30-7	4:00-5:30	5:00-6:30	9:30-11:00	9:30-11, 11:30-1
Twisters for Gr 2+	6:30-8:00	6:30-8	7-8:30	7:30-9:00	6-7:30, 7:30-9	12:00-1:30	11-12:30, 2-3:30
Twist & Flip Acro 7 yrs+ (see description above)					7-8	1-2	

STAR ADVANCED PROGRAMS FOR TRAMPOLINE & GYMNASTICS:

Gymmies best option for those with experience & love our sport: 1.5 hr (\$324) 3 hr (\$558) 4 hr (\$720) 6 hr (\$936) (call office for installments if desired)

Program: choose 2	***Membership is by INVITATION ONLY***	Mon	Tues	Wed/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 regular recreation programs that lead to competitive.	3:30-5:30		Wed-3:30-5:30	3:30-5:30		
Twinkle (girls gr 1, 2)		5-7	5-7	Thurs: 5-7	5-7		9-11, 12-2
Aspire (girls gr 3+)		7-9	5-7	Thurs: 7-9	7-9		9-11, 12-2
NEW! Aspire/Twinkle PRO	Pick 3 times per week from the existing 2 hr Twinkle/Aspire days and times above for full prep to Gymmies elite.	Twinkle: 5-7 Aspire: 7-9	Twinkle: 5-7 Aspire: 5-7	Thurs Twinkle: 5-7 Thurs Aspire: 7-9	Twinkle: 5-7 Aspire: 7-9		Twinkle: 9-11, 12-2 Aspire: 9-11, 12-2
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.