

Caledonia Gymmies Gymnastics 2020 Fall Programs



10 Kinross Street E, Caledonia N3W 1K8

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



2 In-ground Olympic Tramps



Gymnastics, tramp, tumbling



INSIDE GYMMIES Caledonia FACILITY

Something new for the times!

Introducing "Gymmies 3G"

3G Stands for Guided Gym Groups!

Are you feeling uneasy about attending classes without parent viewing? Wish you could be on the floor to guide your child with covid protocols? **Gymmies 3G is just for you!**

3G Classes are for boys & girls: 1. PreK (2,3 yrs) 2. Petite (4, 5, 6 years)

We're converting our whole main gym floor to a self-contained circuit with all events: **vault, bars, beam, floor & TRAMP too!** Participants work with our coach (as usual) following the CanGym badge program. Parents guide their child in social distancing, hand sanitizing & protocols during class giving added peace of mind. We all want a safe new normal.

We hope **Gymmies 3G classes** can become your new normal! Check it out!

There is mounting evidence that youth aged 5 to 17 should get at least 60 minutes of moderate-to-vigorous 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.

Winter Session: Sun Nov 15, 2020-Sat Feb 6, 2021

(off Dec 20-Jan 2) Ses 3: Feb 7-Apr 24/21 Ses 4: Apr 25-July 3/21

Online Registration LIVE Wednesday, October 21, 2020 @ 5pm



"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 if desired.

Bars, Beam, Floor, Vault, Tramp Games, Sports,
Fitness, and More! Limited spots currently available.

\$12/day

Calling Teens/Adults!

Try New! **Extreme Trampoline**

Tuesday 8-9pm \$220

with Coach Codi! Our former national tramp member!
Stunts, flips, tunes & more!

**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: Fri Nov 13, Mon Jan 18, Fri June 11 &
Tues June 29.

\$45/participant

New! LITTLE DUDES

1 hr Gym/Spring Class for boys 4-6yrs
Includes CanGym Badge work on vault,
high bar, tramp or fast trak, floor. \$220.
Thurs 5:45-6:45 or Sat 11:45-12:45

NEW! Tumble Tricks

Basic-advanced tumbling with added bounce &
spring from fast trak, spring floor & *new!* air mat
for boys & girls 7 years+. Wed 7:30-8:30, Sat 11-12.
Great for kids who love to flip, dancers & cheerleaders

Welcome back....

Home School Classes!

12:30-2pm Tuesday or Thursday
\$150 with a parent

Sorry, we are restarting PreK (age 2, 3) but not Tods & Twos (16-30 months). Sorry no parent viewing, see 3G programs!

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

Check us out on:

[facebook](#)

[Instagram](#)

CALEDONIA GYMMESGYMNAS TICS Winter Program GUIDE

10 WEEK SESSION RUNS: Sunday Nov 15, 2020 - Saturday Feb 6/21 (off Dec 20-Jan 2 for Xmas).

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.

Christmas Camps: Dec 21, 22, 23, 28, 29, 30. Session 3: Feb 7-Apr 24/21 Session 4: Apr 25-July 3/21

New! 3 G (Guided Gym Groups) with adult accompaniment \$220 + \$30 new mem fee
 *Coach instructs badges; parents guide their child with social distancing, hand sanitizing & all protocols with encouragement & support for added peace of mind.

Programs on main gym floor	Details choose 1 class from options listed	Tuesday	Thursday	Saturday	Sunday
*PreK boys/girls 2, 3 years & adult	a self-contained circuit with all events: vault, bars, beam, floor & tramp or fast trak following the Can/Gym Preschool program with parent.	11:00-12:00	11:00-12:00	8:30-9:30 am 2:00-3:00, 3:00-4:00	8:30-9:30 am 11:00-12:00
*PETITE boys/girls 4-6 yrs & adult	a self-contained circuit with all events: vault, bars, beam & floor & tramp or fast trak following the Can/Gym badge program with parent.			9:45-10:45 2:00-3:00, 3:00-4:00	9:45-10:45 11:00-12:00
HOMESCHOOL boys/girls 4 yrs+ & adult	1 hour self-contained circuit on all events: vault, bars, beam & floor plus 30 minutes on tramp. Special price \$150 + \$30 annual membership fee.	12:30-2:00	12:30-2:00		

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

Programs: use main gym	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
New! Little Dudes	For Boys 4-6 yrs. 1 hr gym/spring class using vault, high bar, fast trak & floor following Can/Gym badge system				5:45-6:45		11:45-12:45	
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.	5:30-6:30	5:15-6:15		4:45-5:45 6:15-7:15	4:30-5:30	9:00-10:00 11:30-12:30	9:00-10:00 1:45-2:45
Grade 1-2		7:00-8:00	7:00-8:00	4:00-5:00	7:30-8:30	4:30-5:30	10:15-11:15	12:15-1:15 3:00-4:00
Grade 3+		7:00-8:00	7:00-8:00	4:00-5:00	7:30-8:30		10:15-11:15	12:15-1:15 3-4

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

Programs for	Age	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tiny	JK, SK	For those with experience or working on Tan-Silver level (3rd-8th Can/Gym badges). Skills in higher badges require more time including builder skills, conditioning & more advanced instruction on all events with added flexibility, strength & conditioning. The instructors are our most experienced coaches.			3:30-5:30		4:00-6:00	9:00-11:00	
Primary	Grade 1-2		5:00-7:00	5:00-7:00	5:00-7:00	3:30-5:30	4-6, 6-8	11:15-1:15	1:30-3:30
Junior	Grade 3+		7:00-9:00	7:00-9:00	7:00-9:00	3:30-5:30	6:00-8:00	1:30-3:30	1:30-3:30

TRAMPOLINE & TUMBLING CLASSES: \$220-\$270 + \$30 new 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	Fri	Sat	Sun
Trampoline Grade JK/SK \$220						10:30-11:30	Tramp 12:30-1:30
Trampoline Grade 1-2, 3+ \$220				6:30-7:30		10:30-11:30	Tramp 12:30-1:30
New! "Extreme" Trampoline \$220	Age 12-Adult with Coach Codi. Turn up the tunes, bring on the stunts & flips! More fun than high technique. Great exercise & toning.		8:00-9:00				
New! Tumble Tricks \$220	Basic-advanced tumbling with added bounce & spring from fast trak, spring floor & new! air mat for boys & girls 7 years+. Great for dancers and cheerleaders.			7:30-8:30		11:00-12:00	
Advanced Double T (7 yrs+) \$270	advanced tumbling & tramp with inversions and advanced technique with Coach Codi				7:00-8:30		
Michael's Super Tramp (7 yrs+) \$270	More advanced class with inversions 1x week	4:30-6:00	4:30-6:00	7:30-9:00		12:00-1:30	9:00-10:30

3 hr PreComp (PC) Tramp: 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 annual membership for new members.** **PICK TWO:** Mon/Tues 4:30-6:00, Wed 7:30-9 Sat 12:00-1:30 Sun 9-10:30. Non competitive.

COMBO CLASSES: Double T, 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	Friday	Saturday	Sunday
Rollers for JK/SK, Gr1	5:15-6:45		5:45-7:15	4:30-6:00	5:15-6:45	8:45-10:15	10:00-11:30
Twisters for Gr 2+	7:00-8:30	6:30-8:00		7:00-8:30	5:45-7:15	12:00-1:30	11:45-1:15
Double T (tramp/tumble) 7 yrs+	8:00-9:00						

Sorry we are not holding birthday parties or monthly Friday parties in session 2 to limit entries, hopefully in session 3+. Parent viewing is also now postponed.

Gymmies Christmas Camps 2020. Ages 4-12 b/g. Gym, tramps, movies, games. Full Day 8-5:30pm only. \$15 + membership fee. Bring lunch + 2 snacks. Dress for indoor/outdoor play. Offered **Mon Dec 21/28, Tues Dec 22/29, Wed Dec 23/30.**

General Gymmies Information *New members: please add \$30 annual membership fee to all prices quoted.*

All members must read & accept membership policies/waiver & Gymnastics Ontario's "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. 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 or **Email:** gymmies-reg@rogers.com.

www.gymmies.com or Call 905 765-1623 (10-6 M-F) *sorry limited in person office access too*