

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

# Caledonia Gymmies Gymnastics

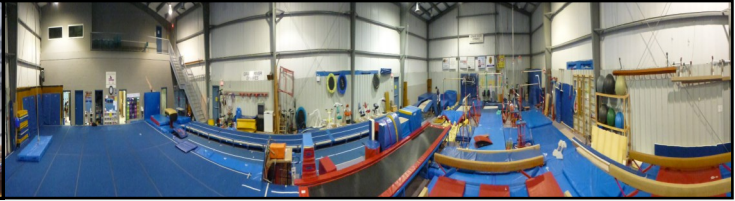
gymmies-reg@rogers.com 905-765-1623 www.gymmies.com Office Hours M-F 10-6 Nov 4/21



2 In-ground Olympic Size Trampolines



Gymnastics & Trampoline



Inside Gymmies Facility



# Winter Session is here!

## What's new in session 2?

Offering More 2, 3 & 4hr Gymnastics Programs

*So that members of all abilities are challenged*

## Bringing back Parent Viewing

*Scheduled to meet covid requirements (QR code) with ample seating*

## Continuing required Covid Safety Protocols

**Online Registration LIVE Monday, Nov 8, 2021 @ 5PM**

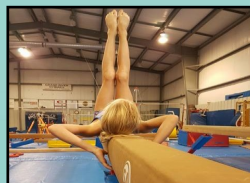
[www.gymmies.com](http://www.gymmies.com)

Check us out on:

[facebook](#)

[Instagram](#)

*\*\*\*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 Upcoming Dates:  
**FRI Nov 12 - MON Jan 17**  
**FRI Apr 22 - MON June 6**

**\$50/day**

**Tramp Birthday Parties**  
Saturday 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! Includes goody bag.

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

**New! Book online @gymmies.com today!**

**Monthly Friday Night Parties (7:30-9:00pm) \$15/participant**

Join us for fun on Friday nights once a month! Tramps, equipment, circuits, stations. Special activities, and more! Party proceeds put toward competitive athletes travel fund.  
Ages: 4-12 years. Register on line. First come basis.

**Christmas Camps 2021**  
8-5 pm. \$50.00 a day.

Join us for games, tramp, gym, crafts & active fun! Full details coming soon!

# CALEDONIA GYMMIES GYMNASTICS WINTER PROGRAM GUIDE

## 10 Week Winter Session: Sun Nov 21 - Sat Feb 12, 2022

CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ONLINE 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.

Session 2: Nov 21-Feb 12/22

Session 3: Feb 13-Apr 30/22

Session 4: May 1-June 25/22

### PRESCHOOL/ DAYTIME CLASSES:

**\$220** + \$30 mem fee **New members only**

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 yrs. Attend any 2nd classes for the same child & SAVE 25% off, 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, 6-7	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
New!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) MainGym/Tramp. Special \$150	3-4 yrs			1-2:30			
Homeschool-Main Gym/Tramp. Special \$150	5 yrs+	2-3:30	1:30-3	2-3:30			

### 1 hr GYMNASTICS CLASSES:

**\$220** **New members only** + \$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.	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 Grade SK, 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 Grade 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:

**\$320** **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). 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		3:30-5:30		3:30-5:30		
Primary	Grade 1-2		5-7	5-7	6-8	5-7	5-7	9:15-11:15 1-3, 3-5	9-11
Junior	Grade 3+		7-9	4-6, 7-9	6-8	5:30-7:30	7-9	1-3, 3-5	11-1

### TRAMPOLINE CLASSES:

Instruction follows Can Gym Federation progressive badge program using tramps, double mini tramp and fast trak. **New members only add \$30 mem fee**

Programs for: Choose 1 class from options listed unless otherwise specified	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tramp Gr Sk-Gr2 (b/g) \$220.00		5-6		6:30-7:30	5-6	9:30-10:30	
Tramp Gr 3+ (b/g) \$220.00		7-8			6-7, 7:30-8:30		4:00-5:00
Super Tramp b/g all ages with exp. Focus on builders for rotations, flips & twists taught by National athlete & provincial coach Michael. (Pick 1 class/wk) 1.5 hr \$270			Wed 4-5:30			12:30-2	9:30-11
PC Tramp (Precompetitive) 3 hr Trampoline by invitation only preparation for routines to prepare for future competitive. Taught by Michael. (Pick 2 classes/week) 3 hr \$465			Wed 4-5:30			12:30-2	9:30-11
PreNovice Competitive Tramp 3hr Tramp stepping stone to 6hr program ready to competitive later in the spring. Taught by Michael. (Pick 1 class/week) 3 hr \$465	3:30-6:30			3:30-6:30			11-2
Codi's Extreme Tramp (7 yrs+) inversions & advanced technique perfect for backyard bouncers!			Wed 8-9 \$220				

### COMBO CLASSES: ROLLERS, TWISTERS, TWIST & FLIP

**\$220(1hr) / \$270(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 follows 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, 6:30-8	12:00-1:30	11-12:30, 2-3:30
Twist & Flip Acro 7 yrs+ 30 min each of fast trak & double mini tramp: ideal for dancers, cheer leaders or those who love acrobatics.					7-8	1-2	

### STAR ADVANCED PROGRAMS FOR GYMNASTICS

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

Gymmies best option for those with experience & love our sport: 3 hr \$465 4 hr \$600 (call office for installments if desired) \$55 GRG bodysuit required

Program	*** Membership is by INVITATION ONLY***	Mon	Tues	Wed/Thurs	Fri	Sat	Sun
4 hr 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 can lead to competitive	3:30-5:30		Wed-3:30-5:30	3:30-5:30		
4 hr Twinkle (girls gr 1, 2)		5-7	5-7	Thurs: 5-7	5-7		12-2
4hr Aspire (girls gr 3+)		7-9	7-9	Thurs: 7-9	7-9		12-2
3hr PreSpringer (girls 10-12)	Ease into a competitive program by training with existing elite athletes with a twice a week program option in the near future.	5:30-8:30		W 5:30-8:30			
3hr PreRebound (girls 12+)				W 5:00-8:00		8:30-11:30	

New! Session 2 Viewing Policy- gallery viewing days will be assigned with limited seating for those with proof of vax & ID up to 3 times a session. Restrictions apply, see newsletter for full details.

### General Gymmies Information:

905 765-1623 Phone [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com)

All members must read & accept membership policies/Waiver & Gymnastics Ontario (GO) 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 GO & 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. Need special payment consideration? Can't register online or use a credit card? Prefer installments? Call Andrew in the office 10-6 M-F.