



# Caledonia Gymmies Gymnastics

"Over 1600 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

caledoniagymmies@rogers.com 905-765-1623 www.gymmies. Office Hours Mon-Fri 10-6



## FALL 2024 Programs

Revised August 7, 2024

Sun Sept 8 - Sat Dec 7, 2024

~~12~~ 13 Week Sessions!

Online Registration LIVE Friday August 9, 2024 5:00pm

13 Weeks: 60 min \$319 90 min \$390 120 min \$463

**NEW!** Multiple Session Registration Open Now!

Register now for all 2024-25 sessions @gymmies.com

**Fall Session:** Sun Sept 8-Sat Dec 7, 2024

**Winter Session:** Sun Dec 8, 2024 - Sat Mar 8, 2025

**Spring Session:** Sun Mar 16, 2025 - Sat June 14, 2025

**Christmas Camp:** Dec 23, 27, Jan 30, 2, 3

**March Break Camp:** Mon Mar 10 - Fri Mar 14, 2025

### "Roll Call" Afterschool Program 2024/25 (River Heights)

Get your 1 hr of physical activity per day! Bars, Beam, Floor, Vault, Tramp Games, Sports, Fitness, and More!

3:00pm -5:30pm Mon -Fri (\$150 Deposit & \$45 mem fee due at registration)

**\$ 15/day**

### Trampoline Birthday Parties (Saturdays 1-2 or 2-3)

Use both in ground trampolines/pit, and tracks for the full hour. Party Room rental available upstairs for snacks, cake, and gifts!

**Party:** 10 Participants Max, Ages 4+. **\$ 200**

**Party Room:** Optional **\$30**

### JUMP IN (Drop In) Programs - 90 min Classes

Not big on structured classes? But love being active... Using tramp & full gym equipment? Drop in classes are BACK! For both the main gym and rec room. Learn new skills or just have fun with friends participating!

**\$ 17/c lass**



For full program details and booking, please visit [www.gymmies.com](http://www.gymmies.com) or call our Main Office: 905-765-1623



# CALEDONIA GYMMIES GYMNASTICS 2024-25 PROGRAM GUIDE

## 13 Week FALL Session: Sun Sept 8 - Sat Dec 7, 2024

### ★ FULL PROGRAM DETAILS & REGISTRATION @ [www.gymmies.com](http://www.gymmies.com)

### PRESCHOOL CLASSES: **\$239** +\$45 mem fee

Programs: <i>in Gymmies upper tot lot studio</i>	Ages:	Mon	Tues	Wed	Thurs	Sat	Sun
<b>Tods &amp; Twos</b> (b/g with adult accompaniment)	16-36 months	3:45-4:30 4:30-5:15	9:00-9:45 10:30-11:15 4:45-5:30 5:30-6:15	9:00-9:45 10:30-11:15 4:30-5:15 5:15-6:00	4:30-5:15	9:00-9:45 11:30-12:15	8:30-9:15 10:00-10:45
<b>HOPPERS</b> (b/g adult free)	2.5-4 yrs	5:15-6:00 6:00-6:45	9:45-10:30 11:15-12	9:45-10:30 11:15-12 5:15-6:00	5:15-6:00	9:45-10:30 12:15-1:00	9:30-10:15 10:45-11:30

### GYMNASTICS CLASSES: **\$319** + \$45 mem fee

Programs: <i>in Main gym, * Rec Room</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>*Gym PreK-JK</b>	4:00-5:00 4:45-5:45	5:00-6:00 6:00-7:00	4:15-5:15 5:15-6:15	5:00-6:00 6:00-7:00	6:00-7:00	9-10, 10-11 11-12, 12-1	9-10, 12-1 9:15-10:15
<b>* Gym SK - Gr. 1</b>	5:00-6:00 5:30-6:30	4:00-5:00 6:30-7:30	4:15-5:15 5:30-6:30	4:00-5:00 6:30-7:30	5:00-6:00	9:30-10:30 10:30-11:30 12:00-1:00	9:45-10:45 11:45-12:45 1-2, 3-4
<b>Gym Gr. 2+</b>	6:30-7:30	7:00-8:00	6:30-7:30 7:30-8:30	6:30-7:30	7:00-8:00	10:30-11:30 11-12, 12-1	11:15-12:15 2:00-3:00

### 2hr ADV.REC GYMNASTICS CLASSES **\$463** + \$45 mem fee

Programs: <i>new! all in main gym</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Tiny JK-SK</b>		5:00-7:00		5:00-7:00			
<b>Primary Gr. 1-2</b>	5:00-7:00			5:00-7:00	5:00-7:00	9:00-11:00	12:00-2:00
<b>Junior Gr.3+</b>	7:00-9:00	7:00-9:00	6:00-8:00	4-6, 7-9	7:00-9:00	11:00-1:00	2:00-4:00

### TRAMP/TUMBLING CLASSES: **\$319/\$390** + \$45 mem fee

Programs: <i>all b/g in main gym</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Trampoline Gr. Sk-Gr.1</b>				5:30-6:30		9:00-10:00	12:45-1:45
<b>Trampoline Gr. 2+</b>	7:45-8:45	7:15-8:15			5:00-6:00	10:00-11:00	10:15-11:15
<b>Tumbling:</b> <i>Basic-Advanced instruction</i>			8:00-9:00				12:30-1:30
<b>Xtreme Tramp</b> (10yrs+ all for fun with codi)				8:00-9:30			
<b>Super Tramp</b> (All ages with exp with codi)		4:00-5:30		8:00-9:30			2:00-3:30

### COMBO CLASSES: 30 min tramp , 60 min gymnastics **\$390** + \$45 mem fee

Programs: <i>(In Main gym, * Rec Room)</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>*Rollers SK-Gr.1</b>	5:45-7:15	5:00-6:30	5:15-6:45	5:00-6:30	6:00-7:30	10:00-11:30 11:30-1:00	10:15-11:45 12:15-1:45
<b>Twisters Gr.2+</b>			6:15-7:45 6:45-8:15	7:00-8:30 7:30-9:00	5:30-7:00 7:30-9:00	10:30-12:00 11:30-1:00	10:45-12:15

### STAR ADV. PROGRAMS: **\$390** (1.5hr) **\$660** (3hr) **\$852** (4hr) + \$45 mem fee

\*\*\*Membership is by INVITATION ONLY\*\*\* Note: ages for each class will be enforced

Program: <b>choose 2</b> (all in main gym)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>*Sparkle 4hr</b> (ages 4-5)		5:00-7:00		5:00-7:00			
<b>Twinkle 4hr</b> (ages 6-8)		5:00-7:00			4:00-6:00		11:30-1:30
<b>Aspire 4hr</b> (ages 9+ years)		7:00-9:00		7:00-9:00			11:30-1:30
<b>PC Trampoline 3hr</b> (Pre-comp ages 7+) with codi		4:00-5:30		8:00-9:30			2:00-3:30

### JUMP IN (DROP IN) **\$17/c lass** + \$45 mem fee

For boys & girls. Use tramp & full equipment. Member's choice of day & activity.	In main gym	In rec room	In main gym	Flexibility!
<b>Supervised active play in Rec Room (for PreK-Gr 1) &amp; Main Gym (for Gr2+)</b>	Friday 7:00-8:30	Friday 4:00-5:30	Saturday 9-10:30	For busy families

### General Gymmies Registration Information: All policies are available when registering online.

- All members must read and accept membership policies/waiver & Gymnastics Ontario (GO) Declaration of Compliance.
- We reserve the right to limit class size. Registration is on a 1st come basis. To ensure first choice register ASAP. Spots cannot be held without full payment.
- Classes may be cancelled or altered to meet demand. Fees are refundable for medical reasons only. Makeup classes for unforeseen cancellations may occur.
- Credits are provided for cancellations including those due to a pandemic.
- 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. Classes have increased this year after freezing fees for 4 years, 4-6% to reflect known increased operating costs.
- 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 or email Gymmies Office or email caledoniagymmies@rogers.com](mailto:Call or email Gymmies Office or email caledoniagymmies@rogers.com).
- Want your child assessed for elite level programs? Call us now!
- Parents want to view classes? - we've saved a spot for you every other week!

**GYMMIES SPECIAL! Attend any 2nd rec class for the same child & SAVE 25% (off 2nd class) automatically calculated at registration!**