

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

Caledonia Gymmies Gymnastics

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



Fall 2022 Session

12 Week Fall Session:

Sun Sept 25 - Sat Dec 17, 2022

Online Registration LIVE Friday, Aug 12, 2022@ 5:00pm



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

What's new At Gymmies? WE ARE EXPANDING!

Introducing... Gymmies Rec Room

- **Phase 1 Renovation:** new gym space for members ages PreK-Gr. 1!
- Featuring 2 full sets uneven bars, multiple beams, vault, floor, air mat. Ready fall 2022
- Parent viewing- always a spot saved for you every week!
- **Phase 2 Addition:** construction of a whole new space to include foyer, office, climbing wall, tramp, even more viewing! Completion projected Spring 2023
- **Offering 3 Fully Equipped Gyms:** Tot Lot (Adult with Tots, PreK), Rec Room (PreK-Gr 1), Main Gym (Gr2+, tramp, all elite).

• All designed to best serve our members. COME CHECK US OUT! Our mission: to provide quality facilities & coaches so members of all levels safely achieve personal best



"Roll Call"
After School Care Program

RIVER HEIGHTS Students \$13/day
\$150 Deposit & \$30 mem fee due at registration

Get your 1 hr of physical activity per day!

3:00pm-5:30pm Mon-Fri

Bars, Beam, Floor, Vault, Tramp Games, Sports, Fitness, and More!

2022-23
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.

- FRI Oct 7 - FRI Apr 21
- FRI Nov 11 - FRI June 2
- MON Jan 16

\$50/day

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

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!

10 max participants/ party..... **\$180**

Room Rental Times: 3-4pm & 4-5pm. **\$20**

For full program details and registration, please visit www.gymmies.com or call our Main Office: 905-765-1623

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:

facebook

Instagram

CALEDONIA GYMMIES GYMNASTICS FALL PROGRAM GUIDE

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Aug 9/22

CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ON-LINE at www.gymmies.com

caledoniagymmies@rogers.com 905 765-1623. Office hours: Mon-Fri 10-6pm. Address: 10 Kinross St E Caledonia.

PRESCHOOL / DAYTIME CLASSES: **\$Special Rates** 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, pit & tramp for kids up to 6 years. Attend any 2nd class for the same child & SAVE 25% off, automatically calculated at registration. *Special budget friendly weekday rates!*

Programs: choose 1 class from options listed	NEW! Time/\$	Ages:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tods & Twos (b/g with adult accompaniment)	45 min / \$198	16-36 months	4:45-5:30	9:30-10:15 5:15-6:00	5:30-6:15	5:30-6:15	9:30-10:15	8:30-9:15 12:45-1:30 1:30-2:15	9:30-10:15 1:30-2:15
Hoppers (b/g NO adult)	45 min / \$198	2.5-4 yrs	12:45-1:30 5:30-6:15	10:30-11:15 4:30-5:15	4:45-5:30	6:15-7	10:30-11:15	9:15-10:00 12:45-1:15 2:15-3:00	10:15-11:00 12:15-1:00
Little Giants (boys gym/tramp circuit in tot lot)	45 min / \$198	2.5-4 yrs	6:15-7			4:45-5:30		10:00-10:45	11:30-12:15
Tyke Boys (boys gym events instruction in tot lot)	1hr / \$264	5-6 yrs		6-7				10:45-11:45	2:15-3:15
Up, Down All Around (b/g) Rec room, tot lot no adult	90 min / \$180	3-4 yrs		11:30-1:00			11:30-1		
Homeschool Main Gym Circuit/Tramp. No badges	90 min / \$180	b/g 5 yrs+	2:00-3:30	1:30-3			1:30-3		
NEW! Gym Mini PreK Girls Main Gym/tramp	2hr / \$240	3-4 yrs			1:00-3:00	1:00-3:00			

GYMNASTICS CLASSES: **\$264** New members only + \$30 mem fee

Classes: use main gym, *rec room	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Gym PreK-JK	These classes are for girls and boys who are 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.	4-5 5:30-6:30	4:30-5:30 4:45-5:45	5:30-6:30 6-7	5-6	4-5	8:30-9:30 11:30-12:30 1:30-2:30	9:30-10:30 2:00-3:00 3:00-4:00
*Gym SK - Gr. 1		6:30-7:30 6:30-7:30	6:30-7:30	6:30-7:30	6-7 6:30-7:30	6-7	9:30-10:30 12:30-1:30	10:30-11:30 1:00-2:00 4:00-5:00
Gym Gr. 2+			7:30-8:30	7-8	7-8	5-6	10:30-11:30 2:30-3:30	10-11, 2:30-3:30 3:30-4:30

2 hr ADVANCED REC GYMNASTICS CLASSES: **\$384** New members only + \$30 mem fee

In Main gym, *rec room	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	Gr. 1-2		6:15-8:15	4-6		4:30-6:30	4:30-6:30		11:15-1:15
Junior	Gr. 3+			5:30-7:30		6:30-8:30	6:30-8:30		1:15-3:15

TRAMP/TUMBLING 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. All in main gym for boys/girls	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Trampoline Gr. Sk-Gr.1			5-6		5-6	8:30-9:30	3:30-4:30
Trampoline Gr. 2+	7:30-8:30			7:30-8:30		3:00-4:00	
NEW! Advanced Tumbling (8 yrs+ Advanced technique for inversions on tumble/fast trak. Great for competitive gym, dance or cheer) with Coach Codi.	8:30-9:30	7:30-8:30					
Xtreme Tramp (b/g 10yrs+ All fun for beginner-advanced with Coach Codi)				8:30-9:30			

COMBO CLASSES: **\$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 beginner/intermediate dancers, cheer leaders or those who love acrobatics. All follow Can Gym Federation progressive gym, tramp, tumbling badge program. Held in Main gym, *rec room.

All Programs for boys & girls:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Rollers (JK/SK, Gr1)	5:00-6:30	5:45-7:15	4:30-6:00	4:30-6 / 5:30-7	4:30-6 / 5-6:30	9:30-11, 2:00-3:30	11-12:30 / 1-2:30
Twisters (Gr. 2+)		7:30-9:00	6:00-7:30	7:00-8:30	6:00-7:30, 6:30-8	11-12:30 / 12:30-2	11-12:30
Twist & Flip Acro B/G 7yrs+ (see description above) in main gym			8:00-9:00	8:00-9:00			

STAR ADVANCED PROGRAMS FOR TRAMPOLINE & GYMNASTICS:

Gymmies best option for those with experience & love our sport: **\$324**(1.5hr) **\$558**(3hr) **\$720**(4hr) *Can pay by installments

Program: choose 2 In Main gym, *rec room	*** Membership is by INVITATION ONLY***	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Sparkle (JK-SK)	Women's Gymnastics Program. 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		3:30-5:30	3:30-5:30		
*Twinkle (gr. 1-2)		4:15-6:15	6-8	6:15-8:15		4-6	12-2	9-11, 11-1
Aspire (gr. 3+)		7-9	4-6			6-8	2-4	9-11, 11-1
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	3:30-5		7:30-9				12-1:30
PC Tramp (Precompetitive) (Pick 2 classes/week)	b/g all ages. 3 hr Trampoline by invitation only preparation for routines to prepare for future competitive. Taught by Michael.	3:30-5		7:30-9				12-1:30

General Gymmies Registration 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 1st 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 Gymmies office 10-6 M-F or email (NEW!) caledoniagymmies@rogers.com.