

"Over 1600 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 Session 2023

12 Week FALL Session:

Sun Oct 1, 2023– Sat Dec 23, 2023

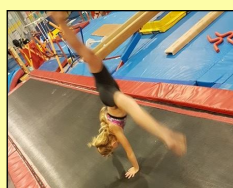
Online Registration LIVE Tuesday August 8, 2023 5:00pm

Classes: 60 min **\$280** 90 min **\$343** 120 min **\$407**

LOOK what's happening this fall At Gymmies!

We're renovating again!

- Moving both washrooms out of the Rec Room
- Creating more gym space & equipment in the Rec Room
- Plus adding a new upper office
- Our planned addition remains under review until June 2024



"Roll Call"

After School Care Program

RIVER HEIGHTS Students \$13/day
\$150 Deposit & \$35 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!

\$13/day

2023-24 DROP IN GYM

Coming soon!

Not big on structured classes?
But love being active...
Using tramp & full gym equipment?
Introducing... Gymmies new
DROP IN Programs!
Sign in & attend when you can. Learn new skills
or just have fun with friends participating!
Details & registration coming soon.
Gymmies goal is always fun, fitness & fundamentals

Tramp Birthday Parties

Saturdays: 1-2 pm or 2-3 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!

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

Room Rental Times: 2-3pm & 3-4pm. **\$30**

-signed parental consent required for all guests attending

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

Also Watch for... New Equipment coming soon

Now ordered! Plus Gymmies new HVAC system
being installed this fall with roof repairs too!

Or Check us out on:

facebook

Instagram

CALEDONIA GYMMIES GYMNASTICS FALL PROGRAM GUIDE

12 Week FALL Session: Sun Oct 1/23 - Sat December 23/23

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. Club address: 10 Kinross St E Caledonia.

PRESCHOOL / DAYTIME CLASSES: \$Special Rates +\$35 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 & tot tramp for kids up to 6 years. *Special budget friendly weekday rates too!*

Programs: <i>choose 1 class from options listed</i>	Time/\$	Ages:	Mon	Tues	Wed	Thurs	Sat	Sun
Tods & Twos (b/g with adult accompaniment)	45min/\$210	16-36 months	4:45-5:30 6:15-7:00	5:15-6	5:00-5:45	9:30-10:15 4:00-4:45	9:00-9:45 11:15-12	8:30-9:15 10-10:45 12-12:45
HOPPERS (b/g NO adult required)	45min/\$210	2.5-4 yrs	5:30-6:15	3:30-4:15	4:15-5 5:45-6:30	10:15-11 4:45-5:30	9:45-10:30 3:30-4:15	9:15-10 10:45-11:30 12:45-1:30
BOYS Gym (boys gym/tramp circuit in tot lot)	45min/\$210	3.5-6.5 yrs		4:15-5		6:00-6:45	10:30-11:15	11:15-12
Up, Down All Around (b/g) Rec room, tot lot no adult with Nicole	90min/\$191	3-4 yrs				11-12:30		
Homeschool- Main Gym Circuit/Tramp no badges with Nicole	90min/\$191	5 yrs+				1:00-2:30		

GYMNASTICS CLASSES: \$280 + \$35 mem fee

Classes: main gym, *rec room	Details <i>choose 1 class from options listed</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Gym PreK-JK	These classes are for boys/girls 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.	4:30-5:30 6:30-7:30	4:15-5:15 6:00-7:00	5:00-6:00 6:30-7:30	5:30-6:30	5:00-6:00	10:30-11:30 1:30-2:30 2:30-3:30	8:30-9:30 10:00-11:00 10:30-11:30
* Gym SK - Gr. 1		5:30-6:30 6:30-7:30	5:00-6:00 6:00-7:00	5:30-6:30 6:30-7:30	5:00-6:00 6:00-7:00	6:00-7:00	9:30-10:30 1:30-2:30 2:30-3:30	9:00-10:00 9:30-10:30 11:00-12:00
Gym Gr. 2+		8:00-9:00	6:15-7:15	7:30-8:30	7:00-8:00	7:00-8:00 7:30-8:30	1:30-2:30 3:30-4:30	10:00-11:00 11:30-12:30 12:00-1:00

2 hr ADVANCED REC GYMNASTICS CLASSES: \$407 + \$35 mem fee

In Main gym, *rec room	Age (b/g)	Details <i>choose 1 class from options listed</i>	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Tiny	JK, SK	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,	4:00-6:00		4:00-6:00				
*Primary	Gr. 1-2		6:00-8:00	3:30-5:30 4:00-6:00		3:30-5:30 4:30-6:30	5:00-7:00	9:30-10:30 12:30-2:30	9:00-11:00 11:00-1:00
Junior	Gr. 3+		7:00-9:00	6:00-8:00		6:30-8:30	6:30-8:30	1:00-3:00 2:30-4:30	1:00-3:00 3:30-5:30

TRAMP/TUMBLING CLASSES: \$280 + \$35 mem fee

Instruction follows Can Gym Federation progressive badge program using tramps, double mini tramp and fast trak.

Programs for: <i>choose 1 class from options listed. All in the main gym. All for boys/girls.</i>	Mon	Tues/Wed	Thurs	Sat	Sun
Trampoline Gr. Sk-Gr.1	4:30-5:30		5:00-6:00	8:30-9:30	
Trampoline Gr. 2+	7:30-8:30			10:00-11:00	4:30-5:30
Tumbling (7 yrs+ Expanded program! Technique for basic skills to advanced inversions on tumble/fast trak. Great for competitive dance or cheer with most experienced coaches).		Tues 5-6	7:00-8:00	11:00-12:00	10:00-11:00
Xtreme Tramp (10yrs+ all fun for beginner-advanced with Director Michael)			8:00-9:30		
Super Tramp All ages with experience. Focus on builders for rotations, flips & twists. Pick one 1.5 hr class taught by National athlete & provincial coach Michael.		Wed 7:30-9		3-4:30	12-1:30

COMBO CLASSES: New FLYERS! ROLLERS,TWISTERS \$280(1hr) / \$343(1.5 hr) + \$35 mem fee

Gymmies most popular! Combine 2 events into 1 class! 30 min tramp, 1 hr gymnastics. All follow Can Gym Fed progressive gym, tramp. tumbling badge program. Held in Main gym or *Rec room.

All Programs for boys & girls:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Flyers New! (PreK, JK) 30 min each tramp, gym			3:30-4:30			2:30-3:30	1:00-2:00
*Rollers (SK, Gr1) tramp in main gym	5:00-6:30	4:30-6:00	4:30-6:30	4:30-6:00	5:00-6:30 6:00-7:30	8:30-10, 11:30-1	11-12:30, 3-4:30
Twisters (Gr. 2+) in main gym		7:00-8:30	7:30-9:00	6:00-7:30	4:30-6, 6:30-8:00	11:30-1, 3:00-4:30	1:30-3, 3-4:30

STAR ADVANCED PROGRAMS FOR TRAMP & GYMNASTICS: + \$35 mem fee

Gymmies best option for those with experience who love our sport: \$343(1.5hr) \$580(3hr) \$749(4hr)

Program: choose 2 <i>In Main gym, *rec room/main gym</i>	***Membership is by INVITATION ONLY*** <i>Note: ages for each class will be enforced</i>	Mon	Tues	Wed	Thurs	Sat	Sun
*Sparkle (ages 4-5)	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. \$60 bodysuit required when registering worn for training. Can lead to future competitive. Pick 2 classes a week.	4:00-6:00		4:00-6:00			
Twinkle (ages 6-8)			3:30-5:30	6:00-8:00	3:30-5:30		9-11
Aspire (ages 9+ years)		6:30-8:30		6:30-8:30			1-3
PC Tramp(Precompetitive)	b/g 3 hr class. PC tramp by invitation only with skills & routine prep for future competitive. Taught by Michael. Want to attend both classes? Call 905 765-1623 for rates.			3:30-6:30			9-12

General Gymmies Registration Information:

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. 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 unforeseen cancellations may occur. Credits are provided for cancellations including those due to a pandemic. Gymmies is no longer offering PA Day Programs. 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 higher known 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 905 765-1623 Andrew- Gymmies Office Manager 10-6 M-F 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!