



Caledonia Gymmies “Star” Programs Winter 2020

(all in the main gym, all by recommendation) Dec 7/19

It is our goal to provide high quality programs for all children. Our “Star Programs” are more advanced classes with top Elite Gymmie coaches. Coaches recommend students for star programs based on how fast they learn. Research shows kids need challenge & motivation from those with similar ability to avoid getting bored in the wrong classes. Our star programs combine both.. quicker pace, gently presented! Note the program length for each program as listed. Star programs may require an elite bodysuit– see details for each program. Details about how to register are listed with the fees. All programs listed here are by invitation only. Some classes require registration through Gymmies office to complete a form and designate payment method via preauthorized debit or credit card for fees.



Need more details? Speak to your current coach or the Super Recreation Team Coaches: Anisa, Michael, Jodi or me, Lisa Club Director) at 905 765-1623 or email gymmies@rogers.com.

Fees for star programs are refundable for medical reasons only but are transferrable to another program.

Grand River Gymmies “SUPER RECREATION Programs”

Class Name <i>PC- PreCompetitive IC-Interclub</i>	Coach	Program Goal	Who For, Hours, Day/time	Program length	Cost & Method
		All classes here by invitation only (sent by email) or call Gymmies to book an assessment.			<i>New members to the club this session please add \$30 membership fee to prices quoted.</i>
“Super tramp” 2 hr	Michael	Quicker pace for members completing our recreation program pages 1-4 ready for page 5+ inversions/saultos	Boys & Girls 7 yrs+ Saturday 9-11 or Sunday 11-1	15 week session: Sun Jan 19- Sat May 9, 2020.	\$481 Register online– www.gymmies.com Limited registration on a first come basis.
“Super TNT” 2 hr	Anisa	Tramp & tumbling skills including builders for inversions and saultos safely introduced with conditioning.	Boys & Girls 7yrs+ Wednesday 7-9 or Friday 7-9.		\$481 Register online– www.gymmies.com Limited registration on a first come basis.
“PreComp Tramp” 3 hr	Michael	More advanced instruction including inversions & combinations taught safely with proper progressions, technique and conditioning by National Team Member/level 2 coach Michael. <u>Non competitive.</u>	Boys & girls 7 yrs+ Saturday 10:30-1:30 or Thurs 6-9	15 week session: Sun Jan 19- Sat May 9, 2020.	\$675 Register online www.gymmies.com Limited registration on a first come basis.
“Sparkle” 4 hr	Anisa	Gymmies Competitive Specialist Anisa will introduce ODP (Ontario Development Program) skills with proper builders, technique & conditioning but fun & friendly! Focus is on new skill instruction.	(PreK, Jk,Sk) 4 hrs Mon 4:45-6:45 & Wed 5:15-7:15	6 month program Sun Jan 19, 2020- Sat June 15, 2020	<u>Total \$1125 Register & pay online.</u> Or register online & pay in office by 5 credit card or preauthorized debit installments of \$225/month dated Jan 3, Feb 3, Mar 3 April 3, May 3. \$55 GRG bodysuit required for all 4 hr gymnasts paid Jan 3, 2020 in office.
“Twinkle 1” 4hr	Anisa	Great option for those interested in moving to future precompetitive.	(Gr 1, 2) 4hrs Tues 4:15-6:15 & Thurs 5-7		
“Twinkle 2” 4 hr	Anisa	OCP (Ontario Competitive Program) instruction with technique & conditioning leading to future precompetitive.	(Gr 1, 2) 4hrs Tues 6:30-8:30 & Friday 5-7		
“Aspire” 4 hr	Anisa		(Gr 3+) 4hr Monday 7-9 & Thursday 7-9		
“Interclub (IC) Tramp” 6 hr		For kids with good skills (front & back tuck prerequisite) ready for competitive training following Gymnastics Ontario elite tramp program guide. Coached by national athlete/coach Michael & Dan.	8 years+ Boys & Girls. Wed 6-9, and Sun 9-12	6 month program Sun Jan 19, 2020- Sat June 15, 2020	<u>Total \$1360. Register in office only</u> to pay by 5 credit card or preauthorized debit installments of \$272/month dated Jan 3, Feb 3, Mar 3, April 3, May 3. <i>Deadline to register Dec 31, 2019 please</i>
Jodi’s “PreTeam” Gymnastics 6 hr		For girls with great skills ready to be combined into routines. Follows Ontario Competitive Program level 1/2. \$70 bodysuit required paid Jan 3 in office.	7 yrs+ Monday 5-8 and Wednesday 5:30-8:30		
Jodi’s “Rebound” Gymnastics 8 hr		For experienced gymnasts ready for the next level. Coach Jodi will guide athletes into the Ontario Competitive Program level 2+ skills for future competitive experiences. \$70 bodysuit required paid Jan 3.	9 yrs+ Tuesday 5-9 and Thursday 5-9	6 month program Sun Jan 19, 2020- Sat June 15, 2020	<u>Total \$1545. Register in office only</u> to pay by 5 credit card or preauthorized debit installments of \$309/month dated Jan 3, Feb 3, Mar 3, April 3, May 3. <i>Deadline to register Dec 31, 2019 please</i>