



Caledonia Gymnies "Star" Programs Winter 2020

(all in the main gym, all by recommendation) Nov 2, 2020

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 Gymnies office to complete emailed registration forms & designate payment method via preauthorized debit or credit card for fees. *Need more details?*

Call Gymnies office at **905 765-1623** or email **gymmies-reg@rogers.com**. Star programs follow ALL COVID PROTOCOLS for athlete safety. See gymmies.com for details.

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

Grand River Gymnies "SUPER RECREATION Programs"

Class Name <i>PC- PreCompetitive IC-Interclub</i>	Program Goal	Who For, Hours, Day/time	Program length	Cost & Method <i>New members add \$30 membership fee to prices quoted.</i>
Super tramp 1.5 hr B/G 7 yrs+	Quicker pace for members completing our recreation program pages 1-4 ready for page 5+ inversions/saultos	Mon 4:30-6, Tu 4:30-6, Wed 7:30-9, Sat 12-1:30, Sun 9-10:30	10 week session: Sun Nov 15/2020- Sat Feb 6/2021	\$270 Register online- www.gymmies.com Limited registration on a first come basis.
Advanced "Double T" 1.5 hr	Tumbling skills including builders for inversions and saultos safely introduced on tramp with conditioning.	Boys & Girls 7yrs+ Friday 7:00-8:30		
PreComp Tramp 3 hr Coached by national athlete/coach Michael	More advanced instruction including inversions & combinations taught safely with proper progressions, technique & conditioning. <u>Non competitive.</u>	B/G 7 yrs+ Pick Two from the following: Mon 4:30-6, Tu 4:30-6, Wed 7:30-9, Sat 12-1:30 <u>or</u> Sun 9-10:30	10 week session: Sun Nov 15/2020- Sat Feb 6/2021	\$465 Register online www.gymmies.com Limited registration on a first come basis.
Sparkle 4 hr	Gymmies Competitive Specialists will introduce ODP (Ontario Development Program) skills with proper builders, technique & conditioning but fun & friendly! Focus is on safe, new skill instruction. Great option for those interested in moving to future precompetitive. Reg is first come basis.	(PreK, Jk,Sk) Wed 3:30-5:30 & Sat 9-11	10 week session Sun Nov 15/2020- Sat Feb 6/2021	Total \$600 Register & pay thru office by 3 credit card or preauthorized debit payments of \$200/month paid Nov 3, Dec 3, Jan 3. \$55 GRG bodysuit will be added to Dec 3 fee Call office for digital reg forms
Twinkle 4hr		(Gr 1-2) Pick Two: Tu 5-7, Th 5-7, Fri 5-7, Sat 1:30-3:30		
Aspire 4 hr		(Gr 3+) Pick Two: Tu 7-9, Wed 7-9, Fri 7-9, Sat 11:15-1:15		

Feeling ready for a little more now? Book a "stress free" assessment with a GRG coach! Gymnies is always interested in hearing from athletes who feel ready to take training to the next level. What is the "next level"? LOOK HERE for gym, tramp & tumbling options. *Email gymmies@rogers.com to book an interview through Lisa Martin Gymnies Club Director. The team will give an honest opinion on moving up or continuing on in the above classes with new training goals.*

Regan's 6 hr "Petite Elites"	ODP (Ontario Development Program) level 2+ skills with proper builders, technique & conditioning but fun & friendly! Focus is on safe, new skill instruction. May compete in 2021 if ready	Ages 6-8 years. 6 hrs per week Train Mon 5-8 and Wed 5-8	7.5 month program (30 weeks) Week of Nov 15, 2020 June 19, 2021	Registration forms for all GRG emailed digitally \$150 for Nov then \$300.04 per month paid by 7 monthly preauthorized debit or credit card installments once a month from Dec 2020-June 2021. Registration \$70 bodysuit required paid Dec 3/20
Jodi's 6 hr "Springers"	Gymmies Competitive Specialists will introduce Ontario Xcel Rules with formal skills and combinations in routines to prepare for Bronze Level competitions in 2021 if ready.	Ages 9-11 years. 6 hrs per week Train Mon & Wed 5:30-8:30		
Jodi's 6 hr "Bounce"		Ages 12 years+ 6 hrs per week Pick 2 days of 3 options: Tues 5:30-8:30, Th 5:30-8:30, Sat 8:30-11:30		
Interclub (IC) Novice Tramp 6 hr Coached by national athlete/coach Michael	For kids with good skills (front & back tuck prerequisite) ready for competitive training following Gymnastics Ontario elite tramp program guide.	8 years+ Boys & Girls. Pick 2 of 3 options: Tues 6-9, Fri 6-9, Sun 10:30-1:30	7.5 month program (30 weeks) Week of Nov 15, 2020 June 19, 2021	\$150 for Nov. then \$300.04 per month paid by 7 monthly preauthorized debit or credit card installments Dec 2020-June 2021
Dan's Interclub (IC) Tumbling 4 hr	For athletes with previous tumbling skills (back hand-spring prerequisite) for eligibility in L1 IC competitions.	8 years+ Boys & Girls. Mon 3:30-5:30 & Th 3:30-5:30		\$120 for Nov. then \$240 per month paid by 7 monthly preauthorized debit or credit card installments Dec 2020-June 2021