

# Caledonia Gymmies

10 Kinross St East, N3W 1K8

## Recreation Classes NEWSLETTER

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Visit our website at  
[www.gymmies.com](http://www.gymmies.com) for club  
details, news and reminders!

*It's a pleasure to have our returning & new Gymmie members start another season. Please read the following newsletter carefully as it contains important information for all members. All news & reminders will be delivered by email message or by facebook!! Copy & paste this url to connect to Gymmies Facebook homepage:*

<https://www.facebook.com/pages/Caledonia-Gymmies/272504586109478?fref=ts>. Instagram coming soon!

The goal of our program is to promote enjoyment & participation in gymnastics, trampoline, tumbling & combo classes!

The Fall session will run for 10 weeks: Sun Sept 6, 2020 to Sat Nov 14, 2020.

**\*No Classes On:**

**Mon Sept 7, 2020 - Make Up Dates: TBD**  
**Sun Oct 11, 2020 - Make Up Dates: TBD**

### COVID 19 Protocols

- Arrive no more than 5 minutes prior to class. Pickup on time.
  - All individuals, including camp participants, parents/guardians, staff, and visitors will be screened daily including temperature checks (37.8 degrees or lower) upon arrival. Responsibility to park safely, ensure safe arrival to front of gym on time & prompt pick up is parent's responsibility. Pick up will be in the front of the facility.
  - Wait on designated "Blue" lines for coach
  - All belongings will be put in a designated area.
  - Coaches are responsible for children during class in the gym
  - Circle area of parking lot is for drop off only, not for parking
  - Escort your child in to and from front of facility to coach.
  - If a child needs parent assistance to enter (crying, uneasy), a single parent may escort in if: wear a mask, temperature taken by coach, and stay 5-10 min. After 5-10 min if child is not settled parent and/or child must leave facility.
  - Absolutely **NO REFUNDS are possible**. Credits are possible with a doctor note.
  - No water fountain, must bring own bottle. Fill station available.
- \* Do not bring valuables in change rooms, including glasses & cell phones. GYMMIES not responsible for lost or stolen articles
- Report absentees to office 905 765-1623 if possible
  - We assume all to be in good health. DO NOT send children showing any signs or symptoms of illness. Any children showing symptoms of illness will be sent home. Symptomatic participants will immediately be isolated to a supervised area until they can be picked up. Participants will be given a mask and supervised at a 6 foot distance until the arrival of a parent. Parents MUST be able to pick up or have predetermined arrangements for immediate pick up if their child exhibits symptoms of COVID-19.
  - While close contact may be unavoidable between members of a class, physical distancing and general infection prevention and control practices will be encouraged for class duration.

**FULL details for COVID protocol** have been signed off on for every participant upon registration and can be found on our website [gymmies.com](http://gymmies.com).

### Gymmies Policies

- Member of Gymnastics Ontario, governed by its policies
- Gymmies exercise all precaution/regard for safety of all
- Non-profit organization operated by a parent volunteer for fund raising, special events, inside + outside maintenance. Your patience/help is always appreciated
- All N.S.F. fees are subject to a \$25 banking charge
- Gymnasts cannot participate until full fees are received
- Sportsmanlike conduct/good behaviour is enforced for all
- Safety for all members, coaches, facilitators is of the utmost importance. Behaviour problems are discussed with parents
- Exercise the right to refuse membership to those unable to abide by rules governing safe program participation
- Gymnasts must ask permission to leave the gym area
- Fund raising campaigns are optional & offered to meet budget demands, new equipment and new programming.
- Instruction follows Cangym Badge Program for girls/boys in gymnastics classes, Canadian Trampoline Program Guide & Gymnastics Ontario Preschool Manual. All are progressive & expert recommended for safely guiding skill progression
- Dress in gym attire, bare feet. Body suits or shorts + t-shirts
- No gum, candy or jewellery worn during class
- GYMMIES **IS NOT** A NUT FREE FACILITY
- Smoking is not permitted anywhere in the building

**\*\*\*Reg online at [gymmies.com](http://gymmies.com)**

- Progress reports are given at the end of each session
- Want to reach someone in our office? Try between 10-6:00 pm, ask for Andrew. Have a concern you'd like to discuss with our Recreation Director? Ty Martin is available at 905 765-1623 or [gymmies@rogers.com](mailto:gymmies@rogers.com) **Welcome to all!***

**Please Keep reading!**

**Classes for Toddlers, Preschools, JK/SK (beginner to advanced) with adult accompaniment-** Our program is based on activities that involve organized play, free play and structured skills on the gymnastics equipment in the upper Tot Lot Room or in the main gym as designated in the program brochure. Physical activity both structured and unstructured is said to be essential in a young child's development. Not only will your child's physical abilities develop through gymnastic skills but researchers believe our sport contributes to the development of cognitive and affective (social/emotional) skills in children. Our program utilizes skills outlined in the "Preschool Movement Manual" provided to clubs by the Canadian Gymnastics Federation. It is progressive and covers all the dominant movement patterns associated with gymnastics, specific to toddlers-age 5. There are 3 different levels each containing 8-10 skills on the apparatus. **The parent's role in the class is to assist their child with the skills the coaches introduce.** This could involve holding their hands, support at their back & front ("sandwich their tummy") or encouraging them to try new things. Coaches will mingle through the group and spot items like head position, back arches etc. Helping kids know names of classmates, taking turns if needed and similar skills helps parents prepare students for programs on their own.

**Classes for Toddlers, Preschools, JK/SK (beginner to advanced) NO adult accompaniment-** Many of the principles of the above are similar, without the support of the adult. In these programs children in small groups will rotate through stations where the coach is ready to instruct. Smaller skills will be set up to keep line ups at a minimum. The preschool check sheets will be kept to ensure quality instruction is being introduced in a safe and progressive manner. Remember, many skills have 3 or 4 levels of drills to master before the "whole skill" is taught. We encourage taking turns, listening to coaches, and a combination of stretching (in one place) combined with unstructured movement patterns through the gym.

**GYMNASTICS, TRAMP & TUMBLING FOR GRADES 1+-** these programs use the Cangym badge program. Each class includes a warm up, game, movement theme and time on 2-3 apparatus rotations (vault, bars, beam, floor). Coaches track badges by 3 steps: A (attempted), L (learning), M (mastered). Here is an overview of the Can Gym Badge Program:

<b><u>BRONZE LEVEL</u></b>	<b><u>SILVER LEVEL (badge5-8)</u></b>	<b><u>GOLD LEVEL (badge 9-14)</u></b>
Burgundy- badge 1	Purple	Orange
Red- badge 2	Blue	Yellow
Tan- badge 3	Turquoise	Green
Bronze- badge 4	Silver	Grey, White, Gold

Cangym is designed primarily for recreational gymnastics programs. Generally, it is expected that for badges in bronze level a single badge could be completed within one 10-17 week session. The silver level may require one or more sessions to complete each badge. The badges in the gold level may require a Super Rec or PreComp program of 4-6 hours weekly.

Each badge consists of approximately 30 skills. The Bronze level badges concentrate on developing the Dominant Movement Patterns of gymnastics. The silver level works on combining DMPs (Dominant Movement Patterns) and the Gold level one focus on mastering the identified key skills.

From Burgundy to Bronze boys & girls must master all the same skills. Starting at Badge 5, Purple skills are separated & defined by the apparatus specifically for boys or girls.

We will be using the badge system all year. Kids continue learning "where they left off" with each new session a continuation. We strive to make learning gymnastics fun & informative, promoting healthy participation.