



Caledonia Gymmies Gymnastics

"Over 1600 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

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

It's a pleasure to welcome back returning & new members to start this session! Please read the following newsletter carefully as it contains important information for a participants. All news & reminders will be delivered by email message or by Facebook: <https://www.facebook.com/pages/Caledonia-Gymmies/272504586109478?ref=ts>.

The Fall Session will run for 13 weeks: Sun Sept 8 - Sat Dec 7, 2024

***Note: Closure Dates Mon Oct 14 & Thurs Oct 31, 2024**

Upon Registration Parents MUST sign off on:

- **Membership Policy/Waiver**
- **Informed Consent and Assumption of Risk**
- **Parent Viewing Policy**

*Gymmies requires all members and athletes to respect the policies and guidelines set by our clubs board of directors.

Gymmies Policies

- Member of Gymnastics Ontario, governed by it's 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
- **Absolutely no refunds are possible. Credits possible w/ doctor note.**
- 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.
- **Behavioural Conduct:** programs are implemented as advertised for the benefit of all our attendees. Gymmies will take the following steps to address any behavioral misconduct of camp attendees:
 - Constant reminders of the rules while attending Gymmies Gymnastics
 - Moderate discipline in line with our club policies (Thinking time with full intervention and explanation)
 - Full review and discussion with parent at time of pickup.Should behaviors continue, intensify, or impede on program operation, parents will be contacted for immediate pickup of their child.
- Adjustment to program or class type may be implemented.
- Exercise the right to refuse membership to those unable to abide by rules governing safe program participation.
- Participants must ask permission to leave the gym area.
- Please take younger participants for **bathroom break** before class (located in Rec room. *All participants (unless advertised) MUST be potty trained.
- 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 Pre-school 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
- Progress reports are given at the end of each session
- 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.
- Late Arrivals should check in with coach from the change areas.
- **NO PARENTS ALLOWED ON THE GYM FLOOR EVER!**

Gymmies Health and Safety

- All participants must be considered in good health before attending an program at Gymmies.
- Children feeling ill / showing signs of illness should not attend class.
- Optional sanitizing stations will be found throughout the gym.
- Water bottles should be brought to every class. (NEW fill station available).

Drop off and Pickup Routine

There are 3 program areas (**Rec Room, Main Gym & Tot Lot**)

- **Rec Room** participants (**Gym PreK-JK, Sk-Gr1, Rollers, Drop-In 4-7 yrs**) will enter through the main, front foyer and be directed to their designated color-coded meeting point upon arrival. Outerwear will be left here.
- **Main Gym** participants (**ALL Tramp, Twisters, 2/4 hr Gym, Twist/Flip, Primary, Junior, Drop In 8yrs+ and Tumble**) will enter at the left side entrance of the facility. Coaches will meet them. Outerwear will be stored on adjacent hooks; shoes will be placed in cubies.
- **Tot Lot** participants (**Tods/Twos & Hoppers**) will enter through the main front door. Programs will be upstairs; Coaches will collect and dismiss in the common area.
- **MUST** park in a designated space and **accompany** your child directly to the proper area of the facility (as outlined above).
- Remove shoes and place in cubbies (as our athletes move through common areas in bare feet).
- Pick up your child promptly when class has ended. **NO CHILD WILL BE RELEASED** except to the parent or guardian who dropped off.

Parent Viewing:

ALL Parent Viewing will be on a scheduled basis. Schedule will be sent out prior to start of the session.

Viewing Rules for Parents:

- NO photos/videos (privacy protection)
 - NO parent/sibling of participant may enter the gym floor
 - Viewers are to remain quiet for class duration
 - Do NOT have volume on any phone or media device
 - Please limit to 1 parent per participant
 - Sibling must be kept at arms length at all times
- NEW!** TV in Tot Lot for enhanced viewing

NEW THIS YEAR! Winter, Spring, Christmas Camp, March Break Camp Registration OPEN!



Fall Session 2024 Calendar / Weekly Classes

Fall 2024 Evening/Weekend Classes													
Weeks →	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
SUN	Sept 8 <small>START DAY</small>	15	22	29	Oct 6	13	20	27	Nov 3	10	17	24	Dec 1
MON (12 wks)	Sept 9 <small>START DAY</small>	16	23	30	Oct 7	14 <small>CLOSED Thanksgiving</small>	21	28	Nov 4	11	18	25	Dec 2
TUES	Sept 10 <small>START DAY</small>	17	24	Oct 1	8	15	22	29	Nov 5	12	19	26	Dec 3
WED	Sept 11 <small>START DAY</small>	18	25	Oct 2	9	16	23	30	Nov 6	13	20	27	Dec 4
THURS (12 wks)	Sept 12 <small>START DAY</small>	19	26	Oct 3	10	17	24	31 <small>CLOSED Halloween</small>	Nov 7	14	21	28	Dec 5
FRI	Sept 13 <small>START DAY</small>	20	27	Oct 4	11	18	25	Nov 1	8	15	22	29	Dec 6
SAT	Sept 14 <small>START DAY</small>	21	28	Oct 5	12	19	26	Nov 2	9	16	23	30	Dec 7

VIEWING SCHEDULE FallSession 2024: Caledonia Gymmies Sept 1, 2024

Gymmies is a very busy gym. we appreciate your cooperation during class viewing.

There is limited space so whenever possible try to limit your viewing to 1 spectator at a time.

How to use This Viewing Schedule:

1. **Locate your child's class** by their scheduled day of the week, time & coach.
 2. **Scroll across to the last column** to see **VIEW ON THESE DATES**. These are the dates your group may view the class. Please do not view on an unassigned days.
 3. At the start of class after greeting your coach. **REMOVE ALL FOOTWEAR** (to cubbies) head to assigned viewing: upstairs for main gym, behind partitions in the rec room.
 4. **For main gym viewing:** Find a chair in gallery or upper kitchen if free. Do not sit/stand on the floor or gym stairs. Tot lot room is out of bounds. As groups finish a chair may become available in the gallery to move to. For rec room stay behind the partitions as labelled. Do not enter gym area.
 5. **Quiet please during viewing.** Do not motion or yell down to athletes.
- No videos or photos please.**
6. Please exit quickly at the end of class to meet your child
 7. Coaches have multiple classes each day & cannot have length conversations

MONDAY REC ROOM		
4:00-5:00	Prek, JK (1)	Sept 9, 23, Oct 7, 28, 11, 25
5:00-6:00	SK, G1 (1)	Sept 16, 30, 21, Nov 4, 18, Dec 2
4:45-5:45	Prek, JK (2)	Sept 9, 23, Oct 7, 28, 11, 25
5:30-6:30	SK, G1 (2)	Sept 16, 30, 21, Nov 4, 18, Dec 2
5:45-7:15	Rollers (1)	Sept 9, 23, Oct 7, 28, 11, 25
MONDAY MAIN GYM		
5:00-7:00	Primary (1)	Sept 9, 23, Oct 7, 28, 11, 25
6:30-7:30	Gr 2 gym (1)	Sept 16, 30, 21, Nov 4, 18, Dec 2
7:00-9:00	Junior (1)	Sept 9, 23, Oct 7, 28, 11, 25
7:45-8:45	Gr 2+ tramp (1)	Sept 16, 30, 21, Nov 4, 18, Dec 2

TUESDAY REC ROOM		
4:00-5:00	SK, G1 (3)	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
5:00-6:30	Rollers (2)	Sept 17, Oct 1, 15, 29, Nov 12, 26
5:00-6:00	PreK, JK (3)	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
6:00-7:00	PreK, JK (4)	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
6:30-7:30	SK, G1 (4)	Sept 17, Oct 1, 15, 29, Nov 12, 26
TUESDAY MAIN GYM		
4:00-5:30	PC/Super tramp	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
5:00-7:00	Tiny (1)	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
5:00-7:00	Twinkle (1)	Sept 17, Oct 1, 15, 29, Nov 12, 26
7:00-9:00	Aspire (1)	Sept 17, Oct 1, 15, 29, Nov 12, 26
7:00-8:00	Gr 2+ gym (2)	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
7:00-9:00	Junior 2	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3
7:15-8:15	Gr 2+ tramp (2)	Sept 17, Oct 1, 15, 29, Nov 12, 26

WEDNESDAY REC ROOM		
4:15-5:15	SK, G1 (5)	Sept 18, Oct 2, 16, 30, Nov 13, 27
5:15-6:45	Rollers (3)	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4
5:15-6:15	Prek, JK (6)	Sept 18, Oct 2, 16, 30, Nov 13, 27
5:30-6:30	SK, G1 (6)	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4
WEDNESDAY MAIN GYM		
6:30-7:30	Gr2+ gym (3)	Sept 18, Oct 2, 16, 30, Nov 13, 27
6:15-7:45	Twisters (1)	Sept 18, Oct 2, 16, 30, Nov 13, 27
6:45-8:15	Twisters (2)	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4
6:00-8:00	Junior (3)	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4
7:30-8:30	G2+ gym (4)	Sept 18, Oct 2, 16, 30, Nov 13, 27
7:30-8:30	Tumble	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4

THURSDAY REC ROOM		
4:00-5:00	SK, G1 (7)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
5:00-6:00	PreK, JK (7)	Sept 12, 26, Oct 10, 24, Nov 14, 28
5:00-6:30	Rollers (4)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
6:00-7:00	PreK, JK (8)	Sept 12, 26, Oct 10, 24, Nov 14, 28
6:30-7:30	SK, G1 (8)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5

THURSDAY MAIN GYM		
4:00-6:00	Junior (3)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
5:00-7:00	Primary (2)	Sept 12, 26, Oct 10, 24, Nov 14, 28
5:00-7:00	Tiny (2)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
5:30-6:30	SK Tramp (1)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
6:30-7:30	Gr 2 gym (5)	Sept 12, 26, Oct 10, 24, Nov 14, 28
7:00-8:30	Twisters (3)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
7:00-9:00	Aspire (2)	Sept 12, 26, Oct 10, 24, Nov 14, 28
7:00-9:00	Junior (4)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
7:30-9:00	Twisters (4)	Sept 12, 26, Oct 10, 24, Nov 14, 28
8:00-9:30	Super/Xtreme tramp	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5

FRIDAY REC ROOM		
5:00-6:00	SK, G1 (9)	Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6
6:00-7:00	PreK, JK (9)	Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6
6:00-7:30	Rollers (5)	Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 6

FRIDAY MAIN GYM		
4:00-6:00	Twinkle (2)	Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6
5:00-7:00	Primary (3)	Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6
5:00-6:00	Gr 2+ tramp (3)	Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 6
5:30-7:00	Twisters (6)	Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6
7:00-8:00	G2+ Gym (6)	Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6
7:00-9:00	Junior (5)	Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 6
7:30-9:00	Twisters (5)	Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 6

SATURDAY REC ROOM		
9:00-10:00	Prek, JK (10)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
9:30-10:30	SK, G1 (10)	Sept 21, Oct 5, 19, Nov 2, 16, 30
10:00-11:00	PreK, JK (11)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
10:00-11:30	Rollers (6)	Sept 21, Oct 5, 19, Nov 2, 16, 30
10:30-11:30	SK, G1 (11)	Sept 21, Oct 5, 19, Nov 2, 16, 30
11:00-12:00	Prek, JK (12)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
11:30-1:00	Rollers (7)	Sept 21, Oct 5, 19, Nov 2, 16, 30
12:00-1:00	PreK, JK (13)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
12:00-1:00	SK, JK (12)	Sept 21, Oct 5, 19, Nov 2, 16, 30

SATURDAY MAIN GYM		
9:00-10:00	SK Tramp (2)	Sept 21, Oct 5, 19, Nov 2, 16, 30
9:00-11:00	Primary 5	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
10:00-11:00	Gr 2 Tramp (4)	Sept 21, Oct 5, 19, Nov 2, 16, 30
10:30-11:30	Gr 2 Gym (7)	Sept 21, Oct 5, 19, Nov 2, 16, 30
10:30-12:00	Twisters (7)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
11:00-1:00	Junior 6	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
11:30-1:00	Twisters (8)	Sept 21, Oct 5, 19, Nov 2, 16, 30
11:00-12:00	Gr 2+ Gym (8)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7
12:00-1:00	Gr 2+ Gym (9)	Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7

SUNDAY REC ROOM		
9:00-10:00	PreK, JK (14)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
9:15-10:15	PreK (15)	Sept 15, 29, Oct 13, 27, Nov 10, 24
9:45-10:45	SK, G1 (13)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
10:15-11:45	Rollers (8)	Sept 15, 29, Oct 13, 27, Nov 10, 24
11:45-12:45	SK, Gr 1 (14)	Sept 15, 29, Oct 13, 27, Nov 10, 24
12:15-1:45	Rollers (9)	Sept 15, 29, Oct 13, 27, Nov 10, 24
12:00-1:00	PreK (16)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
1:00-2:00	SK, G1 (15)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
3:00-4:00	SK, G1 (16)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1

SUNDAY MAIN GYM		
10:15-11:15	Gr 2+ tramp (5)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
10:45-12:15	Twisters (9)	Sept 15, 29, Oct 13, 27, Nov 10, 24
11:15-12:15	Gr 2 Gym (10)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
11:30-1:30	Twinkle 3/Aspire(3)	Sept 15, 29, Oct 13, 27, Nov 10, 24
12:00-2:00	Primary (5)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
12:45-1:45	SK+ tramp (3)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1
12:30-1:30	Tumble	Sept 15, 29, Oct 13, 27, Nov 10, 24
2:00-3:00	Gr 2 Gym (11)	Sept 15, 29, Oct 13, 27, Nov 10, 24
2:00-3:30	PC/Supertramp (3)	Sept 15, 29, Oct 13, 27, Nov 10, 24
2:00-4:00	Junior (7)	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1

Please Respect our Policies and fellow members:

Thank You



WHAT WE TEACH DURING CLASSES

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:

BRONZE LEVEL

Burgundy- badge 1

Red- badge 2

Tan- badge 3

Bronze- badge 4

SILVER LEVEL (badge5-8)

Purple

Blue

Turquoise

Silver

GOLD LEVEL (badge 9-14)

Orange

Yellow

Green

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.

We strive to make learning gymnastics fun & informative, promoting healthy participation.