

"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

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 Winter Session will run for 12 weeks: Sun Jan 14 - Sat Apr 6, 2024

***Note: Closure Dates Mon Feb 19, Fri Mar 29, Sun Mar 31**

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!

March Break Camp Info/Reg

Coming Soon!

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, Primary, Up, Down, All Around**) 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 (**Tramp, Twisters, 2/4 hr Gym, Twist/Flip, Adv. Tumble & Home School**) 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, Boys Gym**) 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! TVs in Rec Room and Tot Lot for enhanced viewing**

SNOW CLOSURE POLICY: Families should consider Gymmies is open on snowdays. Gymmies is closed for both athletes and coaches due to any of the following conditions: over 1 foot of snow falls, electricity is out, heat in the winter is not available, Environment Canada declares a weather emergency and asks people to stay off the roads.

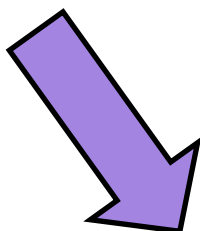


Winter Session Calendar / Weekly Classes

Check out your Winter Session Calendar here!



Start Dates and Full Class Schedule here!



January 2024							
Weeks	SUN	MON	TUES	WED	THURS	FRI	SAT
Week #1	14 Winter Session Begins	15	16	17	18	19	20
Week #2	21	22	23	24	25	26	27
Week #3	28	29	30	31			
February 2024							
Week #3					1	2	3
Week #4	4	5	6	7	8	9	10
Week #5	11	12	13	14	15	16	17
Week #6	18	19 GYM CLOSED	20	21	22	23	24
Week #7	25	26	27	28	29		
March 2024							
Week #7						1	2
Week #8	3	4	5	6	7	8	9
Week #9	10	11	12	13	14	15	16
Week #10	17	18	19	20	21	22	23
Week #11	24	25	26	27	28	29 GYM CLOSED	30
Week #12	31 GYM CLOSED						
April 2024							
Week #12		1	2	3	4	5	6 Final Day Winter Session

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
SUN (11 wks) START DAY	Jan 14	Jan 21	Jan 28	Feb 4	Feb 11	Feb 18	Feb 25	Mar 3	Mar 10	Mar 17	Mar 24	Mar 31 Gym Closed
MON (11 wks) START DAY	Jan 15	Jan 22	Jan 29	Feb 5	Feb 12	Feb 19 Gym Closed	Feb 26	Mar 4	Mar 11 Gym OPEN	Mar 18	Mar 25	Apr 1
TUES START DAY	Jan 16	Jan 23	Jan 30	Feb 6	Feb 13	Feb 20	Feb 27	Mar 5	Mar 12 Gym OPEN	Mar 19	Mar 26	Apr 2
WED START DAY	Jan 17	Jan 24	Jan 31	Feb 7	Feb 14	Feb 21	Feb 28	Mar 6	Mar 13 Gym OPEN	Mar 20	Mar 27	Apr 3
THURS START DAY	Jan 18	Jan 25	Feb 1	Feb 8	Feb 15	Feb 22	Feb 29	Mar 7	Mar 14 Gym OPEN	Mar 21	Mar 28	Apr 4
FRI (11 wks) START DAY	Jan 19	Jan 26	Feb 2	Feb 9	Feb 16	Feb 23	Mar 1	Mar 8	Mar 15 Gym OPEN	Mar 22	Mar 29 Gym Closed	Apr 5
SAT START DAY	Jan 20	Jan 27	Feb 3	Feb 10	Feb 17	Feb 24	Mar 2	Mar 9	Mar 16	Mar 23	Mar 30	Apr 6

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 with viewing parents
8. Gymmies has the right to refuse viewing to anyone not abiding by viewing safety rules.

Have fun enjoying your child's progress at Gymmies!

MONDAY Rec Room

4:00-5:00	SK Gym	Alexis G	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1
4:30-5:30	PreK/JK (1)	Lizzie	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
5:00-6:30	Rollers tramp 5:30-6	Mia	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
5:00-6:00	PreK/JK (2)	Alexis G	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1
5:30-6:30	SK/G1 (2)	Lizzie	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
6:00-8:00	Primary	Nicole	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1
6:30-7:30	SK/Gr 1 (3)	Mia	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
6:30-7:30	PreK/JK (3)	Lizzie	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1

Monday MAIN GYM

4:00-6:00	Tiny/Sparkle	Nicole	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1
4:30-5:30	Tramp SK, G1	Jon	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
6:30-8:30	Aspire	Tracie	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
7:00-9:00	Junior	Megann	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1
7:30-8:30	Tramp Gr 2+	Mia	Jan 22, Feb 5, Feb 26, Mar 11, Mar 15
8:00-9:00	Gym 2+	Autumn	Jan 15, Jan 29, Feb 12, Mar 4, Mar 18, Apr 1

TUESDAY Rec Room

4:00-5:00	PreK/JK/Gym (1)	Mya	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
4:00-6:00	Primary	Nicole	Jan 23, Feb 6, Feb 20, Mar 5, Mar 19, Apr 2
4:15-5:15	SK/Gr1 (1)	Natalie K	Jan 23, Feb 6, Feb 20, Mar 5, Mar 19, Apr 2
4:30-6:00	Rollers tramp 4:30-5	Claire	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
5:00-6:00	PreK/JK/Gym (2)	Mia	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
5:15-6:15	SK/Gr1 (2)	Jordan	Jan 23, Feb 6, Feb 20, Mar 5, Mar 19, Apr 2
6:00-7:00	PreK/JK (3)	Claire	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
6:15-7:15	SK/Gr1 2 (3)	Jordan	Jan 23, Feb 6, Feb 20, Mar 5, Mar 19, Apr 2

TUESDAY MAIN GYM

5:15-6:15	Tumbling	Natalie k	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
6:00-8:00	Junior	Nicole	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
6:15-7:15	Gym 2+	Natalie K	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26
7:00-8:30	Twisters tramp 7-7:30	Claire	Jan 16, Jan 30, Feb 13, Feb 27, Mar 12, Mar 26

WEDNESDAY Rec Room

4:30-5:30	SK/G1 (1)	Mya	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27
4:30-6:00	Rollers tramp 4:30-	Jon	Jan 24, Feb 7, Feb 21, Mar 6, Mar 20, Apr 3
5:15-6:15	PreK/JK (1)	Alexis G	Jan 24, Feb 7, Feb 21, Mar 6, Mar 20, Apr 3
5:30-6:30	SK/G1 (2)	Ava Mal	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27
6:15-7:15	SK/G1 (3)	Alexis G	Jan 24, Feb 7, Feb 21, Mar 6, Mar 20, Apr 3
6:30-7:30	PreK (3)	Ava Mal	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27

WEDNESDAY MAIN GYM

3:30-6:30	PC Tramp (with noice)	Michael	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27
4:00-6:00	Tiny/Sparkle	Nicole	Jan 24, Feb 7, Feb 21, Mar 6, Mar 20, Apr 3
*5:30-7:30	Twinkle timechange	Nicole	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27
6:30-8:30	Aspire	Tracie	Jan 24, Feb 7, Feb 21, Mar 6, Mar 20, Apr 3
7:30-8:30	Gym Gr 2+	Ava Mal	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27
7:30-9:00	Twisters tramp 8:30-9	Nicole	Jan 24, Feb 7, Feb 21, Mar 6, Mar 20, Apr 3
7:30-9:00	Super tramp	Codi	Jan 17, Jan 31, Feb 14, Feb 28, Mar 13, Mar 27

THURSDAY Rec Room

4:30-6:30	Primary	Natalie K	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28
4:30-6:00	Rollers Gym	Makenna	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28
5:00-6:00	PreK/JK (1)	Lizzie	Jan 25, Feb 8, Feb 22, Mar 7, Mar 21, Apr 4
5:30-6:30	PreK/JK (2)	Khloe	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28
6:00-7:00	SK/G1 (1)	Makenna	Jan 25, Feb 8, Feb 22, Mar 7, Mar 21, Apr 4
6:30-7:30	SK/JK (2)	Khloe	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28

THURSDAY MAIN GYM

5:00-6:00	Tramp SK	Megann	Jan 25, Feb 8, Feb 22, Mar 7, Mar 21, Apr 4
6:00-7:30	Twisters tramp 6-6:30	Lizzie	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28
6:30-8:30	Junior	Nat K	Jan 25, Feb 8, Feb 22, Mar 7, Mar 21, Apr 4
7:00-8:00	Gym G2+	Makenna	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28
7:30-8:30	Advance Tumbling	Megann	Jan 18, Feb 1, Feb 15, Feb 29, Mar 14, Mar 28
8:00-9:30	Xtreme Trampoline	Codi	Jan 25, Feb 8, Feb 22, Mar 7, Mar 21, Apr 4

FRIDAY Rec Room

5:00-7:00	Primary	Megann	Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Apr 5
5:00-6:00	Gym PreK/JK	Leah/Ane	Jan 26, Feb 9, Feb 23, Mar 8, Mar 22
5:30-6:30	Rollers 1 Gym	Leah/Anneke	Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Apr 5
6:30-7:30	Rollers 2 Gym	Leah/Anneke	Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Apr 5
6:00-7:00	SK/G1	Izzy	Jan 26, Feb 9, Feb 23, Mar 8, Mar 22

FRIDAY MAIN GYM

5:00-6:00	Twisters 1 Gym	Izzy	Jan 26, Feb 9, Feb 23, Mar 8, Mar 22
7:00-8:00	Twisters 2 Gym	Izzy,	Jan 26, Feb 9, Feb 23, Mar 8, Mar 22
7:00-9:00	Junior	Megann	Jan 26, Feb 9, Feb 23, Mar 8, Mar 22
7:00-8:00	Gym G2+ 1	Ava	Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Apr 5
7:30-8:30	Gym G2+ 2	Leah/Ane	Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Apr 5

SATURDAY Rec Room

9:30-10:30	Gym SK, Gr1 (1)	Ava Me	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
9:30-11:30	Primary (1)	Sadie	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6
10:30-11:30	Gym PreK, JK (1)	Ava Me	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
12:00-1:00	Rollers	Ava Me	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6
11:30-12:30	Gym SK/Gr 1 (2)	Peyton	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
12:45-2:45	Primary (2)	1-2:45 Sadie	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6
12:30-1:30	Gym PreK, JK (2)	Peyton	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
1:30-2:30	GymSK Gr1 (3)	Ava Me	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
2:30-3:30	Gym PreK, JK (3)	Ava Me	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
2:30-3:30	GymSK Gr1 (4)	Peyton	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6
3:30-4:30	Gym PreK, JK (4)	Ava Me	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6

SATURDAY MAIN GYM

10:00-11:00	Tramp G2+	Jon	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
11:00-12:00	Gym G2+	11-11:30Jon	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
11:30-1:00	Twisters	Sadie / Jon	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6
1:00-3:00	Junior	Molly	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30
1:30-2:30	Gym Gr 2+	Peyton	Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6
3:00-4:30	Twisters 2	330-430 Sadie	Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30

SUNDAY Rec Room

9:00-11:00	Primary 1	Claire	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
9:00-10:00	Gym SK, Gr (1)	Izzy	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
9:30-10:30	Gym SK, Gr (2)	Mya	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
10:00-11:00	Gym PreK, JK (1)	Autumn	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
10:30-11:30	Gym PreK, JK (2)	Mya	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
11:00-12:30	Rollers 1 11:40-12:10tramp	Nicole	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
11:00-12:00	Gym SK, Gr (3)	Alexis G	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
12:30-1:30	Gym PreK, JK (3)	McKenna	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
1:30-2:30	PreK/JK (4)	McKenna	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
2:30-3:30	Gym SK/G1 (4)	McKenna	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
3:30-5:00	Rollers 2 3:30-4 tramp	Natalie K	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24

SUNDAY MAIN GYM

9:00-11:00	Twinkle	Nicole	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
9:00-12:00	PC Tramp (with noice)	Michael	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
10:00-11:00	Gym Gr2+ (1)	Leah	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
10:00-11:00	Tumbling	Izzy	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
11:30-12:30	Gym Gr 2+ (2)	Mya	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
11:30-1:30	Junior (1)	Natalie K	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
12:00-1:30	Super Tramp	Jon	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
12:00-1:00	Gym Gr2+ (3)	Alexis G	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
1:30-3:30	Junior (2)	Natalie K	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
1:00-3:00	Aspire	Nicole	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
1:00-2:30	Twisters (1) 1:30-2tramp	Alexis G	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
3:00-4:30	Twisters 2 4-4:30tramp	Nicole	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24
3:30-5:30	Junior (2)	Claire 4-5:30	Jan 21, Feb 4, Feb 18, Mar 3, Mar 17
4:30-5:30	Tramp G2+	Nicole	Jan 14, Jan 28, Feb 11, Feb 25, Mar 10, Mar 24

*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:

<u>BRONZE LEVEL</u>	<u>SILVER LEVEL (badge 5-8)</u>	<u>GOLD LEVEL (badge 9-14)</u>
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.

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