

"Over 1400 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



Winter 2023 Session

12 Week Winter Session:

Sun Jan 8/23 - Sat April 8, 2023

Online Registration LIVE Monday Dec 5th, 2022 5:00pm

Last Day of the fall Session: Sat Dec 17, 2022+ makeups, details to follow

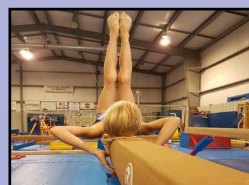
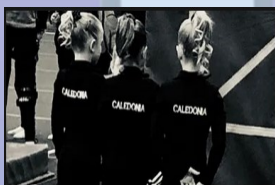
Classes: 60 min **\$264** 90 min **\$324** 120 min **\$384**



LOOK what's happening in 2023 At Gymmies!

Camps.. Classes..Camps!

- Christmas Camps: Dec 28, 29, 30. Jan 2-6/2023
- Winter Class Session: Sun Jan 8th– Sat April 8th
- March Break Camp: March 13-17, 2023
- Spring Class Session: Mon April 10-Sat June 24



"Roll Call"

After School Care Program

RIVER HEIGHTS Students \$13/day
\$150 Deposit & \$30 mem fee due at registration

Get your 1 hr of physical activity per day!

3:00pm-5:30pm Mon-Fri

Bars, Beam, Floor, Vault, Tramp Games, Sports,
Fitness, and More!

\$13/day

2023 PA DAY Care

ALL DAY 8:00-5:30

Trampoline, full gymnastics, games
equipment, sports & seatwork. Fun
camp atmosphere & quality, active
care. Kids bring lunch & 2 snacks.

- MON Jan 16

- FRI Apr 21

- FRI June 2

\$50/day

Tramp Birthday Parties

Saturdays: 1-2 pm or 2-3 pm

Hold your birthday party at Gymmies. Use both in
ground tramps/pit, and tracks for the full hour.
Party Room rental available upstairs for snacks,
cake, and gifts!

10 max participants/ party..... **\$180**

Room Rental Times: 2-3pm & 3-4pm. **\$20**

-signed parental consent required for all guests attending

For full program details and booking, please visit www.gymmies.com or call our Main Office: 905-765-1623

Introducing... GYMMIES New! DROP IN GYM

Join us for scheduled drop in gym days coming in 2023! For boys & girls Ages: 4-12
Fun on Tramps, equipment, circuits, stations. Special activities and more!

FULL DETAILS COMING SOON!

Or Check us out on:

facebook

Instagram

CALEDONIA GYMMIES GYMNASTICS WINTER PROGRAM GUIDE

12 Week WINTER Session: Sun Jan 8/23 - Sat April 8, 2023

CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ON-LINE at www.gymmies.com

caledoniagymmies@rogers.com 905 765-1623. Office hours: Mon-Fri 10-6pm. Club address: 10 Kinross St E Caledonia.

P R E SCHOOL / D A Y T I M E C L A S S E S : \$Special New members only

Programs: <small>choose 1 class from options listed</small>	Time/\$	Ages:	Mon	Tues	Wed	Thurs	Sat	Sun
Tods & Twos <small>(b/g with adult accompaniment)</small>	45 min/ \$198	16-36 months	4:15-5:00	10-10:45 4:15-5:00	4:45-5:30	5:00-5:45	8:45-9:30 1:00-1:45	9:30-10:15 2:30-3:15
HOPPERS <small>(b/g NO adult)</small>	45 min/ \$198	2.5-4 yrs	5:00-5:45	10:45-11:30	5:30-6:15	2:00-2:45 5:45-6:30	9:30-10:15 2:00-2:45	10:15-11:00 12:30-1:15
BOYS Gym <small>(boys gym/tramp circuit in tot lot)</small>	60 min/ \$264	3.5-6.5 yrs		5:00-6:00			10:15-11:15	11:15-12:15
Up, Down All Around <small>(b/g) Rec room, tot lot no adult with Cañi</small>	90 min/ \$180	3-4 yrs		11:45-1:15				
Homeschool- Main Gym Circuit/Tramp no badges with Cañi	90 min/ \$180	5 yrs+	1:15-2:45	1:15-2:45				
Gym Mini <small>PreK Girls with Elite coach Regan in main gym</small>	2hr / \$240	3-4 yrs				1:00-3:00		

GYMNASTICS CLASSES: \$264 New members only + \$30 mem fee

Classes: maingym, *rec room	Details <small>choose 1 class from options listed</small>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Gym PreK-JK	These classes are for boys/girls who are new members or those working on the first 2 badges (burgundy & red). Event rotations on vault, bars, beam, floor (including fast trak) following CanGym badge program. Completed skills are stored in our data system to ensure continuous learning.	4:00-5:00 5:45-6:45	4:15-5:15 5:00-6:00	4:00-5:00	5:30-6:30	4:00-5:00	8:30-9:30 11:30-12:30 1:30-2:30	9:00-10:00 9:15-10:15 12:00-1:00
* Gym SK - Gr. 1		4:00-5:00 6:45-7:45	5:00-6:00 5:15-6:15	5:00-6:00	4:00-5:00 6:30-7:30	4:00-5:00 5:30-6:30	9:30-10:30 12:30-1:30 1-2, 1:30-2:30	10:15-11:15 1:30-2:30 4:00-5:00
Gym Gr. 2+		8:00-9:00	6:15-7:15	7:00-8:00	6:30-7:30	5:00-6:00 7:30-8:30	10:30-11:30 12:00-1:00 2:30-3:30	10:00-11:00 2:30-3:30 3:30-4:30

2 hr ADVANCED REC GYMNASTICS CLASSES: \$384 New members only + \$30 mem fee

In Main gym, *rec room	Age (b/g)	Details <small>choose 1 class from options listed</small>	Mon	Tues	Thurs	Fri	Sat	Sun
*Tiny	JK, SK	Recommended for those with experience or working on Tan-Bronze level (3rd-4th badges). Skills in the higher badges require more builder skills, conditioning & more advanced instruction. Includes vault, bars, beam, floor instruction following tan+ Can Gym badge program with flexibility, strength & conditioning. Instructors are our most experienced coaches.		3:30-5:30	3:30-5:30	3:30-5:30		
*Primary	Gr. 1-2			4:00-6:00	4:30-6:30			9:00-11:00 11:15-1:15
Junior	Gr. 3+		6:30-8:30	6:00-8:00	6:30-8:30	6:30-8:30	11:00-1:00	1:15-3:15 2:00-4:00

TRAMP/TUMBLING CLASSES: \$264 New members only + \$30 mem fee

Instruction follows Can Gym Federation progressive badge program using tramps, double mini tramp and fast trak.

Programs for: <small>choose 1 class from options listed. All in the main gym.</small>	Mon	Wed	Thurs	Sat	Sun
Trampoline Gr. Sk-Gr.1		5:00-6:00		8:30-9:30	3:30-4:30
Trampoline Gr. 2+	7:45-8:45		7:30-8:30	3:30-4:30	
Advanced Tumbling <small>(8 yrs+ Advanced technique for inversions on tumble/fast trak. Great for competitive dance or cheer).</small>		8:15-9:15			
Xtreme Tramp <small>(10yrs+ all fun for beginner-advanced with Director Michael)</small>			8:30-9:30		

COMBO CLASSES: ROLLERS, TWISTERS, TWIST & FLIP \$264 (1hr) / \$324 (1.5 hr) New members only + \$30 mem fee

Gymmies most popular! Combine 2 events into 1 class! 30 min tramp, 1 hr gymnastics. All follow Can Gym Fed progressive gym, tramp. tumbling badge program. Held in Main gym, *Rec room.

All Programs for boys & girls:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Rollers <small>(JK/SK, Gr1)</small>	5:00-6:30	6:00-7:30	4-5:30/ 5:30-7	4-5:30/ 5:30-7	4-5:30/5-6:30	9:30-11/ 2:00-3:30	11-12:30/12:30-2
Twisters <small>(Gr. 2+)</small>		7:30-9:00		7:00-8:30	6:00-7:30, 6:30-8	11-12:30 / 11:30-1	11-12:30/1-2:30
Twist & Flip Acro <small>7yrs+ 30min each of fast trak & double mini tramp for beginner/intermediate dancers, cheer leaders or those who love acrobatics</small>			8:00-9:00				

S T A R A D V A N C E D P R O G R A M S FOR TRAMPOLINE & GYMNASTICS: New members add \$30 membership fee

Gymmies best option for those with experience & love our sport: \$324 (1.5hr) \$558 (3hr) \$720 (4hr) *Can pay by installments

Program: <small>choose 2 In Main gym, *rec room</small>	***Membership is by INVITATION ONLY***	Mon	Tues	Wed	Thurs	Fri	Sat
Sparkle <small>(ages 4-5)</small>	Women's Gymnastics Program. Using our advanced model Gymmies certified elite coaches introduce skills with age appropriate music, conditioning, terminology & plenty of praise! Great first intro to more advanced skills at a faster pace than regular recreation programs that can lead to competitive. New members: \$60 bodysuit required when registering.		3:30-5:30		3:30-5:30	3:30-5:30	
*Twinkle <small>(ages 6-8)</small>		5:00-7:00		6:15-8:15			9:00-100
Aspire <small>(ages 9+ years)</small>		7:00-9:00			7:00-9:00		2:30-4:30
Super Tramp <small>(Pick 1 class/week)</small>	b/g all ages with exp. Focus on builders for rotations, flips & twists taught by National athlete & provincial coach Michael.			7:30-9			3:00-4:30
PC Tramp <small>(Precompetitive) (Both classes/week)</small>	3 hr Trampoline by invitation only with preparation for routines for future competitive. Taught by Michael.			7:30-9			3:00-4:30

General Gymmies Registration Information:

All members must read and accept membership policies/Waiver & Gymnastics Ontario Declaration of Compliance. We reserve the right to limit class size. Registration is on a 1st come basis. To ensure first choice register ASAP. Spots cannot be held without full payment. All policies are available when registering online. Classes may be cancelled or altered to meet demand. Fees are refundable for medical reasons only. Makeup classes for holidays or unforeseen cancellations may occur. Credits are provided for cancellations including those due to a pandemic. We are a member club of Gymnastics Ontario & hire fully certified coaches through the (NCCP) National Coaching Certification Program. Coaches are first aid certified & complete police checks. Gymmies is a non profit club run by a volunteer Executive. We offer fund raising campaigns to support our annual budget & appreciate our membership's support. Need special payment consideration? Can't register online or use a credit card? Prefer installments? Call Andrew in Gymmies office 10-6 M-F or email caledoniagymmies@rogers.com. Parents want to view?— we've saved a spot for you every other week!