

"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



Winter Session 2024

12 Week Session:

Sun Jan 14, 2024 – Sat Apr 6, 2024

Online Registration LIVE Friday Dec 22, 2023 5:00pm

Classes: 60 min **\$280** 90 min **\$343** 120 min **\$407**

We've had a busy Fall 2023!

- Creating more gym space & equipment in the Rec Room
- New office, washrooms and Totlot gym Facelift
- \$75,000 in new equipment including a new spring floor in the Main gym

And what's new for Winter 2024?

- New programs! Expanded classes & more coaches
- Check out: **JUMP IN!** New Drop-in Classes & **Stroll & Roll**
- Don't forget Birthday parties, Christmas/March Break camps



"Roll Call"
After School Care Program

RIVER HEIGHTS Students \$13/day
\$150 Deposit & \$35 mem fee due at registration
Get your 1hour of physical activity per day!

3:00-5:30 pm Mon-Fri
Bars, Beam, Floor, Vault, Games, Sports, Fitness and More!

\$13/day

Introducing Gymmies
Jump In! / \$16

Are you a busy family? Not big on structured set classes? But love being active using tramp & full gym equipment? Introducing Gymmies new...

JUMP IN!
Drop-in program. Sign up & attend when you can. Learn new skills or just have fun with friends (age 5+) participating! Details at gymmies.com

Gymmies goal is always fun, fitness & fundamentals

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. **\$30**

**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

 **"Stroll & Roll"** For River Heights students

Register for a Gymmies recreation class Mon-Fri with a 4-4:15pm start & walk with Roll Call to our facility for free! Great for working parents! Look for this symbol 

Or Check us out on:





CALEDONIA GYMMIES GYMNASTICS WINTER GUIDE

12 Week Winter Session: Sun Jan 14 - Sat April 6, 2024



CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ONLINE at www.gymmies.com

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

PRESCHOOL / DAYTIME CLASSES: \$Special Rates +\$35 new mem fee

Programs:	Details <i>choose 1 class from options listed</i>	Time/\$	Ages:	Mon	Tues	Wed	Thurs	Sat	Sun
Tods & Twos <i>(b/g with adult)</i>	Most Preschool programs use our upper TOT LOT & follow the progressive CanGym Preschool Program including "kid sized" super safe & self contained gym including vault, bars, beam, floor, rings & tot tramp for kids up to 6 years. Special budget friendly weekday rates too!	45min/\$210	16-36 months	4:45-5:30 6:15-7:00	5:15-6	5:00-5:45	9:30-10:15 6:00-6:45	9:00-9:45 11:15-12	8:30-9:15 10-10:45
HOPPERS <i>(b/g NO adult)</i>		45min/\$210	2.5-4 yrs	5:30-6:15	4:30-5:15 6:00-6:45	4:15-5 5:45-6:30	10:15-11 4:45-5:30	9:45-10:30 2:45-3:30	9:15-10 10:45-11:30 12:15-1:00
BOYS Gym <i>gym/tramp circuit</i>		45min/\$210	3.5-6.5 yrs				6:45-7:30	10:30-11:15	11:30-12:15
Kindergymmies <i>b/g 3+ pull up trained</i>	It's back! Gymmies popular 3 hr active play & PreK prep. Music, story time, gym, tramp, creative play, social interaction with senior coach in our tot lot & Rec Room. \$375/session					12:00-3:00	11:00-2:00		

GYMNASTICS CLASSES: \$280 (1hr) / \$343 (1.5 hr) + \$35 new mem fee

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

2 hr ADVANCED REC GYMNASTICS CLASSES: \$407 + \$35 mem fee

In Main gym, *rec room	Age (b/g)	Details <i>choose 1 class from options listed</i>	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Tiny	JK, SK	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.	4-6 \$R		4-6 \$R				
*Primary	Gr. 1-2		6:00-8:00	4-6 \$R		4:30-6:30	5:00-7:00	9:30-11:30 12:45-2:45	9-11
Junior	Gr. 3+		7:00-9:00	6:00-8:00		6:30-8:30	7:00-9:00	1:00-3:00	11:30-1:30 1:30-3:30 3:30-5:30

TRAMP/TUMBLING CLASSES: \$280 + \$35 new mem fee

Programs All in the main gym. All for boys & girls.	Details <i>choose 1 class from options listed.</i>	Mon	Tues/Wed	Thurs	Sat	Sun
Trampoline Gr. Sk-Gr.1	Instruction follows Can Gym Fed progressive badge program using tramps, double mini tramp & fast trak.	4:30-5:30		5:00-6:00		
Trampoline Gr. 2+		7:30-8:30			10:00-11:00	4:30-5:30
Tumbling	7yrs+ Technique for basic skills (no inversions) on fast trak, tumble strip		Tu 5:15-6:15			10:00-11:00
Advanced Tumbling	(It's back! 8yrs+ more advanced instruction, includes inversions)			7:30-8:30		
Xtreme Tramp	(10yrs+ all fun for beginner-advanced)			8:00-9:30		
Super Tramp	All ages with experience. Focus on builders for rotations, flips & twists.		Wed 7:30-9			Sun 12-1:30

COMBO CLASSES: \$280 (1hr) / \$343 (1.5 hr) + \$35 new 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 or *Rec room.

All Programs for boys & girls:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Rollers (SK, Gr1) tramp in main gym	5:00-6:30	4:30-6:00	4:30-6:00	4:30-6:00	5-6:30, 6-7:30	11:30-1	11-12:30, 3:30-5
Twisters (Gr. 2+) in main gym		7:00-8:30	7:30-9:00	6:00-7:30	4:30-6, 6:30-8:00	11:30-1, 3:00-4:30	1-2:30, 3-4:30

STAR ADVANCED CLASSES: FOR TRAMP & GYMNASTICS: + \$35 new mem fee

Gymmies best option for those with experience who love our sport: **\$343 (1.5hr)** **\$580 (3hr)** **\$749 (4hr)**

Program: choose 2 In Main gym, *rec room/main gym	***Membership is by INVITATION ONLY*** Note: ages for each class will be enforced	Mon	Tues	Wed	Thurs	Sat	Sun
*Sparkle (ages 4-5)	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. \$60 bodysuit required when registering worn for training. Can lead to future competitive. Pick 2 classes a week.	4-6 \$R		4-6 \$R			
Twinkle (ages 6-8)				5:30-7:30			9-11
Aspire (ages 9+ years)		6:30-8:30		6:30-8:30			1-3
PC Tramp (Precompetitive) All ages with experience	b/g 3 hr class. PC tramp by invitation only with skills & routine work. Preparation for future competitive possible. Want to attend both classes? Call 905 765-1623 for rates.			3:30-6:30 \$R			9-12

NEW! DROP IN CLASSES: JUMP IN! PRICE: \$16/class + \$35 new mem fee

JUMP IN! (90 min)	Non-instructional with open use of our equipment, pre-set circuits, obstacle course in Rec Room for b/g 5-7 yrs with a certified coach.	5-7 yrs				Fr 4-5:30 \$R	
JUMP IN! (90 min)	Non-instructional with open use of our equipment, pre-set circuits, obstacle course in Main Gym for b/g 8 - 12 yrs with a certified coach.	8-12 yrs				Fr 7:30-9	Sat 3-4:30 Sun 3:30-5

General Gymmies Registration Information: Office phone: 905 765-1623(M-F 10-6). email: gymmies-reg@rogers.com

All members must read and accept membership policies/waiver & Gymnastics Ontario (GO) 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 unforeseen cancellations may occur. Credits are provided for cancellations including those due to a pandemic. Gymmies is no longer offering PA Day Programs. We are a member club of GO & 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 905 765-1623
Andrew - Gymmies Office Manager 10-6 M-F or email caledoniagymmies@rogers.com.

Check out Caledonia Gymmies Christmas Camp & March break Camps too. Full details & registration at www.gymmies.com