



CALEDONIA GYMMIES

GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2

Spring Program 2026



Sun Apr 5 - Sat June 13, 2026

Class Prices Prorated!

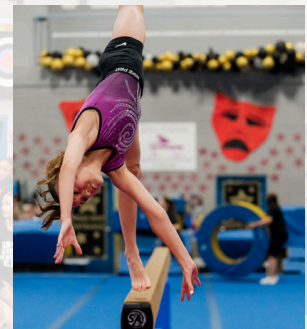
***GREAT Class Times Available**



***Summer Camps**

***Kids Night Out!** (1-2 Fridays/mth, 6:30-8:30)

***Trampoline Birthday Parties** (Sat 1-2, 2-3)



45min: **\$199** 1hr: **\$266** 90min: **\$325** 2hr: **\$386**

Gymnastics Classes

Focus on fundamentals and skill building on all 4 WAG events (floor, bars, beam, vault).

Trampoline Classes

Progressive skill building following CANGYM model. Use 2 inground tramps, double mini, and pit!

Preschool Classes

"Kid sized" super safe & self contained gym with vault, bars, beam, floor, rings, circuits for kids up to 4 years.

Combo Classes

Try a little of everything! 60 min gym + 30 min of trampoline!

2 hr Gymnastics

More advanced, more time including builder skills & advanced instruction on all events provided by our experienced coaches.

Tumble Classes

Beginners and Advanced. Progressive instruction in Acro and Tumbling elements.

Drop In Classes

Energetic FUN! Check out what Gymmies is all about when it works for you!

STAR Advanced Classes

4 - 6 hour classes. Begin your competitive journey here!

905-765-1623

caledoniagymmies@rogers.com

gymmies.com

facebook



Spring 10 Week Session Programs: Sunday Apr 5- Saturday June 13, 2026

All Gymmies programs subject to one-time yearly \$45 membership fee (July/2025-June/2026)

Preschool	Ages:	Description: 45/min	Sun	Mon	Tues	Wed	Thurs	Sat	Price:
Tods & Twos	16-36 mth *Parent Accompany	Focus on coordination, movement patterns, and gymnastics elements delivered through circuits & exploration. All in the TOTLOT Gym	8:30-9:15		*GREAT Class Time 4:45-5:30 5:30-6:15	6:00-6:45	4:45-5:30	11:30-12:15	\$199
Hoppers	2.5-4 yrs *No Parent	Follows CANGYM preschool badge system. Skill building on gymnastics apparatus in TOTLOT Gym	9:15-10:00 11:30-12:15	*GREAT Class Time 5:15-6:00	4:00-4:45 6:15-7:00	11:15-12:00 5:15-6:00	4:00-4:45 5:30-6:15 6:15-7:00	12:15-1:00	

Gymnastics	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Prek-JK	12:00-1:00	4:45-5:45 6:00-7:00	5:15-6:15					\$266
Sk-Gr. 1	11:45-12:45	*GREAT Class Time 5:00-6:00 7:00-8:00	5:30-6:30 6:30-7:30		*GREAT Class Time 5:30-6:30 6:30-7:30	5:00-6:00	10:30-11:30	
Gr. 2+	11:00-12:00				*GREAT Class Time 7:00-8:00			

2 hr Gymnastics	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Tiny (JK-SK)								\$386
Primary (Gr. 1-2)		5:00-7:00		5:00-7:00		5:00-7:00		
Junior (Gr. 3+)		7:00-9:00		7:00-9:00	*GREAT Class Time 7:00-9:00		*GREAT Class Time 11:00-1:00	

Trampoline/Tumble	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Trampoline (SK-Gr.1)							9:00-10:00	\$266
Trampoline (Gr. 2+)	10:00-11:00						10:00-11:00	
Tumbling/Adv. Tumble (7yrs+)				Adv. Tumble 8:30-9:30				
Super Tramp (7yrs+)			4:00-5:30					\$325
Xtreme Tramp (10yrs+)		7:30-9:00						

Combo (gym & tramp)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Rollers (SK-Gr.1)	10:15-11:45 12:15-1:45						10:00-11:30 11:30-1:00	\$325
Twisters (Gr.2+)	*GREAT Class Time 10:45-12:15		6:30-8:00	6:45-8:15		5:30-7:00	*GREAT Class Time 10:30-12:00	

STAR ADVANCED PROGRAMS

Classes:	Description:	Sun	Mon	Tues	Wed	Thurs	Fri	Price:
Sparkle (4-5 yrs)	12 Week Session (4hrs/week) 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 / faster pace than recreation programs that can lead to competitive. Select 2 class times per age group.							\$852
Twinkle (6-8 yrs)		8:30-10:30						
Aspire (9 yrs+)		8:30-10:30		7:00-9:00				
Workshop Jr. (5-7 years) Workshop Sr. (8-12 years)	41 Week Program (6 hrs/week) PRECOMPETITIVE TEAM - Preparation for competitive gym using Ontario Comp Program rules.		Jr. 4:30-7:30	Sr. 6:00-9:00	Jr. 4:30-7:30	Sr. 6:00-9:00		\$285/mth
PreComp Trampoline	More advanced instruction including inversions and combinations taught safely with proper progressions, technique, and conditioning. Register for 2 Super Tramp Classes to be "PC".	2:00-3:30		4:00-5:30				\$660

Some MORE Gymmies Programs...

Programs:	Description:	Days	Time	Price:	Registration:
Trampoline Birthday Parties	<ul style="list-style-type: none"> ages 4 - 12 years Consist of 1 hour of full trampoline, double mini, and fast track and pit FUN! 10 participants (call office if numbers exceed 10) Party Room option 	Saturdays	1:00-2:00 (party room 2-3) 2:00-3:00 (party room 3-4)	\$200 add \$30 for party room	Live
Drop-in Class	High energy and active fun through gym circuits and stations. Includes moderate instruction on vault, bars, beam, floor, and trampoline. Registration is daily. Ages: 5 - 12 yrs	Fridays	7:00-8:30	\$17/class	Live
Roll Call After School Care 2026 - 2027 School year	Who For?: Students aged JK-Gr 6 attending River Heights ROLL CALL fun starts with pick up by our coaches at River Heights School. Walk to Gymmies facility, eat a snack from your lunch bag. 4:00-5:00pm Main gym activities- gym equipment, games, parachute, circuits, tramp time, pit, youth sized fitness equipment, indoor sports 5:00-5:30 pm Seat activities, media, toy stations, and homework (with help from our coach)	Monday-Friday	3:00-5:30	\$16/day	Live
SUMMER CAMPS	Ages: 4 - 12 Daily themes, sports, games, crafts, circuits, moderate and fun instruction on trampolines, uneven bars, balance beams, floor, vault and more! Broken into age groups (4-5 yrs, 6-7 yrs, 8-12 yrs) campers enjoy daily park play and visit the Splash Pad Tues & Thurs afternoons from 1:00-4:00 (4-5 yrs have option to attend).	July 2-Sept 4	8:00-5:00	\$60/day \$280/week	Live
Kids Night Out!	1-2 monthly parties for kids! A chance to get out and have some fun! Circuits, gymnastics events, trampolines, tumble tracks, pits, games, activities and more! Each night has planned themes for kids! Ages: 5 - 12 years	Fridays	6:30-8:30	\$20/participant	Live
 Special Discount!	25% Discount Applies to: <ul style="list-style-type: none"> Any Second class registration (per child) in the Winter Session. OR Any Third child class registration fees (per family) in the Winter Session. 			25% OFF	Live



CALEDONIA GYMMIES GYMNASTICS & TRAMPOLINE CLUB
10 KINROSS STREET EAST, CALEDONIA ON N3W1K8

SUMMER CAMP

AGES: JK - GR. 6
MON-FRI 8AM-5PM

JULY 2 - SEPT 4, 2026

ACTIVITIES

- Gymnastics Events
- Trampolines & Pits
- Daily Park Play
- Arts & Crafts
- Tues + Thurs Splash Pad
- Daily Circuits, Sports & Games

REGISTRATION OPENS JAN 16 @ 5PM

\$280/WK \$60/DAY

Online  www.gymmies.com Email  caledoniagymmies@rogers.com Follow us  @gymmiesgymnastics Contact Us  905-765-1623



GRAND RIVER GYMMIES
CALEDONIA

Caledonia Gymmies Gymnastics & Trampoline Club

Celebrating 45 Years in Caledonia!

Roll Call

2026-27

After School Program

60 Min Physical Activity Daily!

For Who? Students currently attending River Heights Elementary School
When? 3:00pm - 5:30pm Mon-Fri (Gymmies Coaches walk students to our facility)
At a glance: Walk - Snack - 60 min active FUN - Seat Activities/Stations - Home Time

Activities :

- Gymnastics Circuits
- Trampolines
- Games & Sports
- Exercise Stations
- Crafts/Seat Activities

FULL Program Details:
at gymmies.com
Registration Opens:
Fri March 13 @ 5:00pm

\$16/day

Online  www.gymmies.com Email  caledoniagymmies@rogers.com Follow us  @gymmiesgymnastics Contact Us  905-765-1623