



CALEDONIA GYMMIES

GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2



Fall 2025 Programs

Sun Sept 14 - Sat Dec 6, 2025

Registration NOW LIVE!

45min: \$239 1hr: \$319 90min: \$390 2hr: \$463



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



Fall 12 Week Session Programs: Sunday Sept 14 - Saturday Dec 6. 2025

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	4:30-5:15	4:45-5:30 5:30-6:15	10:30-11:15 4:30-5:15	4:45-5:30		\$239
Hoppers	2.5-4 yrs *No Parent	Follows CANGYM preschool badge system. Skill building on gymnastics apparatus in TOTLOT Gym	NEW Class! 11:30-12:15	5:15-6:00	4:00-4:45	9:45-10:30 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	9:00-10:00 9:15-10:15 12:00-1:00	6:00-7:00	5:15-6:15 5:30-6:30	5:45-6:45	6:00-7:00		9:00-10:00 11:00-12:00	\$319
Sk-Gr. 1	9:45-10:45 11:45-12:45	7:00-8:00		6:00-7:00	5:30-6:30 6:30-7:30	5:00-6:00	9:30-10:30 12:00-1:00	
Gr. 2+	11:00-12:00	7:00-8:00			7:00-8:00		10:30-11:30 11:30-12:30	

2 hr Gymnastics	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Tiny (JK-SK)			5:00-7:00					\$463
Primary (Gr. 1-2)	12:30-2:30	5:00-7:00				5:00-7:00	9:00-11:00	
Junior (Gr. 3+)	12:30-2:30	7:00-9:00		7:00-9:00	5:00-7:00 7:00-9:00	5:00-7:00	11:00-1:00	

Trampoline/Tumble	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Trampoline (SK-Gr.1)				4:45-5:45				\$319
Trampoline (Gr. 2+)							10:00-11:00	
Tumbling/Adv. Tumble (7yrs+)	1:00-2:00		7:00-8:00	Adv. Tumble 8:30-9:30				
Super Tramp (7yrs+)			4:00-5:30		4:30-6:00			\$390
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			5:15-6:45			10:00-11:30 11:30-1:00	\$390
Twisters (Gr.2+)		5:30-7:00	6:30-8:00	6:45-8:15	7:00-8:30	5:30-7:00	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.			5:00-7:00		4:00-6:00		\$852
Twinkle (6-8 yrs)		8:30-10:30			6:00-8:00		5:00-7:00	
Aspire (9 yrs+)		8:30-10:30		7:00-9:00			5:00-7:00	
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		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 8/1/25
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.	Fridays	7:00-8:30	\$17/class	Live 8/1/25
Roll Call After School Care	<p>Who For?: Students aged JK-Gr 6 attending River Heights with working parents who are looking to fulfill the recommended 60 minutes of daily, high-energy physical activity at a facility offering flexible, Monday-Friday (or as-needed) after-school care.</p> <p>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.</p> <p>4:00-5:00pm Main gym activities- gym equipment, games, parachute, circuits, tramp time, pit, youth sized fitness equipment, indoor sports</p> <p>5:00-5:30 pm Seat activities, media, toy stations, and homework (with help from our coach)</p>	Monday-Friday	3:00-5:30	\$16/day	Live 8/1/25
Christmas Break Camps	Daily themes, sports, games, crafts, circuits, moderate and fun instruction on trampolines, uneven bars, balance beams, floor, vault and more! Ages: 4 - 12	Mon Dec 22 Tues Dec 23 Mon Dec 29 Tues Dec 30 Fri Jan 2	8:00-5:00	\$60/day	TBA
March Break Camps		Mar 16-20			TBA



Caledonia Gymmies Gymnastics
 caledoniagymmies@rogers.com 905-765-1623 www.gymmies.com Office Hours Mon-Fri 10-6

After-School Program 2025-2026

Celebrating over 40 years! 1982-2025

"Roll Call" - ages 4 - 12 yrs
"Get 60 min of physical activity daily"

For Who?: students JK-Gr 6 of River Heights

Gymmies coaches pick up students at 3pm, walk to our facility (10 Kinross Street, E. Caledonia) for a snack/rest time, and hit the gym from 4:00-5:00 for some fun!

Gymnastics events, trampolines, fast tracks, tumble tracks, sports, games, and more! Opportunity for 60 min of physical activity that children need daily!

Pick up is 5:00-5:30 in the Roll Call activity room. Children wind down with seat activities, toys, media, and help with homework.
FULL DETAILS and REGISTRAION at gymmies.com!

\$16/Day

***Register Online @gymmies.com**

- Does your child attend River Heights?
- Do you need afterschool care?
- Or are you looking for your child to get 60min+ physical activity daily?

Gymmies Has What You Are Looking For!