

# Caledonia. Gymmies

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Online Reg Starts Friday Mar 5, 2021 at 5:00pm

## 10 Week Spring Session Tue Mar 23 - Mon May 31, 2021

Since 1982, Gymmies Gymnastics is proud to offer gymnastics, trampoline, and tumbling programs to Caledonia and surrounding communities. Through these difficult times, Gymmies is here to help kids learn, get active, and have fun! Check us out!



## Gymnastics - Trampoline - Tumbling

10 Kinross Street, Caledonia, ON, N3W 1E2



# Safe introductory classes! 3G Stands for Guided Gym Groups!

Are you feeling uneasy about attending classes without parent viewing? Wish you could be on the floor to guide your child with covid protocols? **Gymmies 3G is just for you!**

3G Classes are for boys & girls: 1. PreK (20 months-3 yrs) 2. Petite (4, 5, 6 years).

Self-contained circuit with all events: **vault, bars, beam, floor & TRAMP too!** Participants work with our coach (as usual) following the CanGym badge program. Parents guide their child in social distancing, hand sanitizing & protocols during class giving added peace of mind. **Gymmies 3G classes are a safe & fun option to learn & get active! Check it out!**

**There is mounting evidence that youth aged 5 to 17 should get at least 60 minutes of moderate-to-vigorous physical activity per day. Currently only 37% of this target group meets the recommendation. Let Gymmies help!**



### "Roll Call" After School Care Program

**RIVER HEIGHTS Students \$12 /day**  
\$50 Deposit and \$30 mem fee due at registration

3:00 - 3:30 Pick up by our certified coaches.  
3:30 - 4:00 Arrive at gym, snack, prep for activity.  
4:00 - 5:00 1 Hour Physical activity in Main Gym.  
5:00 - 5:30 Outdoor Activities, ready for parent pickup

Bring 1 Snack and a change of clothes if desired.

Bars, Beam, Floor, Vault, Tramp Games, Sports, Fitness, and More! Limited spots currently available.

**\$12/day**



### Calling Teens/Adults! Extreme Trampoline

Tuesday 8-9pm \$220  
with Coach Codi! Our former national tramp member! Stunts, flips, tunes & more!

Register now 2021  
**April Break Camp**  
ALL DAY 8:00-5:00

Trampoline, full gymnastics, games equipment, sports & seatwork. Fun camp atmosphere & quality, active care. Kids bring lunch & 2 snacks.  
Mon Apr 12 - Fri Apr 16, 2021

**\$45/participant**



### Expanded! LITTLE DUDES

1 hr Gym/Spring Class for boys 4-6yrs  
Includes Badge work on vault, high bar, tramp, fast trak & floor \$220.

Th 5:45-6:45, Fri 4:45-5:45, Sat 11:45-12:45

### **NEW! Tumble Tricks**

Basic-advanced tumbling with added bounce & spring from fast trak, spring floor & *new!* air mat.  
for boys & girls 7 yrs+. Wed 7:30-8:30, Sat 11-12.  
*Great for kids who love to flip, dancers & cheerleaders*

### Welcome back... **Home School Classes!**

1:30-3pm Wed or Thurs  
\$150 with a parent

Gymmies complies with all Covid protocols including facility modifications with 7 small gyms now in our one big gym!

"Over 1100 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

Check us out on:

[facebook](#)

[Instagram](#)

# CALEDONIA GYMMIES GYMNASTICS Spring Program GUIDE

**10 WEEK SESSION RUNS: Tue Mar 23/21 - Mon May 31/21** (OFF: Fri Apr 2, Sun Apr 4, Mon May 24, 2021 will be made up)

CHECK OUT OUR WEBSITE FOR FULL DETAILS AND TO REGISTER ONLINE at [www.gymmies.com](http://www.gymmies.com)

E-MAIL: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com) 905 765-1623. Office hours: Mon-Fri 10-6pm. Club Address: 10 Kinross St E Caledonia.

"April Break Day Camp" (8:00am - 5:00pm) : Mon April 12 - 16, 2021 / \$45 per child / online Reg March 5

**Gymmies 3 G (Guided Gym Groups) with adult accompaniment \$220** + \$30 new mem fee

\*Coach instructs badges; parents guide their child with social distancing, hand sanitizing & all protocols with encouragement & support for added peace of mind.

Program: All for boy/girl	Details choose 1 class from options listed	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
<b>*PreK</b> 20 mths- 3 years & adult	a self-contained circuit in upper studio with all events: vault, bars, beam, floor, rings & tramp following the Can/Gym Preschool program with parent.	4:30-5:30	11:00-12:00 5:15-6:15	11:00-12:00	11:00-12:00 3:15-4:15	9:15-10:15 3:00-4:00	11:00-12:00
<b>*PETITE</b> 4-6 yrs & adult	a self-contained circuit in upper studio with all events: vault, bars, beam & floor, rings & tramp following the Can/Gym badge program with parent.	4:30-5:30	5:15-6:15		4:30-5:30	10:45-11:45 1:45-2:45	9:45-10:45 1:30-2:30
<b>HOMESCHOOL</b>	1.5 hr class for boys & girls 4 yrs+ on all events in main gym: vault, bars, beam & floor plus 30 minutes on tramp. Special price \$150 + \$30 annual membership fee.			1:30-3:00	1:30-3:00		

**GYMNASTICS CLASSES: \$220** + \$30 new mem fee

Programs: in main gym	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Little Dudes</b>	For Boys 4-6 yrs. 1 hr gym/spring class using vault, high bar, fast trak & floor following Can/Gym badge system				5:45-6:45	4:45-5:45	11:45-12:45	
<b>Grade JK/SK</b>	These classes are for 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.	5:30-6:30	5:15-6:15	5:30-6:30	5:00-6:00	4:30-5:30	9:30-10:30	9:10:00 1:45-2:45
<b>Grade 1-2</b>		7:00-8:00	7:15-8:15	6:45-7:45	5:15-6:15	4:30-5:30	12:00-1:00	12:15-1:15
<b>Grade 3+</b>		7:00-8:00	7:15-8:15	6:45-7:45	5:15-6:15		12:00-1:00	12:15-1:15

**2 hr ADVANCED REC GYMNASTICS: \$320** + \$30 new mem fee

Programs for	Age	Details choose 1 class from options listed	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Tiny</b>	JK, SK	For those with experience or working on Tan-Silver level (3rd-8th Can/Gym badges). Skills in higher badges require more time including builder skills, conditioning & more advanced instruction on all events with added flexibility, strength & conditioning. The instructors are our most experienced coaches.			3:30-5:30		4:00-6:00	9:00-11:00	
<b>Primary</b>	Grade 1-2		5:00-7:00	5:00-7:00	5:00-7:00	3:30-5:30	4-6, 6-8	11:15-1:15	1:30-3:30
<b>Junior</b>	Grade 3+		7:00-9:00		7:00-9:00	5:30-7:30	6:00-8:00	1:30-3:30	1:30-3:30

Wonder what comes after Advanced Rec? Here's details on Gymmies mobility model:

Star programs are two hour classes offered twice a week for Sparkle (Ages PreK, JK, SK) & Twinkle (Grade 1, 2) program emphasis is on builders & conditioning in preparation of skill introduction with attention to good technique. Aspire (Grade 3+) follows Ontario's developmental program designed to master basic concepts necessary to compete. Gymmies programs now split into 2 competitive opportunities with weekly training from 6 to 18 hours per week:

**ONTARIO COMPETITIVE PROGRAM**

**EXCEL**

Consists of compulsory routines for levels 1-5 followed by traditional optional routines for elite levels 6-9.

All optional style routines with more skill options with less execution detail & emphasis on fun competition

**TRAMPOLINE & TUMBLING CLASSES: \$220-\$270** + \$30 new mem fee

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

Programs for:	choose 1 class from options listed	Mon	Tues	Wed	Thurs	Sat	Sun
<b>Trampoline Grade JK/SK \$220</b>						10:30-11:30	12:30-1:30
<b>Trampoline Grade 1-2, 3+ \$220</b>				6:30-7:30		10:30-11:30	12:30-1:30
<b>"Extreme" Trampoline \$220</b>	Age 12-Adult with Coach Codi. Turn up the tunes, bring on the stunts & flips! More fun than high technique. Great exercise & toning.		8:00-9:00				
<b>Tumble Tricks \$220</b>	Basic-advanced tumbling with added bounce & spring from fast trak, spring floor & new! air mat for boys & girls 7 years+. Great for dancers and cheerleaders.			7:30-8:30			
<b>Michael's Super Tramp (7 yrs+) \$270</b>	More advanced class with inversions 1x week	4:30-6:00	4:30-6:00	7:30-9:00		12:00-1:30	9:00-10:30

**3 hr PreComp (PC) Tramp:** More advanced instruction twice a week with inversions & combinations taught safely with proper progressions, technique and conditioning by National Team Member/level 2 coach Michael. **\$465.00** + \$30 annual membership for new members. Non-competitive. **Pick any 2:** Mon 4:30-6:00, Tu 4:30-6:00, Wed 7:30-9, Sat 12-1:30, Sun 9-10:30.

**COMBO CLASSES: Double T, ROLLERS & TWISTERS \$220(1hr)/\$270(1.5 hr)**

Gymmies most popular program option. Combine 2 events into 1 class! Includes 30 minutes tramp, 1 hour gymnastics. Double T is 30 min each of tramp & tumbling. See ages below for boys & girls. All follow Can Gym Federation progressive badge program.

Programs for:	Mon	Tues	Wed	Thurs	Friday	Saturday	Sunday
<b>Rollers</b> for JK/SK, Gr1			6:00-7:30	4:30-6:00	6:00-7:30		10:00-11:30
<b>Twisters</b> for Gr 2+		6:30-8:00			5:45-7:15	12:00-1:30	11:45-1:15
<b>Double T</b> (tramp/tumble) 7yrs+	8:00-9:00				7:45-8:45		

**General Gymmies Information** *New members: please add \$30 annual membership fee to all prices quoted.*

All members must read & accept membership policies/waiver & Gymnastics Ontario's "Declaration of Compliance, COVID 19". We reserve the right to limit class size. Registration is on a first 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 including covid may occur & will be made up. 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 the office or **Email:** [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com). **Sorry we are not holding birthday parties or monthly parties to limit facility entry. Parent viewing remains postponed.**

[www.gymmies.com](http://www.gymmies.com) or Call 905 765-1623 (10-6 M-F) *sorry limited in person office access too*