



# CALEDONIA GYMMIES

## GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2



# Fall Session 2026

Sun Sept 13 - Sat Dec 5, 2026

Introducing: **NINGymnies Classes!**

Birthday Parties: **NEW Options!**

Bring your siblings for **ALL AGES Trampoline**

Roll Call **After School Program (River Heights)**

**Ages:**  
16mth - 12yrs+

**Registration begins Fri July 24 @5pm**



**45min \$245**

### Gymnastics Classes

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

### 2 hr Gymnastics

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



**1hr \$325**

### Trampoline Classes

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

### Tumble Classes

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



**90min \$395**

### Preschool Classes

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

### NINGymnies!

Ninja and gymnastics fusion! Focus on FUN, movement through circuits, stations, and progressive skills.



**2hr \$468**

### Combo Classes

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

### STAR Advanced Classes

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

Online

[www.gymmies.com](http://www.gymmies.com)



[@caledoniagymmies](https://www.instagram.com/caledoniagymmies)

facebook

Email



[caledoniagymmies@rogers.com](mailto:caledoniagymmies@rogers.com)

Follow us



Contact Us

905-765-1623



# Fall 12 Week Session Programs: Sunday Sept 13- Saturday Dec 5. 2026

All Gymmies programs subject to one-time yearly \$45 membership fee (July/2026-June/2027)

| Preschool              | Ages:                          | Description: 45/min                                                                                                               | Sun                                     | Mon       | Tues                   | Wed                    | Thurs                               | Sat                                     | Price:       |
|------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|-----------|------------------------|------------------------|-------------------------------------|-----------------------------------------|--------------|
| <b>Tods &amp; Twos</b> | 16-36 mth<br>*Parent Accompany | Focus on coordination, movement patterns, and gymnastics elements delivered through circuits & exploration. All in the TOTLOT Gym | 9:45-10:30                              | 5:15-6:00 | 5:15-6:00              | 5:15-6:00              | 4:45-5:30                           | 9:00-9:45<br>10:30-11:15<br>11:30-12:15 | <b>\$245</b> |
| <b>Hoppers</b>         | 2.5-4 yrs<br>*No Parent        | Follows CANGYM preschool badge system. Skill building on gymnastics apparatus in TOTLOT Gym                                       | 9:00-9:45<br>10:45-11:30<br>11:30-12:15 | 4:30-5:15 | 4:30-5:15<br>6:00-6:45 | 4:30-5:15<br>6:00-6:45 | 4:00-4:45<br>5:30-6:15<br>6:15-7:00 | 9:45-10:30<br>12:15-1:00                |              |

| Gymnastics      | Sun                       | Mon                    | Tues                   | Wed                    | Thurs                  | Fri | Sat                                     | Price:       |
|-----------------|---------------------------|------------------------|------------------------|------------------------|------------------------|-----|-----------------------------------------|--------------|
| <b>Prek-JK</b>  | 9:15-10:15                | 5:00-6:00<br>5:30-6:30 | 5:00-6:00<br>6:00-7:00 | 5:15-6:16<br>6:00-7:00 | 6:15-7:15              |     | 9:00-10:00<br>9:30-10:30<br>11:00-12:00 | <b>\$325</b> |
| <b>Sk-Gr. 1</b> | 9:45-10:45<br>11:45-12:45 | 5:00-6:00              | 5:30-6:30<br>6:30-7:30 | 5:00-6:00<br>5:30-6:00 | 5:30-6:30<br>6:30-7:30 |     | 9:30-10:30<br>10:30-11:30               |              |
| <b>Gr. 2+</b>   | 9:45-10:45<br>12:45-1:45  |                        | 7:30-8:30              | 7:00-8:00              | 7:15-8:15              |     | 10:30-11:30<br>11:30-12:30              |              |

| 2 hr Gymnastics          | Sun        | Mon       | Tues      | Wed       | Thurs     | Fri       | Sat        | Price:       |
|--------------------------|------------|-----------|-----------|-----------|-----------|-----------|------------|--------------|
| <b>Tiny</b> (JK-SK)      |            |           | 4:00-6:00 |           | 4:00-6:00 |           |            | <b>\$468</b> |
| <b>Primary</b> (Gr. 1-2) | 12:45-2:45 |           |           | 5:00-7:00 |           | 5:00-7:00 | 9:00-11:00 |              |
| <b>Junior</b> (Gr. 3+)   | 9:00-11:00 | 6:00-8:00 |           |           | 6:00-8:00 | 5:00-7:00 | 11:00-1:00 |              |

| Trampoline/Tumble                                                                                                     | Sun         | Mon                           | Tues      | Wed                      | Thurs     | Fri       | Sat                              | Price:       |
|-----------------------------------------------------------------------------------------------------------------------|-------------|-------------------------------|-----------|--------------------------|-----------|-----------|----------------------------------|--------------|
| <b>Trampoline</b> (SK-Gr.1) / (Gr. 2+)                                                                                |             | SK 4:15-5:15<br>Gr2 5:15-6:15 |           |                          |           |           | SK 9:00-10:00<br>Gr2 10:00-11:00 | <b>\$325</b> |
|  <b>ALL AGES Trampoline</b> (4 yrs+) | 10:30-11:30 |                               |           |                          |           | 5:00-6:00 |                                  |              |
| <b>Tumbling/Adv. Tumble</b> (7yrs+)                                                                                   |             |                               | 5:30-6:30 | Adv. Tumble<br>8:00-9:00 |           |           | 11:30-12:30                      |              |
| <b>Xtreme Tramp</b> (10yrs+)                                                                                          |             |                               |           |                          | 8:30-9:30 |           |                                  |              |
| <b>Super Tramp</b> (7yrs+)                                                                                            |             | 7:30-9:00                     |           |                          | 4:30-6:00 |           |                                  | <b>\$395</b> |

| Combo (gym & tramp)      | Sun         | Mon       | Tues                   | Wed       | Thurs     | Fri       | Sat         | Price:       |
|--------------------------|-------------|-----------|------------------------|-----------|-----------|-----------|-------------|--------------|
| <b>Rollers</b> (SK-Gr.1) | 10:15-11:45 | 6:00-7:30 |                        |           | 4:45-6:15 | 5:00-6:30 | 10:00-11:30 | <b>\$395</b> |
| <b>Twisters</b> (Gr.2+)  | 10:45-12:15 |           | 6:00-7:30<br>7:30-9:00 | 6:45-8:15 |           | 5:30-7:00 | 10:30-12:00 |              |

|  NINGymmies                | Description:                                                                                                                    | Sun         | Mon       | Wed       | Fri       | Price:       |
|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------|-----------|-----------|-----------|--------------|
|  <b>JK-SK</b> (4-5 yrs)   | Combines high energy circuits and progressive gymnastics skills. Stations and active fun working towards personal goals weekly. | 11:30-12:30 | 6:30-7:30 | 6:30-7:30 | 6:00-7:00 | <b>\$325</b> |
|  <b>Gr. 1-2</b> (6-8 yrs) |                                                                                                                                 | 12:30-1:30  | 7:30-8:30 | 7:30-8:30 |           |              |

## STAR ADVANCED PROGRAMS (select 2 times)

| Classes:                  | Description:                                                                                                                                                                                                                                                                                                                          | Sun        | Mon       | Tues      | Wed       | Thurs     | Fri       | Price:       |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----------|-----------|-----------|-----------|-----------|--------------|
| <b>Sparkle</b> (4-5 yrs)  | 12 Week Session (4hrs/week)<br>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. |            |           | 4:00-6:00 |           | 4:00-6:00 |           | <b>\$862</b> |
| <b>Twinkle</b> (6-8 yrs)  |                                                                                                                                                                                                                                                                                                                                       | 9:00-11:00 |           |           | 6:15-8:15 |           | 5:00-7:00 |              |
| <b>Aspire</b> (9 yrs+)    |                                                                                                                                                                                                                                                                                                                                       | 9:00-11:00 |           |           | 7:00-9:00 |           | 5:00-7:00 |              |
| <b>PreComp Trampoline</b> | More advanced instruction including inversions and combinations taught safely with proper progressions, technique, and conditioning. Register for 2 Super Tramp Classes to be "PC".                                                                                                                                                   |            | 7:30-9:00 |           |           | 4:30-6:00 |           | <b>\$682</b> |

# Some MORE Gymmies Programs...

| Programs:                                                                                                           | Description:                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Days                                  | Time                                                                         | Price:                                  | Registration: |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|------------------------------------------------------------------------------|-----------------------------------------|---------------|
| <b>Birthday Parties</b><br><b>Tot Gym</b> (16 mth-4 yrs)<br><b>Rec Gym</b> (4-7yrs)<br><b>Trampoline</b> (5-12 yrs) | <ul style="list-style-type: none"> <li>Your choice of 1 hour of full trampoline, Rec Room Gym, or Totlot Gym for your party!</li> <li>Age dependant</li> <li>10 participants (call office if numbers exceed 10)</li> <li>Party Room option</li> </ul>                                                                                                                                                                                                                         | Saturdays                             | <b>1:00-2:00</b><br>(party room 2-3)<br><b>2:00-3:00</b><br>(party room 3-4) | <b>\$250</b><br>add \$30 for party room | <b>Live</b>   |
| <b>Roll Call</b><br>After School Care<br>2026 - 2027 School year                                                    | <b>Who For?:</b> Students aged JK-Gr 6 attending <b>River Heights</b><br><b>ROLL CALL fun starts with pick up by our coaches</b> at River Heights School. Walk to Gymmies facility, eat a snack from your lunch bag.<br><b>4:00-5:00pm Main gym activities-</b> gym equipment, games, parachute, circuits, tramp time, pit, youth sized fitness equipment, indoor sports<br><b>5:00-5:30 pm</b> Seat activities, media, toy stations, and homework (with help from our coach) | Monday-Friday                         | 3:00-5:30                                                                    | <b>\$16/day</b>                         | <b>Live</b>   |
| <b>CAMPS</b><br>Christmas/March Break                                                                               | 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)<br><b>Ages: 4 - 12</b>                                                                                                                                                                                                                                                     | Dec 21-23<br>Jan 28-30<br>March 15-19 | 8:00-5:00                                                                    | <b>\$60/day</b><br><b>\$280/week</b>    | <b>TBA</b>    |
| <b>Kids Night Out!</b>                                                                                              | 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!<br><b>Ages: 5 - 12</b>                                                                                                                                                                                                                                                    | Fridays                               | 6:30-8:30                                                                    | <b>\$25 or \$35 /participant</b>        | <b>TBA</b>    |
| <b>★ Special Discounts!</b>                                                                                         | <b>25% Discount Applies to:</b> <ul style="list-style-type: none"> <li>Any Second class registration (per child) in the Session.</li> <li>OR</li> <li>Any Third child class registration fees (per family) in the Session.</li> </ul> <b>Sibling Schedule Discount</b> <ul style="list-style-type: none"> <li>Pick specified classes same day, same time frame and receive \$30 off!</li> </ul>                                                                               |                                       |                                                                              | <b>25% OFF</b>                          | <b>Live</b>   |



**CALEDONIA GYMMIES**  
GYMNASTICS & TRAMPOLINE CLUB  
10 KINROSS STREET EAST, CALEDONIA ON N3W1K6

**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](http://www.gymmies.com) Email  [caledoniagymmies@rogers.com](mailto: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](http://gymmies.com)!

**Registration Opens:**  
Fri March 13 @ 5:00pm

**\$16/day**

Online  [www.gymmies.com](http://www.gymmies.com) Email  [caledoniagymmies@rogers.com](mailto:caledoniagymmies@rogers.com) Follow us  @gymmiesgymnastics Contact Us  905-765-1623



# New! Sibling Schedule! & Discount!

Sept 13-Dec 5

★ Find class for your kids on the same day & time!

★ Automatic discount when you do!

| DAY   | Sibling 1     | Ages                                          | Time        | Cost  | Plus | Sibling 2     | Ages          | Time        | Cost  | Discount: | Total: |
|-------|---------------|-----------------------------------------------|-------------|-------|------|---------------|---------------|-------------|-------|-----------|--------|
| MON   | Tods & Twos   | 16-36 mth<br><small>*Parent Accompany</small> | 5:15-6:00   | \$245 | +    | Gym SK-Gr.1   | b/g 5-7 yrs   | 5:00-6:00   | \$325 | -\$30     | \$540  |
| MON   | Hoppers       | 2.5-4 yrs                                     | 4:30-5:15   | \$245 | +    | Tramp SK-Gr.1 | b/g 5-7 yrs   | 4:15-5:15   | \$325 | -\$30     | \$540  |
| TUES  | Tods & Twos   | 16-36 mth<br><small>*Parent Accompany</small> | 5:15-6:00   | \$245 | +    | Gym PreK-JK   | b/g 3.5-5 yrs | 5:00-6:00   | \$325 | -\$30     | \$540  |
| TUES  | Gym SK-Gr.1   | b/g 5-7 yrs                                   | 5:30-6:30   | \$325 | +    | Tumbling      | b/g 7+ yrs    | 5:30-6:30   | \$325 | -\$30     | \$620  |
| TUES  | Gym PreK-JK   | b/g 3.5-5 yrs                                 | 6:00-7:00   | \$325 | +    | Twisters      | b/g 8-12 yrs  | 6:00-7:30   | \$395 | -\$30     | \$620  |
| WED   | Hoppers       | 2.5-4 yrs                                     | 6:00-6:45   | \$245 | +    | Gym PreK-JK   | b/g 3.5-5 yrs | 6:00-7:00   | \$325 | -\$30     | \$540  |
| THURS | Rollers       | b/g 5-7 yrs                                   | 4:45-6:15   | \$395 | +    | Super Tramp   | b/g 8+ yrs    | 4:30-6:00   | \$395 | -\$30     | \$760  |
| THURS | Hoppers       | 2.5-4 yrs                                     | 6:15-7:00   | \$245 | +    | Gym PreK-JK   | b/g 3.5-5 yrs | 6:15-7:15   | \$325 | -\$30     | \$540  |
| FRI   | Primary       | girls 6-8 yrs                                 | 5:00-7:00   | \$468 | +    | Junior        | girls 9 yrs+  | 5:00-7:00   | \$468 | -\$30     | \$906  |
| SAT   | Gym SK-Gr.1   | b/g 5-7 yrs                                   | 10:30-11:30 | \$325 | +    | Gym Gr.2+     | b/g 8 yrs+    | 10:30-11:30 | \$325 | -\$30     | \$620  |
| SAT   | Gym PreK-JK   | b/g 3.5-5 yrs                                 | 9:30-10:30  | \$325 | +    | Gym SK-Gr.1   | b/g 5-7 yrs   | 9:30-10:30  | \$325 | -\$30     | \$620  |
| SAT   | Tramp SK-Gr.1 | b/g 5-7 yrs                                   | 9:00-10:00  | \$325 | +    | Gym PreK-JK   | b/g 3.5-5 yrs | 9:00-10:00  | \$325 | -\$30     | \$620  |
| SUN   | Gym SK-Gr.1   | b/g 5-7 yrs                                   | 9:45-10:45  | \$325 | +    | Gym Gr.2+     | b/g 8 yrs+    | 9:45-10:45  | \$325 | -\$30     | \$620  |
| SUN   | Tods & Twos   | 16-36 mth<br><small>*Parent Accompany</small> | 9:45-10:30  | \$245 | +    | Gym SK-Gr.1   | b/g 5-7 yrs   | 9:45-10:45  | \$325 | -\$30     | \$540  |

## More Discounts!

★ 25% off 2nd Class / Individual

★ 25% off 3rd Child Class Registration



**CALEDONIA**  
**GYMMIES**  
GYMNASTICS CLUB

**NEW  
PROGRAM!**



**NIN** ★  
**GYMMIES**

**MOVE. CHALLENGE. ACHIEVE.**



**NINGYMMIES**  
JK-SK (4, 5 YEARS)



**NINGYMMIES**  
GR1-2 (6-8 YEARS)



**BUILD SKILLS. BUILD CONFIDENCE.**



PRECISION



SWINGING



BALANCE



STRENGTH



JUMPING



COORDINATION



SPEED

**1 HOUR  
PROGRAM**



BOYS & GIRLS

**\$325**  
/ SESSION



**IN GYMMIES  
REC ROOM**



CONTACT GYMMIES OFFICE  
**905 765-1623**



**www.gymmies.com**



# CALEDONIA GYMMIES

## GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2

CALEDONIAGYMMIES@ROGERS.COM - 905-765-1623

WWW.GYMMIES.COM



# Birthday Parties

## NEW! 3 Great Party Options!

Celebrate your special day with active fun! 2 NEW options for families with youngsters! Coaches rotate turns on events, play games all in the name of FUN!

### 1. Trampoline Party (ages: 4-12 yrs)

Celebrate your special day with active fun! 1 hour of two Inground Trampolines, Double Mini, Fast Track, and Pit.

### 2. Rec Room Gymnastics (ages: 4-7 yrs)

Let's have have with gymnastics and mini tramp! guests get the whole Rec Room Gym to yourselves. Coach leads through base skills, circuits, stations, games and more!

### 3. Totlot Gymnastics (ages: 16 mths-4 yrs)

Gymnastics events and skills scaled down for little ones! Parents accompany tots in the gym through gymnastics circuits and stations. Coordination, body awareness, dominant movement patterns, games, and FUN for tots!

**Register @gymmies.com**

**10 Participants/party**

\*all participants required signed waiver prior to start time. (On day of party). More than 10 participants? Call the main office.



## Party Room:

Have your cake, and eat it too!

2:00-3:00 or 3:00-4:00

**\$30**



**Saturdays** 1:00-2:00  
or  
2:00-3:00

Party Cost: **\$250**