



# Caledonia Gymmies Gymnastics

"Over 1600 annual members agree... Caledonia Gymmies is the place to be for safe, active fun & instruction!"

caledoniagymmies@rogers.com 905-765-1623 www.gymmies.com Office Hours Mon-Fri 10:00-6:00

It's a pleasure to welcome back returning & new members to start this session! Please read the following newsletter carefully as it contains important information for a participants. All news & reminders will be delivered by email message or by Facebook: <https://www.facebook.com/pages/Caledonia-Gymmies/272504586109478?ref=ts>.

**The Fall Session will run for 12 weeks: Sun Sept 14, 2025 - Sat Dec 6, 2025**

**\*Note: Closure Dates: Mon Oct 13 Thanksgiving & Fri Oct 31 Halloween**, (gym closures reflected in program price)

## Upon Registration Parents MUST sign off on:

- **Membership Policy/Waiver**
- **Informed Consent and Assumption of Risk**
- **Parent Viewing Policy**

**\*Gymmies requires all members and athletes to respect the policies and guidelines set by our clubs board of directors.**

## Gymmies Policies

- Member of Gymnastics Ontario, governed by it's policies
- Gymmies exercise all precaution/regard for safety of all
- Non-profit organization operated by a parent volunteer for fund raising, special events, inside + outside maintenance. Your patience/help is always appreciated
- **Absolutely no refunds are possible. Credits possible w/ doctor note.**
- Gymnasts cannot participate until full fees are received
- Sportsmanlike conduct/good behaviour is enforced for all
- Safety for all members, coaches, facilitators is of the utmost importance.
- **Behavioural Conduct:** programs are implemented as advertised for the benefit of all our attendees. Gymmies will take the following steps to address any behavioral misconduct of camp attendees:
  - Constant reminders of the rules while attending Gymmies Gymnastics
  - Moderate discipline in line with our club policies (Thinking time with full intervention and explanation)
  - Full review and discussion with parent at time of pickup.Should behaviors continue, intensify, or impede on program operation, parents will be contacted for immediate pickup of their child.
- Adjustment to program or class type may be implemented.
- Exercise the right to refuse membership to those unable to abide by rules governing safe program participation.
- Participants must ask permission to leave the gym area.
- Please take younger participants for **bathroom break** before class (located in Rec room. \*All participants (unless advertised) MUST be potty trained.
- Fund raising campaigns are optional & offered to meet budget demands, new equipment and new programming.
- Instruction follows Cangym Badge Program for girls/boys in gymnastics classes, Canadian Trampoline Program Guide & Gymnastics Ontario Pre-school Manual. All are progressive & expert recommended for safely guiding skill progression
- Dress in gym attire, bare feet. Body suits or shorts + t-shirts
- No gum, candy or jewellery worn during class
- GYMMIES **IS NOT** A NUT FREE FACILITY
- Smoking is not permitted anywhere in the building
- Progress reports are given at the end of each session
- Do not bring valuables in change rooms, including glasses & cell phones. GYMMIES not responsible for lost or stolen articles
- Report absentees to office 905 765-1623 if possible.
- Late Arrivals should check in with coach from the change areas.
- **NO PARENTS ALLOWED ON THE GYM FLOOR EVER!**

## Gymmies Health and Safety

- All participants must be considered in good health before attending an program at Gymmies.
- Children feeling ill / showing signs of illness should not attend class.
- Optional sanitizing stations will be found throughout the gym.
- Water bottles should be brought to every class. (NEW fill station available).

### Drop off and Pickup Routine

There are 3 program areas (**Rec Room**, **Main Gym** & **Tot Lot**)

- **Rec Room** participants (**Gym PreK-JK, Sk-Gr1, Rollers**) will enter through the main, front foyer upon arrival. Outerwear will be left here.
- **Main Gym** participants (**ALL Tramp, Twisters, 2/4 hr Gym, Primary, Junior, Drop In 5-12 yrs+ and Tumble**) will enter at the left side entrance of the facility. Coaches will meet them. Outerwear will be stored on adjacent hooks; shoes will be placed in cubies.
- **Tot Lot** participants (**Tods/Twos & Hoppers**) will enter through the main front door. Programs will be upstairs; Coaches will collect and dismiss in the common area.
- **MUST** park in a designated space and **accompany** your child directly to the proper area of the facility (as outlined above).
- Remove shoes and place in cubbies (as our athletes move through common areas in bare feet).
- Pick up your child promptly when class has ended. **NO CHILD WILL BE RELEASED** except to the parent or guardian who dropped off.

## Parent Viewing: (Pg 3)

ALL Parent Viewing will be on a **scheduled basis**.

Schedule will be sent out prior to start of the session.

### Viewing Rules for Parents:

- NO photos/videos (privacy protection)
- NO parent/sibling of participant may enter the gym floor
- Viewers are to remain quiet for class duration
- Do NOT have volume on any phone or media device
- Please limit to 1 parent per participant
- Sibling must be kept at arms length at all times
- TV in Tot Lot for enhanced viewing

# CHRISTMAS CAMP REG COMING SOON!



## Fall Session 2025 Calendar / Weekly Classes

Fall 2025 Days												
Weeks	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
SUN	Sept 14 START DAY	Sept 21	Sept 28	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23	Nov 30
MON (11 wks)	Sept 15 START DAY	Sept 22	Sept 29	Oct 6	Oct 13 CLOSED Thanksgiving	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24	Dec 1
TUES	Sept 16 START DAY	Sept 23	Sept 30	Oct 7	Oct 14	Oct 21	Oct 28	Nov 4	Nov 11	Nov 18	Nov 25	Dec 2
WED	Sept 17 START DAY	Sept 24	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26	Dec 3
THURS	Sept 18 START DAY	Sept 25	Oct 2	Oct 9	Oct 16	Oct 23	Oct 30	Nov 6	Nov 13	Nov 20	Nov 27	Dec 4
FRI (11 wks)	Sept 19 START DAY	Sept 26	Oct 3	Oct 10	Oct 17	Oct 24	Oct 31 CLOSED Halloween	Nov 7	Nov 14	Nov 21	Nov 28	Dec 5
SAT	Sept 20 START DAY	Sept 27	Oct 4	Oct 11	Oct 18	Oct 25	Nov 1	Nov 8	Nov 15	Nov 22	Nov 29	Dec 6

# VIEWING SCHEDULE Fall Session 2025: Caledonia Gymmies Sept 14-Dec 6, 2025

Gymmies is a very busy club - We appreciate your cooperation during class viewing.

Space is limited, so whenever possible try to restrict viewing to

## How to use This Viewing Schedule:

- ⇒ 1 Spectator per participant only please.
- ⇒ Find your class day/time
- ⇒ PLEASE REMOVE ALL FOOTWEAR (to cubbies) and head to assigned viewing area: Main Gym: viewing gallery upstairs. Rec Room: behind partitions

**Main Gym:** Find a chair in gallery or upper kitchen if free. Do not sit/stand on the floor or gym stairs. Tot lot room is out of bounds (Tods/Twos only). As classes finish, chairs may become available in the gallery.

**Rec Room:** please stay behind the partitions as labelled. Do not enter gym area.

**Totlot Room:** view every week from the kitchenette window & TV screen.

⇒ Quiet please during viewing. Do not motion or yell down to athletes.

⇒ **No videos or photos please.**

⇒ Gymmies has the right to refuse viewing to anyone not abiding by viewing safety rules.

### MONDAY REC ROOM

4:45-5:45	Prek, JK (1)	Sept 15, 29, Oct 20, Nov 3, 17, Dec 1
5:00-6:00	SK, G1 (1)	Sept 22, Oct 6, 27, Nov 10, 24, Dec 1
6:00-7:00	Prek, JK (2)	Sept 15, 29, Oct 20, Nov 3, 17, Dec 1
7:00-8:00	SK, G1 (2)	Sept 22, Oct 6, 27, Nov 10, 24, Dec 1
5:45-7:15	Rollers (1)	Sept 15, 29, Oct 20, Nov 3, 17, Dec 1

### MONDAY MAIN GYM

4:30-7:30	Workshop Jr.	Sept 15, 29, Oct 20, Nov 3, 17, Dec 1
5:00-7:00	Primary (1)	Sept 22, Oct 6, 27, Nov 10, 24, Dec 1
5:30-7:00	Twisters (1)	Sept 15, 29, Oct 20, Nov 3, 17, Dec 1
7:00-8:00	Gr 2 gym (1)	Sept 22, Oct 6, 27, Nov 10, 24, Dec 1
7:00-9:00	Junior (1)	Sept 15, 29, Oct 20, Nov 3, 17, Dec 1
7:30-9:00	Xtreme Tramp	Sept 22, Oct 6, 27, Nov 10, 24, Dec 1

### TUESDAY REC ROOM

5:15-6:15	PreK, JK (3)	Sept 16, 30, Oct 14, 28, Nov 11, 25
5:30-6:30	SK, G1 (3)	Sept 23, Oct 7, 21, Nov 4, 18, Dec 2
5:30-6:30	PreK, JK (4)	Sept 16, 30, Oct 14, 28, Nov 11, 25
6:30-7:30	SK, G1 (4)	Sept 23, Oct 7, 21, Nov 4, 18, Dec 2

### TUESDAY MAIN GYM

4:00-5:30	PC/Super tramp	Sept 16, 30, Oct 14, 28, Nov 11, 25
4:00-7:00	Workshop Novice	Sept 23, Oct 7, 21, Nov 4, 18, Dec 2
5:00-7:00	Tiny/Sparkle (1)	Sept 23, Oct 7, 21, Nov 4, 18, Dec 2
6:00-9:00	Workshop Sr.	Sept 16, 30, Oct 14, 28, Nov 11, 25
6:30-8:00	Twisters (2)	Sept 23, Oct 7, 21, Nov 4, 18, Dec 2
7:00-9:00	Aspire (1)	Sept 23, Oct 7, 21, Nov 4, 18, Dec 2
7:00-8:00	Tumble	Sept 16, 30, Oct 14, 28, Nov 11, 25

### WEDNESDAY REC ROOM

5:00-6:00	SK, G1 (5)	Sept 17, Oct 1, 15, 29, Nov 12, 26
5:15-6:45	Rollers (3)	Sept 24, Oct 8, 22, Nov 5, 19, Dec 3
5:45-6:45	Prek, JK (6)	Sept 17, Oct 1, 15, 29, Nov 12, 26
6:00-7:00	SK, G1 (6)	Sept 24, Oct 8, 22, Nov 5, 19, Dec 3

### WEDNESDAY MAIN GYM

4:45-5:45	Tramp SK Gr.1 (1)	Sept 17, Oct 1, 15, 29, Nov 12, 26
5:00-7:00	Primary (2)	Sept 24, Oct 8, 22, Nov 5, 19, Dec 3
6:00-8:00	Twinkle (1)	Sept 17, Oct 1, 15, 29, Nov 12, 26
6:45-8:15	Twisters (3)	Sept 24, Oct 8, 22, Nov 5, 19, Dec 3
7:00-9:00	Junior (2)	Sept 17, Oct 1, 15, 29, Nov 12, 26
7:30-8:30	G2+ gym(4)	Sept 24, Oct 8, 22, Nov 5, 19, Dec 3
7:30-8:30	Tumble Advanced	Sept 17, Oct 1, 15, 29, Nov 12, 26

### THURSDAY REC ROOM

5:30-6:30	SK, G1 (7)	Sept 18, Oct 2, Oct 16, 30, Nov 13, 27
6:00-7:00	PreK, JK (7)	Sept 25, Oct 9, 23, Nov 6, Nov 20, Dec 4
6:30-7:30	SK, G1 (8)	Sept 18, Oct 2, Oct 16, 30, Nov 13, 27

### THURSDAY MAIN GYM

4:00-6:00	Tiny (2)/Sparkle	Sept 18, Oct 2, Oct 16, 30, Nov 13, 27
4:30-6:00	Super/PC Tramp	Sept 25, Oct 9, 23, Nov 6, Nov 20, Dec 4
6:00-9:00	Workshop Sr	Sept 18, Oct 2, Oct 16, 30, Nov 13, 27
7:00-8:00	Gr 2+ gym (4)	Sept 25, Oct 9, 23, Nov 6, Nov 20, Dec 4
7:00-9:00	Junior (4)	Sept 18, Oct 2, Oct 16, 30, Nov 13, 27

### FRIDAY REC ROOM

5:00-6:00	SK, G1 (9)	Sept 19, 26, Oct 3, 10, 17, 24, Nov 7, 14, 21, 28, Dec 5
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### FRIDAY MAIN GYM

5:00-7:00	Twinkle/Aspire (2)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5
5:00-7:00	Prim (3), Junior (5)	Sept 26, Oct 10, Oct 24, Nov 14, Nov 28, Dec 5
5:30-7:00	Twisters (6)	Sept 19, Oct 3, 17, Nov 7, 21, Dec 5

### SATURDAY REC ROOM

9:00-10:00	Prek, JK (9)	Sept 20, Oct 4, 18, Nov 1, 15, 29
9:30-10:30	SK, G1 (10)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6
9:30-10:30	PreK, JK (10)	Sept 20, Oct 4, 18, Nov 1, 15, 29
10:00-11:30	Rollers (6)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6
10:30-11:30	SK, G1 (11)	Sept 20, Oct 4, 18, Nov 1, 15, 29
11:00-12:00	PreK, JK (11)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6
11:30-1:00	Rollers (7)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6
12:00-1:00	SK, G1 (12)	Sept 20, Oct 4, 18, Nov 1, 15, 29

### SATURDAY MAIN GYM

9:00-11:00	Primary (4)	Sept 20, Oct 4, 18, Nov 1, 15, 29
10:00-11	Gr 2 tramp (4)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6
10:30-11:30	Gr 2+ Gym (6)	Sept 20, Oct 4, 18, Nov 1, 15, 29
10:30-12	Twisters (7)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6
11:00-1:00	Junior 6	Sept 20, Oct 4, 18, Nov 1, 15, 29
11:30-12:30	Gr 2+ Gym (7)	Sept 27, Oct 11, 25, Nov 8, 22, Dec 6

### SUNDAY REC ROOM

9:00-10:00	PreK, JK (13)	Sept 14, 28, Oct 12, 26, Nov 9, 23
9:15-10:15	PreK (14)	Sept 21, Oct 5, 19, Nov 2, 16, 30
9:45-10:45	SK, G1 (13)	Sept 14, 28, Oct 12, 26, Nov 9, 23
10:15-11:45	Rollers (8)	Sept 21, Oct 5, 19, Nov 2, 16, 30
11:45-12:45	SK, Gr 1 (14)	Sept 14, 28, Oct 12, 26, Nov 9, 23
12:00-1:00	PreK (15)	Sept 21, Oct 5, 19, Nov 2, 16, 30
12:15-1:45	Rollers (9)	Sept 14, 28, Oct 12, 26, Nov 9, 23

### SUNDAY MAIN GYM

8:30-10:30	Twinkle 3/Aspire 3	Sept 14, 28, Oct 12, 26, Nov 9, 23
10:45-12:15	Twisters (9)	Sept 14, 28, Oct 12, 26, Nov 9, 23
11:00-12:00	Gr 2 Gym (9)	Sept 21, Oct 5, 19, Nov 2, 16, 30
12:30-2:30	Primary (5)/Junior (7)	Sept 14, 28, Oct 12, 26, Nov 9, 23
11:00-2:00	Workshop Novice	Sept 21, Oct 5, 19, Nov 2, 16, 30
2:00-3:30	PC Tramp	Sept 14, 28, Oct 12, 26, Nov 9, 23



Please Respect our Policies and Fellow Members.

Thanks So Much!

## WHAT WE TEACH DURING CLASSES

**Classes for Toddlers, Preschools, JK/SK (beginner to advanced) with adult accompaniment-** Our program is based on activities that involve organized play, free play and structured skills on the gymnastics equipment in the upper Tot Lot Room or in the main gym as designated in the program brochure. Physical activity both structured and unstructured is said to be essential in a young child's development. Not only will your child's physical abilities develop through gymnastic skills but researchers believe our sport contributes to the development of cognitive and affective (social/emotional) skills in children. Our program utilizes skills outlined in the "Preschool Movement Manual" provided to clubs by the Canadian Gymnastics Federation. It is progressive and covers all the dominant movement patterns associated with gymnastics, specific to toddlers-age 5. There are 3 different levels each containing 8-10 skills on the apparatus. **The parent's role in the class is to assist their child with the skills the coaches introduce.** This could involve holding their hands, support at their back & front ("sandwich their tummy") or encouraging them to try new things. Coaches will mingle through the group and spot items like head position, back arches etc. Helping kids know names of classmates, taking turns if needed and similar skills helps parents prepare students for programs on their own.

**Classes for Toddlers, Preschools, JK/SK (beginner to advanced) NO adult accompaniment-** Many of the principles of the above are similar, without the support of the adult. In these programs children in small groups will rotate through stations where the coach is ready to instruct. Smaller skills will be set up to keep line ups at a minimum. The preschool check sheets will be kept to ensure quality instruction is being introduced in a safe and progressive manner. Remember, many skills have 3 or 4 levels of drills to master before the "whole skill" is taught. We encourage taking turns, listening to coaches, and a combination of stretching (in one place) combined with unstructured movement patterns through the gym.

**GYMNASTICS, TRAMP & TUMBLING FOR GRADES 1+-** these programs use the Cangym badge program. Each class includes a warm up, game, movement theme and time on 2-3 apparatus rotations (vault, bars, beam, floor). Coaches track badges by 3 steps: A (attempted), L (learning), M (mastered). Here is an overview of the Can Gym

Badge Program:

### **BRONZE LEVEL**

**Burgundy**- badge 1

**Red**- badge 2

**Tan**- badge 3

**Bronze**- badge 4

### **SILVER LEVEL (badge 5-8)**

**Purple**

**Blue**

**Turquoise**

**Silver**

### **GOLD LEVEL (badge 9-14)**

**Orange**

**Yellow**

**Green**

**Grey, White, Gold**

Cangym is designed primarily for recreational gymnastics programs. Generally, it is expected that for badges in bronze level a single badge could be completed within one 10-17 week session. The silver level may require one or more sessions to complete each badge. The badges in the gold level may require a Super Rec or PreComp program of 4-6 hours weekly.

Each badge consists of approximately 30 skills. The Bronze level badges concentrate on developing the Dominant Movement Patterns of gymnastics. The silver level works on combining DMPs (Dominant Movement Patterns) and the Gold level one focus on mastering the identified key skills.

From Burgundy to Bronze boys & girls must master all the same skills. Starting at Badge 5, Purple skills are separated & defined by the apparatus specifically for boys or girls.

We will be using the badge system all year. Kids continue learning "where they left off" with each new session.

We strive to make learning gymnastics fun & informative, promoting healthy participation.