

CALEDONIA GYMMIES

GYMNASTICS & TRAMPOLINE CLUB



Spring Session Newsletter 2026

WELCOME!

IT'S A PLEASURE TO WELCOME BACK RETURNING & NEW MEMBERS TO START THIS SESSION!
PLEASE READ THE FOLLOWING NEWSLETTER AS IT CONTAINS IMPORTANT INFORMATION FOR
OUR MEMBERSHIP. ALL NEWS WILL BE DELIVERED BY EMAIL OR SOCIAL MEDIA.

**Our Spring Session will run for 12 weeks:
Sun Mar 22, 2026 - Sat June 13, 2026**

***Closure Dates: Fri Apr 3 & Sun Apr 5, 2026 (Easter)
Mon May 18, 2026 (Victoria Day)**
(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 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.
- Sanitizing stations found throughout the gym.
- Water bottles should be brought to every class. (fill station available).

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**

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.

Gym Rules for Participants/Members

- Participants must ask permission to leave the gym area.
- Please take younger participants for bathroom break before class.
- *All participants (unless advertised) **MUST** be potty trained.
- Dress in gym attire, bare feet. Body suits or shorts + t-shirts
- No gum, candy or jewelry worn during class
- **GYMMIES IS NOT A NUT FREE FACILITY**
- Smoking is not permitted anywhere in the building
- Do not bring valuables in change rooms, including glasses & cell phones. GYMMIES not responsible for lost or stolen articles
- **NO PARENTS ALLOWED ON THE GYM FLOOR EVER!**
- All questions/concerns should be brought to administrative staff attention.

MINI OLYMPICS WEEK: June 7 - 13

Join us on the gym floor to see your child's routines up close!
Mock competition to perform routines in a competition atmosphere all
in the name of FUN!



CALEDONIA GYMMIES

GYMNASTICS & TRAMPOLINE CLUB

Spring Session Newsletter 2026

SPRING SESSION AT A GLANCE:

Gymmies Spring Session Calendar 2026

	Week 1	Week 2 Easter Week!	Week 3	Week 4	Week 5	Week 6	Week 7 Beach Vacation!	Week 8	Week 9	Week 10	Week 11	Week 12 Mini Olympics
SUN (11 wks)	Mar 22 START DAY	Mar 29	Apr 5 Closed	Apr 12	Apr 19	Apr 26	May 3	May 10	May 17	May 24	May 31	June 7
MON (11 wks)	Mar 23 START DAY	Mar 30	Apr 6	Apr 13	Apr 20	Apr 27	May 4	May 11	May 18 Closed	May 25	June 1	June 8
TUES	Mar 24 START DAY	Mar 31	Apr 7	Apr 14	Apr 21	Apr 28	May 5	May 12	May 19	May 26	June 2	June 9
WED	Mar 25 START DAY	Apr 1	Apr 8	Apr 15	Apr 22	Apr 29	May 6	May 13	May 20	May 27	June 3	June 10
THURS	Mar 26 START DAY	Apr 2	Apr 9	Apr 16	Apr 23	Apr 30	May 7	May 14	May 21	May 28	June 4	June 11
FRI (11 wks)	Mar 27 START DAY	Apr 3 Closed	Apr 10	Apr 17	Apr 24	May 1	May 8	May 15	May 22	May 29	June 5	June 12
SAT	Mar 28 START DAY	Apr 4	Apr 11	Apr 18	Apr 25	May 2	May 9	May 16	May 23	May 30	June 6	June 13

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 43 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

VIEWING SCHEDULE Spring Session 2026: Caledonia Gymmies Mar 22 - June 13, 2026

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.**

MONDAY REC ROOM		
4:45-5:45	PreK, JK (1)	Mar 23, Apr 6, 20, May 4, 25, June 8
5:00-6:00	SK, G1 (1)	Mar 30, Apr 13, Apr 27, May 11, June 1, June 8
6:00-7:00	PreK, JK (2)	Mar 23, Apr 6, 20, May 4, 25, June 8
7:00-8:00	SK, G1 (2)	Mar 30, Apr 13, Apr 27, May 11, June 1, June 8
5:45-7:15	Rollers (1)	Mar 23, Apr 6, 20, May 4, 25, June 8

MONDAY MAIN GYM		
4:30-7:30	Workshop Jr.	Mar 23, Apr 6, 20, May 4, 25, June 8
5:00-7:00	Primary (1)	Mar 30, Apr 13, Apr 27, May 11, June 1, June 8
5:30-7:00	Twisters (1)	Mar 23, Apr 6, 20, May 4, 25, June 8
7:00-8:00	Gr 2 gym (1)	Mar 30, Apr 13, Apr 27, May 11, June 1, June 8
7:00-9:00	Junior (1)	Mar 23, Apr 6, 20, May 4, 25, June 8
7:30-9:00	Xtreme Tramp	Mar 30, Apr 13, Apr 27, May 11, June 1, June 8

TUESDAY REC ROOM		
5:30-6:30	SK, G1 (3)	Mar 24, Apr 7, 21, May 5, May 19, June 2, 9
5:30-6:30	PreK, JK (4)	Mar 31, Apr 14, 28, May 12, 26, June 9
6:30-7:30	SK, G1 (4)	Every Week

TUESDAY MAIN GYM		
4:00-5:30	PC/Supertramp	Mar 24, Apr 7, 21, May 5, May 19, June 2, 9
4:00-7:00	Workshop Novice	Mar 31, Apr 14, 28, May 12, 26, June 9
4:30-6:30	Tiny/Sparkle (1)	Mar 24, Apr 7, 21, May 5, May 19, June 2, 9
6:00-9:00	Workshop Sr.	Mar 31, Apr 14, 28, May 12, 26, June 9
6:30-8:00	Twisters (2)	Mar 24, Apr 7, 21, May 5, May 19, June 2, 9
7:00-9:00	Aspire (1)	Mar 31, Apr 14, 28, May 12, 26, June 9
7:00-8:00	Tumble	Mar 31, Apr 14, 28, May 12, 26, June 9



Please Respect our Policies and Fellow Members-

Thanks So Much!

WEDNESDAY REC ROOM		
5:00-6:00	SK, G1 (5)	Mar 25, Apr 8, 22, May 6, 20, June 3, 10
5:00-6:30	Rollers (3)	Apr 1, 15, 29, May 13, 27, June 10
5:45-6:45	PreK, JK (6)	Mar 25, Apr 8, 22, May 6, 20, June 3, 10
6:00-7:00	SK, G1 (6)	Apr 1, 15, 29, May 13, 27, June 10

WEDNESDAY MAIN GYM		
4:45-5:45	Tramp SK Gr.1 (1)	Mar 25, Apr 8, 22, May 6, 20, June 3, 10
5:00-7:00	Primary (2)	Apr 1, 15, 29, May 13, 27, June 10
6:00-8:00	Twinkle/Aspire (1)	Mar 25, Apr 8, 22, May 6, 20, June 3, 10
6:45-8:15	Twisters (3)	Apr 1, 15, 29, May 13, 27, June 10
7:00-9:00	Junior (2)	Mar 25, Apr 8, 22, May 6, 20, June 3, 10
7:00-8:00	G2+gym (4)	Apr 1, 15, 29, May 13, 27, June 10
7:30-8:30	Tumble Advanced	Mar 25, Apr 8, 22, May 6, 20, June 3, 10

THURSDAY REC ROOM		
5:30-6:30	SK, G1 (7)	Mar 26, Apr 9, 23, May 7, 21, June 4, 11
6:00-7:00	PreK, JK (7)	Apr 2, 16, 30, May 14, 28, June 11
6:30-7:30	SK, G1 (8)	Mar 26, Apr 9, 23, May 7, 21, June 4, 11

THURSDAY MAIN GYM		
4:00-6:00	Tiny (2)/Sparkle	Mar 26, Apr 9, 23, May 7, 21, June 4, 11
4:30-6:00	Super/PC Tramp	Apr 2, 16, 30, May 14, 28, June 11
6:00-9:00	Workshop Sr	Mar 26, Apr 9, 23, May 7, 21, June 4, 11
7:00-8:00	Gr 2+ gym (4)	Apr 2, 16, 30, May 14, 28, June 11
7:00-9:00	Junior (4)	Mar 26, Apr 9, 23, May 7, 21, June 4, 11

FRIDAY REC ROOM		
5:00-6:00	SK, G1 (9)	*Every Class

FRIDAY MAIN GYM		
5:00-7:00	Twinkle/Aspire (2)	*Every Class
5:00-7:00	Prim (3), Junior (5)	*Every Class
5:30-7:00	Twisters (6)	*Every Class

SATURDAY REC ROOM		
9:00-10:00	PreK, JK (9)	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
9:30-10:30	SK, G1 (10)	Apr 4, 18, May 2, 16, 30, June 13
9:30-10:30	PreK, JK (10)	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
10:00-11:30	Rollers (6)	Apr 4, 18, May 2, 16, 30, June 13
10:30-11:30	SK, G1 (11)	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
11:00-12:00	PreK, JK (11)	Apr 4, 18, May 2, 16, 30, June 13
11:30-1:00	Rollers (7)	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
12:00-1:00	SK, G1 (12)	Apr 4, 18, May 2, 16, 30, June 13

SATURDAY MAIN GYM		
9:00-10:00	Tramp SK-Gr.1	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
9:00-11:00	Primary (4)	Apr 4, 18, May 2, 16, 30, June 13
10:00-11	Gr 2 tramp (4)	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
10:30-11:30	Gr 2+ Gym (6)	Apr 4, 18, May 2, 16, 30, June 13
10:30-12	Twisters (7)	Mar 28, Apr 11, 25, May 9, 23, June 6, 13
11:00-1:00	Junior 6	Apr 4, 18, May 2, 16, 30, June 13
11:30-12:30	Gr 2+ Gym (7)	

SUNDAY REC ROOM		
9:00-10:00	PreK, JK (13)	Mar 22, Apr 12, 26, May 10, 24, June 7
9:15-10:15	PreK (14)	Mar 29, Apr 19, May 3, 17, 31, June 7
9:45-10:45	SK, G1 (13)	Mar 22, Apr 12, 26, May 10, 24, June 7
10:15-11:45	Rollers (8)	Mar 29, Apr 19, May 3, 17, 31, June 7
11:45-12:45	SK, Gr 1 (14)	Mar 22, Apr 12, 26, May 10, 24, June 7
12:00-1:00	PreK (15)	Mar 29, Apr 19, May 3, 17, 31, June 7
12:15-1:45	Rollers (9)	Mar 22, Apr 12, 26, May 10, 24, June 7

SUNDAY MAIN GYM		
8:30-10:30	Twinkle 3/Aspire 3	Mar 22, Apr 12, 26, May 10, 24, June 7
10:45-12:15	Twisters (9)	Mar 29, Apr 19, May 3, 17, 31, June 7
11:00-12:00	Gr 2 Gym (9)	Mar 22, Apr 12, 26, May 10, 24, June 7
12:30-2:30	Primary (5)/Junior (7)	Mar 29, Apr 19, May 3, 17, 31, June 7
11:00-2:00	Workshop Novice	Mar 22, Apr 12, 26, May 10, 24, June 7
2:00-3:30	PC Tramp	Mar 29, Apr 19, May 3, 17, 31, June 7

WHAT WE COACH: PROGRESSIVE LEARNING AND FUN!

TOTLOT GYM:

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 Gym. 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. The parent's role in the class is to assist their child with the skills the coaches introduce. Coaches will lead the group and spot items like head position, back arches etc. 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 and circuits 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.

REC ROOM GYM & MAIN GYM:

GYMNASTICS, TRAMPOLINE & TUMBLING - these programs use the Cangym badge program. Each class includes a warm up, movement theme and time on 2-3 apparatus rotations (vault, bars, beam, floor). Coaches track badges, here is an overview of the Can Gym.

BRONZE LEVEL (BADGE 1-4)

BURGUNDY - BADGE 1
RED - BADGE 2
TAN - BADGE 3
BRONZE - BADGE 4

SILVER LEVEL (BADGE 5-8)

PURPLE - BADGE 5
BLUE - BADGE 6
TURQUOISE - BADGE 7
SILVER - BADGE 8

GOLD LEVEL (BADGE 9-14)

ORANGE - BADGE 9
YELLOW - BADGE 10
GREEN - BADGE 11
GREY - BADGE 12

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 session. The silver level may require one or more sessions to complete each badge.

Each badge consists of approximately 20+ 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.

Trampoline and Tumbling Classes follow CANGYM pages, a series of progressive skill sets to attaining higher skills with more degree of difficulty. All our participants work at their own pace!

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.

