



# CALEDONIA GYMMIES

## GYMNASTICS & TRAMPOLINE CLUB

10 KINROSS STREET EAST, CALEDONIA ON, N3W 1E2

# Spring Program 2026

## Sun Mar 22 - Sat June 13, 2026

### Registration OPENS Wed Feb 11 @5:00pm !



### \*March Break / Summer Camps

### \*Kids Night Out! (1-2 Fridays/mth, 6:30-8:30)

### \*Trampoline Birthday Parties (Sat 1-2, 2-3)



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).

#### 2 hr Gymnastics

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

#### 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.

#### Preschool Classes

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

#### Drop In Classes

Energetic FUN! Check out what Gymmies is all about when it works for you!

#### 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!



905-765-1623



caledoniagymmies@rogers.com



gymmies.com

facebook



Spring **12 Week Session Programs: Sunday Mar 22 - Saturday June 13, 2026**  
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 10:00-10:45	4:30-5:15	4:45-5:30 5:30-6:15	10:30-11:15 4:30-5:15 6:00-6:45	4:45-5:30	9:00-9:45 11:30-12:15	\$239
Hoppers	2.5-4 yrs *No Parent	Follows CANGYM preschool badge system. Skill building on gymnastics apparatus in TOTLOT Gym	9:15-10:00 10:45-11:30 11:30-12:15	5:15-6:00	4:00-4:45 6:15-7:00	9:45-10:30 11:15-12:00 5:15-6:00	4:00-4:45 5:30-6:15 6:15-7:00	9:45-10:30 12:15-1:00	

Gymnastics	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Prek-JK	9:15-10:15 12:00-1:00	4:45-5:45 6:00-7:00	5:15-6:15 5:30-6:30	5:45-6:45	6:00-7:00		9:00-10:00 9:30-10:30 11:00-12:00	\$319
Sk-Gr. 1	9:45-10:45 11:45-12:45	5:00-6:00 7:00-8:00	5:30-6:30 6:30-7:30	5:00-6:00 6:00-7:00	5:30-6:30 6:30-7:30	5:00-6:00	9:30-10:30 10:30-11:30 12:00-1:00	
Gr. 2+	11:00-12:00	7:00-8:00		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)			4:30-6:30		4:00-6:00			\$463
Primary (Gr. 1-2)	12:30-2:30	5:00-7:00		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	7:00-9:00		11:00-1:00	

Trampoline/Tumble	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Price:
Trampoline (SK-Gr.1)				4:45-5:45			9:00-10:00	\$319
Trampoline (Gr. 2+)	10:00-11:00		7:30-8:30				10:00-11:00	
Tumbling/Adv. Tumble (7yrs+)			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	5:45-7:15		5:00-6:30			10:00-11:30 11:30-1:00	\$390
Twisters (Gr.2+)	10:45-12:15	5:30-7:00	6:30-8:00	6:45-8:15		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			6:30-8:30		5:00-7:00	
Aspire (9 yrs+)		8:30-10:30		7:00-9:00	6:00-8:00		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:
<b>Trampoline Birthday Parties</b>	<ul style="list-style-type: none"> <li>ages 4 - 12 years</li> <li>Consist of 1 hour of full trampoline, double mini, and fast track and pit FUN!</li> <li>10 participants (call office if numbers exceed 10)</li> <li>Party Room option</li> </ul>	Saturdays	<b>1:00-2:00</b> (party room 2-3) <b>2:00-3:00</b> (party room 3-4)	<b>\$200</b> add \$30 for party room	<b>Live</b>
<b>Drop-in Class</b>	High energy and active fun through gym circuits and stations. Includes moderate instruction on vault, bars, beam, floor, and trampoline. Registration is daily. <b>Ages: 5 - 12 yrs</b>	Fridays	7:00-8:30	<b>\$17/class</b>	<b>Live</b>
<b>Roll Call After School Care</b>	<b>Who For?:</b> Students aged JK-Gr 6 attending <b>River Heights</b> <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. <b>4:00-5:00pm Main gym activities-</b> gym equipment, games, parachute, circuits, tramp time, pit, youth sized fitness equipment, indoor sports <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>March Break Camps</b>	Daily themes, sports, games, crafts, circuits, moderate and fun instruction on trampolines, uneven bars, balance beams, floor, vault and more! <b>Ages: 4 - 12</b>	Mar 16-20	8:00-5:00	<b>\$60/day</b> <b>\$280/week</b>	<b>Live</b>
<b>SUMMER CAMPS</b>	<b>Ages: 4 - 12</b> 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) campers enjoy daily park play and visit the Splash Pad Tues & Thurs afternoons from 1:00-4:00 (4-5 yrs have option to attend).	July 2-Sept 4	8:00-5:00	<b>\$60/day</b> <b>\$280/week</b>	<b>Live</b>
<b>Kids Night Out!</b>	1-2 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! <b>Ages: 5 - 12 years</b>	Fridays	6:30-8:30	<b>\$20/participant</b>	<b>Live</b>
 <b>Special Discount!</b>	<b>25% Discount Applies to:</b> <ul style="list-style-type: none"> <li>Any Second class registration (per child) in the Winter Session.</li> <li>OR</li> <li>Any Third child class registration fees (per family) in the Winter Session.</li> </ul>			<b>25% OFF</b>	<b>Live</b>

## Kids Night Out! Event Schedule 2025-2026

Fridays 6:30-8:30pm Active Theme Parties ages 5-12 yrs

October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24 Halloween Party 630-830 (#1)	25 HAPPY HALLOWEEN
November 2025						
9	10	11	12	13	14 K POP Demon Hunters 630-830 (#2)	15 KPOP DANCE
23	24	25	26	27	28 Super Heros 630-830 (#3)	29
December 2025						
7	8	9	10	11	12 Christmas 630-830 (#4)	13 CHRISTMAS
January 2026						
18	19	20	21	22	23 OLYMPIC GAMES Night! 630-830 (#5)	24 OLYMPIC RINGS
February 2026						
8	9	10	11	12	13 Parents Night Out? **530-830** (#6)	14 Valentine's Day
March 2026						
1	2	3	4	5	6 St. Patrick's Day 630-830 (#7)	7
22	23	24	25	26	27 Easter 630-830 (#8)	28 HAPPY EASTER
April 2026						
12	13	14	15	16	17 Carnival Night! 630-830 (#9)	18 CARNIVAL
May 2026						
3	4	5	6	7	8 LAST ONE! 630-830 (#10)	9 GRAND FINALE



Registration Open!

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

# CAMPS



## March Break 2026

Single Days: \$60    Full Week: \$280

Ages: 4-12yrs

Camp Day Times: 8:00am-5:00pm

## March 16-20