

CALEDONIA Gymmies

gymmies-reg@rogers.com 905-765-1623

Family Day Special!

5 Week Session

Tue Feb 16 - Mar 22, 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

GYMNASTICS CLASSES:

\$110 + \$30 new mem fee

Programs: main gym	Details	choose 1 class from options listed		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Grade JK/SK	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			4:45-5:45 6:15-7:15	4:30-5:30		9:00-10:00
Grade 1-2				7:00-8:00	7:00-8:00			4:30-5:30	10:15-11:15	
Grade 3+				7:00-8:00	7:00-8:00				10:15-11:15	

2 hr ADVANCED REC GYMNASTICS:

\$160 + \$30 new mem fee

Programs	Age	Details	choose 1 class from options listed		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tiny	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.							4:00-6:00		
Primary	Grade 1-2				5:00-7:00	5:00-7:00			4:00-6:00		
Junior	Grade 3+				7:00-9:00						

TRAMPOLINE & TUMBLING CLASSES:

\$110-\$135 + \$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	Fri	Sat	Sun
Trampoline Grade JK/SK \$110							10:30-11:30	Tramp 12:30-1:30
Trampoline Grade 1-2, 3+ \$110					6:30-7:30		10:30-11:30	Tramp 12:30-1:30
New! "Extreme" Trampoline \$110	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				
New! Tumble Tricks \$110	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		11:00-12:00	
Advanced Double T (7 yrs+) \$135	advanced tumbling & tramp with inversions and advanced technique with Coach Codi					7:00-8:30		
Michael's Super Tramp (7 yrs+) \$135	More advanced class with inversions 1x week			4:30-6:00	7:30-9:00		12:00-1:30	9:00-10:30

COMBO CLASSES: DoubleT & TWISTERS

\$110-\$135 + \$30 new mem fee

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
Twisters for Gr 2+		6:30-8:00					
Double T (tramp/tumble) 7 yrs+	8:00-9:00						

10 Week Spring Session Registration Coming Soon!