

Gymmies Summer “Star” Programs 2019

Held at Gymmies. Training Centre 10 Kinross St E Caledonia. Office hours M-F 10-6pm. May 22/19

Gymmies is proud to provide excellent advanced summer training options for gymnastics and trampoline provided by our top-notch competitive coaching team. Our team strives to provide quality instruction governed by Gymnastics Ontario rules and regulations. We provide class recommendations & invitations to our Star Programs to ensure all members have the opportunity to attend classes that are challenging & fun. *Our mission statement: to provide quality coaching, facilities & programs to athletes at all levels.* Star programs are offered for the 9 weeks of summer running July 2-August 30 or for the full season (starts July 8) as indicated below. Also for working parents... our elite team works closely with Gymmies summer camp program to combine training time with affordable child care for as low as \$4.34 /hour. Bridge your training by attending Gymmies camps before and/or after your star class, so easy! Please add \$15 summer membership fee to all fees quoted.

Class Name	Program Goal <i>Proper training attire is required for all star classes: shorts & t-shirt or bodysuit. Long hair in a pony tail..</i>	Who For	Hours	Summer Day/time	Program length	Total Cost & Registration Details	Coach
“Sparkle”	Using our advanced model Gymmies certified provincial coaches introduce skills with age appropriate music, conditioning, terminology & plenty of praise! Great first introduction to more advanced skills at a faster pace than regular recreation programs.	JK-SK	2-4 hrs	Pick 1 or 2: Mon 2-4, Wed 5:30-7:30, Th 3-5	Summer 9 weeks July 2– Aug 30, 2019	\$252 -2hrs per week \$384 -4hrs per week Register & pay online at www.gymmies.com on a first come basis	Brooke
“Twinkle”		Gr 1,2	2-4 hrs	Pick 1 or 2: Mon 4-6, Tu 5:30-7:30, Wed 1-3, Wed 6-8, Th 3-5			Anisa, Natalie, Michael
“Aspire”		Gr 3+	2-4 hrs	Pick 1 or 2: Mon 6-8, Tues 6-8, Wed 1-3, Wed 7-9, Th 5:30-7:30			Anisa, Natalie, Michael
“PreTeam”	This <u>non competitive</u> group features preparation for full competitive status in the near future. Instruction uses Ontario Development Program (ODP) skills and conditioning.	Ages 6-9 By Invitation only	6 hrs	Mon 4:30-7:30 and Wed 5:30-8:30	48 Weeks July 8, 2019- June 29, 2020	<i>Full year program</i> \$252 per month paid on the 3rd of July 3, 2019– June 3, 2020 <i>Register in office.</i>	Developmental Director Jodi
“Rebound”	This entry level <u>competitive</u> group follows the Ontario Competitive Program (OCP) Level 2. Athletes will learn skills & combinations for 3 local competitions in 2019-20.	Ages 8 yrs+ By Invitation only	8 hrs	Tuesday 5-9 and Thursday 5-9	48 Weeks July 8, 2019- June 29, 2020	<i>Full year program</i> \$309 per month paid on the 3rd of July 3, 2019– June 3 2020 <i>Register in office.</i>	Developmental Director Jodi
“Super tramp”	For boys & girls ages 8 yrs+. Quicker pace for intermediate recreation level ready for inversions & sautolos.	Age 8 yrs+	2 hrs	Tues 12:30-2:30, or Wed 7-9 or Th 7-9	Summer 9 weeks July 2– Aug 31, 2018	\$252 Register on a first come basis & pay online at www.gymmies.com	Coach Michael National trampolinist
Pre-Competitive (PC) Trampoline	More advanced instruction including inversions & combinations taught safely with proper progressions, technique and body awareness/conditioning by director Dan & Michael. <u>Non competitive.</u>	For boys & girls Grade 3 + (3 hrs/week) Tuesday 5:30-8:30 <u>OR</u> Wednesday 4:30-7:30			Summer 9 weeks July 2– Aug 30, 2019	\$324 –3hrs per week Register & pay online at www.gymmies.com on a first come basis	Tramp Director Dan Wardley, Coach Michael
Interclub (IC) Trampoline	<u>Competitive</u> program featuring advanced instruction taught by director Dan & Michael following Ontario’s interclub rules. Will compete at 3 local meets in 2020.	For boys & girls Grade 3 + (6 hrs/week) Tuesday 5:30-8:30 <u>AND</u> Wednesday 4:30-7:30			48 Weeks July 8, 2019- June 29, 2020	<i>Full year program</i> \$272 per month paid on the 3rd of July 3, 2019– June 3 2020	Tramp Director Dan Wardley, Coach Michael

Going to be on vacation & miss training? ... Our team will allow makeup classes whenever possible. Have questions? Call Gymmies 905 765-1623.