

Gymmies Summer “Star” Programs 2018

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

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. All coaches have the highest qualifications combined with years of successful coaching experience. 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.*

Summer star programs are offered for the 8 weeks of summer running July 9-August 28. 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 elite class..... Going to be on vacation & miss training? ... Our team will allow makeup classes whenever possible. We want to make our summer programs easy & accommodating! Summer members will be offered full season programs (September-June) in early August. Have questions? Call Gymmies 905 765-1623. 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	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 hrs	Mon 5:00-7:00	8 weeks July 9– Aug 31, 2018	\$224 Register & pay online at www.gymmies.com on a first come basis	Brooke
“Twinkle”		Gr 1,2	2 hrs	Tuesday 5-7 or Thursday 5-7 pm			Michelle, Michael
“Aspire”		Gr 3+	2 hrs	Tuesday 7-9 or Thursday 7-9 pm			Michelle, Michael
Twinkle+	Intro to advanced instruction on all apparatus for those with more than a basic interest & proficiency. By invitation only.	Gr 1-2	4 hrs	Tues 5-7 & Th 5-7	8 weeks July 9– Aug 31, 2018	\$384 Register through Gymmies office by credit card or cash	Michelle Burlak
Aspire +		Grade 3+	4 hrs	Tues 7-9 & Th 7-9			Michelle Burlak
Super tramp	For boys & girls ages 8 yrs. Quicker pace for beginner-intermediate recreation level not yet working saultos.	Age 8yrs+	1.5 hrs	Monday 5:30-7:00 pm	8 weeks July 9– Aug 31, 2018	\$184 Register on a first come basis & pay online at www.gymmies.com	Michael Mancini
Pre-Competitive “Trampoline”	More advanced instruction including inversions taught safely with proper progressions, technique and body awareness & conditioning by director Ty.	For boys & girls Grade 3 + Wednesday 3-5pm			8 weeks July 9– Aug 31, 2018	\$224 Register & pay online at www.gymmies.com on a first come basis	Ty Martin