

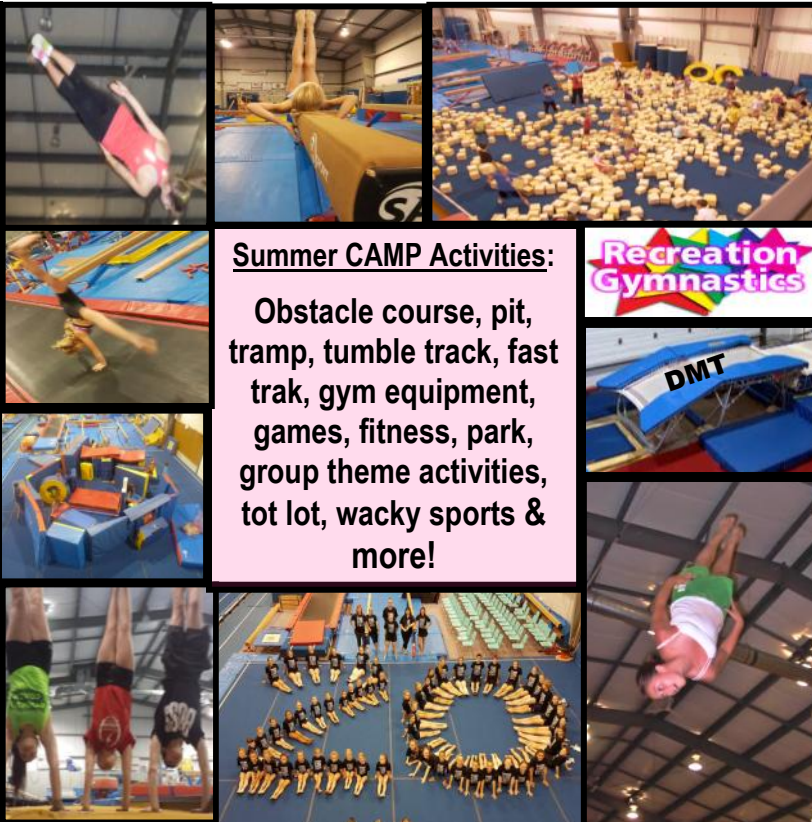
General Camp Details:

- Registration is on a first come basis for all classes
- Add \$15 camp membership to all prices quoted.
- Offline payment must be paid in full within 48 hours
- **CAMPERS CANNOT ATTEND WITHOUT FULL PAYMENT**
- Offline payment payable by cash, Visa & Mastercard. Sorry no Debit.
- **New!** We offer a childcare (zone 1) discount of 10% off 3rd+ child of the same family. Click offline payment & pay in the office 48 hours before class starts.
- Classes may be altered, combined or cancelled as per registration interest.
- **REFUNDS are not possible** but transferring to another camp is ok or transferred remaining fees to another sibling.
- Gymmies is a non profit club who hires certified coaches.
- Coach-student ratio is 10:1.
- Our facility is air conditioned.
- **Need help? Drop into our office to see Andrew M-F 10-6pm**

\$15 Camp Membership:

(required for all Summer Camps!)

Our governing agency **Gymnastics Ontario** created this special summer discounted category "camper rate" & will be applied towards your \$30 annual membership fee should you register for any other 2019-20 program. This insures complete annual coverage from July 1-June 30. *Now you know!*



Summer CAMP Activities:

Obstacle course, pit, trampoline, tumble track, fast trak, gym equipment, games, fitness, park, group theme activities, tot lot, wacky sports & more!



Here's how to register: Visit www.gymmies.com

Gymmies new online registration system is currently under construction and will be up and running May 15, 2019 for summer registration. It is improved for both the club and user featuring easier options more simply & securely laid out. It's as easy as click the link to register at www.gymmies.com. Login, create a Profile, Choose a Program and complete the transaction. *More precise details will follow on our website by May 15.* Thanks for your patience!

Gymmies Weekly Themes Keep Camps Fun and Exciting!

Week	Junior	Senior
#1	Fiesta	Game Show Mania
#2	Incredibles	Cruise Ship
#3	The Senses	Amazing Race
#4	Garden Green	Myths & Legends
#5	Avengers	Match (multi adventure challenge)
#6	Surf	Atlantis
#7	Safari	Tropical Paradise
#8	Jurassic	To the Extreme
#9	Gymmies Fun Fair	

GYMMIES GYMNASTICS SUMMER ZONE 2019

INCLUDING CAMPS & INSTRUCTIONAL CLASSES

On-line registration opens May 15, 2019 at www.gymmies.com



Est. 1982



10 Kinross St E, Caledonia N3W1K8



www.gymmies.com

gymmies-reg@rogers.com

905-765-1623

Featuring "All In" Camps/Zones

Camps include general activities with weekly themes geared for 2 age groups: JUNIOR (Jk-Gr1) SENIOR (Gr 2-6) featuring games, sports, circuits, group crafts plus specialized/advanced activities in gymnastics, trampoline, tumbling). Each are available all day for all campers. Just sign up for all week, full day or half day camp and experience everything. It's so easy! How can we do it? By hiring an amazing team of experienced coaches for our camps who are certified recreation and competitive level coaches. You'll love the variety & challenge!

What else is new at Gymmies... Cheer Central!

Read inside about Gymmies amazing new director & free summer trial classes!



Our 10,000 ft Gym is Air Conditioned!



Gymmies Tot Lot Room is self contained Perfect for Gymmies Tot Sprout Camp!



Splash Pad Tuesday & Thursday!



Summer Camp Options



Park Play Every Day!

All Day/All Week

1/2 Day (8-12 or 1-5)/All Week

Single Days (All Day, 1/2 Day)

Weekers

Evening Classes: Enjoy our year round classes in the summer! Gym, Tramp, Tots, and more!

Online Registration for **ROLL CALL GYMMIES Afterschool Program LIVE May 15, 2019** For students JK-gr 6 at Caledonia River Heights & Notre Dame. Programs start at 3:00 with pick up by director Ty & coaches. Arrive at Gymmies, snack & prepare for gym. 4:00-5:00 Roll Call is in the Main Gym/Tot Lot for a physically active, fun program including tramp, gymnastics circuit or sports, games or kid's fitness equipment. 5-5:30 seated activities and homework. Pick up is 5:30pm with after hour care available for \$5 extra/day/child to 6pm.

GYMMIES "FUN ZONE" SUMMER PROGRAMS 2019

Programs Available All 9 Weeks of Summer!

Week #1. July 2 - 5 (Gym Closed July 1 \$156 / \$96 half)	Week #5. July 29 - Aug 2 (Gym Closed Aug 5 \$156.00/wk, \$96 half day)
Week #2. July 8 - 12	Week #6. Aug 6 - 9
Week #3. July 15 - 19	Week #7. Aug 12 - 16
Week #4. July 22 - 26	Week #8 Aug 19 - 23 Week #9 Aug 26 -30

Please add \$15 summer camper membership fee to all prices quoted

Zone 1 - All Week Camp: Most economical choice

All Week	Who For	Day	Tim	Program Emphasis	Weeks Offered	Weekly Cost	Hourly-Rate
All Day	Jr-b/g 4-6, Sr-7-12 yrs	Mon-Fri	8-5	Camp activities include gymnastics, tramp, games, park, fitness, sports & group crafts. Optional Caledonia Splash Pad twice a week (Tues/Thurs) or onsite park & sports.	1-9	\$195	\$4.34
1/2 Day Morning 1/2 Day Afternoon	Jr-b/g 4-6, Sr-7-12 yrs	Mon-Fri	8-12 or 1-5		1-9	\$120	\$6.00

Zone 2-Summer Single Day "Childcare" Gymmies popular program for working parents!

Daily	Who For	Day	Time	Program Emphasis	Weeks Of	Weekly Cost	Hourly Rate
Single Day	b/g 4-12 yrs	Mon-Fri	8-5	Register online for occasional days around your work schedule or for a "pamper day". We appreciate knowing 24 hours before but can accommodate last minute requests. See Zone 1 for activities.	1-9	\$49	\$5.44
1/2 Day Morning or 1/2 Day Afternoon	b/g 4-12 yrs	Mon-Fri	8-12 1-5		1-9	\$33	\$8.25

Zone 3- Summer Weeker: Attend 1/2 or All Day once a week, all summer

Weekly	Who For	Day	Time	Program Emphasis	Weeks Offered	Weekly Cost	Hourly Rate
All Day Weeker	Jr-b/g 4-6 yrs Sr-7-12 yrs	Mon-Fri	8-5	Attend camp the same full or half day all 9 weeks! You can change your day <u>twice</u> during the summer for vacations & make them up another week. Participate in Zone 1 camp activities. Need multiple days per week all summer? Save 25% off second class: \$654.50 for 2 full days, \$358.75 for 2 half days.	Kids attend all 9 weeks	\$374	\$4.61
1/2 Day Morning or 1/2 Day Afternoon	Jr-b/g 4-6 yrs Sr-7-12 yrs	Mon-Fri	8-12 1-5			\$205	\$5.69
						\$205	\$5.69

Zone 4-Summer Tot "Sprouts" Camp-One day a week camp

Who For	Day/time	Program Emphasis	Weeks	Cost per	Hourly
b/g 2.5-3.5 yrs "pull up" trained	Friday 9-12 am	Attend camp every Friday all summer! Includes use of all tot lot hop facilities, seat work, outdoor activities, park, sports.	All 9 wks	\$173	\$6.40



Breakfast Club & After Hours

(7:00-8:00am) *MUST register online
(5:06-5:30 only) *Pay online or in person

\$35/ Week or \$9/ Day
\$5 PER CHILD to max 5:30

ZONE 5- Night Zone: Instructional classes held in the evening all 9 weeks of summer. Age range is flexible. Register for any 2 classes for the same child and get 25% the second class. Click "offline" payment option & pay in the office. Instruction will be based on Cangym Preschool program or Cangym badge system.

Weekly	Ages	Day / Time (pick 1)	Program Emphasis	Weeks Offered	Cost
Tods & Twos	b/g 16-36 mth + adult	Tu 5:30-6:30 or Th 5:30-6:30.	Held in tot lot hop room, includes gymnastics circuit, tramp & foam pit with adult accompaniment.	Held all 9 wks	\$183
Hoppers	b/g 2.5-3.5yrs No adult	Tues 6:30-7:30 or Th 6:30-7:30	Cangym badge program including "kid sized" vault, bars, beam, rings, tramp, pit in upper tot lot.		\$183
New! Pre K	b/g 3 yrs	Tues 5:30-6:30 or Wed 5-6 or Th 5:30-6:30	Held in Main Gym, features vault, bars, beam, floor and fast trak following Cangym badge progressive program including new instruction or a continuation of skill work from previous sessions.		\$183
JK-SK Gym	b/g 4-5 yrs	Tues 6:30-7:30 or Wed 6-7, or Thurs 4:30-5:30			
Grade 1/2 Gym	b/g 6-7 yrs	Tu 6:30-7:30, Wed 5:30-6:30, or Thurs 7:30-8:30			
Grade 3+Gym	Girls 8 yrs+	Wednesday 7-8 or Th 8-9 pm			
Trampoline	JK/SK: Wednesday 5-6, Thursday 5:30-6:30 Gr 1/2: Wednesday 6-7, Thursday 6:30-7:30 Gr 3+: Tuesday 7:30-8:30		Pit, mini, double mini, and full tramps in main Gym following Cangym progressions program.		\$183
Tumbling	b/g 7yrs+ Thursday 5:30-6:30		Learn basic to advanced tumbling technique using fast trak, tumbling strip, trampoline & pit.		\$183
Combo (B/G) (gym/tramp)	Rollers (gr SK,1/2) -Tu 5-6:30, Wed 6:30-8, Th 6:30-8 Twisters (gr 3+) - Tues 7:30-9:00 or Th 7:30-9:00		30 minutes of tramp & 1 hour of progressive skills using Cangym badge program in main gym.		\$207
Advanced Trampoline b/g 7+	Super Tramp -Tu 12:30-2:30, Wed 7-9, Th 7-9 PreCompetitive (PC) tramp - Tu 5:30-8:30		Quicker pace for beginner-intermed level with Michael All the basics plus introduction of inversions with Dan.	\$252 \$324	

ZONE 6-ADVANCED RECREATION 2-4 HR PROGRAMS. PICK YOUR DAYS FROM OPTIONS LISTED. New! Daytime classes offered too! Spend the day at Gymmies: attend camp before or after your advanced class. Pay only \$4.34/hr for camp childcare. Our coaches will make sure their class is attended. Organize childcare through Gymmies office. Nice & easy for busy families :)

Sparkle 2-4hr	Girls 4-5 yrs+	Pick 1 or 2: Mon 2-4, Wed 5:30-7:30 or Thurs 3-5	Fun introduction of formal skills & conditioning following the Ontario Development Program.	Held all 9 wks	\$252 2 hr \$384 4 hr
Twinkle 2-4 hr	Girls 6-7yrs	Pick 1 or 2: Mon 4-6, Tu 5:30-7:30, Th 3-5, Wed 1-3, Wed 6-8	More advanced training with competitive senior coaches for girls who have completed red badge.		\$252 2 hr \$384 4 hr
Aspire 2-4hr	Girls 8 yrs+	Pick 1 or 2: Mon 6-8, Tues 6-8, Wed 1-3, Wed 7-9, Th 5:30-7:30			\$252 2 hr \$384 4 hr
Tumble for Dance POPULAR!	b/g 6+ yrs (split by age and experience)	Monday 7:30-9:00	Learn progressions for walkovers, flips, aerials, saultos, using our tumble strip, fast trak, plus tramps & conditioning with Director Jodi MacLeod & assistants.		\$207
Jodi's ACRO Dance Workshop	For b/g dancers all levels, ages 6 yrs+ Participants will be split by exp/age. Held Mon-Fri 3-7pm. 1 Week only MON AUGUST 19-FRIDAY AUGUST 24, 2019		Focus on strength, flexibility, balancing, contortion, partnering & tumbling to improve all areas of dance. Kick start your dance season with Acrobatic Arts certified instruction.	1 week only Week 8	\$250
Introducing.... GYMMIES CHEER CENTRAL!	Big Gymmies welcome to our new cheer director Deanna Mason. Deanna is an accredited level 1-5 international cheer coach and safety/panel judge with the International All Star Cheer Foundation.		Register online for A FREE CHEER TRIAL CLASS this summer on: June 11, June 25, July 16, August 6, August 27. Time: 5:30-7:00pm. All ages. Cheer skills, jumps, tumbling and stunts will be introduced. Classes are limited to a first come basis. Max. 1 trial class per child.		1 free trial Register online only
2019-20 Roll Call	JK-Gr 6. We pick up and walk from school to Gymmies. 60 minutes of physical activity in the gym each day! Tramps, equipment, games, sports and more! \$30 membership & \$50 deposit due online at time of registration.			3-5:30 daily	\$12/day