



GYMNASTICS OPEN HOUSE

**TUESDAY APRIL 22ND/2025 AT:
MITCHELL COMMUNITY CENTRE
185 WELLINGTON ST. MAIN HALL**

Family is invited to watch their gymnast perform a floor routine - take pictures and enjoy a snack, for the last week of Session #2 classes

Just a reminder that it is important for all gymnasts to attend as the routines are a unit routine with partner skills that can be affected if a partner is missing

If your **regular** gymnastics class is Tuesday
Tuesday Kinder Gym 5:00 - 5:45 pm class
Tuesday Junior 5:00 - 6:00 pm class
Tuesday Beginner 5:45 - 6:45 pm class

Your Open House Day/time is:
TUESDAY APRIL 22ND from 5:15 – 6:00 pm

**PLEASE ARRIVE 10 MINUTES BEFORE YOUR OPEN HOUSE TIME

If your **regular** weekly gymnastics class is Tuesday
Tuesday Junior 6:00 - 7:00 pm class
Tuesday Beginner 6:45 – 7:45 pm class
Tuesday Intermediate 7:00 - 8:00 pm class

Your Open House Day/time is:
TUESDAY APRIL 22ND from 6:15 – 7:00 pm

**PLEASE ARRIVE 10 MINUTES BEFORE YOUR OPEN HOUSE TIME

There will be some tee shirts, bags and coats available for sale cash/cheque only

Calendar of Events-Session #2—January 6th - April 26th 2025

Class Dates—Jan 6 th -Apr 26 th	Theme	Feature Skills
Jan 6 th – Jan 11 th	Orientation & Safety Week -Get to know your Coaches, the gym space and the rules and tricks to keep you safe in the gym. This is when we go through basic skills to assess class abilities to plan for remainder of session	Jumps, stick landings & dismounts, hangs & swings, TA DA finishes, controlled jumps, front support on bars to cast dismount, basic gym skills on each apparatus
Jan 13 th - Jan 18 th	World of Wheels Week #1 -Wear something to class with wheels on it to work on our favourite wheels—cartwheels!	Through and weight transfers, weight transfer activities, rolls, cartwheels, front support casts, small cartwheels, log rolls, rolls on a wide beam, cast ½ turn dismount, small & large cartwheels, cartwheel to handstand, multiple cartwheels, running cartwheels, cartwheels from height, various kind of cartwheels
Jan 20 th - Jan 25 th	World of Wheels Week #2 -Wear something to class with wheels on it to work on our favourite wheels—cartwheels!	
Jan 27 th -Feb 1 st	Mexican Fiesta Week -wear your favourite bright colours for a Mexican inspired party during your gymnastics class	Sharing, taking turns, review dynamic balance and rolls, partner activities, jump land rolls, various re-bounce jumps to land roll, partner rolls, swings, swing land roll
Feb 3 rd -Feb 8 th	Routine Week#1 -start preparing for our spring Open House	
Feb 10 th - Feb15 th	I Love Gymnastics/Valentine's Week -wear your favourite Valentine's colours to class for some valentine's gymnastics fun while we celebrate Gymnastics Week with Gymnastics Ontario and some special activities Miss Jen has planned	Up & Over, sharing/turn taking, jump land rolls, various rebound jumps to land roll, swing land roll, pullovers, static balance in letter shapes
Feb 17th	FAMILY DAY-NO GYMNASTICS Club Closed	
Feb 18 th -Feb 22 nd	Winter Games #1 -Wear your tuque's and your favourite sports shirt/jersey for some fun winter activities	Spins & turns, round & round, half turns, full turns, turns on beams/boxes, log rolls, races, cartwheel review, front support casts
Feb 24 th -Mar 1 st	Winter Games #2 -Wear your tuque's and your favourite sports shirt/jersey for some fun winter activities	
Mar 3 rd - Mar 8 th	Routine Week #2	Review and working on routines for Open House
Mar 10th - Mar 16th	MARCH BREAK—NO GYMNASTICS Club Closed	
Mar 17 th - Mar 22 nd	Imagination Week #1 -bring your imagination to class and see what fun we can have in the gym this week	Fall up and down, handstands & front supports, handstand against wall, donkey kicks, casts, mini snap downs, review cartwheels, lunge & kick into handstand, snap down fall to back
Mar 24 th - Mar 29 th	Imagination Week #2 -bring your imagination to class and see what fun we can have in the gym this week	
Mar 31 st -Apr 5 th	Bug & Butterfly Week #1 -wear something with a bug or butterfly on it and have some Spring fun	
Apr 7 th - Apr 12 th	Bug & Butterfly Week #2 wear something with a bug or butterfly on it and have some Spring fun	
Apr 14 th – Apr 19 th	Final Routine Week -last week for rehearsing in class before open house	Make sure you have read all Open House Correspondence that has been sent out
Apr 21 st - Apr 26 th	Spring Open House— Mitchell Community Center	Details have been emailed