



# **GYMNASTICS OPEN HOUSE**

**WEDNESDAY APRIL 23<sup>RD</sup>/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 \*\* (WEDNESDAY PARENTS AND TOTS CLASS OPEN HOUSE WILL BE HELD AT THE GYMNASTICS CLUB ON SATURDAY, APRIL 26<sup>TH</sup>/2025, AT 10:30 AM)

\*\*\*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 Wednesday  
Wednesday Kinder Gym 5:00 - 5:45 pm class  
Wednesday Intermediate 7:00 – 8:00 pm class

**Your Open House Day/time is:**  
**WEDNESDAY APRIL 23<sup>RD</sup> from 5:15 – 6:00 pm**

\*\*PLEASE ARRIVE 10 MINUTES BEFORE YOUR OPEN HOUSE TIME

If your **regular** weekly gymnastics class is Wednesday  
Wednesday Beginner 5:45 - 6:45 pm class  
Wednesday Junior 6:00 – 7:00 pm class

**Your Open House Day/time is:**  
**WEDNESDAY APRIL 23<sup>RD</sup> 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 6<sup>th</sup> - April 26<sup>th</sup> 2025

Class Dates—Jan 6 <sup>th</sup> -Apr 26 <sup>th</sup>	Theme	Feature Skills
Jan 6 <sup>th</sup> – Jan 11 <sup>th</sup>	<b>Orientation &amp; Safety Week</b> -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 <sup>th</sup> - Jan 18 <sup>th</sup>	<b>World of Wheels Week #1</b> -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 <sup>th</sup> - Jan 25 <sup>th</sup>	<b>World of Wheels Week #2</b> -Wear something to class with wheels on it to work on our favourite wheels—cartwheels!	
Jan 27 <sup>th</sup> -Feb 1 <sup>st</sup>	<b>Mexican Fiesta Week</b> -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 <sup>rd</sup> -Feb 8 <sup>th</sup>	<b>Routine Week#1</b> -start preparing for our spring Open House	
Feb 10 <sup>th</sup> - Feb15 <sup>th</sup>	<b>I Love Gymnastics/Valentine's Week</b> -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
<b>Feb 17<sup>th</sup></b>	<b>FAMILY DAY-NO GYMNASTICS Club Closed</b>	
Feb 18 <sup>th</sup> -Feb 22 <sup>nd</sup>	<b>Winter Games #1</b> -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 <sup>th</sup> -Mar 1 <sup>st</sup>	<b>Winter Games #2</b> -Wear your tuque's and your favourite sports shirt/jersey for some fun winter activities	
Mar 3 <sup>rd</sup> - Mar 8 <sup>th</sup>	<b>Routine Week #2</b>	Review and working on routines for Open House
<b>Mar 10<sup>th</sup> - Mar 16<sup>th</sup></b>	<b>MARCH BREAK—NO GYMNASTICS Club Closed</b>	
Mar 17 <sup>th</sup> - Mar 22 <sup>nd</sup>	<b>Imagination Week #1</b> -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 <sup>th</sup> - Mar 29 <sup>th</sup>	<b>Imagination Week #2</b> -bring your imagination to class and see what fun we can have in the gym this week	
Mar 31 <sup>st</sup> -Apr 5 <sup>th</sup>	<b>Bug &amp; Butterfly Week #1</b> -wear something with a bug or butterfly on it and have some Spring fun	
Apr 7 <sup>th</sup> - Apr 12 <sup>th</sup>	<b>Bug &amp; Butterfly Week #2</b> wear something with a bug or butterfly on it and have some Spring fun	
Apr 14 <sup>th</sup> – Apr 19 <sup>th</sup>	<b>Final Routine Week</b> -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 <sup>st</sup> - Apr 26 <sup>th</sup>	<b>Spring Open House— Mitchell Community Center</b>	Details have been emailed