

HAMILTON GYMNASTIC ACADEMY FALL 2010

Sept. 7 2010-Jan. 31 2011

PROGRAM DESCRIPTIONS

LITL' LEAPERS-18-36months (55 min) Only offered Weekdays Daytime

Children are accompanied in the gym by a parent (or other adult) This instructional program designed for fun, incorporates an introduction to gymnastic skills while enhancing their social skills. All activities will be under the direct supervision of our coaching staff.

TINY TOTS- 2-3yrs (55 min)

Children are accompanied in the gym by a parent (or other adult). This instructional program designed for fun, incorporates an introduction to gymnastic skills while enhancing their social skills. All activities will be under the direct supervision of our coaching staff.

GYM KRICKETS- 2-3yrs (55 min)

Children are in the gym without Mom or Dad and under the direct supervision of a coach. Children are not only enhancing their gross motor skills using various apparatus, they are also working on their listening skills and following direction. **Prerequisites- Must have completed at least one session of Lit'l Leapers or Tiny Tots, and must be toilet trained.**

JUMPEROOS- 3-5YRS (210 min) *NEW*

Jumperoos is a half day program designed to keep your child active! Jumperoos will enjoy gymnastic instruction as well as arts and crafts, game activities and so much more! Children can attend the 2 day program or the 4 day program. Extra Care available for additional fee. Those staying from 12:30-1:00 will have a supervised lunch. Campers must provide their own snacks and lunch (no peanuts or peanut products) **Prerequisites- Jumperoos are without Mom or Dad so children must be toilet trained**

TUMBLE BUGS- 4-5yrs (55 min)

This class is designed to introduce basic gymnastic skills while developing balance, flexibility and coordination. Gymnasts work on climbing apparatus, tumblinghill, spring floor, balance beam, low bars, trampoline, mini-tramp and more. The emphasis is on fun, fitness and fundamentals. Gymnasts receive a progress report at the end of each session and a certificate for each level attained.

MIGHTY MITE GIRLS - 6-8yrs (90 min)

For children of all levels using tumbling hill, floor, trampoline, TumbTrak, beam, bars and vaulting apparatus. Beginners will learn gymnastic basics, while more experienced gymnasts will expand on skills already acquired and continue to learn new skills. Gymnasts will receive a progress report at the end of each session.

TWISTERS GIRLS- 9 & up (90 min)

This class allows novice and experienced gymnasts to learn new skills as well as practice skills already acquired. Gymnasts work on floor, tumbling hill, balance beam, uneven bars, trampoline and vaulting apparatus. The focus is on conditioning, strength and flexibility as gymnasts continue to work through a level system. Gymnasts will receive a progress report at the end of each session and a certificate for each level attained.

TUMBLING & TRAMP 1- 9-12ys (90 min) TUMBLING & TRAMP 2- 13 & up (90 min)

This class is ideal for dancers, cheerleaders and gymnasts who wish to focus on building on their tumbling skills using the tumbling hill, floor, TumbTrak and trampoline. Tumbling skills are taught using drills and progression. Strength and conditioning exercises are a part of each class. **PREREQUISITE CANGYM LEVEL 7.**

KICKNASTICS BOYS 1- 6-8yrs (90 min) KICKNASTICS BOYS 2- 9 & up (90 min)

This program blends the basics of gymnastics tumbling with non-contact martial arts leaps and spins. This 90 minute class focuses on strength, flexibility, acrobatics and martial arts.

ADULT OPEN- 16 & up (90 min)

This class supervised by our NCCP coaching staff for adults with a background in gymnastics, martial arts, or similar sports. Emphasis is on conditioning, flexibility and practice of acquired skills. Gymnasts work independently on the areas they wish to improve.

FEES

CLASS LENGTH	FEE
55 MIN	\$249.00/session
90 MIN	\$304.00/session
JUMPEROOS 210 MIN/DAY Mon & Wed (2 days) Tue & Thurs (2 days) Mon-Thurs (4 days)	\$200.00/month (2 day program) X care \$30.00/month \$400.00/month (4 day program) X care \$60.00/month

REGISTRATION AND MEMBERSHIP FEE

valid July 1, 2010 – June 30, 2011

A once per year registration and insurance fee is applied to all gymnasts.

This fee covers registration and membership with Hamilton Gymnastic Academy and Gymnastics Ontario and includes an insurance component.

Lit'l Leapers & Tiny Tots (incl. child & parent) **\$35.00**
ALL OTHERS **\$25.00**

Add this membership fee to the class fee for the first program registration of the season

Payment by Interac, Mastercard/Visa, Cash or Cheque payable to
"Hamilton Gymnastic Academy"

PROGRAM SCHEDULE

PROGRAM	DAY	TIME
Lit'l Leapers	Tue or Thurs	9:15-10:10 am 10:15-11:10 am
	Wednesday	4:00- 4:55 pm
Tiny Tots & Gym Kricketts	Saturday	9:00- 9:55 am 10:15-11:10 am
	Sunday	9:00-9:55 am 10:00-10:55 am
	Wednesday	5:00 - 5:55 pm

Jumperoos	Mon & Wed Tue & Thurs Extra Care	9:00-12:30 pm 9:00-12:30 pm 8:30-1:00 pm
Tumble Bugs	Saturday	9:00- 9:55 am 10:15-11:10 am
	Sunday	9:00-9:55 am 10:00-10:55 am
	Tue or Thurs	9:15 - 10:10 am 10:15 - 11:10 am
	Wednesday	1:00 - 1:55 pm 2:00 - 2:55 pm 4:00 - 4:55 pm 5:00 - 5:55 pm
	Friday	5:00- 5:55 pm
Mighty Mite Girls	Saturday	11:15 - 12:45 pm 1:15 - 2:45 pm
	Sunday	11:00 - 12:30 pm 1:00 - 2:30 pm
	Monday	5:30- 7:00 pm
	Wednesday	6:00 - 7:30 pm
Twisters	Saturday	11:15 - 12:45 pm 1:15 - 2:45 pm
	Sunday	11:00 - 12:30 pm 1:00 - 2:30 pm
	Friday	6:00- 7:30 pm
	Wednesday	7:30 - 9:00 pm
Tumbling & Trampoline 1	Saturday	1:15- 2:45 pm
	Wednesday	7:30 - 9:00 pm
	Friday	6:00- 7:30 pm
Tumbling & Trampoline 2	Saturday	1:15 - 2:45 pm
	Monday	7:00- 8:30 pm
	Wednesday	7:30 - 9:00 pm
Kicknastics Boys 1	Monday	5:30 - 7:00 pm
Kicknastics Boys 2	Monday	7:00 - 8:30 pm
Adult Open	Monday	8:30 - 10:00 pm



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HGA is a proud recipient of an
Ontario Trillium Grant.

The Ontario Trillium Foundation is an
agency of the Government of Ontario.

COMPETITIVE PROGRAMS

Gymnasts are assigned a training schedule according to their age, and the competitive level at which they will compete. The Competitive team trains August through June of each year.

HGA has produced many fine gymnasts over the years, including a National Novice Champion. Head Coach, Don Marinacci, NCCP 4 has traveled to competitions in France, Japan, Puerto Rico, USA.

AERIAL PROGRAMS

The Aerials is a non-competitive Advanced Recreational program. Aerials train 2hrs twice a week. The Aerials is a recreational class that offers higher level skills. Gymnasts are assigned a training schedule according to their age. Aerials train September through June of each year.

COMPETITIVE and AERIAL REGISTRATION is by audition only. Please call 905-648-3308 for more details or to book an assessment.

CIRCUIT MOM AND TOT

The Hamilton Gymnastic Academy has teamed up with Fit It In Fitness to provide busy Moms an hour of guilt free fitness. Moms will enjoy a circuit- style fitness class while tots have fun at gymnastics. Certified gymnastic coaches supervise tots, while Moms are under the guidance of a personal trainer. Women without tots welcome too.

When: Tuesday Mornings Sept 14-Nov 16 (10wks)

Time: 11:30-12:30pm

Cost: \$140.00 Moms without Tots

\$155.00 Moms with Tots + \$25.00 registration and membership fee for Tot

(This fee covers registration and membership with Hamilton Gymnastic Academy and Gymnastics Ontario and includes an insurance component.)

BIRTHDAY PARTIES

Two hour parties are available on

Saturday Sunday ***NEW***

-3:00-5:00pm -3:00-5:00pm

-4:00-6:00pm -4:00-6:00pm

-5:00-7:00pm

Gym 1 hr- Your guests will enjoy one hour in the gym with our NCCP certified coaching staff who will plan activities according to the ages and ability of the children. We will provide a fun filled environment for their celebration

Party Room- 1 hr- We will set up a special decorated area for your guests with tables, chairs, table cloths, plates, napkins, cups and cutlery. You provide the food. There is a fridge with a freezer available for your use.

Cost For a Two Hour Party

-for up to 12 children-\$160.00

-Add \$15.00 for each additional child to a maximum of 18 children

MARCH BREAK AND SUMMER CAMPS

We run a FULL DAY CAMP for children age 6 and up as well as a dedicated HALF DAY KINDER CAMP for children age 4 & 5. All Campers will enjoy exciting theme weeks. The program for the HALF DAY CAMPS will include Gymnastics, Arts and Crafts, games, and more! FULL DAY CAMPS will enjoy the same with additional gymnastic classes, theme related arts and crafts, games, and an off site trip each week. All activities off and on site will be fully supervised by our qualified NCCP certified HGA coaching staff.

Prices will be listed on our Camp brochures.



HAMILTON GYMNASTIC ACADEMY

RECREATIONAL GYMNASTIC PROGRAM FALL 2010

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