

# HAMILTON GYMNASTIC ACADEMY

## SPRING 2012

Feb. 3 2012-June. 25 2012

### PROGRAM DESCRIPTIONS

#### ITSY BITSYS-12-18 months (30 min)

Children are accompanied in the gym by a parent (or other adult). This class is a great way for your little one to enjoy their first experience in the gym. Through the use of gymnastic equipment your child will develop gross motor skills by crawling, climbing and walking in and out, over and under and around and through. All activities will be under the direct supervision of our coaching staff.

#### LITL' LEAPERS-18-36months (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.

#### 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.**

#### 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, TumbITrak, 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, TumbITrak 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.

### FEEES

CLASS LENGTH	FEE
30 MIN	\$131.00/session
55 MIN	\$261.00/session
90 MIN	\$319.00/session

### REGISTRATION AND MEMBERSHIP FEE

**valid July 1, 2011 – June 30, 2012**

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.

#### Registration Fee \$37.00

**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
Itsy Bitsys	Monday	9:30-10:00 am
Litl' Leapers	Tue or Thurs	10:15-11:10 am
	Wednesday	4:00- 4:55 pm
	Tiny Tots & Gym Kricketts	Saturday
Tiny Tots & Gym Kricketts	Sunday	9:00-9:55 am 10:15-11:10 am
	Monday	10:15-11:10 am (Gym Kricketts Only)
	Wednesday	5:00 - 5:55 pm

Tumble Bugs	Saturday	9:00- 9:55 am 10:15-11:10 am
	Sunday	9:00-9:55 am 10:15-11:10 am
	Mon/Tue/Thurs	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	11:30 – 1:00 pm 1:30 – 3:00 pm
	Sunday	11:30 – 1:00 pm
	Monday	5:00 – 6:30 pm 6:30 – 8:00 pm
	Wednesday	6:00 - 7:30 pm
	Friday	6:00- 7:30 pm
Twisters	Saturday	11:30 – 1:00 pm 1:30 – 3:00 pm
	Sunday	11:30 – 1:00 pm
	Wednesday	6:00-7:30 pm 7:30- 9:00 pm
	Friday	6:00- 7:30 pm
Tumbling & Trampoline 1	Saturday	1:30 – 3:00 pm
	Sunday	11:30 – 1:00 pm
	Wednesday	7:30 - 9:00 pm
Tumbling & Trampoline 2	Saturday	1:30 – 3:00 pm
	Sunday	11:30 – 1:00 pm
	Wednesday	7:30 - 9:00 pm
Kicknastics Boys 1	Monday	5:00 – 6:30 pm
	Friday	6:00- 7:30 pm
Kicknastics Boys 2	Monday	6:30 – 8:00 pm
	Friday	7:30 – 9:00 pm
Adult Open	Monday	8:00 – 9:30 pm



**Hamilton Gymnastic Academy**  
 1330 Sandhill Drive,  
 Ancaster, Ontario. L9G 4V5

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 Fax: (905) 648-2840  
 E-mail: [hamiltongym@bellnet.ca](mailto:hamiltongym@bellnet.ca)  
 Web Site: [www.hamiltongym.ca](http://www.hamiltongym.ca)



## 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.

## FIELD TRIPS

Teachers, this is a safe and exciting way to incorporate gymnastics into your PhysEd program. Great also for Day Cares, and Community Groups. Suitable for kids 2 and up. We provide qualified NCCP trained instructors. Kids have full use of ALL of our equipment. We run field trips all year long. Trip times and days are dependant on staffing and First Student busing schedule.

Price- \$12.00/child- BUSING INCLUDED!!

Buses provided by First Student Canada

## BIRTHDAY PARTIES

Two hour parties are available on

Saturday	Sunday
-3:30-5:30 pm	-1:30-3:30 pm
-4:30-6:30 pm	-2:30-4:30 pm

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-\$199.00
- Add \$17.00 for each additional child to a maximum of 18 children
- Ask us about our Domino's Pizza package when you book your party.
- Birthday child must be 4 and up.

## 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.



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### RECREATIONAL GYMNASTIC PROGRAM SPRING 2012

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