

HGA SUMMER 2017 SUMMER EVENING PROGRAM

Try Hamilton Gymnastic Academy's short and sweet summer session for beginners or more experienced gymnasts who want to keep up their skills during the long school break! All classes are coached by our NCCP certified staff. Our facility has over 14, 000 square feet completely and safely equipped with proper gymnastic equipment and safety mats. Gymnasts will enjoy using our 2 in-ground trampolines, 50 ft. TumblTrak, tumbling hill, Olympic size floor and much more.

8 WEEKS - Tuesdays or Wednesdays (You must stay with the same day)				FEE	INS & REG **
Tuesday July 4th-August 22nd/ Wednesday July 5th-August 23rd					
4:30-5:30	LIT'L LEAPERS	Boys & Girls 18 months -3yrs accompanied by a parent or caregiver	An interactive class with toddler and parent (or caregiver) working together under coaching supervision. Use of climbing apparatus, hill, floor, Tumbl Trak, trampoline. Emphasis on fun while improving coordination, balance and listening skills in a safe environment.	\$168	\$37
4:30-5:30	GYM KRICKETS	Boys & Girls 2 & 3	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	\$168	\$37
4:30-5:30	TUMBLE BUGS	Boys & Girls 4 & 5	Children work in groups with a coach. Emphasis is on introducing children to all gymnastic apparatus; hill, floor, Tumbl Trak, uneven bars, balance beam, trampoline etc. in a safe, fun filled environment. Gymnasts will begin to work on basic skills through a progressive system.	\$168	\$37
5:30-7:00	MIGHTY MITES	Girls 6-8	Gymnasts will work on all areas as described above. Beginners will be introduced to basic gymnastic skills, while more experienced gymnasts will continue to work on perfecting acquired skills and moving on to new skill development.	\$200	\$37
5:30-7:00	TWISTERS	Girls 9 & up	Twisters-Emphasis will be on acrobatic/tumbling skills development using the tumbling hill, Tumbl Trak, Trampoline. Strengthening /conditioning will improve gymnasts' ability to learn new skills.	\$200	\$37
7:00-8:30	TUMBLING & TRAMPOLINE 1 & 2	T&T 1-Girls 9-12 T&T2 Girls 13 & up	Tumbling & Trampoline- This class is ideal for dancers, cheerleaders and gymnasts who wish to focus on their tumbling skills. Tumbling skills are taught using drills and progressions.--PREREQUISITE-- HGA Level 4 floor skills achieved or equivalent	\$200	\$37

****MEMBERSHIP FEE** Please note the yearly membership fee includes registration with HGA as well as compulsory registration and insurance with Gymnastics Ontario.GO registration/insurance is valid from July 1, 2017 until June 30, 2018.

REGISTRATION FORM AVAILABLE AT www.hamiltongym.ca.
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