

## HAMILTON GYMNASTIC ACADEMY 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)

This class is offered during quieter times in the gym. 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 will work on our Progressive Pyramid Curriculum levels 1-5.

### 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 work on our Progressive Pyramid Curriculum levels 1-10.

### 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 work on our Progressive Pyramid Curriculum levels 1-10.

### TUMBLING & TRAMP 1 9-12ys (90 min) GIRLS

### TUMBLING & TRAMP 2 13 & up (90 min) GIRLS

This class is ideal for dancers, cheerleaders and gymnasts who wish to focus on building 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-- HGA Level 4 floor skills achieved or equivalent**

### 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 class focuses on strength, flexibility, acrobatics and martial arts. Kicknastics has use of the floor, tumbling hill, TumbITrak, trampoline, and mini trampoline.



## FEES- Per Session(17wks) Session Fee x 2 for 2 Sessions

CLASS LENGTH	SESSION FEE
30 MIN	\$190.00
55 MIN	\$360.00
90 MIN	\$430.00

Prices may be subject to change during the season

**Fall Session (17weeks)  
Sept. 8 2017- Jan. 22 2018**

**Spring Session (17 weeks)  
Jan. 26 2018- June 18 2018**

### REGISTRATION AND MEMBERSHIP FEE

**valid July 1, 2017 – June 30, 2018**

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**

## PROGRAM SCHEDULE

PROGRAM	DAY	TIME
Itsy Bitsys	Saturday	8:30- 9:00 am
	Sunday	8:30- 9:00 am
	Tuesday	9:30-10:00 am
Lit'l Leapers	Saturday	9:00-9:55 am
	Sunday	9:00-9:55 am
	Tue/Wed/Fri	10:15-11:10 am

PROGRAM	DAY	TIME	
Tiny Tots & Gym Krickets	Saturday	9:00-9:55 am 10:15-11:10 am	
	Sunday	9:00-9:55 am 10:15-11:10 am	
	Wednesday	4:30 - 5:25 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	
	Wednesday	4:30- 5:25 pm	
	Monday	5:00- 5:55 pm	
	Mighty Mite	Saturday	11:30 – 1:00 pm 1:30 – 3:00 pm
	Sunday	11:30 – 1:00 pm	
	Monday	6:00-7:30 pm	
	Wednesday	5:45- 7:15pm	
	Friday	4:30-6:00 pm 6:00- 7:30 pm	
Twisters	Saturday	11:30– 1:00 pm 1:30 – 3:00 pm	
	Sunday	11:30 – 1:00 pm	
	Wednesday	5:45- 7:15 pm 7:30- 9:00 pm	
	Friday	6:00- 7:30 pm	
	Tumbling & Trampoline 1 & 2	Sunday	11:30–1:00 pm
		Wednesday	7:30-9:00 pm
Kicknastics Boys 1	Saturday	1:30-3:00 pm	
	Monday	6:00-7:30 pm	
	Friday	6:00- 7:30 pm	
Kicknastics Boys 2	Friday	7:30-9:00 pm	

**Payment Options: For Options 2 & 3 you must have a void chq. Or a pre-authorized debit form from your bank in order to register**

**Option 1: Full payment at time of registration**

We accept cash, Debit, VISA or Master Card

**Option 2: Payment by 5 Instalments**

- 1<sup>st</sup> Instalment at time of registration by cash, Debit, VISA or MC  
(will include the HGA Registration Fee of \$ 37.00 if it has not been paid for the 2017/18 season.)
- 2<sup>nd</sup> to 5<sup>th</sup> Instalment by pre-authorized debit of your bank account in September, October, November & December 2017.

**Option 3: Sign up for the year and pay by 9 Instalments**

- 1<sup>st</sup> Instalment at time of registration by cash, Debit, VISA or MC  
(will include the HGA Registration Fee of \$ 37.00 if it has not been paid for the 2017/18 season.)
- 2<sup>nd</sup> to 5<sup>th</sup> Instalment by pre-authorized debit of your bank account in September, October, November & December 2017.
- 6<sup>th</sup> to 9<sup>th</sup> Instalment by pre-authorized debit of your bank account in February, March, April & May 2018

## 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 4hrs/week or 6hrs/week depending on their skill level. The Aerials follows the American Jr. Olympic system levels 1-5. Gymnasts are assigned a training schedule according to their age/ability. 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, Community Groups and Camps. Suitable for kids 2 and up. We provide qualified NCCP trained instructors. Kids have full use of ALL of our equipment.

Days/Times: Tue-Fri 11:30-1:00/ or 1:00-2:30  
Price: \$16.00/child (20 kids minimum)  
BUSING INCLUDED!! Buses provided by Attridge

## PRIVATE LESSONS

We offer Private lessons for students 9&up. Perfect for dancers or cheerleaders who need to work on a particular skill. Typical sessions run 8wks.  
Single Student=\$60.00/class  
Two Students=\$50.00/class  
Three Students=\$40.00/class

## BIRTHDAY PARTIES

Two hour parties are available on  
**Saturday** 3:30-5:30 pm  
**Sunday** 1:30-3:30 pm  
4:30-6:30 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: \$244.00
- Add \$20.00 for each additional child to a maximum of 18 children
- Ask us about our Domino's Pizza package when you book your party.
- \$50.00 non refundable deposit at time of booking
- Children must be 4 and up to participate.**(no more than 2 children under 4 and must be accompanied by an adult in the gym)

## MARCH BREAK AND SUMMER CAMPS

We run a FULL DAY CAMP for children ages 6 and up as well as a dedicated HALF DAY KINDER CAMP for children ages 4 & 5. All Campers will enjoy exciting theme weeks. The program will include gymnastics, arts and crafts, games, and more 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/SPRING 2017/18 SEASON

**Fall Session (17weeks)  
Sept. 8 2017- Jan. 22 2018**

**Spring Session (17 weeks)  
Jan. 26 2018- June 18 2018**

**REGISTER FOR FALL  
OR FALL AND SPRING**

Spring only registration will begin when Fall  
Registration is at capacity

**REGISTRATION  
Must be done in person  
Check the website for  
registration times  
[www.hamiltongym.ca](http://www.hamiltongym.ca)**

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