

UPSTAIRS KINDER GYM!!!

Check out our newly designed, air conditioned, upstairs Kinder area. This space was designed for fun! Not sure if your child will enjoy gymnastics? Missed out on registration and didn't get into a class? Want to add to what your child is already doing in the gym? These three fun options are for you.

COSMIC YOGA 7 WK SESSIONS

On going Sept 2019—June 2020

COSMIC CATERPILLARS 4-5YRS (30 min) 7wks

COSMIC BUTTERFLYS 6-8YRS (30 min) 7wks

Whether your child participates in gymnastics or not, they will benefit from our Cosmic Yoga Classes, by increasing flexibility, building muscle strength and gaining mindfulness relevant for kids. This story based approach is so much fun for the imagination (we do not use video screens)

Price-\$79.00 + \$50.00 reg/membership fee if not already paid for 2019/20 season

Days-Cosmic Butterflies – Monday 5:30-6:00

-Cosmic Caterpillars- Monday 6:00-6:30

TUMBLE BEES 7 WK SESSIONS

On going Sept 2019—June 2020

TUMBLE BEES walking to 3yrs (30 min) 7wks

Children will explore the basic gymnastic movements (swings, springs, landings, locomotions, rotations and static positions), as well as object manipulation. All activities will be under the direct supervision of our coaching staff.

Price-\$79.00 + \$50.00 reg/membership fee if not already paid for 2019/20 season

Days-Thursday 5:30-6:00 or 6:00-6:30

DROP IN SCHEDULE FOLLOWS THE REGULAR 17 WK SCHEDULE

KINDER DROP IN 4yrs and under (60min)

Children must be accompanied by an adult. Drop in times are non instructional and fully supervised. Not sure if your child will like gymnastics, or are you looking for something active to do on a rainy day? Then Drop in classes are for you. Pre book to avoid disappointment.

Price-\$8.00 (members only)

Not a member? We are offering non members a reduced registration/membership fee of \$25.00 and the first drop in class is FREE!

Days/Times- Tuesday's/Wednesday's/Thursday's 11:30am-12:30pm

Fall Session (17 weeks)

Sept. 6 2019- Jan.20 2020

IN THE BIG GYM

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)

Or TINY TOTS 2-3yrs (55 min)

Litl' Leapers starts a little younger, and is offered when the gym is a little quieter. In both Litl' Leapers and Tiny Tots, 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, tumbling hill, spring floor, balance beam, 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.

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.

The Following Classes All Have Prerequisites

Not sure what level your child is? Click on your child's name in your online Uplifter account, then click on their ☆Achievements
If you are new to HGA you must set up an audition

ELITE RECREATIONAL A 6-8yrs GIRLS (90 min)

PREREQUISITE-To participate in this class your child must have completed Level 3 of our Progressive Pyramid Curriculum. They train on all 4 Women's Gymnastics Apparatus.

ELITE RECREATIONAL B 9 & up GIRLS (90 min)

PREREQUISITE-To participate in this class your child must have completed Level 6 of our Progressive Pyramid Curriculum. They train on all 4 Women's Gymnastics Apparatus.

TUMBLING PROGRAMS

These classes are ideal for cheerleaders, dancers 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.

BEGINNER TUMBLING GIRLS 6-8yrs (60min)

PREREQUISITE-To participate in this class your child must have completed Level 3 of our Progressive Pyramid Curriculum.

INTERMEDIATE TUMBLING GIRLS 9&up (90min)

PREREQUISITE-To participate in this class your child must have completed Level 4 of our Progressive Pyramid Curriculum.

ADVANCED TUMBLING GIRLS 9&up (90min)

PREREQUISITE-To participate in this class your child must have completed Level 6 of our Progressive Pyramid Curriculum.

FEES- Per Session(17wks)

CLASS LENGTH	SESSION FEE
30 MIN	\$196.00
55 MIN	\$371.00
90 MIN	\$443.00

REGISTRATION AND MEMBERSHIP FEE

valid July 1, 2019 – June 30, 2020

A once per year registration and insurance fee is applied to individual gymnasts (not families). This fee covers registration and membership with Hamilton Gymnastic Academy and Gymnastics Ontario and includes an insurance component.

Please note membership fee is non refundable

Registration Fee \$50.00

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

PROGRAM	DAY	TIME
Itsy Bitsys	Tuesday	9:30-10:00 am
Litl' Leapers	Saturday Sunday Tue/Wed/Thurs	9:00-9:55 am 9:00-9:55 am 10:15-11:10 am
Tiny Tots & Gym Krickets	Saturday Sunday Wednesday	9:00-9:55 am 10:15-11:10 am 4:30 - 5:25 pm
Tumble Bugs	Saturday Sunday Monday Wednesday	9:00- 9:55 am 10:15-11:10 am 9:00-9:55 am 10:15-11:10 am 5:00- 5:55 pm 4:30- 5:25 pm
Mighty Mite	Saturday Sunday Monday Wednesday Thursday Friday	11:30 – 1:00 pm 1:30 – 3:00 pm 11:30 – 1:00 pm 6:00-7:30 pm 5:45- 7:15pm 4:30-6:00 pm 6:00- 7:30 pm 4:30-6:00 pm 6:00- 7:30 pm
Twisters	Saturday Sunday Monday Wednesday Thursday Friday	11:30– 1:00 pm 1:30 – 3:00 pm 11:30 – 1:00 pm 6:00-7:30 pm 5:45- 7:15 pm 7:30- 9:00 pm 6:00-7:30 pm 4:30-6:00pm 6:00- 7:30 pm

PROGRAM	DAY	TIME	
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	
Elite Recreational A	Tuesday	4:30-6:00 pm	
	You may do Sunday as a 2 nd class but you must be registered for the Tuesday class first		
	Sunday	1:00-2:30pm	
Elite Recreational B	Tuesday	6:00-7:30 pm	
You may do Sunday as a 2 nd class but you must be registered for the Tuesday class first		Sunday	2:30-4:00pm
Beginner Tumbling	Monday	5:00-6:00pm	
Intermediate Tumbling	Wednesday	7:30-9:00pm	
Advanced Tumbling	Monday	6:00-7:30pm	

PRIVATE LESSONS

We offer Private lessons for students 9&up. Perfect for cheerleaders or dancers 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

MARCH BREAK AND SUMMER CAMPS

We run a FULL DAY CAMP for children ages 5 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.

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: Mon-Fri call to book time
 Price: \$16.00/child (20 kids minimum)
BUSING INCLUDED!! Buses provided by Attridge

BIRTHDAY PARTIES

Toddler Parties age 4yrs and younger (all guests must be accompanied by an adult)
 : Your guests will enjoy a fun filled half hour in our Upstairs Kindergym 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.
Friday's 5:00pm-6:30pm
-maximum 10 children-\$189.00
Big Gym Parties for ages 5 and up
 Your guests will enjoy one hour in the Big 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.
Saturday's 3:30-5:30pm/ 4:30-6:30pm
Sunday's 1:30-3:30pm
-for up to 12 children: \$251.00
-Add \$20.00 for each additional child to a maximum of 18 children

Both Parties Include

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.
 -Ask us about our Domino's Pizza package when you book your party.
 - \$50.00 non refundable deposit at time of booking



HAMILTON GYMNASTIC ACADEMY RECREATIONAL GYMNASTIC PROGRAM FALL 2019 SEASON



CHECK INSIDE FOR OUR NEW PROGRAMS
TODDLER PARTIES/ KIDS YOGA/ ELITE RECREATIONAL/ TUMBLING

REGISTER ONLINE

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 Ancaster, Ontario. L9G 4V5
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 E-mail: info@hamiltongymnastics.ca
 Web Site: www.hamiltongym.ca