

YOUR CHILD'S SAFETY IS OUR TOP PRIORITY

Since our founding 39 years ago, the Hamilton Gymnastic Academy has always prioritized the health and safety of our members. Your child's safety is our top priority!

The gym will look a little different when your child returns. Please take time to discuss these changes with your child, as well as reviewing what physically distancing is prior to your first visit back.

New Health & Safety Protocols



Increased Cleaning/Sanitization:

Our facility is cleaned and sanitized thoroughly numerous times each day, specifically before and after use by each group. All surfaces are sanitized using non-harmful Vital Oxide approved to kill Covid-19 virus, including training equipment, washrooms, hand-hygiene stations and all high-traffic surfaces, such as entrances and exits. The gym has also secured an electro-static sprayer, which can sanitize all surfaces efficiently, ensuring excellent coverage.

Daily Wellness Checks:

Prior to arriving at the gym, all athletes and staff will complete a Daily Health Screening questionnaire online (Simply log into your Uplifter Account)



Physical Distancing:

Gymnast will use the physical distancing markers inside and outside the gym to ensure a 2 meter distance between one another.



Masks:

"Wearing is Caring" All coaches will be wearing masks while at the Hamilton Gymnastic Academy. Masks are optional for gymnasts, if you choose to wear one, you must bring your own.



Handwashing:

Once in the gym, gymnasts will be directed to one of our 4 hand wash stations. Gymnasts must wash their hands upon entering the gym, between equipment rotations, after washroom use, and before exiting the gym.



Hands Free Coaching:

There will be no spotting for gymnastics skills at this time. Don't worry, gymnasts can still learn new skills with all the gymnastic specific equipment we have.



Reduced Numbers In The

Gym:

We will still maintain our group ratios of 8:2, but we will only have 4 groups at a time in the gym.

Session One (9 weeks)
September 11 2020- November 16 2020
Session Two (9 weeks)
November 17 2020-February 1 2020

New this year we are offering two shorter 9 week sessions. The session schedule length after February will be reevaluated closer to January 2021.

REGISTRATION AND MEMBERSHIP FEE

valid September 1, 2020 – June 30, 2021
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

All Registrations must be done Online. Credit Card payment only. If you need to pay by Debit, please make an appointment with the Office. No cash or cheques accepted.

FEES- Per Session(9wks)

CLASS LENGTH	SESSION FEE
60 MIN	\$196.00
90 MIN	\$234.00

Programs Offered

NEW CO-ED CLASSES! Due to restricted numbers in the gym, all of our classes will be co-ed. We may return to specialized classes when restrictions are lifted.

TUMBLE BUGS 4-5yrs (60 min)-Co-ed

This class is designed to introduce basic gymnastic skills while developing balance, flexibility and coordination. Gymnasts work on climbing apparatus, spring floor, balance beam, bars, trampoline and more. The emphasis is on fun, fitness and fundamentals.

MIGHTY MITE 6-8yrs (90 min)-Co-ed

For children of all levels using spring floor, trampoline, beam, bars and more. Beginners will learn gymnastic basics, while more experienced gymnasts will expand on skills already acquired and continue to learn new skills.

TWISTERS 9 & Up (90 min)-Co-ed

This class allows novice and experienced gymnasts to learn new skills as well as practice skills already acquired. Gymnasts work on spring floor, trampoline, beam, bars and more. The focus is on conditioning, strength and flexibility.



Days and Times Offered

***Choose one day and time and stick with it* There is a 10% discount for a second class or second child applied to the lower priced class.**

Parents Drop off Gymnasts 15min before the start of class. Be ready to pick up 10min before the end of class.

Program	Day	Time
	Mon/Wed/Thurs	5:30pm-6:30pm
Tumble	Fri	5:00pm-6:00pm
Bugs	Sat	9:00am-10:00am
	Sat	10:30am-11:30am
	Sun	9:00am-10:00am
Mighty Mites & Twisters	Mon/Wed/Thurs	7:00pm-8:30pm
	Tue	4:30pm-6:00pm
	Sat	12:30pm-2:00pm
		2:30pm-4:00pm
	Sun	10:30am-12:00pm



For Those Under 4yrs

At this point in time we are not able to take children who are under 4yrs old into the gym. We will continue to offer our **Online** programs for them! Online classes will follow the same 9 week sessions as our classes in the gym. **A guardian must be present for all online classes.**

Online Programs Offered

Yoga Stories- under 4yrs (30 min)-Co-ed

Taught by coach Heather this class is great for your child's imagination. Yoga increases flexibility, builds muscles and increases mindfulness. Coach Heather will read an awesome kids book which your child will then recreate using Yoga poses. Especially great for early morning or bedtime.

Parent & Tot Recreational Gymnastics- under 4yrs (30 min)-Co-ed

Taught by coach Heather this class focuses on the basic shapes and positions of gymnastics. Coach Heather teaches your child how to combine these shapes and positions together to perform rolls, cartwheels and handstands! Parent's will be doing some spotting as directed by coach Heather

Program	Day	Time
Yoga Stories	Mon	10:00am-10:30am 7:00pm-7:30pm
Parent & Tot	Thurs	10:00am-10:30am 7:00pm-7:30pm

Online Classes For 4yrs & Up

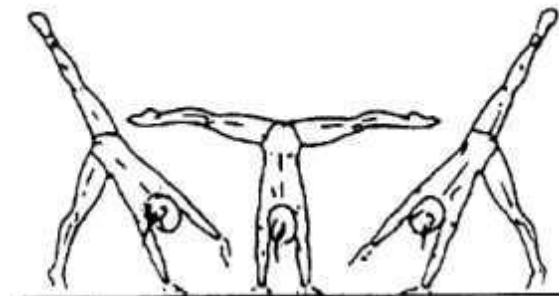
We understand that everyone has different levels of comfort when it comes to returning to gymnastics. We here at the Hamilton Gymnastic Academy are sensitive to your needs. We therefore will continue to offer **Online** classes for those who choose not to return to the gym at this point in time. **A guardian must be present for all online classes.**

Recreational Gymnastics- 4yrs and Older (30 min)-Co-ed

Taught by coach Paige, this class is great for learning gymnastic basics. Paige works on perfecting basic gymnastic skills, as well as flexibility and conditioning.

Program	Day	Time
Online Recreational Gymnastics	Tues	7:00pm-7:30pm
	Sat	10:00am-10:30am

ONLINE CLASS LENGTH	SESSION FEE
30 MIN	\$90.00



HAMILTON GYMNASTIC ACADEMY RECREATIONAL GYMNASTIC PROGRAM 2020-2021 SEASON



ALL PROGRAMS SUBJECT TO CHANGE AS THE COVID-19 GUIDELINES CHANGE

REGISTER ONLINE

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