

## **NEW UPSTAIRS GYM PROGRAMS!!!**

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? These two new options are the perfect way to find out if your little one is ready for the BIG GYM!

### **TUMBLE BEES 7 WK SESSIONS START Jan. 8 and run through to June 29**

#### **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-\$77.00 + \$37.00** reg/membership fee if not already paid for 2017/18 season

**Days-Monday or Friday** (choose one and stick with it)

**Times-5:30-6:00, 6:00-6:30** (choose one and stick with it)

### **DROP IN SCHEDULE FOLLOWS THE REGULAR 17 WK SCHEDULE**

#### **KINDER DROP IN 5yrs and under (60min)**

Children must be accompanied by an adult. Drop in times are non instructional and fully supervised. Drop in times are co-ordinated with our busiest 90min classes. This allows you the convenience of dropping your older child off in the big gym, while giving you time to take your younger child upstairs for some fun while they wait! There is a maximum number of participants, 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- Saturday 11:45am- 12:45pm**

**Saturday 1:45pm-2:45pm**

**Sunday 11:45am-12:45pm**

**Wednesday 6:00pm-7:00pm**

## **Spring Session (17 weeks)**

**Jan. 26 2018- June 18 2018**

### **PROGRAM DESCRIPTIONS**

#### **ITSY BITSYS 12-18 months (30 min) 17wks**

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) 17wks**

Lit'l Leapers starts a little younger, and is offered when the gym is a little quieter. In both Lit'l 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) 17wks**

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) 17wks**

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) 17wks**

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) 17wks**

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 17wks**

#### **TUMBLING & TRAMP 2 13 & up (90 min) GIRLS 17wks**

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) 17wks**

#### **KICKNASTICS BOYS 2 9 & up (90 min) 17wks**

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)**

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

### **REGISTRATION AND MEMBERSHIP FEE**

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

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.

#### **Registration Fee \$37.00**

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

### **Payment Options**

**For Options 2 & 3 you must have a void chq. Or a pre-authorized debit form from your bank when you come in 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

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

- For September through June registrations only

## 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
Littl' Leapers	Saturday	9:00-9:55 am
	Sunday	9:00-9:55 am
	Tue/Wed/Fri	10:15-11:10 am
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
	<b>New</b> Thursday	4:30-6:00 pm 6:00- 7:30 pm
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
	<b>New</b> Thursday	6:00-7:30 pm
	Friday	6:00- 7:30 pm

PROGRAM	DAY	TIME
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

## 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 they must be accompanied by an adult in the gym)

## 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

## 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.

## 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 OR Fri 11:30-1:00/ or 1:00-2:30

Price: \$16.00/child (20 kids minimum)

BUSING INCLUDED!! Buses provided by Attridge

## COMPETITIVE / ADVANCED RECREATIONAL (AERIAL) PROGRAMS

COMPETITIVE and AERIAL REGISTRATION is by audition only. Please call 905-648-3308 for more details or to book an assessment.



## HAMILTON GYMNASTIC ACADEMY RECREATIONAL GYMNASTIC PROGRAM SPRING 2018 SEASON



**CHECK INSIDE FOR OUR NEW UPSTAIRS KINDERGYM PROGRAMS PLUS OUR NEW THURSDAY NIGHT MIGHTY MITE AND TWISTER TIMES**

**REGISTRATION Must be done in person**

**Check the website for registration times**

[www.hamiltongym.ca](http://www.hamiltongym.ca)

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