

YOUR CHILD'S SAFETY IS OUR TOP PRIORITY

Since our founding 42 years ago, the Hamilton Gymnastic Academy has always prioritized the health and safety of our members. Your child's safety is our top priority!

How To Register

Go to our website. Choose your program under the Recreational Program Drop Down.

1. Click "Register Online using Uplifter"
2. You will create a profile first for yourself (all your info and birthdate)
3. Then you will add a Gymnast(s) for your child(ren).
4. Then you can Add a Program. Use the Quick Search Tool Bar and type in the name of the program you are looking for to see all of the options available.
5. Complete the Registration and pay online. You will pay the first Month upfront, and then be automatically debited (Credit Card or direct debit) on the first of each Month. Payments can only be made Online.

What If The Class I Want Is Full?

If the class you want is full, go on as many wait lists as you are able to do. The system will email you with a link to register if a spot becomes available. **IMPORTANT:** You must complete the registration once you have clicked the link. If the registration is not completed to payment, the system will assume you do not want the spot and will take you off of the wait list. Your spot will then go to the next person on the wait list.

New Wait List Classes!

New this year! Our Upstairs gym will be offering classes on Tuesday and Thursday evenings to those of you on a wait list. Someone from HGA will contact you if you are at the top of a wait list. These shorter and smaller classes are a great way to get your child into gymnastics while they wait to come off the list to go in the Big Gym!

Age Cut Off

Your Child must be the required age as of December 31st 2023, (or June 2024 if reg. after January 1st 2024.)

Recreational Session 2023-24 (Sept. 5 2023-June 24 2024)

REGISTRATION AND MEMBERSHIP FEE

valid July 1, 2023 – June 30, 2024

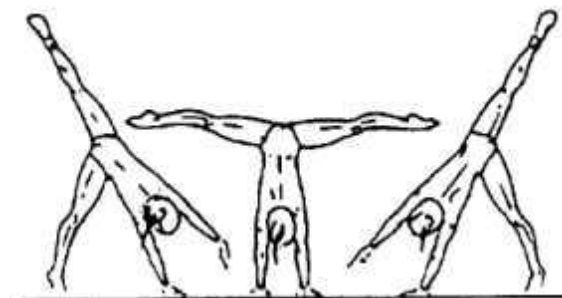
A once per year registration and insurance fee is applied to individual gymnasts (not families). This fee covers registration and membership with Hamilton Gymnastic Academy and Gymnastics Ontario and includes an insurance component.

Please note membership fee is non refundable

**Registration Fee \$50.00
(\$60.00 for Parent & Tot)**

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

All Registrations must be done Online. You will pay the first Month upfront, and then be automatically debited (Credit Card or Direct Debit) on the 1st of each Month.



Hamilton Gymnastic Academy

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Ancaster, Ontario. L9G 4V5
Phone: (905) 648-3308

E-mail: info@hamiltongymnastics.ca
Web Site: www.hamiltongym.ca



Programs Offered

ITSY BITSYS (Parent & Tot) 12-18 months (30 min)- Co-ed – PRICE: \$15.00 per class

Itsy Bitsys are accompanied in the gym by a parent (or guardian). 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.

Itsy Bitsys Days	Itsy bitsys Times
Saturdays	8:30am -9:00am
Sundays	8:30am – 9:00am
Tuesday	9:00am – 9:30am
Wednesdays	9:00am – 9:30am OR 5:00pm -5:30pm

TINY TOTS (Parent & Tot) 19months-3yrs (60 min)- Co-ed – PRICE: \$27.00 per class

Tiny Tots are accompanied in the gym by a parent (or guardian). 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. Children 3yrs old can do either Tiny Tots or Tumble Bugs (without Parent accompaniment) if toilet trained and able to go in the gym without Parent).

Tiny Tot Days	Tiny Tot Times
Saturdays	-9:00am – 10:00am -10:15am -11:15am
Sundays	-9:00am – 10:00am -10:15am –11:15am
Tuesdays	-9:00am – 10:00am -10:00am -11:00am
Wednesdays	-9:00am – 10:00am -10:00am – 11:00am -5:30pm – 6:30pm

TUMBLE BUGS 3-5yrs (60 min)-Co-ed-

PRICE: \$27.00 per class

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. **Gymnasts must be toilet trained and able to go in the gym without Parent. Children will be further divided by age when groupings allow.**

Tumble Bugs Days	Tumble Bugs Times
Saturdays	-9:00am – 10:00am -10:15am -11:15am
Sundays	-9am – 10am -10:15am –11:15am
Mondays	-5:00pm – 6:00pm
Wednesdays	-5:30pm – 6:30pm

MIGHTY MITE 6-8yrs (90 min)-Girls

PRICE - \$39.00 per class

For gymnasts 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.

Mighty Mites Days	Mighty Mites Times
Saturdays	-11:30am – 1:00pm -1:00pm – 3:30pm
Sundays	-11:30am – 1:00pm
Mondays	-6:15pm – 7:45pm
Tuesdays	-4:30pm – 6:00pm -6:15pm – 7:45pm
Wednesday	6:45pm – 8:15pm
Thursday	-4:30pm – 6:00pm -6:15pm -7:15pm



TWISTERS 9 & Up (90 min) -Girls

PRICE- \$39.00 per class

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.

Twisters Days	Twister Times
Saturdays	-11:30am – 1:00pm -1:00pm – 3:30pm
Sundays	-11:30am – 1:00pm
Mondays	-6:15pm – 7:45pm
Tuesdays	-4:30pm – 6:00pm
Wednesday	6:45pm – 8:15pm
Thursday	-4:30pm – 6:00pm

TUMBLING PROGRAM 9 & Up (90 min)-Girls

PRICE - \$39.00 per class

Prerequisite: Completed Level 4, or front or back walkover without spot

These classes are ideal for cheerleaders, dancers and gymnasts who wish to focus on building their tumbling skills using the tumbling hill, floor, TumbleTrak and trampoline.

Tumbling skills are taught using drills and progression. Strength and conditioning exercises are a part of each class.

Tumbling Days	Tumbling Times
Wednesday	-6:45pm – 8:15pm
Saturdays	-11:30am-1:00pm

FLYING DRAGONS 1 6-8yrs (90 min)-Boys

FLYING DRAGONS 2 9 & up (90 min)-Boys

PRICE - \$39.00 per class

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.

Flying Dragon Days	Flying Dragons Times
FD 1 – Sundays	10:00am -11:30am
FD 2 – Sundays	-11:30am-1:00pm

ADVANCED PROGRAMS- Girls

By Audition Only

We offer a number of advanced programs both at the competitive and non competitive levels. Please email Megan to arrange an audition time.

hamiltongymnastic@cogeco.net

Advanced REC Days	Advanced REC Times
Advanced Rec 1 – Friday	4:30pm – 6:30pm
Advanced Rec 2 – Fridays	6:30pm – 8:30pm

PRIVATE LESSONS- Co-ed

We offer Private and Semi-Private Lessons. Please email Megan for pricing and scheduling.

hamiltongymnastic@cogeco.net

CLASS	PRICE
30 min classes (itsy Bitsys)	\$15.00/class
60 min classes (Tiny tots, Tumble Bugs)	\$27.00/class
90 min classes (Mighty Mites, Twisters, Flying Dragons)	\$39.00/class

Classes are charged **monthly** on the 1st of each month. Monthly amounts will vary depending on the number of classes offered that particular month.

Need to Withdraw?

E-mail: info@hamiltongymnastics.ca
by the 15th of the month prior to the month you wish to cancel.