

## YOUR CHILD'S SAFETY IS OUR TOP PRIORITY

Since our founding 40 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 2 electro-static sprayers, 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:

Gymnasts 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 athletes (children 2yrs and under are exempt) and coaches will be wearing masks while at the Hamilton Gymnastic Academy.



### 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, 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. Our viewing room remains closed. **No spectators at this time.**

**August 2021 (4 weeks)**  
**August 4 2021- August 29 2021**

## REGISTRATION AND MEMBERSHIP FEE

valid August 1, 2021 – June 30, 2022

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. **Those that paid for the 2020-21 season have coverage until August 31<sup>st</sup> 2021**

**\*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. Credit Card payment only. If you need to pay by Debit, please make an appointment with the Office. No cheques accepted.**

## FEES- Per Session(4wks)

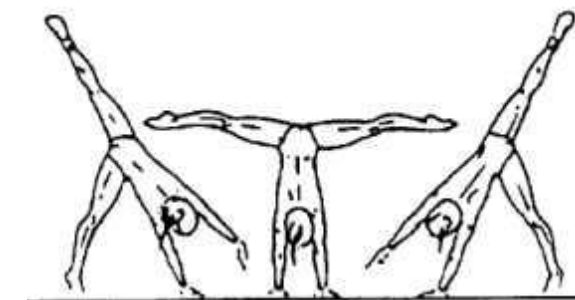
CLASS LENGTH	SESSION FEE
<b>60 MIN</b>	<b>\$88.00</b>
<b>90 MIN</b>	<b>\$104.00</b>

## 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
Tiny Tots	Sat/Sun	9:00am-10:00am
Tumble Bugs	Sat/Sun Wed	9:00am-10:00am 4:30pm- 5:30pm
Mighty Mites & Twisters	Sat/Sun Wed Fri	10:30am-12:00pm 6:00pm- 7:30pm 5:30pm- 7:00pm 7:30pm- 9:00pm



## 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.

### TINY TOTS (Parent & Tot) 2-3yrs (60 min)-Co-ed

Tiny Tots are accompanied in the gym by a parent (or other adult). **Due to Covid Restrictions, Parents need to be prepared to be involved with spotting for safety.** 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.

### 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.

## Online Classes For 4yrs & Up Summer Session July 7 2021- August 25 2021

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.**

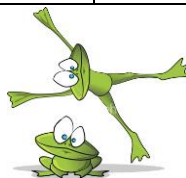
### Recreational Gymnastics- 4yrs and Older (30 min)-Co-ed

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	Wed	7:00pm-7:30pm

### FEES- Per Session(9wks)

ONLINE CLASS LENGTH	SESSION FEE
30 MIN	\$90.00



## COMING THIS AUGUST!



## FOLLOW US ON FACEBOOK OR INSTAGRAM

For up to date info  
about Fall 2021!



## HAMILTON GYMNASTIC ACADEMY RECREATIONAL GYMNASTIC PROGRAM August Summer Session August 4- August 29



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

**REGISTER  
ONLINE**

Hamilton Gymnastic Academy  
1330 Sandhill Drive,  
Ancaster, Ontario. L9G 4V5  
Phone: (905) 648-3308  
E-mail: [info@hamiltongymnastics.ca](mailto:info@hamiltongymnastics.ca)  
Web Site: [www.hamiltongym.ca](http://www.hamiltongym.ca)