

2024-2025 RECREATIONAL SEPT 3 2024- June 23 2025

CLASS	PRICE
30 min class	\$16.00/class
45 min class	\$22.00/class
60 min class	\$28.00/class
90 min class	\$41.00/class

REGISTRATION & INSURANCE FEE

valid July 1, 2024 – June 30, 2025

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

Please note this fee is non refundable

**Reg./ Insurance Fee \$50.00
(\$60.00 for Parent & Tot)**

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

**All Registrations must be done
Online. Payments can be made with
Visa, Master Card, or Pre-Authorized
Debit through your bank account.**

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
**Before the 15th of the Month prior to
cancellation.** There are no make-up
classes or refunds for missed classes
due to absence.

Benefits of our Upstairs Classes

- Kids just love our colourful soft equipment made just for them in our Upstairs Gym!
- One Drop Off Time. These classes are perfect for when you have one child between 2-5yrs, and another between 6-13yrs.
- More Affordable Option
- Smaller class size
- Great way to get your child into gymnastics while you are waiting to come off the wait list for the Big Gym (you must put yourself on the waitlists)

Upstairs Tiny Tot Days	Up Tiny Tot Times 30 min- \$16.00/class
Mondays	-5:00pm – 5:30pm -5:45pm -6:15pm
Tuesdays or Thursdays	-5:00pm – 5:30pm
Upstairs Tumble Bug Days	Up Tumble Bug Times 30 min- \$16.00/class
Tuesdays or Thursdays	-5:45pm-6:15pm
Upstairs Mighty Mite Days	Up Mighty Mite Times 45 min- \$22.00/class
Mondays or Tuesdays or Thursdays	-6:30pm -7:15pm
Upstairs Twister Days	Up Twister Times 45 min \$22.00/class
Mondays or Tuesdays or Thursdays	-7:30pm -8:15pm

Dance Classes in our New Upstairs Dance Room!

New this year HGA is offering Dance Lessons! Taught by our Award Winning choreographer Victoria Bowker.

Mini Movers (age 3-5yrs- Co-Ed)

30min \$16.00/class

Saturdays 10:00am-10:30am

Creative movement dance is a form of expressive movement that focuses on exploring and communicating through the body. It encourages dancers to tap into their imagination and emotions, using a combination of fluid movements, improvisation, and storytelling.

Acro Antics (age 8yrs & Up Girls)

60min \$28.00/class

Saturdays 11:45am-12:45pm

Acro dance is a dynamic and captivating fusion of dance and acrobatics. It combines the grace and technique of dance with the strength and flexibility of acrobatics. It's an exciting and visually stunning style that showcases the incredible athleticism and artistry. There will be rotations in the Big Gym for Trampoline



Hamilton Gymnastic Academy



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Programs Offered in the Big Gym

ITSY BITSYS (Parent & Tot) 12-18 months (30 min)- Co-ed – PRICE: \$16.00 per class
 Itsy Bitsy's 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
Mondays	9:00am – 9:30am
Tuesdays	9:00am – 9:30am
Wednesdays	9:00am – 9:30am 5:00pm -5:30pm

TINY TOTS (Parent & Tot) 19months-3yrs (60 min)- Co-ed – PRICE: \$28.00 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
Mondays	-9:30am – 10:30am -10:30am -11:30am

Tiny Tot Days Cont'd	Tiny Tot Times
Tuesdays	-9:00am-10:00am -10:00am-11:00am
Wednesdays	-9:30am – 10:30am -10:30am – 11:30am -5:30pm – 6:30pm

TUMBLE BUGS 3-5yrs (60 min)-Co-ed- PRICE: \$28.00 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	-9:00am – 10:00am -10:15am –11:15am
Mondays	-5:00pm – 6:00pm
Wednesdays	-5:30pm – 6:30pm
Fridays	-4:30pm-5:30pm

MIGHTY MITE 6-8yrs (90 min)-Girls PRICE - \$41.00 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 -1:30pm – 3:00pm
Sundays	-11:30am – 1:00pm
Mondays	-6:15pm – 7:45pm

Mighty Mite Days Cont'd	Mighty Mite Times Cont'd
Tuesdays	-4:30pm – 6:00pm -6:15pm – 7:45pm
Wednesday	-6:45pm – 8:15pm
Thursday	-4:30pm – 6:00pm -6:15pm -7:45pm
Friday	-5:30pm-7:00pm

TWISTERS 9 & Up (90 min) -Girls PRICE- \$41.00 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 -1:30pm – 3:00pm
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
Friday	-7:00pm-8:30pm

TUMBLING PROGRAM 9 & Up (90 min)-Girls PRICE - \$41.00 per class

Prerequisite: 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, TumbTrak and trampoline. Tumbling skills are taught using drills and progression. Strength and conditioning exercises are a part of each class.

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

FLYING DRAGONS 1 6-8yrs (90 min)-Boys FLYING DRAGONS 2 9 & up (90 min)-Boys PRICE - \$41.00 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 (90 min) By Audition Only

PRICE - \$41.00 per class

This class is by audition only. Please email Megan to arrange an audition time.

hamiltongymnastic@cogeco.net

Advanced REC Days	Advanced REC Times
Advanced Rec 1 – Friday	5:30pm – 7:00pm
Advanced Rec 2 – Fridays	7:00pm – 8:30pm

PRIVATE LESSONS- Co-ed

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

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Length Of Instruction	Base Pricing Privates
30 min	\$35.00
60 min	\$70.00



H.G.A. gives 10% off the lower class fee for a 2nd child or a 2nd class!!