

YOUR CHILD'S SAFETY IS OUR TOP PRIORITY

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

10% Discount if you sign up for both July & August

July Session 2024

July 3rd-31st

Wednesdays (5 classes)

-July 3/10/17/24/31

Thursdays (4 classes)

-July 4/11/18/25

Saturdays (4 classes)

-July 6/13/20/27

August Session 2024

August 1st-24th

Wednesdays (3 classes)

-August 7/14/21

Thursdays (4 classes)

-August 1/8/15/22

Saturdays (3 classes)

-August 10/17/24 (no class Aug 3)

REGISTRATION AND 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.

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, Tumbling)	\$39.00/class

How Does My Billing Work?
Payment for Summer Sessions is in full at Registration by Visa/M/Card or Pre-Authorized Debit
Need to Withdraw?
E-mail: info@hamiltongymnastics.ca
There are no make-up classes or refunds for missed classes due to absence.



Get in the swing of things at HGA!

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

Age Cut Off

Your Child must be the required age as of August 31st 2024

Programs Offered

SUMMER 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
Wednesdays	5:00pm -5:30pm

SUMMER 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
Wednesdays	5:30pm – 6:30pm
Thursdays	5:30pm – 6:30pm

SUMMER 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 Bug Days	Tumble Bug Times
Saturdays	9:00am – 10:00am 10:15am -11:15am
Wednesdays	5:30pm – 6:30pm
Thursdays	5:30pm – 6:30pm

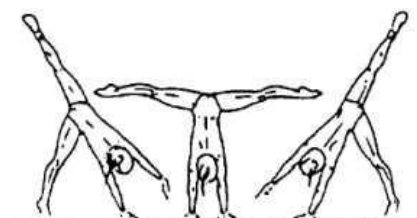
SUMMER MIGHTY MITES

6-8yrs (90min)-Co-Ed

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
Wednesdays	6:45pm – 8:15pm



SUMMER TWISTERS

9 & Up (90 min) -Co-Ed

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
Wednesday	6:45pm – 8:15pm

SUMMER TUMBLING PROGRAM

9 & Up (90 min)-Girls

PRICE - \$39.00 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, TumbITrak 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
Wednesday	6:45pm – 8:15pm

NO FLYING DRAGONS OFFERED IN THE SUMMER- BOYS ARE WELCOME TO JOIN MIGHTY MITES AND TWISTERS. FLYING DRAGONS WILL RETURN IN THE FALL.

PRIVATE LESSONS- Co-ed

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

hamiltongymnastic@coqeco.net

