



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

## **2008-2009 GYMSTARS POLICIES AND PROGRAM FEES**

Welcome to the Hamilton Mountain Gymnastics Centre. Gymstars Gymnastics programs run 38 weeks, from September 2008 to June 2009. Registrations are based on a yearly enrolment.

You can choose to pay the **ANNUAL REGISTRATION** fees, at a great savings to you, as one (1) payment, on or before the first class of the 2008-2009 Season. Payment can be made in cash, cheque (payable to "GYMSTARS"), Interac, Visa, MasterCard, or American Express.

You may also choose the **SESSION REGISTRATION** fees as two (2) payments: the first payment, made on or before the first class of the 2008-2009 Season, and the second dated for December 1, 2008. Payment can be made in cash, cheque (payable to "GYMSTARS"), Interac, Visa, MasterCard, or American Express.

Finally, you may choose the **MONTHLY REGISTRATION** fees as ten (10) equal payments dated the first day of each month, September to June, inclusive. All post-dated cheques (Payable to "GYMSTARS") MUST be handed in with your registration, or you must provide is with Credit Card information, and monthly charges will occur automatically.

The second child, and subsequent children in a family, receives 10% off their fees. Children registering for a second class receive 20% off the lower cost program fees. Classes that are missed may only be made-up during weeks designated "MAKE-UP WEEK" throughout the year. Please review the newsletter and postings for the dates of these weeks.

### **LATE REGISTRATIONS:**

The majority of registrations occur in August/September and again in January/February. However, if spaces are available, registrations will be accepted throughout the Season. If you are registering anytime between mid-September and the beginning of December, you may pay the **MONTHLY REGISTRATION** fees for the duration of the Season, or the **MONTHLY REGISTRATION** fees up to February 1, 2009, and the **SESSION REGISTRATION** fees for the second half of the Season (February to June). Session registration fees must be received by December 1, 2008 otherwise the Monthly registration fees will continue.

Registrations will be accepted in January 2009, provided there are spaces available. For these, you must pay the **SESSION REGISTRATION** fees and classes will begin the first week of February 2009.

**We gladly accept cash, cheque, Interac, Visa, MasterCard, or American Express. There is a \$15.00 charge each time we can not debit your Credit Card and a \$30.00 charge for each returned cheque. Returned cheques, and associated charges, must be paid by cash, Interac, Visa, MasterCard or American Express.**

### **CANCELLING YOUR CHILD'S MEMBERSHIP:**

No cancellations will be accepted after February 14, 2009 at 5:00pm. Cancellations and withdrawals, before this date, must be done in WRITING. Written notes shall include the child's name, parent's name, phone number, class, day and time and must be dated and signed. You may drop off written notes at the office, or submit them by fax or email.

When cancelling before February 14, 2009 at 5:00pm, a \$50.00 charge (per family) will be applied.

All cancellations will be considered as MONTHLY REGISTRATIONS before refunds are calculated. If cancelling in the middle of a month, you will be charged for the whole month.

Example: a note dated January 10, 2009 will result in cancellations as of February 1, 2009. Fees to that point would be five (5) months X \$Monthly Fees + Cancellation Charge. This amount will be deducted from any fees already paid, and the difference will be refunded.



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

Allow 3-4 weeks from the day of your cancellation notice to receive any refunds and your Child Fitness Tax Receipt.

The Club reserves the right

- to cancel membership for non-payment of fees or charges. Uncollected amounts will be referred to a Collection Agency;
- to cancel membership if a member's behaviour is considered unsafe for themselves or other participants in the gym;
- to cancel membership if a member, or his/her parents/guardians do not follow the Club's/Coach's/Gymnastics Ontario's safety rules.

## **PROGRAM DESCRIPTION AND FEES**

Ages listed in the program descriptions are a child's age as of September 1, 2008.

**BABY STARS:** A program for boys and girls from 16 months to 30 months old.

This is a parent/caregiver and child, co-ed class. Adults bond with children through physical interaction, music, games, fun and organised play. Regular gymnastics equipment is not yet introduced, but children are familiarised with obstacle courses, music and small apparatus. (30 minutes, once per week.)

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$280.00	2 X \$150.00	10 X \$33.00

**TODDLER STARS:** A program for boys and girls from 2 ½ years to 3 ½ years old.

This is a parent/caregiver and child, co-ed class. Children are introduced to all gymnastics equipment. They learn to interact with other children and also to work independently through challenging activities with music, balls, hoops, obstacle courses, trampoline and the 'pit'. (60 minutes, once per week.)

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$390.00	2 X \$210.00	10 X \$45.00

**JUNIOR KINDER-STARS:** A program for boys and girls from 3 to 4 years old.

This is the first program where children participate without a parent. Parents MUST be present in the viewing room for moral support and bathroom visits. Well structured classes offer children fun, fitness and an introduction to their first gymnastics skills. Children use the traditional equipment with modified height and size, as well as the trampoline, the climbing wall, the parachute and the 'pit'. (60 minutes, once per week.)

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$400.00	2 X \$215.00	10 X \$46.00

**SENIOR KINDER-STARS:** A program for boys and girls from 4 to 5 years old.

Our popular program Kinder-Stars program offers an opportunity for children to develop strength, balance, coordination and overall body awareness while having fun. Children work on basic gymnastics skill. This program encourages each child to progress at his/her own pace. (60 minutes, once per week.)

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$410.00	2 X \$220.00	10 X \$47.00

**PRE-ELITE 1:** A program for girls only, from 4 to 5 years old.

Girls are selected and invited into this program according to their ability and physique. This program is similar to the Senior Kinder-Stars program but with an emphasis on form, strength and flexibility. This



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

program leads to Pre-Elite 2 and later onto the Gym Elites Competitive Programs. Girls REQUIRE a uniform. You can order your child's gymsuit at the time of registration and it will be ready within 3-4 weeks. The cost is about \$50.00. (90 minutes, once per week.)

ANNUAL REGISTRATION	SESSION REGISTRATION	MONTHLY REGISTRATION
1 X \$550.00	2 X \$290.00	10 X \$62.00

**SHOOTING STARS:** An advanced program for girls only, 4 to 6 years old.

This program is designed for girls with at least one year of gymnastics experience. This will lead towards the Competitive Workshop or Gym Elites Competitive Programs. (2 hours, once per week.)

ANNUAL REGISTRATION	SESSION REGISTRATION	MONTHLY REGISTRATION
1 X \$630.00	2 X \$330.00	10 X \$70.00

**PRE-ELITE 2:** An advanced program for girls only, from 4 to 6 years old.

Girls are selected and invited into this program according to their ability and physique. This program is similar to the Pre-Elite 1 program continuing with an emphasis on form, strength and flexibility. This program leads the Gym Elites Pre-Competitive and Competitive Programs. Girls REQUIRE a uniform. You can order your child's gymsuit at the time of registration and it will be ready within 3-4 weeks. The cost is about \$50.00. (90 minutes, twice per week.)

ANNUAL REGISTRATION	SESSION REGISTRATION	MONTHLY REGISTRATION
1 X \$1000.00	2 X \$520.00	10 X \$105.00

**STARS IN PROGRESS:** A program for girls and boys, from 5 to 7 years old.

This program will provide instruction of all gymnastics events, emphasizing safety. Children develop a higher level of fitness and an understanding of the fundamentals of gymnastics. Groups will be formed according to age, ability and the Club's progressive level system. (2 hours, once per week.)

ANNUAL REGISTRATION	SESSION REGISTRATION	MONTHLY REGISTRATION
1 X \$590.00	2 X \$315.00	10 X \$67.00

**FUTURE STARS:** A program for girls only, from 7 to 9 years old.

A program for older girls similar to our popular Stars In Progress programs. (2 hours, once per week.)

ANNUAL REGISTRATION	SESSION REGISTRATION	MONTHLY REGISTRATION
1 X \$590.00	2 X \$315.00	10 X \$67.00

**TUMBLE STARS:** A program for girls only, from 7 to 10 years old.

A new program focussed only on tumbling, acrobatic skills and physical preparation. Girls will use the spring floors, trampoline, and acrobatic training aids to learn the acrobatic skills most associated with gymnastics.

(90 minutes, once per week.)

ANNUAL REGISTRATION	SESSION REGISTRATION	MONTHLY REGISTRATION
1 X \$500.00	2 X \$265.00	10 X \$58.00



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

**PRE-TEENS:** A program for girls only, from 10 to 13 years old.

This program offers pre-teens fun, fitness and fundamentals. Girls progress at their own pace when approaching gymnastics skills, developing strength and flexibility required for the proper, and safe, performance of new gymnastics skills.

(2 hours, once per week.)

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$590.00	2 X \$315.00	10 X \$67.00

**COMPETITIVE WORKSHOP:** A program for girls, 7 years old and older.

This is an in-house competitive league that offers competitive experiences in the second half of the season. There are three levels: 'A' workshop where gymnasts train 6 ¾ hours per week (choose 3 days), 'B' workshop with gymnasts training 4 ½ hours per week (choose 2 days) and 'C' workshop gymnasts training 2 ¼ hours per week (choose 1 day).

Registration in Workshop programs is based on a yearly enrolment. Competition fee(s) and/or cost of gym suits (if necessary) must be paid in addition to registration fees. Missed classes can be made up during the "Make-up Weeks". There is a once a year, MANDATORY, fund-raising participation of minimum \$ 75.00. You can buy out the fund-raising by paying \$ 60.00 by February 1, 2009.

THERE ARE NO CANCELLATIONS AFTER DEC. 1<sup>st</sup>, 2008

When cancelling before Dec.1<sup>st</sup>, 2008, your registration is considered a monthly registration.

A \$ 75.00 cancellation fee will apply. You can move to any other GymStars or Gym Elites program, at any time during the season (with Program Coordinator's approval) without a cancellation fee.

WORKSHOP A – A program where gymnasts train 3 times per week.

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$1480.00	2 X \$755.00	10 X \$155.00

WORKSHOP B – A program where gymnasts train 2 times per week.

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$1190.00	2 X \$610.00	10 X \$125.00

WORKSHOP C – A program where gymnasts train once per week.

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 X \$670.00	2 X \$350.00	10 X \$73.00



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

## 2008—2009 GYMSTARS PROGRAM INFORMATION

Program	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>BABY STARS</b> 16-30 Months—Boys & Girls 30 Minute Class		9:15-9:45 am 9:45-10:15 am 10:15-10:45 am 5:00-5:30 pm	9:15-9:45 am 9:45-10:15 am 10:15-10:45 am	5:00-5:30 pm	9:00-9:30 am 9:30-10:00 am 10:15-10:45 am 11:30-12:00 pm
<b>TODDLER STARS</b> 2 1/2 - 3 1/2 Years—Boys & Girls 60 Minute Class	5:30-6:30 pm	9:15-10:15 am 10:15-11:15 am 5:30-6:30 pm 6:30-7:30 pm	9:15-10:15 am 10:15-11:15 am 5:30-6:30 pm	5:30-6:30 pm 6:30-7:30 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
<b>JUNIOR KINDER STARS</b> 3 - 4 Years Old—Boys & Girls 60 Minute Class	5:30-6:30 pm	9:15-10:15 am 10:15-11:15 am 5:30-6:30 pm 6:30-7:30 pm	9:15-10:15 am 10:15-11:15 am 5:30-6:30 pm	5:30-6:30 pm 6:30-7:30 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
<b>SENIOR KINDER STARS</b> 4 - 5 Years Old—Boys & Girls 60 Minute Class	5:30-6:30 pm	9:15-10:15 am 10:15-11:15 am 5:30-6:30 pm 6:30-7:30 pm	9:15-10:15 am 10:15-11:15 am 5:30-6:30 pm	5:30-6:30 pm 6:30-7:30 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
<b>PRE-ELITE 1</b> 4 - 5 Years Old—Girls 90 Minute Class	5:30-7:00 pm	9:15-10:45 am 5:30-7:00 pm	9:15-10:45 am 5:30-7:00 pm	5:30-7:00 pm	9:00-10:30 am 11:30-1:00 pm
<b>SHOOTING STARS</b> 5 - 6 Years Old—Girls 2 Hour Class	6:30-8:30 pm	5:00-7:00 pm	6:30-8:30 pm	5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm 1:00-3:00 pm
<b>PRE-ELITE 2</b> 4 - 6 Years Old—Girls 90 Minute Class—2X Per Week	5:30-7:00 pm	5:30-7:00 pm	5:30-7:00 pm	5:30-7:00 pm	9:00-10:30 am 11:30-1:00 pm
<b>STARS IN PROGRESS</b> 5 - 7 Years Old—Boys & Girls 2 Hour Class	6:30-8:30 pm	5:00-7:00 pm	5:00-7:00 pm	5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm 1:00-3:00 pm
<b>FUTURE STARS</b> 7 - 9 Years Old—Girls 2 Hour Class	6:30-8:30 pm	5:00-7:00 pm	6:30-8:30 pm	5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm 1:00-3:00 pm
<b>TUMBLE STARS</b> 7 - 10 Years Old—Girls 90 Minute Class		7:30-9:00 pm		7:30-9:00pm	
<b>PRE-TEENS</b> 10 - 13 Years Old—Girls 2 Hour Class		5:00-7:00 pm		5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm 1:00-3:00 pm
<b>COMPETITIVE WORKSHOP -7 Years Old—Girls Only</b>					
"A" Level—3X per week					
"B" Level—2X per Week		6:45-9:00 pm		6:45-9:00 pm	1:30-3:45
"C" Level—1X per Week					



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

## 2008—2009 GYMSTARS REGISTRATION FORM

PLEASE PRINT

Child's Last Name: \_\_\_\_\_ Female  Male

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_ Year Month Day

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Are there any medical conditions or allergies that the club should know about? YES  NO




Please specify: \_\_\_\_\_

Emergency Contact (Other than home/cell phone numbers):

Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Program: \_\_\_\_\_ Start Date: \_\_\_\_\_  
Day: \_\_\_\_\_ Time: \_\_\_\_\_

<b>ANNUAL REGISTRATION</b>	<b>SESSION REGISTRATION</b>	<b>MONTHLY REGISTRATION</b>
1 Payment of \$ _____	2 Payments of \$ _____	10 Payments of \$ _____
Payment Method: _____	Sept: _____ Dec: _____ Payment Method: _____	Payment Method: _____
Parent Initials: _____	Parent Initials: _____	Parent Initials: _____

   Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name of Cardholder: \_\_\_\_\_ Signature: \_\_\_\_\_

Other Payment Method: \_\_\_\_\_

I will require a tax receipt.

**THIS FORM HAS TWO PAGES. PLEASE READ AND SIGN PAGE 2 AS BOTH PAGES MUST BE SUBMITTED AT TIME OF REGISTRATION.**



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

Hamilton Gymstars Gymnastics Inc. ★ Hamilton Mountain Gym Elite Gymnastics Inc.

## **PARENT/GUARDIAN CONSENT OF PARTICIPATION AND WAIVER**

By submitting and signing this form, I acknowledge that I am aware that there are risks associated with gymnastics. I warrant that the participant named on this information form, is physically fit to participate in gymnastics. I declare that I have accurately disclosed all information regarding physical, mental or medical conditions affecting the named participant and acknowledge that this information may be used by the Club/Gymnastics Ontario in the delivery of a gymnastics program. I acknowledge that there is a potential risk of injury involved in training and competing in any sport. I understand that Gymnastics Ontario has tried to create a safe and controlled environment for participation and the Hamilton Gymstars Gymnastics Inc. has established rules for participation on and about the gymnastics area that must be followed by the participant. I understand that failure to comply with any of the policies and rules of the Club and/or Gymnastics Ontario may result in suspension or termination of membership. I waive the rights of the participant to damages or other costs in the event injury is caused due to participation in gymnastics or other involvement with the Club or Federation.

## **PERSONAL INFORMATION PROTECTION AND ELECTRONIC DOCUMENTS ACT (PIPEDA) RELEASE**

On this form, you may be asked to provide information that personally identifies you and/or your child and all us to contact you. Through your completion of this form, Gymnastics Ontario and the Hamilton Mountain Gymnastics Center, Hamilton Gymstars Gymnastics and Hamilton Mountain Gym Elite Gymnastics may also collect certain information, such as your address, phone and e-mail address to share with other Gymnastics Ontario member clubs and the general public both on our website and in hard copy. This information will be used only to ensure proper operation and to maintain quality of service.

Gymnastics Ontario, Hamilton Mountain Gymnastics Centre, Hamilton Gymstars Gymnastics and Hamilton Mountain Gym Elite Gymnastics will not share any personal information with third parties without your permission, other than if required to do so by law, or in a good faith belief that such disclosure is necessary to either comply with the law, prepare and defend the rights or property of Gymnastics Ontario, or to protect a user of our Web Site. Hamilton Mountain Gymnastics Center, Hamilton Gymstars Gymnastics and Hamilton Mountain Gym Elite Gymnastics are responsible for the personal information you provide to us. We will ensure that all personal information is handled in a confidential manner and all reasonable precautions are take to avoid loss, theft or unauthorized access, disclosure, copying, use of modification.

## **GYMNASTICS ONTARIO IMAGE RELEASE FORM**

Participants at any event in which Gymnastics Ontario is involved may have their image, likeness, name, (excluding personal address, phone, fax number, and/or email address), club, province, city/town, as well as rank within Canada and previous performing, competitive, judging choreographing or coaching history used in publications and on the internet by Gymnastics Ontario as well as its agents and sponsors from time to time. When signing this form, gymnasts, volunteers, coaches, judges and, in the case of minors, their parent/ guardian, agree that they have the authority to provide this authorization/approval to Gymnastics Ontario and its agents, and sanctioned organizing committees. A facsimile, a scanned and emailed copy, or a photocopy of this form shall be deemed to constitute an original signed document.

**I have read the Club Policies, and the releases outlined on this document, and agree to be bound by them. I allow the use of personal information as outlined above, and image on Gymnastics Ontario and Gymnastics Canada Media, including news release, newsletter, website, poster, brochure, video, sponsorship packages.**

Gymnast's Name: \_\_\_\_\_ Date: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name of Parent/Guardian of participant  
if the participant is under 18 years of age: \_\_\_\_\_

Signature of Parent/Guardian of participant  
if the participant is under 18 years of age: \_\_\_\_\_