



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

## 2018—2019 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>PRE-SCHOOL AGE GYMNASTICS PROGRAMS (ages are as of September 2018)</b>					
<b>BABY STARS</b> 16-30 Months—Boys & Girls 30 Minute Class		5:30-6:00 pm		5:30-6:00pm	9:00-9:30 am 9:30-10:00 am 10:15-10:45 am
<b>TODDLER STARS</b> 2 1/2 - 3 1/2 Years—Boys & Girls 60 Minute Class	5:00-6:00pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm		5:00-6:00 pm 6:00-7:00 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
<b>JUNIOR KINDER STARS</b> 3 1/2 - 4 Years Old—Boys & Girls 60 Minute Class	5:00-6:00pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	5:30-6:30 pm	5:00-6:00 pm 6:00-7:00 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	5:00-6:00pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	5:30-6:30 pm	5:00-6:00 pm 6:00-7:00 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
<b>SCHOOL AGE GYMNASTICS PROGRAMS</b>					
<b>STARS IN PROGRESS</b> 2 Hour Class Girls born 2013, 2012, 2011	5:00-7:00pm 6:45-8:45pm	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
<b>FUTURE STARS</b> 2 Hour Class Girls born 2011, 2010, 2009	5:00-7:00pm 6:45-8:45pm	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
<b>PRE-TEENS</b> 2 Hour Class Girls born 2008, 2007, 2006	6:45-8:45pm	5:00-7:00 pm		5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm
<b>SEMI-PRIVATE CLASSES</b>  <b>CALL/ E-MAIL FOR PRICES</b>	<b>3-4 KIDS IN A CLASS CAN BE ADDED AT YOUR REQUEST</b>				



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PROGRAMS BY INVITATION OR TESTING</b>						
<b>STAR-ELITE</b> (2X2 hours per week-Mon/Fri or Wed/Sat) Girls born 2014, 2013, 2012	4:45-6:45pm		4:45-6:45pm		4:45-6:45pm	11:30-1:30pm
<b>PRE COMPETITIVE 1</b> 1X per Week—4 Hour Class	4:45-8:45pm					
<b>PRE COMPETITIVE 2</b> 2X per Week—3 Hour Class 6 Hours/Week			4:45-7:45pm		4:45-7:45pm	
<b>COMPETITIVE GYMNASTICS PROGRAM</b>						
<b>COMPETITIVE WORKSHOP</b> Girls born 2012, 2011, 2010, 2009,2008 Workshop 2—2X per Week 2 Hour 15 Min Class		6:45-9:00 pm		6:45-9:00 pm		1:45-4:00pm
<b>INTERCLUB 1</b> 2X per Week—4 Hour Class—8 Hours/Week			4:45-8:45 pm		4:45-8:45pm	
<b>SPORTS AEROBICS WORKSHOP</b> Girls 2007 or older 2X per Week—2 Hour 15 Min Class	6:45-9:00 pm		6:45-8:45 pm		6:45-9:00 pm	1:45m-4pm
<b>PRIVATE LESSONS AVAILABLE BY REQUEST</b>						
<b>SPECIAL PROGRAMS</b>						
ASPIRE: A program for gymnasts active in the Competitive Workshop or Sports Aerobics Workshop interested in the Coach-in-Training program and gaining experience to become a coach.						