



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

## 2020—2021 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>PRE-SCHOOL AGE GYMNASTICS PROGRAMS (ages are as of September 20120)</b>					
<p><b>KIDS-IN-MOTION</b>            20 months –6 years)—Boys &amp; Girls            60 Minute Class  <b>Level 1</b> (20-30 months)  <b>Level 2</b> (3-4 years)  <b>Level 3</b> ( 4-5 years)  <b>Level 4</b> ( 5-6 years)            Levels run simultaneously            For more information check the program description</p>	5:00-6:00pm	5:00-6:00 pm		5:00-6:00pm	9:00-10:00 am
<b>SCHOOL AGE GYMNASTICS PROGRAMS</b>					
<p><b>STARS-IN-MOTION</b>            90 minutes class            Girls born 2014, 2013,2012, 2011, 2010, 2009            Level 1 ( 6-7 years )            Level 2 ( 8-9 years)            Level 3 ( 10-12 years)            Levels run simultaneously            For more information check the program description</p>	5:00-6:30pm	5:00-6:30pm		5:00-6:30pm	
<p><b>STARS IN PROGRESS</b>            2 Hour Class            Girls born 2014, 2013</p>	5:00-7:00pm 7:00-9:00pm		5:00-7:00pm 7:00-9:00pm		10:30- 12:30pm 1:30pm-3:30pm
<p><b>FUTURE STARS</b>            2 Hour Class            Girls born 2012, 2011</p>	5:00-7:00pm 7:00-9:00pm		5:00-7:00pm 7:00-9:00pm		10:30- 12:30pm 1:30pm-3:30pm
<p><b>PRE-TEENS</b>            2 Hour Class            Girls born 2010, 2009, 2008</p>	5:00-7:00pm 7:00-9:00pm		5:00-7:00pm 7:00-9:00pm		10:30- 12:30pm 1:30pm-3:30pm
<p><b>SEMI-PRIVATE CLASSES</b>   <b>CALL/ E-MAIL FOR PRICES</b></p>	<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>PRE-WORKSHOP</b> 2 1/2 hours class Girls born 2015, 2014, 2013, 2012						1pm-3:30pm
<b>COMPETITIVE GYMNASTICS PROGRAM</b>						
<b>COMPETITIVE WORKSHOP</b> 2X per week –2 1/2 class– 5 hours per week For Girls born 2013, 2012, 2011, 2010, 2009, 2008,		6:30pm-9pm		6:30-9pm		
<b>ADVANCED COMPETITIVE WORKSHOP</b> 3X per week– 2 1/2 hour class– 7.5 hours per week		6:30pm-9pm		6:30pm-9pm		1:00-3:30pm
<b>INTERCLUB 2</b> 2X per Week—4 hour class— 8 Hours/Week			4:45-8:45 pm		4:45-8:45 pm	
<b>INTERCLUB 3</b> 3X per week—4 hours class – 12 hours per week	4:45– 8:45pm		4:45-8:45pm		4:45– 8:45pm	
<b>SPORTS AEROBICS WORKSHOP</b> Girls 2008 or older 2X per Week—2 hour 15 Min Class 5 hours per week	6:30-9:00 pm				6:30-9:00 pm	
<b>PRIVATE &amp; SEMI-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.						
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