



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

## 2021—2022 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>PRE-SCHOOL AGE GYMNASTICS PROGRAMS (ages are as of September 2021)</b>					
<b>TODDLER STARS</b> 20 months to 3 Years—Boys & Girls 60 Minute Class	5:00-6:00pm 6:15-7:15pm	4:00-5:00 pm 5:15-6:15 pm	5:00-6:00pm 6:15-7:15pm	4:00-5:00 pm 5:15-6:15 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	5:00-6:00pm 6:15-7:15pm	4:00-5:00 pm 5:15-6:15 pm	5:00-6:00pm 6:15-7:15pm	4:00-5:00 pm 5:15-6:15 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
<b>SENIOR KINDER STARS</b> 4 - 6 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	5:00-6:00 pm 6:00-7:00pm	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-MOTION 1</b> Girls & Boys 5-6 years old <b>STARS-IN-MOTION 2</b> Girls 7 & 8 years old 90 minutes class		5-6:30pm		5-6:30pm	
<b>STARS IN PROGRESS</b> 2 Hour Class Girls 5-7 years old	5:00-7:00pm 7:00-9:00pm		5:00-7:00pm 7:00-9:00pm		9:00-11:00 am 11:30-1:30 pm
<b>FUTURE STARS</b> 2 Hour Class Girls 7-9 years old	5:00-7:00pm 7:00-9:00pm		5:00-7:00pm 7:00-9:00pm		9:00-11:00 am 11:30-1:30 pm
<b>PRE-TEENS</b> 2 Hour Class Girls 10-12 years old	5:00-7:00pm 7:00-9:00pm		5:00-7:00pm 7:00-9:00pm		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> <b>You must register all kids at the same time</b>				



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<b>PROGRAMS BY INVITATION OR TESTING</b>					
<b>PRE COMPETITIVE</b> Girls born 2016, 2015, 2014 2X per Week—1 1/2 hour Class 3 hours/Week		5:00-6:30pm		5:00-6:30pm	
<b>COMPETITIVE GYMNASTICS PROGRAM</b>					
<b>COMPETITIVE WORKSHOP</b> Girls born 2014, 2013, 2012, 2011, 2010 2X per Week-2 1/2 hour 5 hours/week		6:30-9:00 pm		6:30-9:00 pm	
<b>ADVANCED COMPETITIVE WORKSHOP</b> 3x per week-2 1/2 hours 7.5 hours/week		6:30-9:00pm		6:30-9:00pm	1:30-4:00pm
<b>ELITE</b> 3X per Week 9 Hours/Week		6:30-9:00pm		6:30-9:00pm	1:00-5:00pm
<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 Elite interested in the Coach-in-Training program and gaining experience to become a coach.					