



HAMILTON MOUNTAIN GYMNASTICS CENTRE

2021—2022 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Saturday
PRE-SCHOOL AGE GYMNASTICS PROGRAMS (ages are as of September 2021)					
TODDLER STARS 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
JUNIOR KINDER STARS 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
SENIOR KINDER STARS 4 - 6 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	5:00-6:00 pm 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
SCHOOL AGE GYMNASTICS PROGRAMS					
STARS-IN-MOTION 1 Girls & Boys 5-6 years old STARS-IN-MOTION 2 Girls 7 & 8 years old 90 minutes class		5-6:30pm		5-6:30pm	
STARS IN PROGRESS 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
FUTURE STARS 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
PRE-TEENS 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
SEMI-PRIVATE CLASSES CALL/ E-MAIL FOR PRICES	3-4 KIDS IN A CLASS CAN BE ADDED AT YOUR REQUEST You must register all kids at the same time				



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	Monday	Tuesday	Wednesday	Thursday	Saturday
PROGRAMS BY INVITATION OR TESTING					
PRE COMPETITIVE Girls born 2016, 2015, 2014 2X per Week—1 1/2 hour Class 3 hours/Week		5:00-6:30pm		5:00-6:30pm	
COMPETITIVE GYMNASTICS PROGRAM					
COMPETITIVE WORKSHOP 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	
ADVANCED COMPETITIVE WORKSHOP 3x per week-2 1/2 hours 7.5 hours/week		6:30-9:00pm		6:30-9:00pm	1:30-4:00pm
ELITE 3X per Week 9 Hours/Week		6:30-9:00pm		6:30-9:00pm	1:00-5:00pm
PRIVATE & SEMI-PRIVATE LESSONS AVAILABLE BY REQUEST					
SPECIAL PROGRAMS					
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.					