



# HAMILTON MOUNTAIN GYMNASTICS CENTRE

## 2022—2023 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
<b>PRE-SCHOOL AGE GYMNASTICS PROGRAMS * P=prime-time ( extra fee) * T= Tiny class ( 45 min)</b>						
<b>TODDLER STARS</b> 20 months -3 Years—Boys & Girls 45 Min-60 Min Class	5:00-6:00pm (P) 6:00-7:00pm	4:00-5:00 pm 5:00-5:45 pm (T) 5:45-6:30pm (T)	5:00-6:00pm (P) 6:00-7:00pm	4:00-5:00 pm 5:00-5:45 pm (T) 5:45-6:30pm (T)		9:00-10:00 am (P) 10:15-11:15 am (P) 11:30-12:30 pm
<b>JUNIOR KINDER STARS</b> 3- 4 Years Old—Boys & Girls 45 Min-60 Min Class	5:00-6:00pm (P) 6:00-7:00pm	4:00-5:00 pm 5:00-5:45pm (T) 5:45-6:30pm (T)	5:00-6:00pm (P) 6:00-7:00pm	4:00-5:00 pm 5:00-5:45pm (T) 5:45-6:30pm (T)		9:00-10:00 am (P) 10:15-11:15 am (P) 11:30-12:30 pm
<b>SENIOR KINDER STARS</b> 4 - 4 1/2 Years Old—Boys & Girls 60 Minute Class	5:00-6:00pm (P) 6:00-7:00pm	4:00-5:00 pm	5:00-6:00 pm (P) 6:00-7:00pm	4:00-5:00 pm		9:00-10:00 am (P) 10:15-11:15 am (P) 11:30-12:30 pm
<b>SCHOOL AGE GYMNASTICS PROGRAMS</b> *P=prime time ( extra fee)						
<b>STARS-IN-MOTION</b> Girls & Boys 5-6 years old 90 minutes class		5-6:30pm		5-6:30pm		
<b>STARS IN PROGRESS</b> 2 Hours Class Girls 5-7 years old	5:00-7:00pm (P) 7:00-9:00pm		5:00-7:00pm (P) 7:00-9:00pm			9:00-11:00 am (P) 11:30-1:30 pm
<b>FUTURE STARS</b> 2 Hours Class Girls 7-9 years old	5:00-7:00pm (P) 7:00-9:00pm		5:00-7:00pm (P) 7:00-9:00pm			9:00-11:00 am (P) 11:30-1:30 pm
<b>PRE-TEENS</b> 2 Hours Class Girls 10-12 years old	5:00-7:00pm (P) 7:00-9:00pm		5:00-7:00pm (P) 7:00-9:00pm			9:00-11:00 am (P) 11:30-1:30 pm
<b>FAMILY DROP-IN CLASS</b>	<b>Check the website for more details</b>					

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## 2022—2023 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PROGRAMS BY INVITATION OR TESTING</b>						
<b>PRE COMPETITIVE</b> Girls born 2018, 2017, 2016 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 2015, 2014, 2013, 2012, 2011, 2010 2X per Week-2 1/2 hour 5 hours/week		6:30-9:00 pm		6:30-9pm		
<b>ADVANCED COMPETITIVE WORKSHOP</b> 3x per week-2 1/2 hours 7.5 hours/week Specific age requirements		6:30-9:00pm		6:30-9pm		1:30-4:00pm
<b>ADVANCED COMPETITIVE WORKSHOP</b> 3x per week-2 1/2 hours 7.5 hours/week Specific age requirements			6:30-9pm		6:30-9pm	11am-1:30pm
<b>SPECIAL PROGRAMS : ASPIRE is a program for older gymnasts in our CIT program that offers them some training with the study of becoming coaches</b>						
30 Harlowe Road★Hamilton Ontario★L8W 3R6★Tel: 905.385.5981 <a href="http://www.hamiltonstargymnastics.com">www.hamiltonstargymnastics.com</a>						