



HAMILTON MOUNTAIN GYMNASTICS CENTRE

2022—2023 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
PRE-SCHOOL AGE GYMNASTICS PROGRAMS * P=prime-time (extra fee) * T= Tiny class (45 min)						
TODDLER STARS 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
JUNIOR KINDER STARS 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
SENIOR KINDER STARS 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
SCHOOL AGE GYMNASTICS PROGRAMS *P=prime time (extra fee)						
STARS-IN-MOTION Girls & Boys 5-6 years old 90 minutes class		5-6:30pm		5-6:30pm		
STARS IN PROGRESS 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
FUTURE STARS 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
PRE-TEENS 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
FAMILY DROP-IN CLASS	Check the website for more details					

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PROGRAMS BY INVITATION OR TESTING						
MINI-WORKSHOP Girls born 2018, 2017, 2016 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 2015, 2014, 2013, 2012, 2011, 2010 2X per Week-2 1/2 hour 5 hours/week		6:30-9:00 pm		6:30-9pm		
ADVANCED COMPETITIVE WORKSHOP 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
ADVANCED COMPETITIVE WORKSHOP 3x per week-2 1/2 hours 7.5 hours/week Specific age requirements			6:30-9pm		6:30-9pm	11am-1:30pm
SPECIAL PROGRAMS : CIT-TRAINING is a program for older gymnasts in our CIT program that offers them some training with the study of becoming coaches						
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