

Registration

There are 3 ways to register for classes:

- Call HAC at 442-6782
- Go to hacmt.com and click "Member Login"
- E-mail office@hacmt.com

Class enrollment is only guaranteed when full payment has been received. On-line payments are accepted once a family account has been created and charges processed. HAC also accepts checks (made out to HAC), Visa and MasterCard in the office. A \$25 registration fee is due at time of first enrollment for new families and annually for existing members. Auto-pay enrollment is available through secure server Authorize.net. Enroll on-line or pick-up a form from the front office.

Policies

- Students may participate in one free trial preschool or recreational class prior to registration based on class availability.
- No refunds.
- Siblings, parents and spectators can not be on the floor and should observe class from the mezzanine.

Open Gym

Most Fridays beginning September 14th, youngsters can enjoy supervised play in Gymtrix from 9:30-11:30 a.m. and the entire gym will be supervised evenings for ages 10 and under from 6:00-7:30 p.m., and for ages 11 and up from 7:30-9:00 p.m. See our website or Facebook page for exact schedule. \$8 per visit or \$70 for a 10-visit punch card. Participants must have a signed consent form on file. Ages 8 and under must be accompanied by a supervising adult. Adults not allowed on apparatus or in the foam pits.

Birthday Parties

View available times, packages and book your party at hacmt.com.



Office Hours

Monday-Thursday, 9:00-Noon and 2:30-7:00 p.m.

Location: 3340 McHugh Lane

Mailing address: PO Box 5659, Helena, MT 59604

Call us at: (406) 442-6782

Visit on-line at: hacmt.com



PO Box 5659
Helena, MT 59604

Welcome

At HAC organization is paramount. We strive to cover all the major and minor details: from the layout of the equipment to allow for safe traffic flow, event rotations, and a productive and progressive curriculum. The facility, opened in May 2014, also gives the community options in early childhood education and an enriching after school program. Our lobby and mezzanine are comfortable and our staff always helpful. The gym's central location on McHugh Lane is convenient for a quick trip to the many stores between McHugh and Montana. Feel free to run some errands while your son or daughter enjoys class!

With so much to offer, discover why Helena Athletic Club is the perfect fit for you family. Learn more at hacmt.com



2018-2019 General Info
classes · schedule · fees



Developmental Classes

HAC's developmental program is designed to teach the proper techniques and perfect the fundamentals of basic gymnastics and cheerleading. All classes will be held in Gymtrix.

Class	Age	Fee	Times	Details
Two Can Tumble 30 min	20-36 mos	\$54 /mo	Mon. 9:30, 5:00 Tues. 11:00, 4:30, 5:45 Wed. 10:00, 6:00 Thur. 11:00, 5:00	A parent or adult "sidekick" accompanies each child through class.
Gym Tykes 45 min	3-4 yrs	\$58 /mo	Mon. 5:00, 5:45, 6:00 Tues. 11:30, 4:00, 5:00, 6:15 Wed. 11:30, 4:00, 5:30, 6:15 Thur. 9:45, 4:00, 4:15, 5:15	Youngsters become familiar with basic skills and body positions.
Kinder Trix 1 hour	5-6 yrs	\$61 /mo	Mon. 4:00, 6:30 Tues. 10:00, 4:00, 5:00, 5:45 Wed. 4:00, 5:00 Thur. 6:00	A class to perfect basic skills plus flexibility and strength exercises.
Basix 1 hour	6 yrs & up	\$61 /mo	Mon. 4:00, 5:00, 5:30, 6:30 Tues. 4:00, 5:00, 6:00, 6:15 Wed. 4:00, 4:30, 6:00, 6:30 Thur. 4:00, 5:00, 6:00	Beginning gymnastics for boys and girls with little or no experience.
Rough & Tumble 1 hour	6 yrs & up	\$61 /mo	Mon. 6:00 Thur. 6:00	For boys only. Best for students with some prior experience & knowledge of basic boy positions.

CALENDAR: First day of class: **September 4**
 There will be **no class** on the following days:
 Thanksgiving: **November 21-23, 2018**
 Winter Break: **December 24, 2018-January 1, 2019**
 Spring Break: **March 25-29, 2019**
 Memorial Day: **May 27, 2019**
 Last day of class: **May 31, 2019**

Recreational Classes • A specialized block of classes for athletes with proper understanding of body mechanics and who have perfected certain prerequisite skills. Some are geared towards competition prep while others are focused on certain apparatus or skills. Classes will be held in Gymtrix and the team gym.

Class	Age	Fee	Times	Details
BasixPlus 90 min <i>May enroll in multiple classes per week: 2x/wk is \$105 or 3x/wk is \$125</i>	6-12 yrs	\$80 /mo	Mon. 5:30 Tues. 4:30 Wed. 4:00 Thur. 5:45	Basic skills with a higher focus on form and technique plus extra time on conditioning and flexibility. Considered a Level 1 on the competitive track.
Intermediate 1 hour <i>Two classes per week required</i>	6 yrs & up	\$95 /mo	Mon. & Wed. 5:45 Tues. & Thur. 4:00	For girls with 1+ years experience. Coach's recommendation or completed Basix progress card required.
Intramural Series	varies	\$150/ session	Sat. 9-11:00	Open to Intermediate and BasixPlus students. Approximately 6 clinics and 3 intramural events held Oct-March. Exact dates TBA. Register separately in late September.

Cheerleading Classes • Great recreational and competitive cheerleading opportunities for ages 3-18. Perfect for girls and boys that prefer to cheer short term or are passionate about the sport and working to cheer in high school or college.

Class	Age	Fee	Times	Details
Mustangs Prep Rubies	5-11 yrs	\$80 /mo	Mon. 4:00-5:30 Wed. Tumbling 4:00-5:00	The perfect intro to all-star cheerleading! Includes local performances plus two introductory competitions in Belgrade and Helena (March & April). Two \$95 installments cover uniform and athlete event fees.
Mustangs All-Stars Diamonds, Platinum and Sapphires Duration varies	7-18 yrs	\$65-105/ mo	Varies Mon., Wed. & Fri.	By tryout only; see hacmt.com "Teams" or email the gym for more details.
Small Fry Cheerleading Registration limited and closes mid-August.	3-8 grade	\$135/ session	Wed. & Thur. 5:30-7:00	A great sideline cheerleading program: the session runs mid-August to October. Teams cheer for Small Fry Football games Saturday mornings. The season culminates with halftime performances at the championship game at Vigilante Stadium in mid-October. Fee includes rental uniform and pom-poms, hair bow and t-shirt to keep.

Total Ninja Training • The popular Total Ninja Training summer camp continues into a school year class working on coordination, agility, strength, balance and flexibility. Trampoline, warp wall, foam pit, acro skills plus hanging and static obstacles are part of each class. Progression is charted by skill, speed and accuracy through different challenges. Classes are co-ed and grouped by age. Alternate class placements may be made according to experience or skill.

Class	Age	Fee	Times	Details
Stage 1 60 min	6-8 yrs	\$61 /mo	Tues. 6:00	Basic to intermediate balance challenges and obstacles, beginning acro skills and beginning swinging/climbing challenges. Some flexibility work.
Stage 2 60 min	9-10 yrs	\$61 /mo	Wed. 6:00	Intermediate to advanced balance challenges, increased agility obstacles, intermediate acro skills and increased swinging, grip and climbing challenges with increasing flexibility work.
Stage 3 60 min	11-13 yrs	\$61 /mo	Thur. 6:00	Advanced to difficult balance, agility, swinging, grip and climbing challenges. Advanced flipping and twisting acro skills.