

## 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 a secure server. Enroll on-line or pick up a tutorial in the office. Two weeks notice is required to terminate auto-pay in the office or un-enroll online before the first of the month.

## 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 13th, 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 Ave. 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



**HAC**  
HELENA ATHLETIC CLUB

Gymtrix

2019-2020  
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
<b>Two Can Tumble</b> 30 min	20-36 mos	\$55 /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.
<b>Gym Tykes</b> 45 min	3-4 yrs	\$59 /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.
<b>Kinder Trix</b> 1 hour	5-6 yrs	\$63 /mo	Mon. 4:00, 6:30 Tues. 10:00, 4:00, 5:00, 5:45 Wed. 4:00, 5:00, 5:45 Thur. 6:00	A class to perfect basic skills plus flexibility and strength exercises.
<b>Basix</b> 1 hour	6 yrs & up	\$63 /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.
<b>Rough &amp; Tumble</b> 1 hour	6 yrs & up	\$63 /mo	Mon. 6:00 Thur. 6:00	For boys only. Best for students with some prior experience & knowledge of basic boy positions.

## 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
<b>BasixPlus</b> 90 min <i>May enroll in multiple classes per week: 2x/wk is \$110 or 3x/wk is \$130</i>	6-12 yrs	\$82 /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.
<b>Intermediate</b> 75 min <i>Two classes per week required</i>	6 yrs & up	\$105 /mo	Mon. & Wed. 5:45 Tues. & Thur. 4:00	For girls with 1+ years experience. Coach's recommendation or completed Basix progress card required.
<b>Intramural Series</b>	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
<b>Mustangs Prep Rubies</b>	5-11 yrs	\$85 /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.
<b>Mustangs All-Stars Diamonds, Platinum and Sapphires</b> 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.
<b>Small Fry Cheerleading</b> Registration limited and closes mid-August.	3-8 grade	\$150/ 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.

## CALENDAR:

First day of class: **September 3**

There will be **no class** on the following days:

Thanksgiving: **November 27-29, 2019**

Winter Break: **December 23, 2019-January 3, 2020**

Spring Break: **March 30-April 3, 2020**

Memorial Day: **May 25, 2020**

Last day of class: **June 5, 2020**

