

Summer 2020 at **HAC**

HELENA ATHLETIC CLUB



EXTENDED DAY OPTION
Drop off starting at 7:30 a.m..
pick-up until 5:30 p.m. for \$20 per week

June

WEEK		Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	KidzClub: Summer Magic	14	15	16	17	18	19	20
	A.M. Skills Camp: Flip Factory							
	P.M. Skills Camp: Total Ninja Training							
2	KidzClub: What's Cooking?	21	22	23	24	25	26	27
	Tree House: Dirt Disaster							
	A.M. Skills Camp: Gym Jam							
3	KidzClub: Creatures of the Night	28	29	30	1	2	3	4
	A.M. Skills Camp: Just Dance!							
	P.M. Skills Camp: Pre-team Clinic M-W-Th							

KidzClub
8:30 am - 4:30 pm | Full-day camp for ages 5 - 11 | \$230

Tree House
8:30 am - noon | Half-day camp for ages 3 - 5 | \$115

Morning Session Super Skills Camp
8:30 am - noon | Half-day camp for ages 6+ | \$115

July

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	KidzClub: Art Works!	5	6	7	8	9	10	11
	Tree House: Goin' Buggy							
5	KidzClub: Secret Spy Agents	12	13	14	15	16	17	18
	A.M. Skills Camp: Mustangs Madness							
	P.M. Skills Camp: Flip Factory							
6	KidzClub: Fun on the Farm	19	20	21	22	23	24	25
	P.M. Skills Camp: Gym Jam							
7	KidzClub: Olympic Dreams	26	27	28	29	30	31	1
	A.M. Skills Camp: Total Ninja Training							

Afternoon Session Super Skills Camp
1 - 4:30 pm | Half-day camp for ages 6+ | \$115

Friday Open Gym
6-7:30 pm | Ages 10 and under entire gym
7:30-9 pm | Ages 11 and up entire gym
\$8 per visit per child
6/26, 7/24, 8/28

Parent's Night Out
5-9 pm | Pizza dinner, games, open gym
registration required
\$30/child \$25/siblings
6/13, 7/11, 8/8

August

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	KidzClub: Animal Planet	2	3	4	5	6	7	8
	Tree House: Time Travelers							
	A.M. Skills Camp: Gym Jam							
9	KidzClub: Big Sky Country	9	10	11	12	13	14	15
	A.M. Skills Camp: Flip Factory							
	P.M. Skills Camp: Pre-team Clinic M-W-Th							
10	KidzClub: Let's Camp	16	17	18	19	20	21	22
	A.M. Skills Camp: Mustangs Madness							
	P.M. Skills Camp: Gym Jam							

Small Fry
6 pm | Parent Meeting/Uniform Fitting, 8/10
Practice begins same week
Schedule TBA | \$150

See website for weekly camp details and field trips.
Hurry! Enrollment is limited.
hacmt.com

GIVE YOUR KIDS A **SUPER SUMMER**: Full camp package includes any combination of camps every week for the whole summer including extended day. Super Summer is billed \$650 per month, up to \$500 savings.



(406) 442-6782
3340 McHugh Lane





What's a Day at HAC Summer Camp like?

Each day begins with Open Gym while all the campers arrive and check in. The group is split and both enjoy crafts, games, snack (provided at all camps) and a trip to the park before noon. **Make sure your camper brings sunscreen, water bottle and lunch for full-day campers!**

Full-day campers eat at the gym every day around 12:00. Themed field trips are scheduled on Tuesday and/or Thursday. See online camp description for weekly field trips. Campers head straight to the park and the Last Chance Splash after lunch every Wednesday, weather permitting.

Afternoons are spent with a little quiet time for coloring and reading then more free play, crafts and games.

Skills Camps

Gym Jam - This gymnastics camp for recreational students includes time on all apparatus with plenty of circuits, skills and drills for the beginning or intermediate gymnast.

Just Dance - For lovers of music and movement! Campers enjoy working with different genres, exploring rhythm, artistry and creative expression. The week ends with a dance showcase for friends and family.

Flip Factory - Everything upside down! This tumbling and trampoline camp is perfect for learning or perfecting handsprings, tucks and more.

Total Ninja Training - An action-packed week of agility, strength and flexibility training all on various fun indoor and outdoor obstacle courses.

Mustangs Madness - This ultimate cheer camp teaches jumps, stunts, tumbling and dance set to a choreographed routine and performed for friends and family in a Friday showcase.

Small Fry Cheerleading

Small Fry Cheerleading is open to girls entering grades 3-8. This 10-week session is a perfect short-term season of sideline cheerleading. Teams cheer every Saturday beginning after Labor Day weekend and finish with the championship games at Vigilante Stadium including a half-time performance! Participant fee is \$150 and covers uniform and pom-poms to rent, hair bow and t-shirt to keep. Registration is open now and space is limited.

Evening Classes

	Age	Day	Details
Two Can Tumble 30 min	20-36 mos.	Mon. 4:30 Tues. 5:00 Thur. 5:30	A parent or adult "sidekick" accompanies each child through class. \$55
Gym Tykes 45 min	3-4 yrs	Mon. 5:00, 6:00 Tues. 4:00 Wed. 5:00 Thur. 5:15, 6:00	Youngsters become familiar with basic skills and body positions. \$59
Kinder Trix 1 hour	5-6 yrs	Mon. 5:45 Tues. 4:00, 5:00 Wed. 6:00 Thur. 5:00	A class to perfect basic skills, plus flexibility and strength exercises. \$63
Basix 1 hour	6 yrs & up	Mon. 4:00, 5:00 Tues. 4:30, 5:00, 6:00 Wed. 5:00, 6:00 Thur. 4:00, 4:30, 6:00	Beginning gymnastics for boys and girls with little or no experience. \$63
BasixPlus 90 min	6-12 yrs	See website	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. \$82
Intermediate 75 min	6 yrs & up	Mon. & Wed. 5:00 Tues. & Thur. 4:00	Level 2 class for gymnasts with at least one-year experience. Instructor approval required. Two days per week mandatory. \$105
Mustangs Cheerleading Time varies	6 yrs & up, varies by team	See website	Practices are scheduled over the summer and give cheerleaders an advantage when being placed on teams in the fall. Mustangs Pearl, Rubies, Diamonds, Sapphires teams named by age, experience and skill level.

Registration

There are 3 ways to register for camps and classes:

- Go to hacmt.com and click on "Member Login." View camps and classes by using the filters. Create an account to request enrollment.
- Call HAC at (406) 442-6782
- E-mail office@hacmt.com

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. There is no sibling discount or cash refund for summer camps; cancellations within two weeks will not receive account credit.

DEPOSIT: A \$50 deposit is due for full day camps two weeks before first day of camp; the remaining balance is due the first day. Any deposits not paid within two weeks of camp will forfeit enrollment. There is no deposit for half day camps.