

Registration

There are 3 ways to register for classes:

- Call HAC at 442-6782
- Go to hacmt.com and click "Customer Portal"
- 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.
- Make-up classes only offered for health considerations within 24 hours of missed class. Please notify in writing, via e-mail. Make-up "tokens" will be applied to family account and available for 4 weeks following the absence.
- Spectators for children 5 years old and under only allowed in mezzanine. Adults and siblings not allowed on the gym floor.



PO Box 5659
Helena, MT 59604

Community Health Considerations

- Parents must conduct health screens and no child may enter the gym who has had fever, cough or other related COVID or flu symptoms in prior 48 hours.
- Students must wash hands after entering the gym and prior to class.
- Masks required for spectators in the lobby and mezzanine area for children over 5 years and adults.
- Only one accompanying adult for children 5 and under.

Birthday Parties

Offered on a limited basis. Call for details.

Office Hours

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

📍 3340 McHugh Ln. 📧 PO Box 5659, Helena, MT 59604
☎ (406) 442-6782 🌐 hacmt.com

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



2020-2021 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	\$55 /mo	Mon. 5:00 Tues. 11:00, 4:00, 5:30 Wed. 9:30, 4:00, 6:00 Thur. 9:30, 5:00	A parent or adult "sidekick" accompanies each child through class.
Gym Tykes 45 min	3-4 yrs	\$60 /mo	Mon. 4:30 Tues. 11:30, 4:30, 6:15 Wed. 9:30, 5:30 Thur. 10:00, 4:30	Youngsters become familiar with basic skills and body positions.
Kinder Trix 1 hour	5-6 yrs	\$65 /mo	Mon. 5:30 Wed. 5:00 Thur. 6:00	A class to perfect basic skills plus flexibility and strength exercises.
Basix 1 hour	6 yrs & up	\$65 /mo	Mon. 4:00, 6:00, 6:30 Tues. 5:00, 6:00 Wed. 4:30, 6:15 Thur. 4:00, 5:30	Beginning gymnastics for boys and girls with little or no experience.

CALENDAR:

First day of class: **September 8, 2020**

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

Thanksgiving: **November 25-27**

Winter Break: **December 21, 2020-January 1, 2021**

Spring Break: **March 29-April 2**

Memorial Day: **May 31**

Last day of class: **June 4**

Offering mid-day classes (2:00-4:00 p.m.) plus other alternative learning and extracurricular opportunities scheduled throughout the day. Inquire for details!

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 \$115 or 3x/wk is \$135</i>	6-12 yrs	\$85 /mo	Mon. 4:00 Tues. 5:30 Wed. 5:00	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 90 min <i>Two classes per week required</i>	6 yrs & up	\$115 /mo	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 and Tumbling 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
Tumbling Levels 1-3	8 yrs & up	\$65 /mo	Wed. 4:30-5:30	The perfect class for athletes with some experience and working to improve their walkovers, handsprings and more!
iCheer	6-12 yrs	\$95 uniform fee due Nov. 1	Tues. 5:30-6:30	A local performance team only focusing on the basics and fundamentals of cheerleading.
Mustangs Prep Rubies	5-11 yrs	\$85 /mo	Mon. & Wed. 5:30-6:30	The perfect intro to all-star cheerleading! Includes local performances plus two introductory competitions in Belgrade and Helena (March & April).
Mustangs All-Stars Diamonds, Platinum and Sapphires Duration varies	7-18 yrs	\$65-105/ mo	Varies Mon., Wed. & Thur.	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	\$150/ session	Tues. & Thur. 5:00-6:15	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.