

Manjak's Gymnastics

2023 - 2024 PROGRAM INFORMATION

Programs running from September 2023 to June 2024!

30 Harlowe Drive, Hamilton

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2023 - 2024 PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PRE-SCHOOL AGE PROGRAMS							
TODDLER STARS CO-ED, 18 MTH – 3 YRS 60 MINUTES		5:00 - 6:00PM	5:00 - 6:00PM 6:00 - 7:00PM	5:00 - 6:00PM		9:00 - 10:00AM 10:15 - 11:15AM 11:30 - 12:30PM	
KINDERGYM JUNIOR CO-ED, 3 – 4 YRS 60 MINUTES	5:00 - 6:00PM 6:00 - 7:00PM	5:00 - 6:00PM 6:00 - 7:00PM	5:00 - 6:00PM 6:00 - 7:00PM	4:00 - 5:00PM 6:00 - 7:00PM		9:00 - 10:00AM 10:15 - 11:15AM 11:30 - 12:30PM	
KINDERGYM SENIOR CO-ED, 4 – 5 YRS 60 MINUTES	5:00 - 6:00PM 6:00 - 7:00PM	4:00 - 5:00PM	5:00 - 6:00PM 6:00 - 7:00PM	4:00 - 5:00PM		9:00 - 10:00AM 10:15 - 11:15AM 11:30 - 12:30PM	
SCHOOL AGE PROGRAMS							
STARS-IN-MOTION CO-ED, 5 – 6 YRS 90 MINUTES		5:00 - 6:30PM		5:00 - 6:30PM			
WONDERGIRLS (STARS IN PROGRESS) GIRLS 5 – 7 YRS 120 MINUTES	5:00 - 7:00PM 7:00 - 9:00PM		5:00 - 7:00PM 7:00 - 9:00PM		5:00 - 7:00PM 7:00 - 9:00PM	9:00 - 11:00AM 11:00 - 1:00PM	
GIRLS REC (FUTURE STARS) GIRLS 7 – 9 YRS 120 MINUTES	5:00 - 7:00PM 7:00 - 9:00PM	7:00 - 9:00PM	5:00 - 7:00PM 7:00 - 9:00PM	7:00 - 9:00PM	5:00 - 7:00PM 7:00 - 9:00PM	9:00 - 11:00AM 11:00 - 1:00PM	
PRE-TEENS GIRLS 10 – 12 120 MINUTES	7:00 - 9:00PM		5:00 - 7:00PM 7:00 - 9:00PM			9:00 - 11:00AM 11:00 - 1:00PM	
TEEN GYM GIRLS 13 + 120 MINUTES	7:00-9:00PM		7:00 - 9:00PM				
TUMBLING INT/ADV CO-ED 7 YRS + 120 MINUTES				7:00 - 9:00PM			
MINI-WORKSHOP (By invitation only) Girls Born 2016 - 2018 3 Hours Per Week 1 ½ Hours Twice a Week		5:00 - 6:30PM		5:00 - 6:30PM			

