



Fall Session:
Sept. 21 – Oct. 25

Registration Dates:
Member Registration:
September 9

Rate Guide:
F = Family Member
M = Member
N = Non-Member

Class Length:	F	M
45 min	\$67	\$108
60 min	\$78	\$118
90 min	\$117	\$157

YMCA of Metro North Gymnastics Center

PRESCHOOL GYMNASTICS

Parent/Child

45 mins; 18 months – 3 yrs
Tue: 9:00am
Thu: 9:00am, 10:00am
Fri: 9:00am
Sat: 9:15am

Shooting Stars

45 mins; ages 3-4
Tue: 10:00am, 3:00pm
Thu: 9:00am, 11:15am, 3:30pm
Fri: 9:00am
Sat: 9:15am, 11:30am

Beginner Gymnastics

60 mins; ages 4-5
Tue: 11:15am
Wed: 3:00pm
Thu: 10:00am, 1:15pm
Fri: 10:00am
Sat: 10:15am

Intermediate Gymnastics

60 mins; ages 4-5
Mon: 9:00am
Wed: 3:00pm
Thu: 3:30pm
Fri: 10:00am
Sat: 10:30am

SCHOOL AGED GYMNASTICS

Beginner Gymnastics

60 mins; ages 6-8
Mon: 10:15am
Tue: 3:00pm
Wed: 4:15pm
Thu: 4:45pm
Sat: 9:15am, 11:45am

Intermediate Gymnastics

60 mins; ages 6-8
Tue: 4:15pm
Wed: 4:15pm
Thu: 1:15pm, 4:45pm
Sat: 9:15am

Advanced Gymnastics

90 mins; ages 6-8
Tue: 3:00pm
Wed: 3:00pm
Sat: 11:30am

Beginner Gymnastics

60 mins; ages 8-12
Tue: 4:15pm
Sat: 10:30am

Intermediate Gymnastics

60 mins; ages 8-12
Tue: 4:15pm
Sat: 10:30am

Advanced Gymnastics

90 mins; ages 8-12
Tue: 3:00pm
Sat: 11:15am

YOUTH PROGRAMS

Youth Obstacle

45 mins; ages 6-12
Fri: 3:00pm

Backhandspring Mania

45 mins; ages 6-12
Sat: 10:15am

All About Me!

F: \$145 M: \$175
40 mins; ages 4-18
Mon: 11:30am, 1:45pm
Tue: 12:30pm
Wed: 2:30pm
Fri: 11:15am, 1:45pm

Small Group Gymnastics

Call for pricing
60 mins; ages 4-18
Mon: 12:30pm
Tue: 1:45pm
Fri: 12:30pm

BUSINESS HOURS

Mon-Fri: 9:00am-6:00pm
Sat: 9:00am- 1:00pm
Sun: Closed

HOLIDAY HOURS

Columbus Day, 10/12: Closed

CONTACT INFORMATION

Gymnastics Welcome Center:
gymnastics@metronorthymca.org
(P) 781-218-7263
(F) 781-484-0708

Jen Conway, Branch Executive Director
jconway@metronorthymca.org

Amy Looney, Gymnastics Program Director
alooney@metronorthymca.org

Jen Simbhudas, Director of Competitive
Gymnastics
jsimbhudas@metronorthymca.org

GYMNASTICS APPAREL

Gymnastics apparel is available for sale at the Welcome Center Desk. A leotard is recommended for girls and shorts and a tucked in t-shirt for boys. Mid-drifts are not allowed. All children must have bare feet and their hair pulled off of their face. No jewelry is allowed in the gym.

CANCELLATION POLICY

A request of cancellation form must be filled out at the Welcome Center before the start of the 2nd class to be eligible for a refund or credit.

Please refer to the class descriptions on the reverse side for more information about what each class entails.



CLASS DESCRIPTIONS

PRESCHOOL GYMNASTICS



Fall Session:
Sept. 21 – Oct. 25

Registration Dates:
Member Registration:
September 9

Rate Guide:
F = Family Member
M = Member
N = Non-Member

Class Length:	F	M
45 min	\$67	\$108
60 min	\$78	\$118
90 min	\$117	\$157

Parent/ Child Gymnastics is a semi structured class where children begin to learn the basics of gymnastics while focusing on developing their gross motor skills such as jumping, hopping, running and climbing! They will learn preschool circuits for basic gymnastics skills while working on following directions, taking turns and preparing for an independent class. Active parent/adult participation in this class is required.

Shooting Stars is a structured class for our 3 & 4 year olds where children are introduced to basic gymnastics skills in a fun and encouraging environment. Preschool circuits and obstacle courses that include balance beam, bars and our 30' tumble trak are all utilized. Children must be able to separate from parent/adult for this class.

Beginner Gymnastics is a structured class for 4 & 5 year olds where technique and execution are emphasized as children learn basic gymnastics skills such as forward and backward rolls, handstands and cartwheels. Strength development on bars and balance and coordination on beam are also taught in this class! No experience is needed to take this class but child must be able to separate from parent/adult.

Intermediate Gymnastics is for those children who have mastered the skills outlined in our beginner class. In this class round offs, bridges and handstand forward rolls are introduced as well as pullover and casting on bars. This class continues to develop strength and works to improve flexibility as well! Child must be able to separate from parent/adult. This is a structured class for 4 & 5 year olds.

YOUTH GYMNASTICS

Beginner and Intermediate Gymnastics classes are split by age (6-8 and 8-12) and follow a progressive skill system where children learn skills such as forward and backward rolls, handstands and cartwheels on floor, balance walks and kicks on beam and strength development on bars. Once these skills have been mastered, you child would move up to the intermediate class where they would learn the next skill set of round offs, one handed cartwheels, bridges, pullovers and casting.

Advanced Gymnastics is by invitation only. Your gymnast will be invited to an advanced class once he/she masters all of the skills in the beginner and intermediate level. Advanced gymnastics is the highest class level before entering either our Junior Olympic or XCEL team programs. Classes are split by age (6-8 and 8-12).

YOUTH PROGRAMS

Youth Obstacle is a structured class where the children will be mastering obstacles while using the traverse wall, cargo net, ropes and strength building.

Backhandspring Mania is a class where mastering a backhandspring is the main goal! This structured class will focus on drills to help master a technically correct and safe backhandspring!

All About Me! is a new class offered for those who are not ready to join a group of peers in the gym but are still interested in learning/improving gymnastics! This 1:1 class will give your child the instruction and coaching needed to improve their skills on all four gymnastics apparatuses. This is a 5 week, progressive class.

Small Group Gymnastics is a class for children who are homeschooled or schooling remotely. In an effort to accommodate those families who are limiting the number of people they interact with, this class allows pods or close groups to form their own class. One member will sign up for the session to reserve the class for themselves and up to five other members. All members must hold active YMN memberships. Class list and individual waivers will be collected prior to the start of the session.