

**Winter Session:  
Jan 4 – Feb 14**

**Registration Dates:** Rate Guide:  
Member Registration: F = Family Member  
**December 7** M = Member  
N = Non-Member

| Class Length: | F     | M     |
|---------------|-------|-------|
| 45 min        | \$84  | \$132 |
| 60 min        | \$96  | \$144 |
| 90 min        | \$144 | \$192 |

## YMCA of Metro North Gymnastics Center

### PRESCHOOL GYMNASTICS

#### Parent/Child

45 mins; 18 months – 3yrs

Tue: 9:00am  
Wed: 11:15am  
Thu: 10:00am  
Sat: 9:15am

#### Shooting Stars

45 mins; ages 3-4

Tue: 10:00am  
Wed: 10:15am  
Thu: 9:00am, 3:30pm  
Sat: 9:15am, 11:30am, 1:15pm

#### Beginner Gymnastics

60 mins; ages 4-5

Tue: 11:00am  
Wed: 9:00am, 3:00pm  
Thu: 1:15pm  
Sat: 10:15am

#### Intermediate Gymnastics

60 mins; ages 4-5

Tue: 11:00am  
Wed: 9:00am, 3:00pm  
Thu: 1:15pm, 3:30pm  
Sat: 10:30am, 1:00pm

### SCHOOL AGED GYMNASTICS

#### Beginner Gymnastics

60 mins; ages 6-8

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, 12:30pm

#### Advanced Gymnastics

90 mins; ages 6-8

Mon: 3:30pm  
Tue: 3:00pm  
Sat: 11:30am

#### Beginner Gymnastics

60 mins; ages 9-12

Tue: 4:45pm  
Sat: 10:30am

#### Intermediate Gymnastics

60 mins; ages 9-12

Tue: 4:15pm  
Sat: 10:30am

#### Advanced Gymnastics

90 mins; ages 8-12

Tue: 3:00pm  
Sat: 11:15am

#### Boys Gymnastics

45 mins; ages 6-12

Sat: 1:15pm

### YOUTH PROGRAMS

#### Youth Obstacle

45 mins; ages 6-12

Fri: 3:00pm

#### Jr. Youth Obstacle

45 mins; ages 3-5

Thu: 11:00am

#### Back Handspring Mania

45 mins; ages 6-12

Sat: 10:15am

#### Intermediate Tumble

45 mins; ages 6-12

Mon: 5:15pm

### BUSINESS HOURS

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

### HOLIDAY HOURS

MLK Day, 1/18: Open

### 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.



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## CLASS DESCRIPTIONS

### PRESCHOOL GYMNASTICS

**Parent/ Child Gymnastics** is a semi structured class where children 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).

**Boys Gymnastics** is a structured class strictly for boys who want to learn the basic fundamentals of men's gymnastics. They will focus on floor, vault, bars and strength.

### 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.

**Back Handspring Mania** is a class where mastering a back handspring is the main goal! This structured class will focus on drills to help master a technically correct and safe back handspring!

**Intermediate Tumble** is a structured class that allows children to focus on tumbling including handstands, cartwheels, round-offs and rolls. More advanced participants will be able to focus on skills such as back handsprings, front handsprings, back walkovers, and front walkovers.