



Winter Session:
January 3 - February 20

Registration Dates
Member Registration: **Dec. 6**
Non-member Registration: **Dec. 13**

Class Length:	F	M	N
45 min	\$122	\$182	\$290
60 min	\$137	\$198	\$319
90 min	\$198	\$258	\$410

YMCA OF METRO NORTH GYMNASTICS CENTER

PRESCHOOL GYMNASTICS

Tiny Tumblers

45 mins; 18 months - 3yrs

Mon: 9:00am
Tue: 10:15am
Fri: 8:45am
Sat: 9:00am

Rising Stars

45 mins; ages 2-3

Wed: 10:00am
Thu: 9:45am
Sat: 9:30am
Sun: 10:15am

Shooting Stars

45 mins; ages 3-4

Mon: 10:00am
Tue: 9:30am
Thu: 3:15pm
Sat: 9:00am, 10:15am
Sun: 10:15am, 11:00am

Beginner Gymnastics

60 mins; ages 4-5

Mon: 4:20pm
Wed: 11:00am, 3:15pm
Fri: 9:30am
Sat: 9:15am, 10:00am, 12:15pm
Sun: 12:00pm

Intermediate Gymnastics

60 mins; ages 4-5

Tue: 3:30pm, 4:40pm
Wed: 11:00am
Thu: 3:15pm
Fri: 9:30am
Sat: 9:15am, 10:00am, 12:15pm
Sun: 10:30am

Advanced Gymnastics

90 mins; ages 4-5

Thu: 4:05pm

SCHOOL AGED GYMNASTICS

Beginner Gymnastics

60 mins; ages 6-8

Mon: 3:15pm
Tue: 3:30pm, 4:40pm
Wed: 3:15pm
Thu: 4:20pm
Sat: 10:00am, 11:15am
Sun: 11:00am, 12:00pm

Intermediate Gymnastics

60 mins; ages 6-8

Mon: 3:15pm, 4:20pm
Tue: 3:30pm, 4:40pm
Wed: 4:20pm
Thu: 3:15pm, 6:05pm
Sat: 9:15am, 10:15am, 12:15pm
Sun: 10:15am, 12:30pm

Advanced Gymnastics

90 mins; ages 6-8

Mon: 3:15pm
Tue: 4:40pm
Thu: 4:20pm
Sat: 11:15am
Sun: 11:30am

Beginner Gymnastics

60 mins; ages 9-13

Tue: 3:30pm
Thu: 6:05pm
Sat: 11:00am, 12:15pm
Sun: 1:00pm

Intermediate Gymnastics

60 mins; ages 9-13

Tue: 5:50pm
Thu: 6:05pm
Sat: 11:00am, 12:15pm
Sun: 11:00am, 1:00pm

Advanced Gymnastics

90 mins; ages 8-13

Mon: 5:00pm
Wed: 3:30pm
Sat: 11:15am
Sun: 12:15pm

Boys Gymnastics

60 mins; ages 6-10

Fri: 3:00pm

Day Time Gymnastics

60 mins; ages 3-12

Wed: 1:00pm

YOUTH PROGRAMS

Youth Obstacle

45 mins; ages 6-12

Fri: 3:00pm

Beginner Tumble

45 mins; ages 6-12

Mon: 6:40pm

Intermediate Tumble

45 mins; ages 6-12

Mon: 6:40pm

Sun: 11:30am

Cheerleading

45 mins; ages 5-10

Sun: 12:30pm

YOUTH & ADULT FITNESS

FREE with a YMCA membership.

Y Fit Kids

45 mins; ages 2-5

Tue: 8:45am

Thu: 8:45am

Interval Training

45 mins; adults

Tue: 8:45am

Fitness Circuit

45 mins; adults

Thu: 8:45am

CANCELLATION POLICY

A request cancellation form must be filled out online through the contact form before the start of the 2nd class to be eligible for a refund or credit.



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CLASS DESCRIPTIONS

Tiny Tumblers This is a semi-structured parent/child class where the children will begin to learn the basics of gymnastics while improving their motor skills (jumping, hopping, running and coordination.) Our staff will assist in spotting techniques and ensure safety to all participants. Parent participation is required.

Rising Stars This is a structured parent/child class where the children will learn the basics of gymnastics along with listening and following directions. This class is meant to transition children into an independent class. Children must be willing to stay with the group. Parent participation is required.

Shooting Stars This is a structured class where children will be introduced to basic gymnastics. They will utilize obstacle courses and circuits that include balance beams, bars, and tumble trak. Children must be able to separate from their guardians. Parents are not allowed into the gym for this class.

Beginner Gymnastics This is a structured class where children will learn the basics fundamentals of gymnastics. Instructors will focus on proper technique for forward rolls, backward rolls, handstands, cartwheels along with beginner skills on balance beam, bars, and tumble track. Children must be able to separate from their parents. No gymnastics experience is required.

Intermediate Gymnastics This is a structured class where children will learn new gymnastics skills. Skills will include: bridges, round-offs, and handstand forward-rolls on floor. Pull-overs and casting on bars and being confident on the high balance beams.

Advanced Gymnastics Advanced Gymnastics is the highest class level before our Team Program. This class is by invitational only and will focus on technique and form while preparing your child for the next level. A leotard must be worn during class.

Beginner Tumble This is a structured class that allows children to focus on basic tumbling including handstands, cartwheels, round-offs and rolls.

Intermediate Tumble This is a structured class for children who have tumbling experience and want to focus on skills such as back handsprings, front handsprings, back walkovers, and front walkovers.

Cheerleading This is a structured class where children will improve their tumbling, stunting, motions, and jumps. There will be emphasize on cheers and flexibility.

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

Y Fit Kids This is a semi-structured parent/child class where your child will have the opportunity to get fit while you enjoy a great workout in the Interval Training class.

Day Time Gymnastics This is a structured progressive class geared towards home schooled children where they will learn gymnastics skills. Class is split into two age groups.

OPEN GYM:

Supervised, unstructured time in the gym!

60 mins; ages 0-7 unless noted

Session Rate: F: \$30 Y: \$60 N: \$90

Drop-In Rate: F: \$5 Y: \$10 N: \$15

Mon: 11:00am, 2:00pm (0-18)

Tue: 11:00am, 2:00pm (0-18)

Wed: 2:00pm (0-18)

Thu: 2:00pm (0-18)

Fri: 10:30am, 2:00pm (0-18)

Sun: 9:00am, 4:30pm (ages 6-18)

BUSINESS HOURS

Mon-Fri: 9:00am-6:00pm

Sat: 9:00am- 12:00pm

Sun: 9:00am-12:00pm

HOLIDAY HOURS

Monday, Jan. 17th Martin Luther King Jr. Day - Open

CONTACT INFORMATION

Gymnastics Welcome Center:

gymnastics@metronorthymca.org

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Amy Looney, Branch Executive Director

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Antonia Ventola, Gymnastics Program Director

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Jen Simbhudas, Director of Competitive Gymnastics

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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.

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