

**Spring Session:
April 25 – June 19**

Registration Dates:
Member Registration: **Apr 11**
Non-Member Registration: **Apr 18**

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

GYMNASTICS CLASSES

PRESCHOOL GYMNASTICS

Tiny Tumblers

45 mins (18 months – 3 years)

Mon - 9:00a.m.
Fri - 8:45a.m.
Sat - 9:00a.m.

Rising Stars

45 mins (Ages 2-3)

Wed - 10:00a.m.
Thu - 9:45a.m.
Sat - 9:30a.m. / 10:20a.m.
Sun - 10:15a.m.

Shooting Stars

45 mins (Ages 3-4)

Mon - 10:00a.m.
Tue - 9:30a.m.
Thu - 3:15p.m.
Sat - 9:00a.m. / 10:20a.m.
Sun - 10:15a.m. / 11:15a.m.

Beginner Gymnastics

60 mins (Ages 4-5)

Mon - 4:20p.m.
Wed - 3:15p.m.
Fri - 9:30a.m.
Sat - 9:15a.m. / 10:00a.m. / 12:20p.m.
Sun - 1:30p.m.

Intermediate Gymnastics

60 mins (Ages 4-5)

Tue - 3:30p.m. / 4:40p.m.
Thu - 3:15p.m.
Fri - 9:30a.m.
Sat - 9:15a.m. / 10:00a.m. / 12:20p.m.
Sun - 10:30a.m.

Advanced Gymnastics

90 mins (Ages 4-5)

Wed - 11:00a.m.
Thu - 4:05p.m.



SCHOOL AGED GYMNASTICS

Beginner Gymnastics

60 mins (Ages 6 – 8)

Mon - 3:15p.m.
Tue - 3:30p.m. / 4:40p.m.
Wed - 3:15p.m.
Thu - 4:20p.m.
Sat - 10:00a.m. / 11:15a.m.
Sun - 11:15a.m. / 12:20p.m.

Intermediate Gymnastics

60 mins (Ages 6 – 8)

Mon - 3:15p.m. / 4:20p.m.
Tue - 3:30p.m. / 4:40p.m.
Wed - 4:20p.m.
Thu - 3:15p.m. / 6:05p.m.
Sat - 9:15a.m. / 10:20a.m. / 12:20p.m.
Sun - 10:15a.m.

Advanced Gymnastics

90 mins (Ages 6 – 8)

Mon - 3:15p.m.
Tue - 4:40p.m.
Thu - 4:20p.m.
Sat - 12:15a.m.
Sun - 11:30a.m.

Beginner Gymnastics

60 mins (Ages 9 – 13)

Tue - 3:30p.m.
Thu - 6:05p.m.
Sat - 11:15a.m. / 12:20p.m.
Sun - 1:30p.m.

Intermediate Gymnastics

60 mins (Ages 9 – 13)

Tue - 5:50p.m.
Thu - 6:05p.m.
Sat - 11:15a.m. / 12:20p.m.
Sun - 11:15a.m. / 1:30p.m.

Advanced Gymnastics

90 mins (Ages 8 – 13)

Mon - 5:00p.m.
Wed - 3:30p.m.
Thu - 4:40p.m.
Sat - 11:30a.m.
Sun - 12:30p.m.

Boys Gymnastics

60 mins (Ages 6 – 10)

Fri - 3:00p.m.

Day Time Gymnastics

60 mins (Ages 3 – 12)

Wed - 1:00p.m.

YOUTH PROGRAMS

Youth Obstacle

45 mins (Ages 6 – 12)

Fri - 3:00p.m.

Beginner Tumble

45 mins (Ages 6 – 12)

Mon - 6:40p.m.

Intermediate Tumble

45 mins (Ages 6 – 12)

Mon - 6:40p.m.
Sun - 11:40a.m.

Cheerleading

45 mins (Ages 5 – 10)

Sun - 12:30p.m.

Back Handspring Mania

45 mins (Ages 6 – 12)

Sat - 11:15a.m.

YOUTH & ADULT FITNESS

FREE with a YMCA membership.

Y Fit Kids

45 mins (Ages 2 – 5)

Tue - 8:45a.m.
Thu - 8:45a.m.

Interval Training

45 mins (Adults)

Tue - 8:45a.m.

Fitness Circuit

45 mins (Adults)

Thu - 8:45a.m.

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 & Intermediate Gymnastics In this structured class children learn new gymnastics skills. Instructors will focus on proper technique for forward and backward rolls, handstands, cartwheels, and bridges. Explore balance beams, bars, vault, tumble track, and more!

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 where your child will learn new gymnastics skills. It is geared towards anyone who is home schooled due to the time of the offering. The class will be split by age.

Back Handspring Mania This is a structured class where children with some tumbling experience will focus on back handsprings and back handspring drills. Instructors will focus on proper technique for learning and mastering back handsprings.

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 - 11:00a.m. / 2:00p.m. (Ages 0-18)
Tue - 11:00a.m. / 2:00p.m. (Ages 0-18)
Wed - 2:00p.m. (Ages 0-18)
Thu - 2:00p.m. (Ages 0-18)
Fri - 10:30a.m. / 2:00p.m. (Ages 0-18)
Sun - 9:00a.m. / 4:30p.m. (Ages 6-18)

BUSINESS HOURS

Mon-Fri: 9:00am-6:00pm
Sat: 9:00am- 12:00pm
Sun: 9:00am-12:00pm

HOLIDAY HOURS

May 30th CLOSED

CONTACT INFORMATION

Gymnastics Welcome Center:
gymnastics@metronorthymca.org

(P) 781-218-7263
(F) 781-484-0708

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.

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.