

**Summer Session:  
June 27 – August 28**

**Registration Dates**  
Member Registration: **June 13**  
Non-member Registration: **June 20**

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

#### Parent/Child Gymnastics

**45 mins (18 months – 3 years)**

Fri - 9:30am  
Sat - 9:00am / 10:00am

#### Shooting Stars

**45 mins (Ages 3-4)**

Thu - 3:30pm  
Sat - 9:00am / 10:00am / 11:15am

#### 4-5 Year Old Gymnastics

**60 mins**

Tues - 3:30pm / 4:30pm / 5:30pm  
Thurs - 3:30pm  
Fri - 10:30am  
Sat - 10:10am / 11:00am  
11:15am / 12:15pm

### SCHOOL AGED GYMNASTICS

#### 6-8 Year Old Gymnastics

**60 mins**

Tue - 3:30pm / 4:30pm  
Thu - 6:15pm  
Fri - 9:30am  
Sat - 9:00am / 10:10am  
11:00am / 12:15pm

#### Advanced Gymnastics

**90 mins (Ages 6 – 8)**

Thu - 4:30pm  
Sat - 12:15pm

#### 9-13 Year Old Gymnastics

**60 mins**

Tue - 5:30pm  
Fri - 10:30am  
Sat - 9:00am / 11:15am

#### Advanced Gymnastics

**90 mins (Ages 8 – 13)**

Thurs - 4:30pm  
Sat - 12:15pm

### YOUTH PROGRAMS

#### Youth Obstacle

**45 mins (Ages 6 – 12)**

Sun - 10:00am

#### Tumble

**45 mins (Ages 6 – 12)**

Thurs - 6:15pm

#### Back Handspring Mania

**45 mins (Ages 6 – 12)**

Sun - 10:00am



### 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

### Parent/Child Gymnastics

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.

**4-13 Year Old 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.

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

**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.

**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.

### OPEN GYM:

Supervised, unstructured time in the gym!

#### 60 mins

Session Rate: F: \$30 Y: \$60 N: \$90  
Drop-In Rate: F: \$5 Y: \$10 N: \$15

Tue - 6:30pm (Ages 18+)  
Sun - 9:00am, 10:45am (Ages 6-18)

### BUSINESS HOURS

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

### CONTACT INFORMATION

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

Amy Looney, Branch Executive Director  
alooney@metronorthymca.org

Antonia Ventola, Gymnastics Program Director  
aventola@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.

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