

**Fall Session:**  
**September 6 - October 30**

**Registration Dates:**  
Member Registration: **August 15**  
Non-Member Registration: **August 22**

**Rate Guide:**  
Family Member: F  
Member: M  
Non Member: NM

### Preschool Gymnastics

Ages 0-5

\*Active parent/guardian participation is required

#### \*Gym Stars (18mths- 3 years)

50 min | F: \$122 M: \$182 NM: \$290

Tue 9:30 am

Wed 9:00 am

Friday 10:00 am

Sat 9:00 am

Sun 10:00 am

#### \*Rising Stars (3- 4 years)

50 min | F: \$122 M: \$182 NM: \$290

Tue 10:30 am

Wed 11:00 am

Friday 9:00 am

Sat 10:00 am

Sun 9:00 am

#### Super Stars (3- 4 years)

50 min | F: \$122 M: \$182 NM: \$290

Mon 3:20pm

Tue 9:30 am

Wed 10:00 am

Thu 3:20pm

Fri 9:00 am

Sat 9:00 am | 10:00 am

Sun 10:30 am | 11:45 am

### Youth Gymnastics

#### Beginner Gymnastics

60 min | F: \$137 M: \$198 NM: \$319

Ages 4-5

Tue 3:30pm | 4:30pm

Fri 10:00 am | 1:00pm

Sat 9:15 am | 11:00 am

Sun 11:45 am

#### 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.

Ages 6-8

Mon 3:20pm

Tue 3:30pm | 5:40pm

Wed 4:30pm

Thu 4:30pm

Sat 11:45 am | 1:00pm

Sun 9:15 am

Ages 9-14

Thu 3:20pm

Sat 10:30 am

Sun 12:45pm

#### Intermediate Gymnastics

Ages 4-14 years

60 min | F: \$137 M: \$198 NM: \$319

Ages 4-5

Tue 5:40pm

Wed 3:20pm

Sat 10:10 am | 12:10pm

Sun 10:30 am

Ages 6-8

Mon 4:30pm

Tue 3:00pm | 4:30pm

Wed 3:20pm | 5:00pm

Thu 5:40pm

Sat 9:15 am | 1:20pm

Sun 10:30 am | 11:45 am

Ages 9-14

Tue 3:30pm

Sat 12:10pm

#### Advanced Gymnastics

90 min | F: \$198 M: \$258 NM: \$410

Ages 4-5

Tue 4:00pm

Ages 6-8

Mon 4:30pm

Wed 3:20pm

Sat 10:30 am

Sun 11:00 am

Ages 9-14

Tue 5:40pm

Thu 4:30pm

Sat 10:30 am

### Youth Programs

#### Beginner Tumble (ages 6-12)

60 min | F: \$137 M: \$198 NM: \$319

Tue 4:30pm

Thu 3:20pm

Sat 9:00 am

#### Intermediate Tumble (ages 6-12)

60 min | F: \$137 M: \$198 NM: \$319

Tue 4:30pm

Sat 11:20 am

Sun 9:15 am

#### Back Handspring Mania (ages 6-12)

60 min | F: \$137 Y: \$198 N: \$319

Sun 1:00pm

#### Gym Warrior / Jr Gym Warrior

60 min | F: \$137 M: \$198 NM: \$319

Tue 10:30 - 11:30 (ages 4-5)

Jr AW Obstacle

Fri 3:15pm

#### Boys Strength and Gymnastics

Sun 1:00pm

#### Day Time Gymnastics

60 min | F: \$137 M: \$198 NM: \$319

Wed 1:00pm

#### Open Gym

60 min | F: \$5 Y: \$10 N: \$15

Mon 2:00pm (ages 0-7)

Tue 11:30 am (ages 0-7)

Wed 2:00pm (all ages)

Thu 2:00pm (ages 0-7)

Fri 11:00 am (all ages)

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## Gymnastics Descriptions

### HOLIDAY HOURS

September 5th, Labor Day – CLOSED  
October 10th, Columbus Day – OPEN

### Contact Information:

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

Amy Looney, Branch Executive 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 Gymnastics Welcome Center before the start of the 2nd class to be eligible for a refund or credit.

**Gym Stars:** 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. There will be 5 mins of open play on each event. Active 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. Active parent participation is required.

**Super 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 parents/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 invitation 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.

**Boys Strength & 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 building strength.

**Gym Warrior/Jr. Gym Warrior:** This is a structured class where the children will be mastering obstacles while using the traverse wall, cargo net, and ropes.

**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.