

SPRING 1 SESSIONS: 7 Weeks
February 27– April 16

Registration Dates:
Member Registration: **February 6**
Non-Member Registration: **February 13**

Rate Guide:
Family Member: FM
Member: M
Non Member: NM

MEMBERSHIP RATES

50min | FM: \$116 | M: \$174 | N: \$275

60min | FM: \$125 | M: \$185 | N: \$311

90min | FM: \$185 | M: \$247 | N: \$395

OPEN GYM

60 mins/0–7 years unless noted

Supervised, unstructured time in the gym!

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

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

Mon: 11:00am | 2:00pm (Ages 0–7)

Tue: 11:30am (Ages 0–7), 2:00pm (All Ages)

Wed: 2:00pm (All Ages)

Thu: 2:00pm (Ages 0–7)

Fri: *11:00am (All Ages) | 2:00pm (All Ages)

Sun: *9:00am (Ages 0–7) | 4:30pm (14+)

*Session rate is available.

ADAPTIVE OPEN GYM | 60 mins

Supervised, unstructured time in the gym!

Mon: 10:00pm (Ages 0–7) –Day/time changed

Wed: 1:00pm (All Ages)

HOMESCHOOL PROGRAM

60 mins; ages 4–12

Tue: 1:00pm (Ages 4–8)

Thu: 1:00pm (Ages 8–12)

PRESCHOOL GYMNASTICS (Ages 0–5)

Gym Stars: 50 mins | (Ages 18months–3 years)

*Active parent/guardian participation is required

F: \$116 | M: \$174 | N: \$275

Tue: 9:30am

Wed: 9:00am

Fri: 10:00am

Sat: 9:00am

Sun: 10:00am

Rising Stars: 50 mins; 3–4 years

*Active parent/guardian participation is required

F: \$116 | M: \$174 | N: \$275

Mon: 10:00am

Wed: 11:00am

Fri: 9:00am

Sat: 10:00am

Super Stars: 50 mins; 3–4 years

F: \$116 | M: \$174 | N: \$275

Tue: 10:30am

Wed: 10:00am

Thu: 3:20pm

Fri: 9:00am

Sat: 9:00am | 10:00am | 12:10pm

Sun: 10:30am | 11:45am

YOUTH GYMNASTICS

Ages 4–14

Beginner Gymnastics (Ages 4–14 years)

60 minutes

F: \$125 | M: \$185 | N: \$311

Ages 4–5

Tue: 3:30pm | 4:30pm

Wed: 1:00pm

Fri: 10:00am | 1:00pm

Sat: 9:15am | 11:00am

Sun: 11:45am | 12:30pm

Ages 6–8

Tue: 3:30pm | 5:40pm

Wed: 4:30pm

Thu: 4:30pm

Sat: 11:45am | 1:00pm

Sun: 11:45am | 1:20pm

Ages 9–14

Thu: 3:20pm

Sat: 10:30am

Sun: 12:45pm

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Intermediate Gymnastics (Ages 4–14 years)
60 minutes | F: \$125 | M: \$185 | N: \$311

Ages 4–5

Tue: 5:40pm
Wed: 3:20pm
Sat: 10:10am | 12:10pm
Sun: 10:30am | 12:30pm

Ages 6–8

Tue: 3:00pm | 4:30pm
Wed: 3:20pm | 5:00pm
Thu: 5:40pm
Sat: 9:15am | 1:20pm
Sun: 10:30am | 11:45am

Ages 9–14

Tue: 3:30pm
Sat: 12:10pm
Sun: 12:10pm

Advanced Gymnastics (Ages 4–14 years)

90 minutes
F: \$185 | M: \$247 | N: \$395

Ages 4–5

Mon: 3:20pm

Ages 6–8

Mon: 5:00pm
Wed: 3:20pm
Sat: 10:30am
Sun: 11:00am

Ages 9–14

Tue: 5:40pm
Thu: 4:30pm
Sat: 10:30am

TUMBLE/BOYS
STRENGTH & GYMNASTICS/GYM WARRIORS

Beginner Tumble | 60 mins | 6–12 years

F: \$125 | M: \$185 | N: \$311
Tue: 4:30pm
Thu: 3:20pm
Sat: 9:00am

Intermediate Tumble: 60 mins | 6–12 years

F: \$125 | M: \$185 | N: \$311
Tue: 4:30pm
Sat: 11:20am

Backhandspring Mania | 60 mins; 6–12 years

F: \$125 | M: \$185 | N: \$311
Sun: 1:00pm

Gym Warriors: 60 mins | 6–12 years

F: \$125 | M: \$185 | N: \$311
Fri: 3:15pm
Sun: 1:00pm

Adult Obstacle Class: 45 mins; adults

Free with YMN membership!
Tue: 8:45am

Y Fit Kids: 45 mins; ages 2–5

Free with YMN membership!
Tue: 8:45am

REGISTRATION DATES

Member: February 6th
Non-Member: February 13th

LOCATION

298B Main St, Saugus MA 01906
Phone number: (781) 218-7263

BUSINESS HOURS:

Mon – Fri: 9:00–6:00pm
Sat– Sun: 9:00–12:00pm

HOLIDAY HOURS

April 9th, Easter – CLOSED

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

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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 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 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.

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.

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.

Adaptive Open Gym

Sometimes children need a quieter time in gym where the noise and activities won't overstimulate their needs. This is designed to have a maximum of 10 children who can enjoy the gym during a quiet time but still get their exercise in.