



YMCA of Metro North

Gymnastics Camp



YMCA GYMNASTICS CENTER

ADVENTURE AWAITS AT SUMMER CAMP

YMCAMETRONORTH.ORG/SUMMER-CAMP

YMCA of Metro North WELCOME TO SUMMER CAMP

ABOUT SUMMER CAMP

YMCA of Metro North Summer Camps are seasonal day camp programs for children ages four to fourteen. At camp, children make friends, discover their passions, explore creativity and develop skills through a wide range of weekly activities. The YMCA helps them develop strong friendships and make memories that last a lifetime.

GYMNASTICS CAMP VISION

Camp means something different to every camper who attends. At the core of what camp is, however, are campers and staff who have laughed, played, developed friendships, built confidence, learned new skills, and created memories that last a lifetime. Our programs celebrate the value of each individual and challenge campers and staff to be all that they can be.

GYMNASTICS CAMP GOALS

- Deliver a summer full of rewarding experiences to campers of all ages.
- Ignite a passion for physical activity and appreciation the sport of gymnastics.
- Encourage campers to try new experiences.
- Give campers the opportunity to belong in a safe and supportive environment.
- Inspire socially responsible campers ready to give back to the community.

A TYPICAL DAY AT GYMNASTICS CAMP

The YMCA of Metro North Gymnastics Center offers a camp for everybody. All six of our camps are held in our state-of-the-art air conditioned facility. Children will work closely with our dedicated staff team to reach their goals while making new friends, exploring creativity and developing new talents through a wide range of fun and enriching activities.



IT PAYS TO BE A MEMBER

A membership at the YMCA of Metro North is a tremendous value! Save up to \$900 on camp this summer when you become a Family Member and maintain your membership through the duration of your camp. A family membership at the YMCA gives you access to group exercise classes, gym time, family swim, Child Watch while you work out, access to join the outdoor pool club, discounted rates on programming, and so much more!



Scan the QR Code to learn about the membership and join online:
ymcametronorth.org/membership



SUMMER CAMP FOR ALL AGES



Junior Gymnastics (ages 4-6)

Spend the week with us learning and perfecting gymnastics skills, enjoying art projects and fun games. Junior campers use the Splash Pad located at the Saugus Family YMCA twice a week, weather permitting. This camp remains on the Saugus YMCA Campus at all times. Full day option only. (10 one-week sessions)

Junior Adventure Warrior (ages 4-6)

Our Junior Adventure Warrior Camp will consist of a week full of obstacle courses; learning how to climb ropes, traverse walls, climb over and under barriers and other fun obstacles! Jr. Adventure Warrior Campers will use the Splash Pad located at the Saugus Family YMCA twice a week and complete an art project each day. Splash Pad days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. Full day option only. (5 one-week sessions)

Gymnastics (ages 6-14)

Spend the week with us learning new gymnastics skills and perfecting old ones. Campers will swim at the Saugus Family YMCA twice a week, weather permitting, and complete an arts & crafts project once a week. This camp remains on the Saugus YMCA Campus at all times. (10 one-week sessions)

Cheer & Tumble (ages 7-14)

Learn jumps, stunts, and tumbling skills at our cheer and tumble camp! Campers will swim at the Saugus Family YMCA twice a week, weather permitting, and complete an arts & crafts project once a week. This camp remains on the Saugus YMCA Campus at all times. (3 one-week sessions)

Adventure Warrior (ages 7-14)

Join us for a week full of obstacle courses; learning how to climb ropes, traverse walls, climb over and under barriers, teamwork, and other fun obstacles! Campers will swim at the Saugus Family YMCA twice a week and complete an arts & crafts project once a week. Swim days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. (5 one-week sessions)

Coach-in-Training (ages 12-16)

This camp will prepare your teen to become a confident and capable coach. Your camper will participate in numerous activities to develop and practice skills needed for a coaching job. The Y hiring process, working with others, proper spotting technique and certification in First Aid and CPR will all be covered. (1 one-week session)

SAFETY AT CAMP

YMCA camps prioritize a safe, healthy environment for children, following health expert and local guidelines for hygiene and sanitation. All camps meet Massachusetts Department of Public Health regulations and are licensed by the Board of Health. Explore our summer camps and safety practices: ymcametronorth.org/summer-camp.

REQUIRED PAPERWORK

All forms and documentation are due at the time of registration. A 2025 camp registration form, most recent physical & immunization record, recent photo, and auto-draft form are mandatory for every camper.

GYMNASTICS CAMP WEEKLY RATES

| Ages | Family Members | Youth Members | Non-members |
|------------------------------|----------------|---------------|-------------|
| JR. Camp (4-6 years) | \$295 | \$325 | \$385 |
| Regular Camp (6-14 years) | \$265 | \$300 | \$365 |
| CIT Camp (12-16 years) | \$195 | \$215 | \$235 |

\$30 non-refundable deposit per week is due at registration.

***Sibling discount 15% off for second child.**

Financial Aid is available through the YMCA's ACCESS program on a first-come, first-served basis. For details and applications, visit: ymcametronorth.org/camp-online-application.



CAMP DATES & HOURS

June 16th-August 22nd

Gymnastics Camp runs for ten, one-week sessions. We are open five days a week from 7:30am-3:00pm. Fees apply for late pickup.

***Camp is closed on Thursday, June 19th and Friday, July 4th**

REGISTRATION OPENS

Mon, January 13: YMCA of Metro North Members
Mon, February 17: For Non-Members

OPEN HOUSE

April 2025

WEEKLY CAMP OFFERINGS

We offer six different camp programs for children ages 4-16. Not all camp types are available every week, so be sure to check the schedule and find the perfect fit for your child. Secure your spot and get ready for an unforgettable summer experience!

SESSION 1 (JUNE 16-JUNE 20)

Jr. Gymnastics Camp, Gymnastics Camp, Jr. Adventure Warrior

SESSION 2 (JUNE 23-JUNE 27)

Jr. Gymnastics Camp, Gymnastics Camp, Jr. Adventure Warrior

SESSION 3 (JUNE 30-JULY 3)

Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior

SESSION 4 (JULY 7-JULY 11)

Jr. Gymnastics Camp, Gymnastics Camp, Cheer and Tumble, Jr. Adventure Warrior

SESSION 5 (JULY 14-JULY 18)

Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior, CIT

SESSION 6 (JULY 21-JULY 25)

Jr. Gymnastics Camp, Gymnastics Camp, Cheer & Tumble, Jr. Adventure Warrior

SESSION 7 (JULY 28-AUGUST 1)

Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior

SESSION 8 (AUGUST 4-AUGUST 8)

Jr. Gymnastics Camp, Gymnastics Camp, Cheer & Tumble, Jr. Adventure Warrior

SESSION 9 (AUGUST 11-AUGUST 15)

Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior

SESSION 10 (AUGUST 18-AUGUST 22)

Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior



YMCA of Metro North **SUMMER CAMPS**



CAMP DISCOVERY

Demakes Family YMCA
40 Neptune Blvd.
Lynn, MA 01902
781-842-8811



CAMP EASTMAN

Torigian Family YMCA
259 Lynnfield Street
Peabody, MA 01960
978-977-9622



CAMP HILLSIDE

Saugus Family YMCA
298 Main Street
Saugus, MA 01906
781-233-9622



CAMP MELSTONE

Melrose Family YMCA
497 Main Street
Melrose, MA 02176
781-665-4360



GYMNASTICS CAMP

Gymnastics Center - Saugus
298B Main Street
Saugus, MA 01906
781-233-9622

To learn about YMCA Camp and
Summer Programs, Scan the QR Code:



GIVE THE GIFT OF CAMP



SCAN TO GIVE

Every year, YMCA of Metro North programs and services positively impact more than 75,000 lives. This is made possible by the incredible generosity of our donors and volunteers. Your contributions help ensure that everyone in our community can access life-changing experiences at the Y. Together, we create opportunities and build stronger futures. Consider supporting the Y this camp season and ensure every child has access to a summer filled with fun and adventure. To learn more about supporting YMCA Camp and Summer Programs, visit: www.ycmametronorth.org/support.