

Summer Session 9 Weeks | June 26–August 27

Registration Dates

Member Registration: **June 5**
Non-Member Registration: **June 12**

Rate Guide:

Family Member: FM
Member: M
Non Member: NM

PLEASE NOTE:

Monday and Tuesday classes will be prorated to reflect an 8-week session

MEMBERSHIP GUIDE:

50min | F: \$138 | M: \$182 | NM: \$290
60min | F: \$153 | M: \$212 | NM: \$337
90min | F: \$207 | M: \$275 | NM: \$438

OPEN GYM

60 mins | 0–7 years unless noted
Supervised, unstructured time in the gym!
Drop-In Rate: F: \$5 | Y: \$10 | N: \$15
Sun: 10:10am (Ages 0–7)

PRESCHOOL GYMNASTICS

Parent/Child: 50 mins; 18months–3 years
F: \$138 | M: \$182 | N: \$290
Thu: 9:10am
Sat: 9:10am
Sun: 11:20am

SHOOTING STARS: 50 MINS; 3–4 YEARS

F: \$138 | M: \$182 | N: \$290
Tue: 3:30pm | 4:30pm
Wed: 3:10pm
Thu: 10:10am
Sat: 9:00am | 10:00am
Sun: 9:00am

YOUTH GYMNASTICS

Beginner & Intermediate
Gymnastics (Ages 4–14 years)
60 minutes | F: \$153 | M: \$212 | N: \$337

AGES 4–5

Mon: 4:00pm
Tue: 4:40pm
Wed: 3:10pm
Thu: 10:30am
Sat: 10:10am
Sun: 11:20am

AGES 6–8

Mon: 4:00pm | 5:10pm
Tue: 3:30pm | 5:30pm
Wed: 3:10pm | 4:20pm
Thu: 9:20am | 10:30am
Sat: 10:10am
Sun: 9:00am | 11:20am

AGES 9–14

Mon: 5:10pm
Tue: 5:50pm
Wed: 4:20pm
Thu: 9:20am
Sat: 9:00am | 10:10am
Sun: 9:00am

ADVANCED GYMNASTICS (AGES 4–14 YEARS)

90 minutes | F: \$207 | M: \$275 | N: \$438

AGES 4–5

Tue: 3:20pm

AGES 6–8

Tue: 3:45pm
Sat: 11:00am

AGES 8–13

Wed: 4:10pm
Sat: 11:20pm

BEGINNER TUMBLE:

60 mins; 6–12 years | F: \$153 | M: \$212 | N: \$337
Mon: 6:20pm
Sat: 11:20pm

INTERMEDIATE TUMBLE:

60 mins; 6–12 years | F: \$153 | M: \$212 | N: \$337
Mon: 6:20pm
Sat: 11:20pm

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LOCATION

298B Main St, Saugus MA 01906

Phone number: (781) 218-7263

BUSINESS HOURS:

Mon–Fri: 9:00am–6:00pm

Sat– Sun: 9:00am–12:00pm

HOLIDAY HOURS

July 3rd and 4th CLOSED

Monday, May 29th–CLOSED

(Memorial Day)

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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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 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.

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 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.

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.