

FALL 1 8 WEEKS | SEPT. 9-OCT 29

Registration Dates

Member Registration: **August 14**
Non-Member Registration: **August 21**

Rate Guide:

Family Member: FM
Member: M
Non Member: NM

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 Ages (0-7) | 2:00pm (Ages 0-7)
Tue: 11:30am (Ages 0-7)
Wed: 2:00pm (All Ages)
Thu: 2:00pm (Ages 0-7)
Fri: *11:00am (All Ages)
Sun: *9:00am (Ages 0-7)

*Session rate is available.

PRESCHOOL GYMNASTICS

Ages 0-5

TINY TUMBLERS | 18 MONTHS-3 YEARS

45 Mins | F: \$122 | M: \$182 | N: \$290

*Active parent/guardian participation is required

Mon: 10:00am
Tue: 9:30am
Wed: 9:00am
Fri: 10:00am
Sat: 9:00am
Sun: 10:15am

RISING STARS | 3-4 YEARS

45 Mins | F: \$122 | M: \$182 | N: \$290

*Active parent/guardian participation is required

Tue: 10:30am
Wed: 11:00am
Fri: 9:00am
Sat: 10:00am

SHOOTING STARS | 3-4 YEARS

45 Mins | F: \$122 | M: \$182 | N: \$290

Tue: 9:30am
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: \$137 | M: \$198 | N: \$319

AGES 4-5

Tue: 3:30pm, 4:30pm
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

INTERMEDIATE GYMNASTICS

AGES 4-14 YEARS

60 minutes | F: \$137 | M: \$198 | N: \$319

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: \$198 | M: \$258 | N: \$410

AGES 4-5

Mon: 3:30pm

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AGES 6-8

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

AGES 9-13

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

DAY TIME GYMNASTICS | AGES 4-14 YEARS)

90 Minutes | F: \$198 | M: \$258 | N: \$410
Wed: 1:00pm

TUMBLE | BOYS STRENGTH & GYMNASTICS YOUTH OBSTACLE

BEGINNER TUMBLE | 6-12 YEARS

60 Mins | F: \$137 | M: \$198 | N: \$319
Tue: 4:30pm
Thu: 3:20pm
Sat: 9:00am

INTERMEDIATE TUMBLE | 6-12 YEARS

60 Mins | F: \$137 | M: \$198 | N: \$319
Tue: 5:40pm
Sat: 11:20am

ADVANCED TUMBLE | 6-12 YEARS

60 Mins | F: \$137 | M: \$198 | N: \$319
Tue: 6:50pm

BACKHANDSPRING MANIA | 6-12 YEARS

60 mins | F: \$137 | M: \$198 | N: \$319
Sun: 1:00pm

BOYS STRENGTH & GYMNASTICS | 6-10 YEARS

60 mins | F: \$137 | M: \$198 | N: \$319
Fri: 3:30pm

GYM WARRIORS | 6-12 YEARS

60 mins | F: \$137 | M: \$198 | N: \$319
Fri: 3:30pm
Sun: 1:00pm

FALL 1 SESSION: SEPT 9TH – OCTOBER 29TH 8-WEEK SESSION

REGISTRATION DATES

Member: August 14th
Non-Member: August 21st

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

Columbus Day - Open

CONTACT INFORMATION

GYMNASTICS WELCOME CENTER
gymnastics@metronorthymca.org
(P)781-218-7263
(F)781-484-0708

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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.

TINY TUMBLERS

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 track. 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.

YOUTH OBSTACLE

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.