

### FALL 2 SESSION 8 WEEKS | OCT. 30-DEC 23

#### Registration Dates

Member Registration: **October 16**  
Non-Member Registration: **October 23**

#### Rate Guide:

Family Member: FM  
Member: M  
Non Member: NM

**Please note:** Due to a competition there will be no classes November 3rd, and 4th. Classes will be prorated to reflect a 7- week session.

Membership Guide	Length	F:	M:	N:	\$
F= Family Member	45 Mins	\$122	\$182	\$290	
M= Member	60 Mins	\$137	\$198	\$319	
N= Non-member	90 Mins	\$198	\$258	\$410	

#### 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  
Tue: 11:30am | 2:00pm (All Ages)  
Wed: 2:00pm (All Ages)  
Thu: 2:00pm  
Fri: \*11:00am | 2:00pm (All Ages)  
Sun: \*9:00am | 5:30pm (Ages 8+)

\*Session rate is available.

#### ADAPTIVE OPEN GYM

60 Mins | All Ages  
Supervised, unstructured time in the gym!

#### Session Rate:

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

Mon: 1:00pm  
Wed: 12:00pm  
Fri: 12:00pm

#### PRESCHOOL GYMNASTICS | Ages 0-5

##### Tiny Tumblers | 18 Months-3 Years

\*Active parent/guardian participation is required

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

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

#### RISING STARS | 2-3 YEARS

\*Active parent/guardian participation is required

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

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

Mon: 9:00am  
Tue: 9:30am  
Wed: 10:00am  
Thu: 3:20pm  
Fri: 9:00am  
Sat: 9:00am | 10:00am | 12:00pm  
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: 10:30am | 3:30pm | 4:40pm  
Wed: 5:00pm  
Fri: 10:00am | 1:00pm  
Sat: 9:15am | 11:00am | 1:00pm  
Sun: 11:45am | 12:45pm | 1:00pm

##### AGES 6-8

Mon: 3:30pm  
Tue: 3:30pm | 5:40pm  
Wed: 4:30pm  
Thu: 4:30pm  
Sat: 11:30am | 12:40pm | 1:00pm  
Sun: 11:45am | 1:00pm

##### AGES 9-14

Thu: 3:20pm  
Sat: 10:20am  
Sun: 12:45pm

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### Intermediate Gymnastics | Ages 4-14 Years 60 Mins | F: \$137 | M: \$198 | N: \$319

#### Ages 4-5

Tue: 5:40pm  
Wed: 3:20pm  
Sat: 10:20am | 12:10pm  
Sun: 10:30am, 12:45pm

#### Ages 6-8

Mon: 4:40pm  
Tue: 4:40pm  
Wed: 3:20pm | 4:30pm  
Thu: 5:40pm  
Sat: 9:15am | 11:00am | 12:40pm  
Sun: 10:30am | 11:45am

#### Ages 9-14

Tue: 3:30pm  
Sat: 12:10pm  
Sun: 11:45am

### ADVANCED GYMNASTICS | AGES 4-14 YEARS

90 Mins | F: \$198 | M: \$258 | N: \$410

#### AGES 4-5

Mon: 3:30pm

#### AGES 6-8

Mon: 5:10pm  
Wed: 3:20pm  
Sat: 10:20am  
Sun: 11:15am

#### AGES 9-13

Tue: 5:40pm  
Thu: 4:30pm  
Sat: 10:20am

### DAY TIME GYMNASTICS | AGES 4-14 YEARS

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

### ADAPTIVE GYMNASTICS | AGES 4-14 YEARS

60 Mins | F: \$137 | M: \$198 | N: \$319  
Mon: 12:00pm  
Thu: 9:00am

### TUMBLE | BOYS STRENGTH AND GYMNASTICS YOUTH OBSTACLE

#### Beginner Tumble | 6-12 years

60 Mins: F: \$137 | M: \$198 | N: \$319  
Tue: 4:40pm  
Thu: 3:20pm  
Sat: 9:15am

#### INTERMEDIATE TUMBLE | 6-12 YEARS

60 Mins | F: \$137 | M: \$198 | N: \$319  
Tue: 5:40pm  
Sat: 11:30am

#### 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

#### JR. YOUTH OBSTACLE | 4-6 YEARS

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

#### YOUTH OBSTACLE | 6-12 YEARS

60 Mins | F: \$137 | M: \$198 | N: \$319  
Fri: 4:30pm  
Sun: 1:00pm  
(F) 781-484-0708



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Member: M

Non Member: NM

#### 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

Thanksgiving, Thursday 11/23 – Closed

Christmas Eve, Sunday 12/24 – Closed

#### CONTACT INFORMATION:

Gymnastics Welcome Center:

(E) [gymnastics@metronorthymca.org](mailto:gymnastics@metronorthymca.org)

(P) 781-218-7263

(F) 781-484-0708

Amy Looney, Branch Executive Director  
[alooney@metronorthymca.org](mailto:alooney@metronorthymca.org)

Jen Simbhudas,  
Director of Competitive Gymnastics  
[jsimbhudas@metronorthymca.org](mailto: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.

#### 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 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.

#### 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.

#### ADVANCED TUMBLE:

This is a structured class for children who have extensive tumbling experience such as back handsprings, back tuck, front tuck, and more.

#### 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/JR. 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.

#### 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.

#### \*\*NEW\*\*

#### ADAPTIVE GYMNASTICS CLASS:

Our new Adaptive Gymnastics classes are geared towards any child with moderate to severe disabilities who may need a little extra instruction. These classes are designed to provide children of all abilities the chance to participate in gymnastics.

#### \*\*NEW\*\*

#### ADAPTIVE GYMNASTICS OPEN GYM:

Our adaptive open gym is an hour long, supervised but unstructured, time in the gym where children have the opportunity to explore a safe and welcoming environment. These times are designed to provide a quite, less crowded time in the gym for those children who thrive in that environment.