



# YMCA OF METRO NORTH GYMNASTICS CAMP



**YMCA GYMNASTICS CENTER**

**ADVENTURE AWAITS**

[ymcametronorth.org/summer-camp](http://ymcametronorth.org/summer-camp)





# WELCOME TO SUMMER CAMP

## GYMNASTICS CAMP

### WELCOME TO CAMP!

The YMCA of Metro North Gymnastics Center offers a camp for everybody. Our 6 different day camps include JR Gymnastics, Gymnastics, Cheer & Tumble, Adventure Warrior, Coaches in Training and our Jr. Adventure Warrior! All our camps are held in our state-of-the-art air conditioning facility. At Camp, 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.

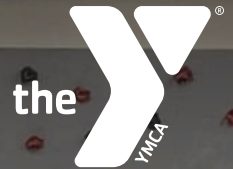
**Join us, Adventure Awaits!**

## ABOUT SUMMER CAMP PROGRAMS

YMCA of Metro North Summer Camps are seasonal day camp programs for girls and boys ages four to fifteen. 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.







# THE VISION

## GYMNASTICS CAMP

The YMCA of Metro North Gymnastics Center builds strong kids, strong families and strong communities through youth development, healthy living and social responsibility.

Gymnastics Camp complies with all regulations of the Massachusetts Department of Public Health and is licensed by the Saugus Board of Health.

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# YMCA of Metro North GYMNASTICS CAMP

## CAMP OPTIONS

### 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)

### 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)

### 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. (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 week session)



\*Please note: all of our programs are NUT FREE.



# YMCA of Metro North GYMNASTICS CAMP

## GYMNASTICS CAMP WEEKLY RATES

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

\*Sibling discount 15% off for second child

Ages	Family Members	Youth Members	Non Members
<b>Jr. Camp</b> 4-6 Years	\$285	\$315	\$375
<b>Regular Camp</b> 6-14 Years	\$255	\$290	\$355
<b>CIT</b> 12 - 16 Years	\$185	\$205	\$225

## CAMP DATES & HOURS

**10 Weeks** | One-week sessions from June 17-August 23.

We are open five days a week from **8:00am through 3:00pm**

**Camp Hours 8:00am-3:00pm \*There is late fee for pickups\***

**\*Camp is closed on Wednesday, June 19th**

**Thursday, July 4th, and Friday, July 5th**

All membership upgrades must be purchased before May 15, 2024 for family and youth member pricing.

### Open House Dates

February 19 from 10:00am-12:00pm | April 30 from 12:30pm-2:00pm

### Camp Registration

January 8, 2024 | February 12, 2024

## REQUIRED PAPERWORK:

A 2024 camp registration form, physical exam dated within 18 months, a current immunization record, a photograph of your camper, and parent handbook form are mandatory for every camper who attends camp. All paperwork must be in prior to your camper attending camp.

## FOR MORE INFORMATION

For more information please contact:

**Gymnastics Welcome Center**

781-218-7263 [gymnastics@metronorthymca.org](mailto:gymnastics@metronorthymca.org)

## FINANCIAL AID:

Financial aid is available through the YMCA's ACCESS program. Application forms are available at the YMCA Welcome Center. All financial aid applications are due by May 31st and is on a first come, first serve basis. Specific questions should be directed to Tracey D'Alleva at [tdalleva@metronorthymca.org](mailto:tdalleva@metronorthymca.org).

## Gymnastics Camp

2024	Options and Weekly Offerings
<b>Week 1</b> June 17-21	Jr. Gymnastics Camp, Gymnastics Camp, Jr Adventure Warrior
<b>Week 2</b> June 24-June 28	Jr. Gymnastics Camp, Gymnastics Camp, Cheer and Tumble
<b>Week 3</b> July 1-5	Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior
<b>Week 4</b> July 8-12	Jr. Gymnastics Camp, Gymnastics Camp, Cheer and Tumble, Jr. Adventure Warrior
<b>Week 5</b> July 15-19	Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior, CIT
<b>Week 6</b> July 22-26	Jr. Gymnastics Camp, Gymnastics Camp, Cheer & Tumble, Jr., Adventure Warrior
<b>Week 7</b> July 29- Aug 2	Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior
<b>Week 8</b> August 5-9	Jr. Gymnastics Camp, Gymnastics Camp, Cheer & Tumble, Jr. Adventure Warrior
<b>Week 9</b> August 12-16	Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior
<b>Week 10</b> August 19-23	Jr. Gymnastics Camp, Gymnastics Camp, Adventure Warrior

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YMCA of Metro North

# REGISTER FOR SUMMER CAMP

## IT PAYS TO BE A MEMBER

A membership at the YMCA of Metro North is a tremendous value! Save over \$700 on camp this summer when you become a Family Member and maintain your membership through the duration of your Camp registration.

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! Join online at [www.ymcametronorth.org/membership/](http://www.ymcametronorth.org/membership/).

## SAFETY IS A SHARED RESPONSIBILITY

YMCA camps have always focused on providing a physically and emotionally safe and healthy environment for children. Following guidelines from health experts and local officials, the YMCA will ensure all components of camp are cleaned and sanitized to meet the highest standards for hygiene and sanitation. YMCA of Metro North camps comply with all regulations of the Massachusetts Department of Public Health and are licensed by the Board of Health. Parents/Guardians may request copies of background checks, health care and discipline policies as well as procedures for filing grievances. Our association offers a wide variety of summer camp experiences. Learn more about safety practices at [www.ymcametronorth.org/summer-camp/](http://www.ymcametronorth.org/summer-camp/).

### Required Paperwork

All forms and documentation are due at the time of registration. A 2024 camp registration form, most recent physical & immunization record, recent photo, and auto-draft form are mandatory for every camper.

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## GIVE THE GIFT OF CAMP

Each year the lives of more than 60,000 people are changed for the better by YMCA of Metro North programs and services. It would not be possible for the Y to fulfill its mission without the generosity of our many corporate and individual donors and volunteers. Your support ensures that the YMCA will never have to turn someone away due to an inability to pay. When we work together, we are all better. Consider supporting the Y this season [www.ymcametronorth.org/support/](http://www.ymcametronorth.org/support/).

To learn about YMCA Camps and Summer programs please visit:

[www.ymcametronorth.org/summer-camp/](http://www.ymcametronorth.org/summer-camp/)





# 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-YMCA (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



## COMMITTED TO YOUTH DEVELOPMENT

The YMCA is committed to nurturing the potential of every child and teen. From cradle to career, young people are encouraged to lead inspired, successful lives. From camp to child care to afterschool activities to sports and more, the Y offers holistic programming that enhances, protects and nurtures the unique development journey of every child and teen.

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**YMCA of METRO NORTH SUMMER CAMPS  
LYNN | MELROSE | PEABODY | SAUGUS**

**YMCA of Metro North | [www.ymcametronorth.org/summer-camp/](http://www.ymcametronorth.org/summer-camp/)**