

MEMBERSHIP RATES

45min | FM: \$117 | M: \$174 | N: \$275
60min | FM: \$130 | M: \$189 | N: \$311
90min | FM: \$185 | M: \$255 | N: \$395

REGISTRATION DATES:

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

RATE GUIDE:

Family Member: **FM**
Member: **M**
Non Member: **NM**

Please note: Sunday classes will be prorated to reflect a 6-week session due to Easter March 31st. Due to a competition April 5th-7th. Friday, Saturday, and Sunday classes will be made up April 19th, 20th, 21st.

OPEN GYM | Supervised, unstructured time in the gym! 60 Mins | 0-7 years unless noted

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

Drop-In Rate: F: \$5 | Y: \$10 | N: \$15

Mon: 11:00am | 2:00pm | All Ages

Tue: 11:30am | 2:00pm | All Ages

Wed: 2:00pm | All Ages

Thu: 2:00pm | All Ages

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 GYMNASSTICS | Ages 0-4

Tiny Tumblers | 45 Mins | 18 Months-3 Years

*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 | 45 Mins | 2-3 years

*Active parent/guardian participation is required

Tue: 10:30am

Wed: 11:00am

Fri: 9:00am

Sat: 10:00am

Shooting Stars: 45 mins; 3-4 years

Mon: 9:00am

Tue: 9:30am

Wed: 10:00am

Thu: 3:20pm

Fri: 9:00am | 1:00pm

Sat: 9:00am | 10:00am | 12:00pm

Sun: 10:15am | 12:50pm

YOUTH GYMNASSTICS | Ages 4-13

Beginner Gymnastics | Ages 4-13 years

60 minutes | Ages 4-5

Tue: 10:30am | 3:30pm | 4:40pm

Wed: 3:20pm | 4:30pm | 5:00pm

Thu: 4:15pm

Fri: 10:00am

Sat: 9:15am | 11:00am | 1:00pm

Sun: 11:40am | 1:15pm

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: 11:40am

Ages 9-13

Sat: 10:20am

Wed: 4:30pm

Intermediate Gymnastics

Ages 4-13 Years | 60 minutes

Ages 4-5

Tue: 5:40pm

Wed: 3:20pm

Sat: 10:20am | 12:10pm

Sun: 10:30am

Ages 6-8

Mon: 4:40pm

Tue: 4:40pm

Wed: 3:20pm | 4:30pm

Thu: 4:15pm | 5:40pm

Sat: 9:15am | 11:00am | 12:40pm

Sun: 10:30am | 1:15pm

Ages 9-13

Tue: 3:30pm

Thu: 4:30pm

Sat: 12:10pm

Sun: 11:50am

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Advanced Gymnastics 90 Mins | Ages 4-13 Years

Ages 4-5

Mon: 3:30pm
Sun: 11:10am

Ages 6-8

Mon: 5:10pm
Wed: 3:20pm
Thu: 5:20pm
Sat: 10:20am
Sun: 11:10am | 12:45pm

Ages 9-13

Tue: 5:40pm
Thu: 4:30pm
Sat: 10:20am
Sun: 12:45pm

Day Time Gymnastics 60 Mins | Ages 4-13 Years Wed: 1:00pm

Adaptive Gymnastics 60 Mins | Ages 4-13

Mon: 12:00pm
Thu: 9:00am

TUMBLE/BOYS STRENGTH AND GYMNASTICS/YOUTH OBSTACLE

Beginner Tumble 60 Mins | Ages 6-12 Years

Tue: 4:40pm
Thu: 3:20pm
Sat: 9:15am

Intermediate Tumble 60 Mins | 6-12 Years

Tue: 5:40pm
Wed: 5:50pm
Sat: 11:30am
Sun: 10:45am

Advanced Tumble 60 Mins | 6-12 Years Tue: 6:50pm

Backhandspring Mania 60 Mins | 6-12 years

Sun: 12:50pm
Tue: 6:50pm
Wed: 5:40pm

Boys Strength and Gymnastics 60 Mins | 6-10 years Fri: 3:30pm

JR. Youth Obstacle 60 Mins | 4-6 years Fri: 3:30pm

Youth Obstacle 60 Mins | Ages 6-12 years Fri: 4:30pm Sun: 12:50pm

Spring I Session Feb 26th - Apr 14th | 7 Week Session

REGISTRATION DATES

Member: February 5th
Non-Member: February 12th

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

Sunday, 3/31 - Closed

Contact Information:

Gymnastics Welcome Center:
gymnastics@metronorthymca.org
(P)781-218-7263
(F)781-484-0708

Amy Looney
Branch Executive Director
alooney@metronorthymca.org

Tracey D'Allea
Branch Administrator
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Kylee Robertson
Gymnastics Program Director
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Jen Simbhudas
Director of Competitive Gymnastics
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.

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SPRING 1 SESSIONS:
February 26– April 14 | 7 Weeks

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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 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.

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 quiet, less crowded time in the gym for those children who thrive in that environment.