

SPRING II SESSION:
APRIL 22- JUNE 16 | 8 Weeks

Registration Dates:
Member Registration: **April 1**
Non-Member Registration: **April 8**

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

Membership Guide:

45 Mins | F: \$124 | M: \$176 | N: \$252
60 Mins | F: \$138 | M: \$196 | N: \$280
90 Mins | F: \$193 | M: \$274 | N: \$392

Please note: Monday classes will be prorated to reflect a 7-week session due to Memorial Day (May 27th).

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 and up)

*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 | 45 Minutes | 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 Min | Ages 2-3 years

*Active parent/guardian participation is required

Tue: 10:30am
Wed: 11:00am
Fri: 9:00am
Sat: 10:00am | 1:00pm

Shooting Stars | 45 Minutes | Ages 3-4

Mon: 9:00am
Tue: 9:30am
Wed: 10:00am
Thu: 3:20pm
Fri: 9:00am
Sat: 9:00am | 10:00am | 12:00pm
Sun: 10:15am | 12:50pm

YOUTH GYMNASTICS | Ages 4-14

Beginner | 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

Beginner | 60 Minutes | Ages 6-8

Mon: 3:30pm
Tue: 3:30pm | 5:50pm
Wed: 4:30pm
Thu: 4:30pm
Sat: 11:30am | 12:40pm | 1:00pm
Sun: 11:40am

Beginner | 60 Minutes | Ages 9-13

Wed: 4:30pm
Sat: 10:20am

Intermediate | 60 Minutes | Ages 4-5

Tue: 5:50pm
Wed: 3:20pm
Thu: 3:20pm
Sat: 10:20am | 12:10pm
Sun: 10:30am

Intermediate | 60 Minutes | Ages 6-8

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

Scan the
QR Code
to Sign Up



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90 Mins | F: \$193 | M: \$274 | N: \$392

Intermediate | 60 Minutes | Ages 9-13

Tue: 3:30pm
Thu: 4:30pm
Sat: 12:10pm
Sun: 11:50pm

Advanced | 90 Minutes | Ages 4-5

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

Advanced | 90 Minutes | Ages 6-8

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

Advanced | 90 Minutes | Ages 9-13

Tue: 5:50pm
Thu: 4:30pm
Sat: 10:20am
Sun: 12:45pm

**Daytime Gymnasts
60 Minutes | Ages 4-14**

Wed: 1:00pm

**Adaptive Gymnastics
60 Minutes | Ages 4-14**

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

**TUMBLE/BOYS STRENGTH
& GYMNASTICS YOUTH OBSTACLE**

**Beginner Tumble
60 Minutes | Ages 6-12**

Tue: 4:40pm
Sat: 9:15am

**Intermediate Tumble
60 Minutes | Ages 6-12**

Tue: 5:50pm | 6:50pm
Wed: 5:50pm

Sat: 11:30am
Sun: 10:45am
**Advanced Tumble
60 Minutes | Ages 6-12**
Tue: 6:50pm

**Backhandspring Mania
60 Minutes | Ages 6-12**
Tue: 4:40pm
Wed: 5:40pm
Sun: 12:50pm

**Boys Strength & Gymnastics
60 Minutes | Ages 6-10**
Fri: 3:30pm

**JR. Youth Obstacle Ages
60 Minutes | Ages 4-6**
Fri: 3:30pm
Sun: 12:50pm

**Youth Obstacle
60 Minutes | Ages 6-12**
Fri: 4:30pm
Sun: 12:50pm

**Spring II Session:
Apr 22th – June 16th | 8 Week Session**

REGISTRATION DATES
Member: April 1st
Non-Member: April 8th

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
tdallea@metronorthymca.org

Kylee Robertson
Gymnastics Program Director
krobertson@metronorthymca.org

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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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.