

**SUMMER SESSION:**  
**JUNE 24– August 25 | 9 Weeks**

**Registration Dates:**  
Member Registration: **June 3**  
Non-Member Registration: **June 10**

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

**Please note:**  
Thursday classes will be prorated to reflect an 8-week session due to Independence Day (July 4th).

**MEMBERSHIP GUIDE:**  
45 Min | F: \$140 | M: \$198 | N: \$284  
60 Min | F: \$155 | M: \$221 | N: \$315  
90 Min | F: \$217 | M: \$309 | N: \$441

**OPEN GYM**  
**60 Minutes | Ages 0-7**  
Supervised, unstructured time in the gym!  
Drop-In Rate: F: \$5 | Y: \$10 | N: \$15

Sun: 9:00am

### **PRESCHOOL GYMNASTICS | Ages 0-4**

**Parent/Child | 45 Minutes | Ages 18 Months - 3 Years**  
\*Active parent/guardian participation is required  
Thu: 9:30am  
Sat: 9:00am  
Sun: 10:30am

**Shooting Stars | 45 Mins | Ages 3-4**  
\*Independent class, child must be able to separate from parent/guardian  
Tue: 3:30pm  
Thu: 9:30am  
Sat: 9:00am | 10:00am  
Sun: 10:30am

### **YOUTH GYMNASTICS | Ages 4-12**

**Beginner/Intermediate | 60 Minutes | Ages 4-5**  
Tue: 4:00pm | 5:10pm  
Thu: 10:20am  
Sat: 11:00am  
Sun: 11:20am

**Beginner/Intermediate | 60 Minutes | Ages 6-8**  
Tue: 3:30pm | 4:40pm  
Wed: 3:30pm | 4:20pm | 5:30pm  
Thu: 10:20am  
Sat: 9:00am | 10:10am  
Sun: 10:30am | 11:40am

**Beginner/Intermediate | 60 | Minutes | Ages 8-12**  
Tue: 5:10pm  
Sat: 9:00am | 10:00am  
Sun: 11:20am

**Advanced | 90 minutes | Ages 4-5**  
Tue: 3:30pm

**Advanced Ages | 90 minutes | Ages 6-8**  
Tue: 4:30pm  
Sat: 11:15am

**Advanced Ages | 90 Minutes | Ages 8-12**  
Wed: 4:40pm  
Sat: 11:15am

### **TUMBLE CLASSES | Ages 6-12**

**Beginner Tumble | 60 Minutes | Ages 6-12**  
Wed: 4:20pm  
Sat: 10:20am

**Intermediate Tumble | 60 Minutes | Ages 6-12**  
Tue: 6:20pm  
Sat: 11:30am

**Back Handspring Mania | 60 Minutes | Ages 6-12**  
Tue: 6:20pm

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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**

**Thursday, 7/4 – 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**

**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.

**Parent/Child:**

This is a semi-structured parent/child class where children will learn the basics of gymnastics while improving their motor skills. Our staff will assist in spotting techniques and ensure safety of all participants. Active parent participation is required.

**Shooting Stars:**

This is an independent class where children will be introduced to basic gymnastics skills. They will utilize obstacle courses and circuits that include balance beams, bars, and tumble track. Parents/guardians are not allowed in the gym during this class.

**Beginner/Intermediate Gymnastics:**

This is a structured class where children will learn and build upon the fundamentals of gymnastics. Instructors will focus on proper technique for skills on vault, balance beam, bars, and floor. No gymnastics experience is required.

**Advanced Gymnastics:**

This class will focus on perfecting technique and working on skills necessary for our Team Program. Children must be recommended for Advanced Gymnastics by their previous instructor. Athletes new to our program can schedule an evaluation.

**Beginner Tumble:**

This is a structured class that allows children to focus on basic skills including handstands, cartwheels, round-offs and rolls. No tumbling experience is required.

**Intermediate Tumble:**

This is a structured class for children with previous tumbling experience who want to focus on skills such as walkovers, front handsprings, and back handsprings.

**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

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