

FALL I SESSION:
SEPT. 3- OCT. 27 | 8 Weeks

Registration Dates:

Member Registration: **August 12**
Non-Member Registration: **August 19**

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 Labor Day (Sept. 2nd). Business Hours: Weekdays: 9:00am-6:00pm | Weekends: 9:00am-12:00pm

OPEN GYM

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

60 Mins | Ages 0-7

Mon: 11:00am
Tue: 11:30am
Fri: 11:00am
Sun: 9:00am

60 Mins | Ages 8 and up

Sun: 5:30pm

60 Mins | All Ages

Mon: 2:00pm
Tue: 2:00pm
Wed: 2:00pm
Thu: 2:00pm
Fri: 2:00pm

Tiny Tumblers | 45 Minutes | 18 Months-3 Years

*Active parent/guardian participation is required

Mon: 10:00am
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
Sat: 11:15am

Shooting Stars | 45 Minutes | Ages 3-4

*Independent class. Parents/guardian not allowed in gym.

Mon: 9:00am
Tue: 9:30am
Wed: 10:00am
Thu: 3:45pm
Fri: 9:00am
Sat: 9:00am | 10:00am | 12:00pm
Sun: 10:30am | 11:30am

Beginner | 60 Minutes | Ages 4-5

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

Beginner | 60 Minutes | Ages 6-8

Tue: 3:30pm | 5:50pm
Wed: 4:40pm | 5:10pm
Thu: 4:40pm | 5:10pm
Sat: 11:30am | 12:40pm | 1:00pm
Sun: 11:40am

Beginner | 60 Minutes | Ages 9-13

Thu: 3:30pm
Sat: 11:00am
Sun: 1:00pm

Intermediate | 60 Minutes | Ages 4-5

Tue: 5:50pm
Sat: 10:20am | 11:30am
Sun: 10:30am | 12:40pm

Intermediate | 60 Minutes | Ages 6-8

Tue: 4:40pm
Wed: 3:30pm | 5:10pm
Thu: 5:50pm
Sat: 9:15am | 11:00am | 12:40pm
Sun: 10:30am | 11:50am

Intermediate | 60 Minutes | Ages 9-13

Tue: 3:30pm
Sat: 12:10pm
Sun: 12:10pm

Advanced | 90 Minutes | Ages 4-5

Tue: 3:30pm
Thu: 3:30pm
Sun: 11:00am

Advanced | 90 Minutes | Ages 6-8

Tue: 5:50pm
Wed: 3:30pm
Thu: 4:40pm
Sat: 9:30am
Sun: 11:00am

Scan the
QR Code
to Sign Up



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Advanced | 90 Minutes | Ages 9-13

Wed: 5:20pm
Thu: 4:40pm
Sat: 10:20am

Daytime Gymnastics 60 Minutes | Ages 6-13

Wed: 1:00pm

Beginner Tumble 60 Minutes | Ages 6-12

Tue: 4:40pm
Sat: 11:10am

Intermediate Tumble 60 Minutes | Ages 6-12

Thu: 3:30pm
Sat: 12:20pm

Advanced Tumble 60 Minutes | Ages 6-12

Tue: 7:00pm

Backhandspring Mania 60 Minutes | Ages 6-12

Tue: 7:00pm
Sun: 12:40pm

Boys Strength & Gymnastics 60 Minutes | Ages 6-10

Fri: 4:30pm

JR. Youth Obstacle Ages 60 Minutes | Ages 4-6

Fri: 3:30pm

Youth Obstacle 60 Minutes | Ages 7-12

Fri: 4:30pm
Sun: 1:00pm

Contact
Kylee Robertson, Gymnastics Program Director
kr Robertson@metronorthymca.org

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. As well as building confidence with chin-up pull overs, castings, and various skills across the beam.

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. Children new to the program can schedule an evaluation before registering.

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. Must have a foundation in back habsprings.

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.

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.

Scan the
QR Code
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GYMNASTICS



**SAUGUS
FAMILY
YMCA**

298B Main Street
Saugus, MA 01906
781-218-7263
ymcametronorth.org

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RATE GUIDE:

Family Member: FM

Member: M

Non Member: NM