

### WINTER SESSION: Jan. 2- Feb. 16 | 7 Weeks

**Registration Dates:**  
Member Registration: Dec. 2  
Non-Member Registration: Dec. 9

**Membership Guide:**  
45 Mins | F: \$112 | M: \$164 | N: \$221  
60 Mins | F: \$124 | M: \$182 | N: \$245  
90 Mins | F: \$174 | M: \$255 | N: \$343

Please note: Monday, Tuesday and Wednesday classes will be prorated to reflect a 6-week session due to New Year Holidays.

#### 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: 9:00am

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

Sat: 10:00am

Sun: 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: 10:15am | 11:15am

#### Beginner | 60 Minutes | Ages 4-5

Tue: 4:40pm

Wed: 5:10pm

Thu: 5:10pm

Fri: 10:00am | 1:00pm

Sat: 9:15am | 10:20am | 1:00pm

Sun: 11:40am | 12:10pm

#### Beginner | 60 Minutes | Ages 6-8

Tue: 3:30pm | 5:50pm

Wed: 4:40pm

Sat: 11:30am | 12:40pm | 1:00pm

Sun: 11:10am | 12:20pm

#### Beginner | 60 Minutes | Ages 9-13

Thu: 3:30pm

Sat: 12:10pm

#### Intermediate | 60 Minutes | Ages 4-5

Tue: 3:30pm

Thu: 4:40pm

Sat: 10:20am | 11:30am

Sun: 10:30am | 12:50pm

#### Intermediate | 60 Minutes | Ages 6-8

Tue: 4:40pm

Wed: 3:30pm

Thu: 5:50pm | 6:20pm

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

Sun: 10:30am | 12:10pm

#### Intermediate | 60 Minutes | Ages 9-13

Tue: 5:50pm

Sat: 11:00am

Sun: 12:00pm

#### Advanced | 90 Minutes | Ages 4-5

Tue: 3:30pm

Thu: 3:30pm

Sun: 10:15am

#### Advanced | 90 Minutes | Ages 6-8

Tue: 5:50pm

Wed: 3:30pm

Thu: 4:40pm

Sat: 9:30am

Sun: 11:00am | 12:45pm

Scan the  
QR Code  
to Sign Up



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### Advanced | 90 Minutes | Ages 9-13

Wed: 5:30pm  
Thu: 4:40pm  
Sat: 10:20am  
Sun: 11:00am

### 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: 4:45pm

### Jr. Youth Obstacle Ages

60 Minutes | Ages 4-6  
Fri: 3:45pm

### Youth Obstacle

60 Minutes | Ages 7-12  
Fri: 4:45pm  
Sun: 1:15pm

### 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. 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, including backbends, round-offs, and kickovers on floor. Children should be confident with chin up pull-overs, casting on bars, and walking on high beams.

### 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 for advanced classes. 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. No experience necessary.

### 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. Children must be recommended for Advanced Tumble by their previous instructor. Athletes new to our program can schedule an evaluation for advanced classes.

### 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.

## 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  
to Sign Up



Contact Kylee Robertson, Gymnastics Program Director [krobertson@metronorthymca.org](mailto:krobertson@metronorthymca.org).