

SPRING II SESSION

APRIL 28-JUNE 15 | 7 Weeks

Monday classes are prorated for Memorial Day*

Registration Dates:

Member Registration: **March 31**

Non-Member Registration: **April 7**

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

OPEN GYM

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

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

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 | 10:00am

Sun: 10:15am

Rising Stars | 45 Min | Ages 2-3 years

**Active parent/guardian participation is required*

Tue: 10:30am

Wed: 11:00am

Sat: 9:30am | 11:00am

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 | 3:45pm

Thu: 3:45pm

Fri: 9:00am

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

Sun: 10:15am | 11:15am

Beginner | 60 Minutes | Ages 4-5

Mon: 4:30pm

Tue: 4:40pm

Wed: 11:00am | 3:30pm | 5:10pm

Thu: 5:10pm

Fri: 10:00am | 1:00pm

Sat: 9:20am | 10:30am | 1:00pm

Sun: 11:40am | 12:20pm

Beginner | 60 Minutes | Ages 6-8

Tue: 3:30pm | 5:50pm

Wed: 4:40pm

Sat: 11:40am | 1:00pm

Sun: 11:10am | 12:10pm

Beginner | 60 Minutes | Ages 9-13

Thu: 3:30pm

Sat: 12:10pm

Intermediate | 60 Minutes | Ages 4-5

Tue: 3:30pm

Wed: 4:40pm

Thu: 4:40pm

Sat: 10:30am | 11:40am

Sun: 10:30am | 12:50pm

Intermediate | 60 Minutes | Ages 6-8

Mon: 5:40pm

Tue: 3:30pm | 4:40pm

Wed: 3:30pm | 5:50pm

Thu: 5:50pm | 6:20pm

Sat: 9:20am | 10:50am | 12:50pm

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

Mon: 4:30pm

Tue: 5:50pm

Wed: 3:30pm

Thu: 4:40pm

Sat: 9:30am

Sun: 11:00am | 12:45pm

Advanced | 90 Minutes | Ages 8-13

Wed: 5:30pm

Thu: 4:40pm

Sat: 10:30am

Sun: 11:00am

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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

Mon: 6:10pm

Thu: 3:30pm

Sat: 12:50pm

Advanced Tumble

60 Minutes | Ages 6-12

Tue: 7:00pm

Thu: 6:20pm

Backhandspring Mania

60 Minutes | Ages 6-12

Tue: 7:00pm

Sat: 12:20pm

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

BUSINESS HOURS:

Mon - Fri: 9:00-6:00pm

Sat - Sun: 9:00-12:00pm

HOLIDAY HOURS

Monday, 6/26 - Closed (Memorial Day)

Contact

Kylee Robertson, Gymnastics Program Director

krobertson@metronorthymca.org

Jen Simbhudas, Dir. of Competitive Gymnastics

jsimbhudas@metronorthymca.org

Tiny Tumblers:

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

Rising Stars:

This is a structured parent/child class where children will learn the basics of gymnastics alongside listening and following instructions. This class is meant to transition children into an independent class, so they 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 track. Children must be able to separate from their parents/guardians and stay with the group. Parents are not allowed in 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, and 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.

Beginner Tumble:

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

Intermediate Tumble:

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

Advanced Tumble:

This is a structured class for children who have extensive tumbling experience and want to focus on roundoff back handsprings, back tucks, front tucks, 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 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.

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