

Registration Dates

Member Registration: August 11
Non-Member Registration: August 18Fall I Session:
8 Weeks | Sept 1 - Oct 26

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

OPEN GYM

Drop-In Rate: F: \$5 M: \$10 NM: \$15

*Supervised, unstructured time in the gym!

Mon: 11:00am-12:00pm (Ages 0-7)
Mon: 2:00pm-3:00pm (All Ages)
Tue: 11:30am-12:30pm (Ages 0-7)
Tue: 2:00pm-3:00pm (All Ages)
Wed: 2:00pm-3:00pm (All Ages)
Thu: 2:00pm-3:00pm (All Ages)
Fri: 11:00am-12:00pm (Ages 0-7)
Fri: 2:00pm-3:00pm (All Ages)
Sun: 9:00am-10:00am (Ages 0-7)
Sun: 5:30pm-6:30pm (Ages 8+)

TINY TUMBLERS 45 MINS | 18 MON-3 YEARS OLD

*Active parent/guardian participation is required

Mon: 10:00am
Wed: 9:00am
Fri: 9:00am
Sat: 9:00am | 10:00am
Sun: 10:15am

RISING STAR 45 MINS | 2-3 YEARS OLD

*Active parent/guardian participation is required

Tue: 10:30am
Wed: 11:00am
Sat: 11:00am
Sun: 11:15am

SHOOTING STARS 45 MINS | 3-4 YEARS OLD

*Independent class, child must be able to separate from parent/guardian

Mon: 9:00am
Tue: 9:30am
Wed: 10:00am | 3:30pm
Thu: 3:30pm
Fri: 10:00am
Sat: 9:00am | 10:00am | 10:30am
Sun: 10:15am | 11:15am

BEGINNER 60 MINS | 4-5 YEARS OLD

Tue: 4:40pm
Wed: 12:00pm | 4:20pm
Thu: 3:45pm
Fri: 1:00pm
Sat: 9:20am | 11:20am | 12:10pm
Sun: 11:15am | 12:20pm

BEGINNER 60 MINS | 6-8 YEARS OLD

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

BEGINNER 60 MINS | 9-13 YEARS OLD

Thu: 3:45pm
Sat: 12:00pm
Sun: 1:15pm

INTERMEDIATE 60 MINS | 4-5 YEARS OLD

Tue: 3:30pm
Thu: 4:30pm
Sat: 11:20am
Sun: 12:00pm

INTERMEDIATE 60 MINS | 6-8 YEARS OLD

Tue: 3:30pm | 4:40pm
Wed: 5:30pm
Thu: 6:30pm
Sat: 9:20am | 11:00am | 12:30pm
Sun: 10:30am | 12:10pm

INTERMEDIATE 60 MINS | 9-13 YEARS OLD

Tue: 5:50pm
Wed: 3:45pm
Thu: 6:30pm
Sat: 1:10pm
Sun: 12:10pm

ADVANCED 90 MINS | 4-5 YEARS OLD

Tue: 3:30pm
Thu: 3:30pm
Sun: 10:15am

ADVANCED 90 MINS | 6-8 YEARS OLD

Tue: 5:50pm
Wed: 5:00pm
Thu: 4:50pm
Sat: 9:30am
Sun: 11:45am

ADVANCED 90 MINS | 8-13 YEARS OLD

Tue: 5:10pm
Wed: 5:00pm
Thu: 4:50pm
Sat: 11:15am
Sun: 12:00pm

DAYTIME GYMNASTICS 60 MINS

Wed: 1:00pm

BEGINNER TUMBLE 60 MINS | 6-12 YEARS OLD

Wed: 3:45pm
Sat: 10:30am

INTERMEDIATE TUMBLE 60 MINS | 6-12 YEARS OLD

Tue: 4:40pm
Sat: 11:40am
Sun: 10:30am

ADVANCED TUMBLE 60 MINS | 6-12 YEARS OLD

Thu: 6:20pm

BACKHAND SPRING MANIA 60 MINS | 6-12 YEARS OLD

Thu: 5:10pm
Sat: 1:00pm

BOYS STRENGTH & GYMNASTICS 60 MINS | 6-10 YEARS OLD

Fri: 4:50pm

JR. YOUTH OBSTACLE 60 MINS | 4-6 YEARS OLD

Fri: 3:45pm

YOUTH OBSTACLE 60 MINS | 7-12 YEARS OLD

Fri: 4:50pm
Sun: 1:15pm

HOLIDAY HOURS

Monday, 9/1 - Closed

Please note: Monday classes will be prorated to reflect a 7-week session due to Labor Day (Sept 1st.)

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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8 Weeks | Sept 1 - Oct 26**Membership Guide:**45 Mins | F: \$124 | M: \$176 | N: \$252
60 Mins | F: \$138 | M: \$196 | N: \$280
90 Mins | F: \$207 | M: \$294 | N: \$392**CLASS DESCRIPTIONS****Tiny Tumblers | 45 Minutes**

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 | 45 Minutes

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 | 45 Minutes

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 | 60 Minutes

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 | 60 Minutes

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 | 90 Minutes

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 | 60 Minutes

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 | 60 Minutes

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 | 60 Minutes

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 | 60 Minutes

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 | 60 Minutes

This is a structured class where the children will be mastering obstacles while using the traverse wall, cargo net, and ropes.

Back Handspring Mania | 60 Minutes

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 | 60 Minutes

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.

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 Simbudas**Director of Competitive Gymnastics
jsimbudas@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.

HOLIDAY HOURS**Monday, 9/1 - Closed**

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