

Winter Session:

7 Weeks | Jan 3 - Feb 15*

Member Registration: [December 1](#)
Non-Member Registration: [December 8](#)

7 Week Membership Rate Guide:

45 Mins | F: \$117 | M: \$172 | N: \$232
60 Mins | F: \$130 | M: \$191 | N: \$257
90 Mins | F: \$183 | M: \$268 | N: \$360

*6 Week Membership Rate Guide:

45 Mins | F: \$102 | M: \$147 | N: \$204
60 Mins | F: \$113 | M: \$164 | N: \$227
90 Mins | F: \$159 | M: \$229 | N: \$318

OPEN GYM 60 MINS

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

*Supervised, unstructured time in the gym!

Mon: 11:00am (0-7) | 2:00pm (All Ages)

Tue: 11:30am (0-7) | 2:00pm (All Ages)

Wed: 2:00pm (All Ages)

Thu: 2:00pm (All Ages)

Fri: 11:00am (0-7) | 2:00pm (All Ages)

Sun: 9:00am (0-7) | 5:30pm (8 and up)

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: 10:00am

Sun: 10:15am

RISEING STAR 45 MINS 2-3 YEARS OLD

*Active parent/guardian participation is required

Tue: 10:30am

Wed: 11:00am

Sat: 9:00am | 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

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: 1:00pm | 4:40pm

Wed: 12:00pm | 3:30pm

Thu: 3:45pm | 4:30pm

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

Wed: 5:50pm

Thu: 4:30pm

Sat: 12:50pm

Sun: 10:50am | 1:20pm

BEGINNER 60 MINS 9-13 YEARS OLD

Tue: 5:50pm

Sat: 12:00pm

INTERMEDIATE 60 MINS 4-5 YEARS OLD

Tue: 3:30pm

Wed: 3:45pm | 4:40pm

Thu: 4:30pm

Sat: 10:30am | 11:40am

Sun: 12:00pm

INTERMEDIATE 60 MINS 6-8 YEARS OLD

Tue: 3:30pm | 4:40pm

Wed: 3:45pm | 5:00pm

Thu: 5:40pm

Sat: 9:20am | 11:00am | 12:30pm

Sun: 10:30am | 12:10pm | 1:20pm

INTERMEDIATE 60 MINS 9-13 YEARS OLD

Wed: 6:40pm

Thu: 5:40pm

Sat: 1:00pm

Sun: 12:10pm

ADVANCED 90 MINS 4-5 YEARS OLD

Tue: 3:30pm

Thu: 3:30pm

Sat: 11:00am

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

Thu: 3:45pm

Sat: 11:40am

Sun: 10:30am

ADVANCED TUMBLE 60 MINS 6-12 YEARS OLD

Wed: 6:40pm

BACKHAND SPRING MANIA 60 MINS 6-12 YEARS OLD

Thu: 4:10pm

Sat: 1:00pm

NEW

BARS STARS AGES 45 MINS 7-13 YEARS OLD

Tue: 6:00pm

Sat: 12:00pm

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

BALLET 45 MINS 3-5 YEARS OLD

*Held in the Fitness Studio in the Main YMCA Building

Mon: 12:15pm

CREATIVE MOVEMENT 30 MINS 3-5 YEARS OLD

*Held in the Fitness Studio in the Main YMCA Building

Wed: 1:30pm

Scan to Register



*Please note: Monday, Tuesday, Wednesday, Thursday, and Friday classes will be prorated to reflect a 6-week session due to the January 3rd start date.

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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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 is a structured class where children will learn new skills such as back handsprings, back hip circles, and handstands on beam. In addition, there is a greater emphasis on conditioning, perfecting technique of foundational elements, and adding power to skills on vault and floor. Children must be recommended for Advanced Gymnastics. 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.

Bars Stars | 45 Minutes

This is a structured class that focuses solely on improving chin up pullovers, casts, and back hip circles on bars. In addition to breaking down these skills in detail, coaches will lead children in upper body conditioning so they can gain the strength to do these skills independently.

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.

Ballet | 45 Minutes

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement. This is held in the Fitness Studio in the Main Y Building.

Creative Movements | 30 Minutes

Your little dancers will participate in a structured class that incorporates movement based games to develop balance and coordination while teaching introductory dance steps.

CONTACT INFORMATION**Gymnastics Welcome Center:**

gymnastics@metronorthymca.org
(P) 781-218-7263 | (F) 781-484-0708

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Jen Simbhudas

Director of Competitive Gymnastics
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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.

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BLACK FRIDAY

DROP AND SHOP



PARENTS DAY OUT - GYMNASTICS
FRIDAY, NOVEMBER 28TH
9:00AM-1:00PM
AGE 4 & UP

Register by Tuesday, Nov 25th

COST: \$45 FAMILY MEMBERS
\$60 YOUTH MEMBERS
\$85 NON MEMBER

EACH ADDITIONAL SIBLING IS HALF OFF

SCAN QR CODE TO REGISTER



***INCLUDES PIZZA FOR LUNCH, STRUCTURED GYM TIME AND CRAFTS!**

GYMNASTICS CENTER | 298 MAIN ST. SAUGUS, MA

CALL: 781-218-7263

GYMNASTICS@METRONORTHYMCA.ORG