

## Registration Dates

Member Registration: [March 30](#)  
Non-Member Registration: [April 6](#)

## Spring II Session:

7 Weeks\* | April 27<sup>th</sup> - June 14<sup>th</sup>

## Membership 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

### OPEN GYM 60 MINS

Drop-In Rate: F: \$5 | M: \$10 | NM: \$15  
Session Rate: F: \$30 | M: \$60 | NM: \$90

\*Supervised, unstructured time in the gym! Session rate only applies to starred times!

Mon: 11:00am (0-7) | 2:00pm (All Ages)  
Tue: 11:45am (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: 10:00am  
Fri: 9:00am  
Sat: 10:00am  
Sun: 10:20am

### RISING STAR 45 MINS 2-3 YEARS OLD

\*Active parent/guardian participation is required

Tue: 11:00am  
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: 10:00am  
Wed: 10:00am  
Thu: 3:30pm  
Fri: 10:00am  
Sat: 9:00am | 10:00am | 10:30am  
Sun: 10:20am | 11:15am

### BEGINNER 60 MINS 4-5 YEARS OLD

Mon: 10:00am  
Tue: 1:00pm | 4:40pm  
Wed: 12:00pm | 3:40pm  
Thu: 3:45pm | 4:30pm  
Fri: 1:00pm | 3:45pm  
Sat: 9:20am | 11:20am | 12:10pm | 12:50pm  
Sun: 11:15am | 12:10pm | 1:10pm

### BEGINNER 60 MINS 6-8 YEARS OLD

Tue: 3:30pm  
Wed: 6:00pm  
Thu: 4:30pm  
Sat: 12:50pm  
Sun: 10:45am | 1:20pm

### BEGINNER 60 MINS 9-13 YEARS OLD

Tue: 5:50pm  
Sun: 12:10pm

### INTERMEDIATE 60 MINS 4-5 YEARS OLD

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

### INTERMEDIATE 60 MINS 6-8 YEARS OLD

Tue: 3:30pm | 4:40pm | 5:50pm  
Wed: 3:50pm | 5:00pm  
Thu: 5:40pm  
Sat: 9:20am | 11:00am | 12:30pm  
Sun: 10:30am | 12:00pm

### INTERMEDIATE 60 MINS 9-13 YEARS OLD

Wed: 6:40pm  
Sat: 12:00pm  
Sun: 1:20pm

### ADVANCED 90 MINS 4-5 YEARS OLD

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

### ADVANCED 90 MINS 6-8 YEARS OLD

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

### ADVANCED 90 MINS 8-13 YEARS OLD

Tue: 5:10pm  
Wed: 5:00pm  
Thu: 4:50pm  
Sat: 11:15am  
Sun: 11:40am

### DAYTIME GYMNASTICS 60 MINS

Wed: 1:00pm

### BEGINNER TUMBLE 60 MINS 6-12 YEARS OLD

Wed: 3:50pm  
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

Tue: 5:50pm  
Sat: 12:00pm

### ELITE TUMBLE 60 MINS 6-12 YEARS OLD

Wed: 6:00pm

### BARS STARS 45 MINS 7-13 YEARS OLD

Thu: 4:45pm

### 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

\*Please note: Monday classes will be prorated to reflect a 6-week session due to Memorial Day (May 25th).

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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, bridges and rolls. No tumbling experience is required.

### Intermediate Tumble | 60 Minutes

This is a structured class for children who have some tumbling experience and want to focus on skills such as roundoffs, backbends, and kickovers.

### Advanced Tumble | 60 Minutes

This is a structured class for children who have extensive tumbling experience and want to focus on front walkovers, back walkovers and back handsprings. Children must be recommended for Advanced Tumble by their previous instructor. Athletes new to our program can schedule an evaluation for Advanced Tumble.

### Elite Tumble | 60 Minutes

This is a structure class for children who have mastered standing and roundoff backhand springs and are looking to work front and back tucks. Children must be recommended for Elite Tumble by their previous instructor. Athletes new to our program can schedule an evaluation for Elite Tumble.

### 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.

### 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.

### 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.

## CONTACT INFORMATION

### Gymnastics Welcome Center:

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

### Kylee Robertson

Gymnastics Program Director  
[krobertson@metronorthymca.org](mailto:krobertson@metronorthymca.org)

### Tracey D'Alleva

Branch Administrator  
[tdalleva@metronorthymca.org](mailto:tdalleva@metronorthymca.org)

### Jen Simbhudas

Director of Competitive Gymnastics  
[jsimbhudas@metronorthymca.org](mailto:jsimbhudas@metronorthymca.org)

### Amy Looney

Branch Executive Director  
[alooney@metronorthymca.org](mailto:alooney@metronorthymca.org)

Scan to Register



## 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 Gymnastics Welcome Center before the start of 2<sup>nd</sup> class to be eligible for a refund or credit.

**\*Please note:** Monday classes will be prorated to reflect a 6-week session due to Memorial Day (May 25th).



# GYMNASTICS DAY PROGRAM

APRIL VACATION WEEK



**APRIL 20 - 24**  
**8:00AM TO 3:00PM**  
**AGE 4 & UP**



**\$75 FAMILY MEMBERS | \$100 MEMBERS | \$145 NON MEMBER**

Join us for a day of  
gymnastics, games, and  
arts & crafts!

SCAN QR CODE TO REGISTER



**GYMNASTICS CENTER | 298 MAIN ST. SAUGUS, MA**  
**CALL: 781-218-7263**  
**GYMNASTICS@METRONORTHYMCA.ORG**



# ADVENTURE WARRIOR

APRIL VACATION WEEK

APRIL 20 - 24

8:00AM TO 3:00PM

AGE 4 & UP



\$75 FAMILY MEMBERS | \$100 MEMBERS | \$145 NON MEMBER

Join us for a day of  
obstacle courses, games,  
and arts & crafts!

SCAN QR CODE TO REGISTER



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