

Registration DatesMember Registration: June 1
Non-Member Registration: June 8**Summer II Session:****4 Weeks | August 1 - August 30****Business Hours:****Weekdays: 9am-6:00pm**
Weekends: 9am-12:00pm**OPEN GYM****60 min Rate F: \$5 | M: \$10 | NM: \$15**
90 min Rate: F: \$8 | M: \$15 | NM: \$23**Sun: 9:00am - 10:00am (Ages 0-7)**
3:30pm - 5:00pm (Ages 8+)**BEGINNER/INT AGES 4-5 *4 WEEKS****60 Mins | F: \$76 | M: \$109 | N: \$151**

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. Skill lists for this class include but are not limited to: rolls, handstands, cartwheels and bridges on floor, strength training and pullovers on bars and balance and confidence on beam.

Mon: 4:30pm-5:30pm
Wed: 5:00pm-6:00pm**BEGINNER/INT AGES 6-8 *4 WEEKS****60 Mins | F: \$76 | M: \$109 | N: \$151**

This structured class introduces gymnasts to the fundamental skills of gymnastics while emphasizing proper technique, strength, and confidence. Gymnasts will learn forward and backward rolls, handstands, cartwheels, bridges, and basic skills on the balance beam, bars, and tumble track. Bridges and walkovers may also be introduced based on each gymnast's strength, readiness, and progress.

Mon: 5:30pm-6:30pm
Wed: 4:00pm-5:00pm**DANCE MIX *5 WEEKS****45 Mins | F: \$85 | M: \$123 | N: \$170**

Your little dancers will participate in a structured class that introduces styles of ballet, creative movement, and jazz, through exciting music to develop balance and coordination while teaching introductory dance steps.

Sat: 11:30am-12:15pm (ages 3-5)
Sat: 12:15pm-1:00pm (ages 6-10)**DANCE CLINICS AGES 4-8 ONE-DAY****60 Mins | F: \$45 | M: \$60 | N: \$90**

Get ready to move, create, and have fun! This clinic combines creative movement, ballet, jazz, and hip hop in a fun and supportive environment. Dancers will explore different styles of movement, play engaging dance games, enjoy themed activities, and complete a fun craft to take home. No dance experience is necessary—just come ready to move and have a great time!

Thu, July 23	12:00pm-3:00pm
Fri, July 24	12:00pm-3:00pm
Mon, August 3	11:30am-2:30pm
Wed, August 5	11:30am-2:30pm

SPECIAL ONE-DAY EVENT**TUMBLE TECHNIQUE CLINIC AGES 6-12****90 Mins | F: \$45 | M: \$55 | N: \$70**

This class is designed for athletes looking to develop and perfect tumbling skills such as back handsprings, round-offs, front handsprings, front and back walkovers, and other advanced progressions. Instruction focuses on proper technique, strength, drills, and skill progression in a safe and supportive environment.

Sat, July 25	9:00am-10:30am
Sat, August 15	9:00am-10:30am

Scan to Register

**CANCELLATION POLICY**

A request of cancellation form must be filled out at Gymnastics Welcome Center before the start of class to be eligible for a refund or credit.



Tumble Technique Clinic

Saturday, July 25th | 9:00am-10:30am

Saturday, August 15th | 9:00am-10:30am

This class is designed for athletes looking to develop and perfect tumbling skills such as back handsprings, round-offs, front handsprings, front and back walkovers, and other advanced progressions. Instruction focuses on proper technique, strength, drills, and skill progression in a safe and supportive environment.

Sign up now because there are limited spots!



FM: \$45 | YM:\$55 | NM: \$70

**SCAN THE QR CODE TO REGISTER
OR LEARN MORE AT
YMCAMETRONORTH.ORG/GYMNASTICS**





Saugus Family YMCA FOR AGES 4-8

DANCE CLINICS

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PRICE:

FM: \$45 | YM: \$60 | NM: \$90



**LIMITED SPOTS!
SCAN QR CODE
TO REGISTER**

GYMNASTICS CENTER | 298 MAIN ST. SAUGUS, MA

CALL: 781-218-7263

GYMNASTICS@METRONORTHYMCA.ORG

LEARN MORE AT WWW.YMCAMETRONORTH.ORG/GYMNASTICS