GYMNASTICS

SAUGUS FAMILY YMCA

Business Hours:
Weekdays: 9:00am–6:00pm
Weekends: 9:00am–12:00pm

Winter Session:
7 Weeks* | Jan 2 – Feb 14
Member Registration: November 30
Non-Member Registration: December 7

7 Week Membership Rate Guide:
45 Mins | F: $121 | M: $177 | N: $232
60 Mins | F: $134 | M: $197 | N: $257
90 Mins | F: $188 | M: $276 | N: $360

6 Week Membership Rate Guide:
45 Mins | F: $105 | M: $152 | N: $204
60 Mins | F: $117 | M: $169 | N: $227
90 Mins | F: $164 | M: $236 | N: $318

OPEN GYM 60 min Rate F: $5 | M: $10 | NM: $15 90 min Rate: F: $8 | M: $15 | NM: $23

*Supervised, unstructured time in the gym!

Ages 0–7 60 min		All Ages 60 min		Ages 8+ 90 min	
Mon:	11:00am	Mon:	2:00pm	Sun:	5:00pm
Tue:	11:00am	Tue:	2:00pm		
Wed:	11:00am	Wed:	2:00pm		
Fri:	11:00am	Thu:	2:00pm		
Sun:	9:00am	Fri:	2:00pm		

TINY TUMBLERS 45 MINS | 18 MON–2 YEARS OLD
*Active parent/guardian participation is required

Mon: 10:00am
Wed: 9:00am
Fri: 9:00am
Sat: 10:00am | 11:00am
Sun: 10:20am

RISING STAR 45 MINS | 2–3 YEARS OLD
*Active parent/guardian participation is required

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

BEGINNER 60 MINS | 4–5 YEARS OLD

Mon: 1:00pm
Tue: 3:30pm | 4:40pm
Wed: 12:00pm | 5:30pm
Thu: 3:30pm | 5:30pm
Fri: 10:00am
Sat: 10:30am | 11:40am | 12:50pm
Sun: 10:30am | 12:10pm

BEGINNER 60 MINS | 6–8 YEARS OLD

Tue: 4:40pm
Wed: 3:30pm
Sat: 12:10pm
Sun: 12:20pm

BEGINNER 60 MINS | 9–13 YEARS OLD

Wed: 5:50pm
Sat: 12:00pm
Sun: 12:10pm

INTERMEDIATE 60 MINS | 4–5 YEARS OLD

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

INTERMEDIATE 60 MINS | 6–8 YEARS OLD

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

INTERMEDIATE 60 MINS | 9–13 YEARS OLD

Tue: 5:50pm
Sat: 12:50pm
Sun: 12:30pm

ADVANCED 90 MINS | 4–5 YEARS OLD

Tue: 3:30pm
Sun: 11:40am

ADVANCED 90 MINS | 6–8 YEARS OLD

Mon: 4:40pm
Tue: 4:10pm
Wed: 3:30pm
Thu: 5:10pm
Sat: 9:30am
Sun: 11:40am

ADVANCED 90 MINS | 8–13 YEARS OLD

Wed: 5:30pm
Thu: 4:00pm
Sat: 11:15am
Sun: 10:30am

DAYTIME GYMNASTICS 60 MINS

Wed: 1:00pm

BEGINNER TUMBLE 60 MINS | 6–12 YEARS OLD

Thu: 4:00pm
Sat: 10:30am

INTERMEDIATE TUMBLE 60 MINS | 6–12 YEARS OLD

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

BACKHAND SPRING MANIA 60 MINS | 6–12 YEARS OLD

Tue: 5:50pm
Thu: 4:30pm
Sat: 12:00pm

ADVANCED TUMBLE 60 MINS | 6–12 YEARS OLD

Thu: 5:40pm

BARS STAR 45 MINS | 4–6 YEARS OLD

Sat: 11:15am

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

Fri: 3:30pm

YOUTH OBSTACLE 60 MINS | 7–12 YEARS OLD

Fri: 4:40pm

BALLET 45 MINS | 3–5 YEARS OLD

Mon: 12:15pm

CREATIVE MOVEMENT 30 MINS | 3–5 YEARS OLD

Mon: 1:00pm

Scan to Register

*Please note: Monday, Tuesday, Wednesday, Thursday, and Friday classes will be prorated to reflect a 6-week session due to the New Year.

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.

GYMNASTICS

SAUGUS FAMILY YMCA

Business Hours:
Weekdays: 9:00am-6:00pm
Weekends: 9:00am-12:00pm

Winter Session:
7 Weeks* | Jan 2 - Feb 14
Member Registration: November 30
Non-Member Registration: December 7

7 Week Membership Rate Guide:
45 Mins | F: $121 | M: $177 | N: $232
60 Mins | F: $134 | M: $197 | N: $257
90 Mins | F: $188 | M: $276 | N: $360

6 Week Membership Rate Guide:
45 Mins | F: $105 | M: $152 | N: $204
60 Mins | F: $117 | M: $169 | N: $227
90 Mins | F: $164 | M: $236 | N: $318

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 the low beam. There is a greater emphasis on perfecting technique and adding power to existing skills. Children must be recommended for Advanced Gymnastics. Athletes new to our program can schedule an evaluation for advanced classes.

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.

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.

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.

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, kickovers, and walkovers.

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.

Advanced Tumble | 60 Minutes
This is a structured class for children who have extensive tumbling experience and want to focus on series and roundoff back handsprings, along with front and back tucks. Children must be recommended for Advanced Tumble by their previous instructor. Athletes new to our program can schedule an evaluation for Advanced Tumble.

Ballet | 45 Minutes (Located in the Fitness Studio in Main Y Building)
Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.

Creative Movement | 30 Minutes (Fitness Studio in Main Building)
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

Amy Looney
Branch Executive Director
alooney@metronorthymca.org

Kylee Robertson
Gymnastics Program Director
krobertson@metronorthymca.org

Jen Simbhudas
Director of Competitive Gymnastics
jsimbhudas@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.

Scan to Register

*Please note: Monday, Tuesday, Wednesday, Thursday, and Friday classes will be prorated to reflect a 6-week session due to the New Year.

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.