

Gymnastics Programs

Fall 1 2010 SESSION
Sept 7-October 24



The YMCA pre-school gymnastics goal is for each child to have FUN and fall in love with the sport of gymnastics. Gymnastics is a great activity that provides total body fitness. Introduced at an early age, skills acquired in gymnastics can later help kids master other athletic activities.

YOUTH GYMNASTICS

Gymsters Ages 2-3 years old with Parent

Children will explore the world of creative movement through our gymnastics equipment. Here your child will enhance social skills ability to take turns.

(Participants must be able to walk independently.)

Monday	10:15 - 10:45 am	05208-11
Tuesday	10:00 - 10:30 am	05208-21
Friday	9:30 - 10:00 am	05208-51
Saturday	9:00 - 9:30 am	05209-61

Advanced Gymsters Ages 2-3 years old with Parent

Extension of Gymsters. Must have taken one session of Gymsters in order to participate.

Wednesday	11:00 - 11:30 am	05209-31
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Gym Tumblers Ages 3.5-4 years old

Children will work independently from parent in a fun and challenging environment. Skills will be taught while self-confidence and self esteem will be enhanced. Children will explore gymnastics, and movement skills to develop strength, flexibility and coordination

Monday	11:00 - 11:40 am	05208-12
Tuesday	10:40 - 11:20 pm	05208-22
Wednesday	10:10 - 10:50 am	05208-32
Thursday	10:00 - 10:40 am	05209-41
Saturday	9:40 - 10:20 am	05209-62

Gym Stars Ages 4-6 years old

In a fun and playful atmosphere children are taught skills on gymnastic playground. This is a chance for them to develop strength, flexibility and coordination while working independently from a parent.

Tuesday	11:30 - 12:10 pm	05208-23
Thursday	10:40 - 11:20 am	05209-42
Thursday	2:15 - 3:00 pm	05209-43
Saturday	10:35 - 11:20 am	05209-63

Advanced Gym Stars Ages 4-7 years old

Pre-Req Gym Stars. In a fun and playful atmosphere children are taught skills on gymnastic playground. This is a chance for them to develop strength, flexibility and coordination while working independently from a parent.

Tuesday	12:15 - 12:55 pm	05208-25
Tuesday	2:30 - 3:15 pm	05208-24

Jumpin' Gymnasts

Have a child who loves to run, swing, jump, hang and leap like a superhero? This is the class for them. Some basic gymnastics skills are taught with lots of fun and action in mind.

Thursday (ages 5-8)	3:30 - 4:15 pm	05209-44
Friday (ages 5-8)	4:45 - 5:30 pm	05209-53

Monday Classes \$41 members / \$81 non-members
Tues-Sun Classes \$47 members / \$95 non-members

TUMBLE AND CREATE AGES 3.5-5

Combined fun, gymnastics and art. In this class you will start in the gym learning gymnastics skills and tumbling and be transported to our enrichment room where you will have a snack and create exciting art projects.

\$53 members / \$99 non members

Monday	9:30 - 10:45 am	05229-15
Wednesday	9:30 - 10:45 am	05226-37



Halloween Party!

Mark your Calendar for our
Biggest Party of the Year!

Friday, October 29, 2010
6:00 - 8:00 pm

Join us at the Framingham YMCA
for a fun family evening of music, crafts,
swimming and games!

\$10 per family.

GYMNASTICS-WHAT TO WEAR

- All Children should wear comfortable, fitted clothing: shorts, t-shirts, leotards, etc. Please do not wear clothing with metal clasps or buttons. Tights must be footless. Long hair must be clipped back or in a pony tail.

BOYS & GIRLS PROGRESSIVE GYMNASTICS



Classes are taught under the guidelines of the USA Gymnastics Jr. Olympic Program. The levels are designed to prepare gymnasts for competition by providing a non-competitive, achievement-oriented program of basic skills and progressions. Gymnasts will be evaluated during the first and last class of the session. Advancing to the next level is to the Coach's discretion.

Monday Classes \$41 members / \$81 non-members
Tues-Sun Classes \$47 members / \$95 non-members

Beginner A Ages 6 - 8 years old

Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor, and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Monday	3:30 - 4:30 pm	05208-13
Wednesday	3:30 - 4:30 pm	05208-31
Friday	3:30 - 4:30 pm	05208-57
Saturday	11:30 - 12:20 pm	05215-64

Beginner B Ages 9 - 12 years old

Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor, and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Monday	5:00 - 6:00 pm	05208-17
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Intermediate Invite Only Ages 6 - 12 years

Gymnasts can correctly execute the following: a cartwheel, handstand, basic rolls on floor, a pullover on bars, basic balance and movements on beam and introductory vaulting techniques. This class is for the gymnast who can correctly execute the skills taught in Beginner A & B.

Monday	3:30 - 4:30 pm	Invite Only
Saturday	11:30am - 12:20 pm	Invite Only

Advanced Ages 6-12

More challenging skills will be learned in all events and there will be increased emphasis on flexibility, and strength. Gymnast can correctly execute a round-off, handstand, forward and backward roll on floor. Has mastered all beam skills in intermediate. Has mastered all uneven bar skills in intermediate such as pull-over, shoot through, and back hip circle. **Invitation only after completing Intermediate. For questions, contact Cija Affannato at caffannato@metrowestymca.org**

Tuesday	3:30 - 4:30 pm	Invite Only
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RISING STARS PROGRAM

PRE TEAM

- Gymnasts must have mastered Advanced Progressive skills and be recommended for this level by a coach. Gymnasts will work on skills and routines in the Level 4. The goal of this class is to prepare students for the Team. **\$160 YMCA members only.**

● Mon/Wed 4:30 - 6:30 pm Invite Only

COMPETITIVE GYMNASTICS

YMCA MEMBERS ONLY

- The MetroWest YMCA GymKats are a regionally competitive gymnastics team. With expert direction from our highly qualified coaches, gymnasts will be trained to reach their highest potential. Gymnasts will work on routines designed by the USA Gymnastics Junior Olympic Program on all four events. The team participates in approximately 8-10 meets per season in addition to performing at special events. Gymnasts must try-out for the team or be promoted from Pre-Team. Invite Only Cost: \$340



MetroWest YMCA - GymKats Team - 2009-2010

Private Gymnastics Lessons Available

All ages and levels Boys and Girls
 One on one gymnastics instruction.
 Contact: Cija Affannato (508) 879-4420 ext. 62

For more information on Gymnastics Programs, call Cija Affannato, Youth and Family Director at (508) 879-4420 x62