

# Gymnastics Programs

**WINTER 2010 SESSION**  
Jan 4-Feb 14



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.

**Classes \$41 members / \$81 non-members**

## 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	10:30 - 11:00 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

### 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
Thursday	10:00 - 10:40 am	05209-41
Friday	10:10 - 10:50 am	05208-52
Saturday	9:40 - 10:20 am	05209-62

### Gym Stars Ages 4-7 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	10:00 - 10:40 am	05209-42
Thursday	2:15 - 3:00 pm	05209-43
Saturday	10:35 - 11:20 am	05209-63

### 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.

Wednesday (ages 3-5)	10:10 - 10:50 am	05209-31
Thursday (ages 5-8)	3:30 - 4:15 pm	05209-44

### **NEW** 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.

Monday	9:30 - 10:45 am	05229-15
Wednesday	9:30 - 10:45 am	05226-31

## CHEER, DANCE & TUMBLE

### Cheer Dance Ages 4-8

If your child loves to yell, jump and dance this is the class for them. Students will learn the basics and some cool cheers.

Wednesday (ages 4-7)	3:30 - 4:10pm	05209-33
Saturday (ages 4-7)	12:25 - 1:15pm	05209-67

### Advanced Cheer Dance & Tumble Ages 7-14

A great class for experienced cheerleaders wanting to perfect tumbling skills. Work on Jumps, Cheers, Back handsprings, stunting and more! We will be using our floor and 20 foot tumble track.

Wednesday	6:45 - 7:45 pm	05211-35
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## HOMESCHOOL GYMNASTICS

### Home School Gymnastics

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

Tuesday (ages 5-10)	2:45 - 3:30 pm	05209-23
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## Gymnastics Vacation Clinic

**December 28-31 8am-5pm Grades K-8**

Mornings will be spent in the gym on gymnastics skills and games. Field trips are planned for the afternoon. More information and registration forms are available at the front desk.

**\$47 Members/\$58 Non-Members per day**

### SAVE THE DATE / FEBRUARY VACATION PROGRAM

February 15-19 8am-5pm for grades K-8



## 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. Long hair must be clipped back or put up.

## 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-Sunday Classes

**\$41members / \$81 non-members**

#### **Beginner A Ages 6 - 8 years old**

Introduction to cartwheels, handstands, and basic rolls. Beginner skills are introduced on the vault, uneven bars, and balance beam.

Monday	3:30 - 4:30 pm	05208-13
Wednesday	3:30 - 4:30 pm	05208-31
Saturday	11:30 - 12:20 pm	05215-61

#### **Beginner B Ages 9 - 12 years old**

Introduction to cartwheels, handstands, and basic rolls. Beginner skills are introduced on the vault, uneven bars, and balance beam.

Monday	5:00 - 6:00 pm	05208-17
Wednesday	3:30 - 4:30 pm	05208-31

#### **Intermediate A Ages 6 - 8 years**

Gymnast can correctly execute a cartwheel, handstand, and basic rolls. Can walk across the beam and execute skills on the beam with confidence. This class is for the gymnast who can correctly execute skills taught in Beginner A & B

Monday	3:30 - 4:30 pm	05208-13
Saturday	11:30am - 12:20 pm	05209-61

#### **Intermediate B Ages 9-12 years**

Gymnast can correctly execute a cartwheel, handstand, and basic rolls. Can walk across the beam and execute skills on the beam with confidence. This class is for the gymnast who can correctly execute skills taught in Beginner A & B

Monday	5:00 - 6:00 pm	05208-17
Wednesday	3:30 - 4:30 pm	05215-31

#### **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 V. Has mastered all uneven bar skills in intermediate B such as pull-over, shoot through, and back hip circle. **Invitation only after completing Intermediate B. For questions, contact Cija Affannato at [caffannato@metrowestymca.org](mailto: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. **\$158 YMCA members only.**

Mon/Wed	4:30 - 6:00 pm	Invite Only
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## 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: \$330



*MetroWest YMCA - GymKats Team - 2009*

## 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