

GYMNASTICS

YOUTH DEVELOPMENT



DANCE

YOUTH DEVELOPMENT

Due to the construction and renovation project, Dance and Gymnastics classes at the MetroWest YMCA will not start until the Gymnasium is completed. Please watch for the Fall schedule of Dance & Gymnastics classes which will be released in mid-September.



The MetroWest YMCA's Gymnastics Program is a building block for the development of lifetime healthy habits. Preschool gymnastics classes are the perfect environment and structure to help develop gross motor and social skills. As gymnasts move into youth classes they will learn more traditional gymnastics skills in a progressive, achievement orientated manner, so every participant feels success along the way.

PRE-SCHOOL GYMNASTICS

My Friend & Me, Ages 2 -3 years old with Parent
Children and parents will explore the world of creative movement through gymnastics. Your child will enhance social skills, risk taking, body awareness and confidence. (participants must be able to walk independently and each child must be accompanied by an adult)

Little's, Ages 3-4
Begin to learn gymnastics skill independently from parent.

Mighty's, Ages 4-5
Begin to learn gymnastics skill independently from parent.

SCHOOL AGE GYMNASTICS

Rollers, Ages 5 - 7 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.

Rollers, Ages 8+
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.

Swingers, Ages 6+
This is the intermediate level in our progressive program that continues to build on skills learned in rollers. (This class enrollment is based on our recommendations only)

Kippers, Ages 8+
The most advanced level in our progressive program that continues to build on skills learned in swingers. (This class enrollment is based on our recommendations only)

High Flyers, Ages 8+
High Flyers is our most intense class which is for those gymnasts who are looking to build on skills from previous experience. Coaches will work with each gymnast on a more individual level to accommodate each gymnast's needs and goals. This class will meet on both Tuesday's and Thursday's from 4:45-6:15 pm. **must be invited to join by an instructor.*

Introducing the youth of our community to the magic of dance in a structured setting. Dance classes at the Y are designed to focus on fun, character development, body alignment, strength, flexibility, balance, technique, and grace. The MetroWest YMCA offers a wide range of dance classes for ages 3 to 14 at any level of ability.

PRE-SCHOOL DANCE CLASSES

Plié Pre Ballet, Ages 3-4
An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary.

Shakers Jazz/Hip Hop Combo, Ages 3-5
Let your little one be introduced to the basics of jazz and hip hop dance. In this class your child will be introduced to basic jazz and hip hop steps. This is a fast moving class with an emphasis on fun!

Passé Combo Ballet/Jazz, Ages 3-5
This class is designed to give your child the opportunity to learn the basics of ballet and jazz dance. The class will be half ballet and then switch to Jazz dance the second half of class.

SCHOOL AGE DANCE CLASSES

Tendu Ballet, Ages 5-7
A beginner level ballet class with further concentration on proper body alignment, balance, and coordination. Basic ballet steps such as first through fifth position, plié, tendu, chasé, and arabesque will be introduced.

Movers Hip-Hop, Ages 6-8
Hip hop is a high-energy class that will really get your child moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for movement combinations.

All Arouns Introduction to Dance, Ages 7+
This Class will introduce your child to different types of dance including but not limited to; jazz, ballet, hip-hop, and musical theater. This is a great class for the beginner dancer that wants to try out more than one style of dance.

Jazz / Pom / Hip Hop Ages 6+
This class is designed to learn the basic style and techniques of jazz and hip hop with a twist of cheer and pom styled music and routines.

Gymnastics and Dance classes will resume as soon as our Gymnasium is open again. Please stay connected for updates on our renovation and expansion project. For more information about Dance & Gymnastics classes, please call (508)-879-4420 X285

