

# GYMNASTICS

## YOUTH DEVELOPMENT

**SPRING 2 2019 Session**  
**April 22- June 16, 2019**

**Preschool Gymnastics class prices**  
 \$66 family members / \$69 youth & teen / \$132 non-members

**School Age Gymnastics class prices**  
 \$74 family members / \$77 youth & teen / \$148 non-members

For more information about gymnastics classes,  
 please call (508)-879-4420 X285

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)

Thursday.....	9:45-10:15 am.....	9140
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#### Preschool Gymnastics

Children will work independently from parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transition. Age appropriate skills will be taught to improve strength, flexibility and coordination.

#### Littles, Ages 3-4

Begin to learn gymnastics skill independently from parent.

Thursday.....	11:00-11:40am.....	9141
Thursday.....	3:40-4:20 pm.....	9142
Saturday.....	11:20am-12:00 pm.....	9143

#### Mighty's, Ages 4-5

Begin to learn gymnastics skill independently from parent.

Thursday.....	10:20-11:00 am.....	9144
Thursday.....	3:40-4:20 pm.....	9145
Saturday.....	11:20am-12:00 pm.....	9146

### 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.

Tuesday(2x).....	3:40-4:40 pm.....	9148
<i>(two classes at this time)</i>		
Thursday.....	3:40-4:40 pm.....	9147
Saturday.....	1:00-2:00 pm.....	9150

#### 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.

Tuesday.....	3:40-4:40 pm.....	9151
Saturday.....	12:00-1:00 pm.....	9152

#### 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)

Tuesday.....	4:45 - 5:45 pm.....	9153
Saturday.....	12:00-1:00 pm.....	9154
Saturday.....	1:00-2:00 pm.....	9155

#### 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)

Thursday.....	4:30 - 5:30 pm.....	9156
Saturday.....	12:00-1:00 pm.....	9157
Saturday.....	1:00-2:00 pm.....	9158

#### 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.*

**\$112 Family members**  
**\$118 Youth members**  
**\$236 non members**

Tues/Thurs	4:45 - 6:15 pm	9159
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## HEALTHY KIDS DAY!

Join us on Saturday April 27 from 2-4pm at the Framingham Branch as we celebrate Healthy Kids Day! Fun activities, Fire Trucks, Prizes and more! Free and open to all in our community. Perfect for kids ages 2-13 and their families.

