

GYMNASTICS

YOUTH DEVELOPMENT

Winter 2019 Session
January 2-February 16, 2019

Preschool Gymnastics class prices
Mon-Tue Classes \$53 members / \$106 non-members
Wed-Sat Classes \$61 members / \$122 non-members

School Age Gymnastics class prices
Mon-Tue Classes \$55 members / \$110 non-members
Wed-Sat Classes \$68 members / \$136 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.

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.
 Saturday..... 8:30-9:00 am

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 transitioning. Age appropriate skills will be taught to improve strength, flexibility and coordination.

Tumble & Create, ages 3.6-5

Learn gymnastic skills and tumbling then onto our enrichment room to create some exciting art projects. Bring your own nut-free snack. **Members \$76/Non-Members \$152**

Wednesday..... 10:45-12:00 pm

Littles, Ages 3-4

Begin to learn gymnastics skill independently from parent.

Tuesday..... 10:00-10:40am
 Thursday..... 11:00-11:40am
 Friday..... 3:40-4:20 pm
 Saturday..... 9:00-9:40am
 Saturday..... 9:45-10:25am

Mighty's, Ages 4-5

Begin to learn gymnastics skill independently from parent.

Tuesday..... 10:45 -11:25 am
 Wednesday..... 9:45-10:25 am
 Thursday..... 10:20-11:00 am
 Friday..... 3:40-4:20 pm
 Saturday..... 9:00-9:40 am
 Saturday..... 9:45-10:25 am



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..... 3:40-4:40 pm
 Wednesday..... 4:00-5:00 pm
 Thursday (x2)..... 3:40-4:40 pm (two classes at this time)
 Thursday..... 4:45-5:45 pm
 Friday..... 4:30-5:30 pm
 Saturday..... 10:35 - 11:35 am
 Saturday..... 10:35-11:35 am
 Saturday..... 11:40 am - 12:40 pm

Rockets Boys Gymnastics Ages 5-8

In this boys only gymnastics class the gymnasts will work on beginner to intermediate skills on mens gymnastics equipment such as pommel horse and rings.

Rockets Class: Wednesday 4:00-5:00pm

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.

Wednesday..... 5:00 - 6:00 pm
 Friday..... 4:30 - 5:30 pm
 Saturday..... 10:35 - 11:35 am

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..... 3:40 - 4:40 pm
 Tuesday..... 4:45 - 5:45 pm
 Wednesday..... 5:00 - 6:00 pm
 Friday..... 4:40 - 5:40 pm
 Saturday..... 11:40am - 12:40 pm

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)

Tuesday..... 3:40-4:40 pm
 Thursday..... 3:40-4:40 pm
 Friday..... 3:40-4:40 pm
 Saturday..... 11:40 am - 12:40 pm

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.

\$179 Family members

\$182 Youth members

\$364 non members

Tues/Thurs 4:45 - 6:15 pm

GymKats Gymnastics Team

The GymKats Gymnastics Team trains and competes under the curriculums and guidelines of the USA Gymnastics Program (USAG). The Junior Olympic Program (JO) consists of levels 3-10 and the GymKats Gymnastics Team offers levels 3-5. Each level contains more difficulty and as gymnasts advance through the levels strength, flexibility, coordination and endurance are expected to increase. Levels 3-6 are referred to as compulsories, where every gymnast learns the same routine on each event. (Team enrollment is based on our recommendations or a formal try-out and evaluation). To try out for our GymKats please contact our Gymnastics Director at (508)879-4420 X285

Mondays/Tuesdays/Thursdays - 5:15pm-7:15pm