YMCA of Metro North Gymnastics Center

**Registration begins: 12/9 for members and 12/16 for non-members**

**Winter Session: January 6th – March 1st**

**PARENT AND CHILD GYMNASTICS**

Tiny Tumblers is a semi structured class where children begin to learn basics of gymnastics while focusing on developing their gross motor skills such as jumping, hopping, running and climbing! Active parent/adult participation in this class is required.

Rising Stars is a semi structured class designed to help transition your child into an independent gymnastics class. With the support of their parent/adult, children will become familiar with our gym space and routine of the class. They will learn preschool circuits for basic gymnastics skills while working on following directions, taking turns and preparing for an independent class.

**PRESCHOOL GYMNASTICS**

Shooting Stars is a structured class for our 3 & 4 year olds where children are introduced to basic gymnastics skills in a fun and encouraging environment. Preschool circuits and obstacle courses that include balance beam, bars and our 30’ tumble trak are all utilized. Children must be able to separate from parent/adult for this class.

Beginner Gymnastics* is a structured class for 4 & 5 year olds where technique and execution are emphasized as children learn basic gymnastics skills such as forward and backward rolls, handstands and cartwheels. Strength development on bars and balance and coordination on beam are also taught in this class! No experience is needed to take this class but child must be able to separate from parent/adult.

Intermediate Gymnastics* is for those children who have mastered the skills outlined in our beginner class. In this class round offs, bridges and handstand forward rolls are introduced as well as pullover and casting on bars. This class continues to develop strength and works to improve flexibility as well! Child must be able to separate from parent/adult.

*Please note; Beginner and Intermediate Gymnastics is combined for classes that happen on weekday mornings. We do this as the gym is significantly less busy than an afternoon or weekend and the additional space allows the instructor to teach to the level of the child, at both the beginner and intermediate level.

**YOUTH GYMNASTICS**

Beginner and Intermediate Gymnastics classes are split by age (6-8 and 9-13) and follow a progressive skill system where children learn skills such as forward and backward rolls, handstands and cartwheels on floor, balance walks and kicks on beam and strength development on bars. Once these skills have been mastered, you child would move up to the intermediate class where they would learn the next skill set of round offs, one handed cartwheels, bridges, pullovers and casting.

Advanced Gymnastics is by invitation only. Your gymnast will be invited to an advanced class once he/she masters all of the skills in the beginner and intermediate level. Advanced gymnastics is the highest class level before entering either our Junior Olympic or XCEL team programs.

To register, visit our website at ymcametronorth.org or visit the Gymnastics Center!

298B Main St, Saugus MA 01906  (781) 218-7263  Gymnastics@metronorthymca.org
Saugus Family YMCA: Youth Sports & Enrichment Classes

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SPORTS-BASED CLASSES

Mini All Stars (ages 3–5) provides a space for young athletes to try a variety of sport, stay active, and meet friends!

Karate (ages 4–13) exposes participants to foundational skills, meditation/mindfulness, and listening skills.

Basketball Skills & Drills (ages 7–12) is a class that focuses on skills building and practice through both skills and scrimmages.

Nerf Blasters (ages 7–12) uses speed, accuracy, and teamwork to improve fitness in a paintball/laser tag type playing field.

Karate (ages 4–12) is an introductory class that teaches foundational skills, mindfulness/meditation, and listening skills.

Winter Basketball League (grades 4–8) is an 8-week inter-association league including weekday practices and weekend games.

MUSIC AND DANCE-BASED CLASSES

Baby Ballerinas (ages 3–5) uses movement to develop gross motor skills and introduce dancers to basic ballet technique.

Ballet/Tap Combo (ages 4–6) exposes young dancers to basic skills, rhythm, and creative expression through dance!

Kindermusic* (ages 3–5) is a music immersion class using instruments and art to explore music culture.

Ballet/Modern Dance (ages 6–10) teaches coordination and flexibility through modern ballet technique.

Yoga* (ages 6–12) uses games, modeling, and practice to teach basic breathing techniques and yoga poses.

Musical Theater/Broadway Dance* (ages 7–13) focuses on creative expression through high-energy music and movement.

STEAM-BASED CLASSES

Healthy Kids Kitchen (ages 3–6) allows participants to engage in cooking basics such as measuring, cutting, and mixing!

Messy Play (ages 2–5) uses multiple mediums for messy play and exploration. Warning: you will get messy!

Hop–Skip–Read* (ages 3–5) brings young learners together to engage in a story together followed by a themed activity.

Little Scientists* (ages 3–5) exposes participants to fun and hands-on science experiments and activities.

Paint Night (ages 6–12) allows artists to join together to create colorful masterpieces through facilitated prompts.

Coding (ages 7–12) exposes participants to the world behind their favorite video games, apps, and more!

Y Robotics (ages 7–14) uses coding, planning, and engineering for members to work together to complete proposed “missions”.

*Note that classes denoted with a star are free for Family Members! Consider joining today for access to fitness classes, discounted program prices, free member events and classes, and community discounts. Call or visit today for more info!

To register or get more information, visit us at our website at ymcametronorth.org or our Welcome Center!

298 Main St, Saugus MA 01906 (781) 233-9622 nhanlon@metronorthymca.org