

PROGRESSIVE CLASSES OFFERED:

Me and My Tumbler (Ages 1-3)

Tumble Weeds (Ages 3-4)

Tiny Tumblers (Ages 4-5)

Hot Shots (Ages 4-5) (invitation only)

Rising Stars (Ages 5-6)

Boys Superhero Training (Ages 4-6)

Rollers (Ages 6-8)

Rollers Advanced (invitation only ages 6 and up)

Swingers (Ages 8 and up)

Kippers (Ages 8 and up advanced)

Boys Gymnastics (Ages 5 and up)

Pre-Team (invitation only)

USAG Level 3-10, Excel (invitation only)

OCY Blitz All-Star Cheer (various competitive cheer levels)

Tumbling Classes (Beginner—Advanced)

One class may be made up during the session during another class time. Please e-mail a director to schedule a make-up

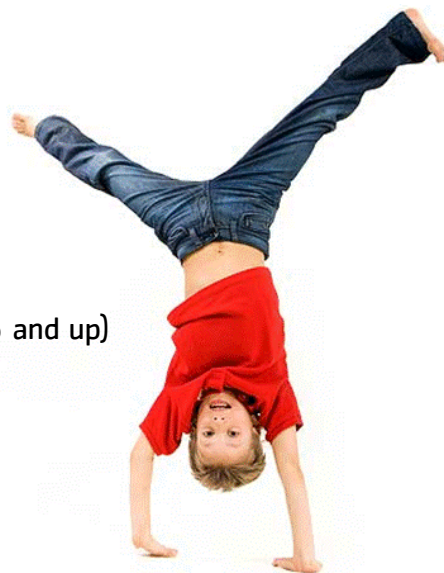
For more information on classes please see our Gymnastics web page at www.oldcolonymca.org/middleboro

CONTACT

Andrew Kelly | Associate Executive Director
508-947-1390 ext. 35 | AKelly@oldcolonymca.org

OLD COLONY YMCA—MIDDLEBORO BRANCH

61 E. Grove St., Middleboro | 508-947-1390



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS



March/April
March 3rd—April 13th



OLD COLONY YMCA

WELCOME!

The Old Colony Y Middleboro Branch Gymnastics Center offers preschool, youth and teen programs. The Gymnastics Center has all four Olympic gymnastics apparatus which include bars, beam, floor and TAC/10 vaulting table. We also provide preschool equipment, tumbling aids, stations and much more for all to enjoy! If you're looking for more than recreational gymnastics, our equipment and knowledgeable coaching staff will allow for a competitive and successful gymnastics experience. Join in and enrich the spirit, mind and body with gymnastics!

DAYS/TIMES OFFERED

Price*: \$ 80 Members || \$140 Non-members

*Unless otherwise noted

PRESCHOOL GYMNASTICS CLASSES:

PRESCHOOL GYMNASTICS CONTACT
Kim Curtis || 508-947-1390
KCurtis@oldcolonyymca.org

ME & MY TUMBLER (1-3 YRS)(30 MINS.)

Wednesdays 9:45am
Thursdays 9:45am
Fridays 9:45am
Sundays 10:15am
\$70 Members || \$130 Non-members

TUMBLE WEEDS (3-4 YRS)(45 MINS.)

Tuesdays 10:30am
Wednesdays 10:30am
Fridays 10:30am
Fridays 11:30 am
Sundays 11:00am

TINY TUMBLERS (4-5 YRS)(45 MINS.)

Wednesday 12:30pm
Thursday 10:30am
Saturday 12:00pm
Sunday 12:00pm
Wednesday 11:30 ELC ONLY
Thursday 11:30 ELC ONLY
Friday 4:00pm

RIISING STARS (5-6 YRS)(45 MINS.)

Fridays 5:00pm
Saturdays 1:00pm



BOYS SUPERHERO'S (4-6)(45 MINS.)

Tuesday 11:30am

HOT SHOTS (4-6)(45 MINS.)

* Invitation Only (each session)

Tuesday and Thursday 12:30pm

Price \$135 Member \$230 Non Member



YOUTH GYMNASTICS CLASSES:

ROLLERS (6-8)(45 MINS.)

Tuesdays 4:30pm
Thursdays 5:30pm
Saturdays 9:00am

ROLLERS ADVANCED (6-8)(45 MINS.)

Thursdays 6:30pm
Saturdays 11:00am

SWINGERS (8 AND UP)(45 MINS.)

Tuesdays 5:30pm
Thursdays 4:30pm
Saturdays 10:00am

KIPPERS(8 AND UP)(45 MINS.)

Thursdays 6:30pm (Advanced)

SPECIAL EVENTS, CAMPS AND PROGRAMS:

Flip Fest (4-14 yrs) Looking for something fun for the kids during school vacation? Join us for Flip Fest! The Middleboro Y Gymnastics Center will provide gymnastics days with swimming, gymnastics, games, crafts, snack time and more!

Wed, Thurs, Fri. April 17, 18, 19

9:30a.m.- 1:00p.m.

Member: \$45 per day/\$130 for all 3 days

Community : \$55 per day/\$160 for all 3 days

GYMNASTICS – NINJA STYLE TRAINING (5-12)(45 MINS.)

Saturday 10:00am (Ages 5-7)

Saturday 11:00am (Ages 8+)*Advanced

TUMBLING(6 AND UP)(45 MINS.)

Tuesdays 5:30pm Beginner /intermediate

TEAM GYMNASTICS PROGRAM

* Invitation Only

Pre-Team
Level 3
Level 4-10
Xcel



USA GYMNASTICS

PRIVATE GYMNASTICS LESSONS

Private gymnastics lessons available! Call or email our Program Director for more information or to schedule.

Price

1 hr.—\$45 Members | \$55 Non-Members

1/2 hr.—\$30 Members | \$35 Non-Members

Small groups of 4 or less are also available at an additional rate.

OPEN GYMNASTICS (6+)

Open Gym is for athletes who wish to use the facility to practice skills, routines, tumbling, training, etc. This unstructured time will be supervised by a qualified staff member who will spot, correct and encourage athletes as needed.

Price (Drop in Fee):

\$5 Gymnastic Team Members

\$8 Members

\$10 Non-Members

REFER TO OPEN GYMNASTICS SCHEDULE FOR DAYS AND TIMES.