

## 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**

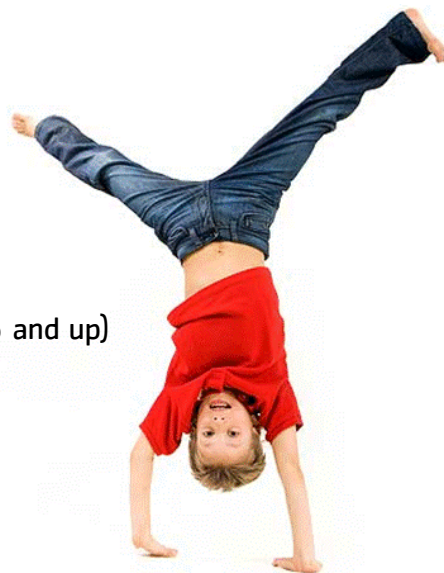
**For more information on classes please see our Gymnastics web page at [www.oldcolonymca.org/middleboro](http://www.oldcolonymca.org/middleboro)**

### CONTACT

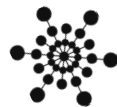
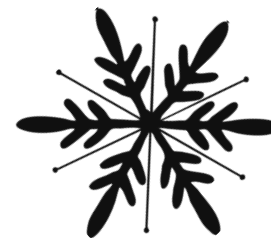
Andrew Kelly | Associate Executive Director  
508-947-1390 ext. 35 | [AKelly@oldcolonymca.org](mailto:AKelly@oldcolonymca.org)

### OLD COLONY YMCA—MIDDLEBORO BRANCH

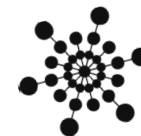
61 E. Grove St., Middleboro | 508-947-1390



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# GYMNASTICS



**WINTER**  
**Jan 2nd—Feb 16th**



**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

### RISING 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 Gymnastics Days. The Middleboro Y Gymnastics Center will provide a Gymnastics days with swimming, gymnastics, games, crafts, snack time and more!

Wed, Thurs, Fri. February 20,21,22

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.