

PROGRESSIVE CLASSES OFFERED:

Me and My Tumbler (Ages 1-3)

Tumble Weeds (Ages 3-4)

Tiny Tumblers (Ages 4-5)

Hot Shots (Ages 3-5) (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

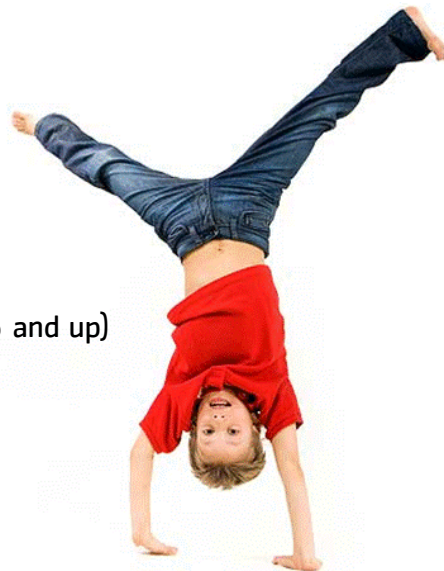
For more information on classes please see our Gymnastics web page at www.oldcolonymca.org/middleboro

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



SUMMER SESSION 2019

Dates: 7/1—8/24

Member Registration: 6/8
A/C GYMNASTICS CENTER

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

8 Week Session (7/1—8/24)

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

4 Week Session (7/1—7/27, 7/28-8/24)

Price: \$50 Members | \$100 Non-members

*Unless otherwise noted

PRESCHOOL GYMNASTICS CLASSES:

PRESCHOOL GYMNASTICS CONTACT

Kim Curtis || 508-947-1390

KCurtis@oldcolonymca.org

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

Tuesdays 9:45am

Thursdays 9:45am

Fridays 9:45am

8 Week Session

\$70 Members || \$130 Non-members

4 Week Session

\$45 Members || \$80 Non-members

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

Tuesdays 10:30am

Thursdays 10:30am

Fridays 10:30 am

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

Thursdays 11:30am

Fridays 11:30am

Fridays 4:00pm

Saturdays 12:00pm

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

Fridays 5:00pm

Saturdays 1:00pm



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

Tuesdays 11:30am

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

* Invitation Only

Tuesdays & Thursdays 12:30pm

*\$135 Members || \$230 Non-members



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:

SUMMER RECREATION

GYMNASTICS CAMP (4-14 YRS)

Boys and girls will spend time learning and improving their skills in our air-conditioned gymnastics center!

Swimming, nature walks, and other activities will be incorporated as well.

Mondays and Wednesdays 9am—1pm

July 1st—August 21st

8 Week Price:

\$430 Members || \$540 Non-members

4 Week Price:

\$230 members || \$280 Non-members

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

Thursdays 4:30pm (Ages 5-7)

Thursdays 5:30pm (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.