

SPECIAL EVENTS, CAMPS AND PROGRAMS:

OPEN GYMNASTICS

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.

Saturdays 1:30-2:30-pm ages 6+
Tuesday 8-9 pm Adults ages 16+

Price (Drop in Fee):

\$5 Gymnastic Team Members
\$8 Members
\$10 Non-Members

PRIVATE GYMNASTICS LESSONS

Call or email our Program Director for more information or to schedule.

Price

1 hr.—\$45 Members | \$60 Non-Members
1/2 hr.—\$30 Members | \$45 Non-Members

Small group lessons of 2-5 students
\$25 per person member
\$40 per person non member.

GYMNASTICS CENTER BIRTHDAY PARTIES

GYMNASTICS, SUPERHERO, NINJA WARROR

INCLUDED IN YOUR PARTY

- 1 hour of activity, 45 minutes in the party room
- Access to the party room 15 minutes prior to party for set-up
- Fridge and Freezer if needed
- Party facilitator(s) for the whole duration of the party
- Maximum for Gymnastics-15 children.
All payments are due at time of booking.
- A fee of \$5 will be charged for each child above the maximums

TO BOOK A PARTY CALL 508-947-1390



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS



SUMMER SESSION

July Session July 8-31st

August Session August 1-24th

Member registration opens June 15th

Non Member registration opens June 22nd

OLD COLONY YMCA

WELCOME!

The Old Colony Y Middleboro Branch Gymnastics Center offers preschool, youth, adult, 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!

PRESCHOOL GYMNASTICS CLASSES

Session 1 July Session July 8-31

Session 2 August Session August 1-24

**Price*: \$55 Members || \$110 Non-members .per session
Unless otherwise noted**

ME & MY TUMBLER (1-3 YRS) PARENT AND CHILD CLASS (30 MINS.)

Tuesdays 9:45am
Fridays 9:45am
\$45 Members || \$90 Non-members
Open play class not structured.

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

Tuesdays 10:30am
Thursdays 9:30am
Thursdays 10:30am
Fridays 10:30am

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

Tuesday 11:30am
Thursdays 11:30am
Fridays 11:30am

RISING STARS **INVITE ONLY **INTERMEDIATE

Fridays 12:30pm



*Classes may be added or removed based on enrollments and class size

YOUTH GYMNASTICS CLASSES:

Session 1 July Session July 8-31

Session 2 August Session August 1-24

**Price*: \$55 Members || \$110 Non-members . Per session
Unless otherwise noted**

ROLLERS (5-8)(45 MINS.)

Tuesdays 5:00pm
Thursdays 4:15pm
Saturdays 9:00am

ROLLERS ADVANCED (5-8)(45 MINS.)

Saturday 11:00am

SWINGERS (8 AND UP)(45 MINS.)

Tuesdays 4:15pm
Thursdays 5:00pm
Saturdays 10:00am

KIPPERS(8 AND UP)(45 MINS.)

Thursdays 5:00pm (Advanced)

HOT SHOTS (4-8YRS) **INVITE ONLY

SATURDAY 12:00-1:30PM
\$75 Members || \$150 Non-members

SPECIAL EVENTS, CAMPS AND PROGRAMS:

SUMMER RECREATION GYMNASTICS CAMP (5-12 YRS)

Boys and Girls 5 and up. Must be self sufficient in toileting and dressing/undressing

Session 1 July 8-July 31st

Session 2 August 5-21st

Boys and girls will spend time learning and improving their skills in our air-conditioned gymnastics center! Swimming, nature walks, time for lunch and other activities will be incorporated as well.

Mondays and Wednesdays 9am-1pm

Member: \$350 per session or \$45/day
Non-Member: \$430 per session or \$55/day

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

Saturday 9:00am (Ages 5-7)
Saturday 10:00am (Ages 5-7)
Saturday 11:00am (Ages 8+)

BOYS GYMNASTICS (AGES 5-10) (45MINS)

TUESDAY 4:30-5:15PM

CHEERLEADING/TUMBLING

Cheer 101 (Ages 5-9)

FRIDAY 6:30-7:15

This class will teach all the basic skills for cheerleading. Stunts, jumps, motions and some tumbling

BEGINNER TUMBLING (Ages 8+)

FRIDAY 5:30-6:15

This class will focus on basic tumbling skills(forward roll, handstand and bridges)

INTERMEDIATE TUMBLING (Ages 8+)

FRIDAY 4:30-5:15

This class will focus on round offs bridge kick overs and back hand-springs

OLD COLONY YMCA —MIDDLEBORO BRANCH

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

CONTACTS

Christina Fedele | Gymnastics Coordinator
CFedele@oldcoloniymca.org