

## SPECIAL EVENTS, CAMPS AND PROGRAMS:

### 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.

**Saturdays** 2:30-3:30-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

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.

### GYMNASTICS CENTER BIRTHDAY PARTIES

#### GYMNASTICS, SUPERHERO, NINJA WARRIOR

#### 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



## SPRING GYMNASTICS

**Dates: 5/1-6/30**

Member Registration opens April 15th

Non member registration opens April 22nd

**OLD COLONY YMCA**

## WELCOME!

The Old Colony YM 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

Classes run in 2 month blocks throughout the school year  
Sept/Oct, Nov/Dec, Jan/Feb, Mar/Apr, May/June

**Price\*: \$100 Members || \$200 Non-members per 2mo.**  
Unless otherwise notes

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

Sundays 9:45am  
Tuesdays 9:45am  
Fridays 9:45am  
\$85 Members || \$170 Non-members  
Open play class not structured.

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

Sundays 10:30am  
Tuesdays 10:30am  
Thursdays 10:30am  
Fridays 10:30am

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

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

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

Saturdays 12:00pm

#### HOT SHOTS (4-6 YRS) \*\*INVITE ONLY

Tuesdays and Thursdays 12:30pm  
\$150 Members || \$300 Non-members



## YOUTH GYMNASTICS CLASSES:

Classes run in 2 month blocks throughout the school year  
Sept/Oct, Nov/Dec, Jan/Feb, Mar/Apr, May/June

**Price\*: \$100 Members || \$200 Non-members per 2mo.**  
Unless otherwise noted.



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

Tuesdays 4:15pm  
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)

#### 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+)

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

SATURDAY 1:00-2:30PM  
\$150 Members || \$300 Non-members

#### ADULT GYMNASTICS

Tuesday 8-9 p.m.  
Ages 16+  
\$10 Non member \$8.00 Member

For online registration please see our web page at [www.oldcolonymca.org/middleboro](http://www.oldcolonymca.org/middleboro)

#### CONTACTS

Andrew Kelly | Associate Executive Director  
AKelly@oldcolonymca.org

Christina Fedele | Gymnastics Coordinator  
CFedele@oldcolonymca.org

Kathryn Strangolagalli | Lead Gymnastics Instructor  
KStrangolagalli@oldcolonymca.org

#### OLD COLONY YMCA—MIDDLEBORO BRANCH

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