## **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.

Saturdays1:30-2:30-pmages 6+Tuesday8-9 pmAdults 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.

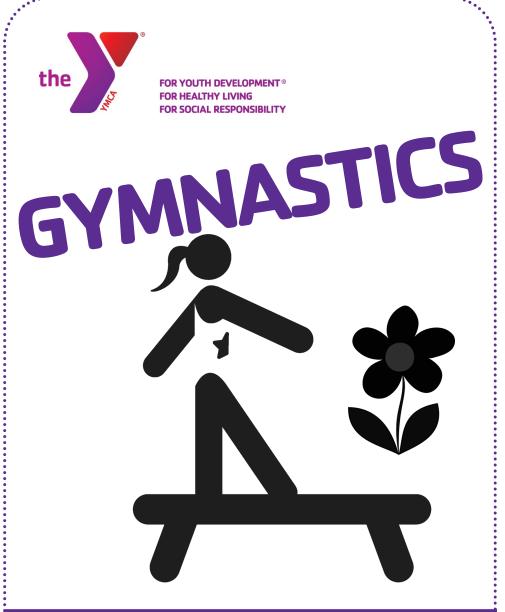
#### **GYMNASTICS CENTER BIRTHDAY PARTIES**

#### **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



## FALL SESSION

September 5th to October 30th Member registration open August 4th Non Member registration opens August 15th

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## **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

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



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

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

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

Tuesdays	10:30am
Thursdays	10:30am
Fridays	10:30am
Sunday	10:30am

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

11:30am

11:30am 11:30am 11:30am

Tuesday	
Thursdays	
Fridays	
Sunday	

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



## 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.)**

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

#### ROLLERS ADVANCED (5-8)(45 MINS.) **\*\*INVITE ONLY**

11:00am Saturdav

#### SWINGERS (8 AND UP)(45 MINS.)

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

**KIPPERS(8 AND UP)(45 MINS.)** \*\*INVITE ONL Y Thursdavs 5:00pm (Advanced)

## HOT SHOTS (4-8YRS)

**\*\*INVITE ONLY** SATURDAY 12:00-1:30PM \$150 Members || \$300 Non-members

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

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

#### **BOYS GYMNASTICS (AGES 5–10)** (45MINS TUESDAY 4:30-5:15PM

### ADULT GYMNASTICS

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

**Beginner Adult Gymnastics** Structured class Thursday 8-9 p.m. \$15.00 members \$25 non members Pay as you go.

For online registration please see our web page at www.oldcolonyymca.org

**OLD COLONY YMCA**—MIDDLEBORO BRANCH 61 E. Grove St., Middleboro | 508-947-1390

#### CONTACTS

Andrew Kelly Associate Executive Director Christina Fedele | Gymnastics Coordinator

Kathryn Strangolagalli | Lead Gymnastics Instructor

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