

## 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 Gymnastics coordinator 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 online registration please see our web page at [www.oldcolonymca.org](http://www.oldcolonymca.org)

#### CONTACT

Andrew Kelly | Associate Executive Director AKelly@oldcolonymca.org

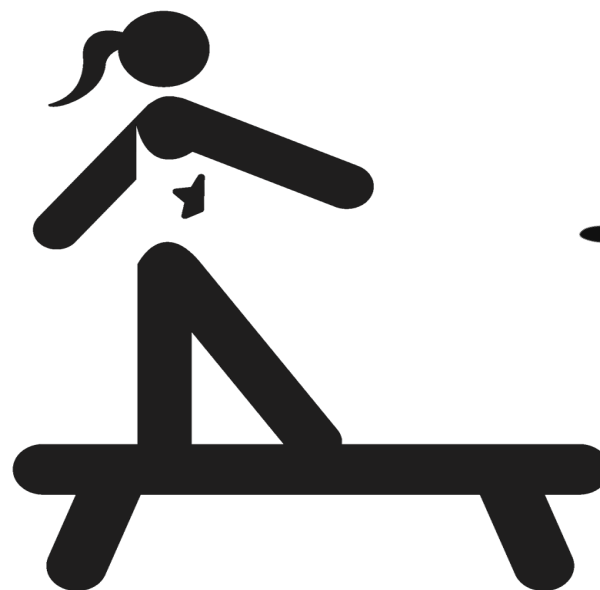
Christina Fedele | Gymnastics/Cheerleading Coordinator CFeele@oldcolonymca.org

Kathryn Strangolagalli | Lead Gymnastics Instructor KStrangolagalli@oldcolonymca.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS



#### WINTER SESSION

January 2nd–February 29th

No classes February 18–24

Member registration opens December 15th

Non Member registration opens December 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

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

**No classes February 18-24**

### ME & MY TUMBLER (1-3 YRS)

#### PARENT AND CHILD CLASS

(30 MINS.)

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

### RISING STARS (4.5-6 YRS)

\*\*INTERMEDIATE

Thursdays 12:30pm

### 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.)

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



\*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

**No classes February 18-24**

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

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

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

\*\*INVITE ONLY

Saturday 11:00am

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

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

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

\*\*INVITE ONLY

Thursdays 5:00pm (Advanced)

### HOT SHOTS (5-8YRS)

\*\*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 (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 handsprings

### 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.