



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ATTLEBORO YMCA

DOWNTOWN BRANCH

63 North Main Street, Attleboro
Phone: 508-222-7422
Fax: 508-222-4288

FALL HOURS BEGIN SEPT 11

MON-FRI 5:00 a.m.-10:00 p.m.
SAT & SUN 7:00 a.m.-8:00 p.m.

PLEASANT STREET BRANCH

537 Pleasant Street, Attleboro
Phone: 508-226-7700
Fax: 508-226-7717

FALL HOURS BEGIN SEPT 11

MON-FRI 5:00 a.m.-10:00 p.m.
SAT 7:00 a.m.-8:00 p.m.
SUN 7:00 a.m.-4:00 p.m.

NORTON OUTDOOR CENTER

295 West Main Street, Norton
Phone: 508-226-7700 (out of season)

Open for special programs and events.

SCHOOL-YEAR:

September 11-June
School-Year Registration: Ongoing

GYMNASTICS DIRECTOR

Amanda Cyr

508-409-0735

acyr@attleboroymca.org

Register at the Y's Welcome
Center.

GYMNASTICS

**SCHOOL-YEAR GYMNASTICS: SEPTEMBER 11, 2017-JUNE 2018
ALL CLASSES HELD AT PLEASANT STREET**

SCHOOL-YEAR GYMNASTICS

The Attleboro Y Gymnastics program offers a fun, safe, and encouraging environment for gymnasts of all skill levels. These classes run from September 11 through June, so gymnasts have time to truly develop their skills. The program culminates in an end-of-year performance in June that can't be missed!

Not sure what level to sign your child up for? Call (508) 409-0735 to schedule an appointment with our Gymnastics Director Amanda Cyr, and she can recommend which class is right for your child.

Registration fee required
\$20 first child, \$10 all additional children

PRICING

45-Minute Classes

\$42 Y Member
\$65 Non-Member

60-Minute Classes

\$47 Y Member
\$71 Non-Member

90-Minute Classes

\$59 Y Member
\$82 Non-Member

Teeny Tiny Tumblers

Ages 2 & 3

Parent participation allowed, but not required. In this class we try to have kids do the class on their own, but at times need help from the parents. This class focuses on having fun while getting the children familiar with all gymnastics equipment. This class also gives children the chance to make friends as well as learning to stay with the instructor and take turns.

MON 4:40-5:25 p.m.
TUE 9:30-10:15 a.m.
FRI 10:25-11:10 a.m.
SAT 9:30-10:15 a.m.

Tiny Tumblers

Ages 3 & 4

Parent participation is not allowed in this class. This class allows children to become comfortable on the gymnastics equipment. Children will start learning basic gymnastics movements such as: rolls, donkey kicks/handstands, beginner cartwheels, jumps on tumble trak, swings on bars and different walks on the beam.

MON 10:25-11:10 a.m.
MON 5:00-5:45 p.m.
WED 5:00-5:45 p.m.
FRI 9:30-10:15 a.m.
SAT 10:00-10:45 a.m.

Kinder Tumblers

Ages 4-6

In this class children will continue working on basic gymnastics skills and begin to learn correct form (ie. straight legs, pointed toes) while performing the skills. During this class new skills such as bridges, forward rolls on the beam and back hip circles on the bars will be introduced.

MON 9:30-10:15 a.m.
MON 5:55-6:40 p.m.
TUE 5:05-5:50 p.m.
THU 10:25-11:10 a.m.
THU 6:05-6:50 p.m.
FRI 4:45-5:30 p.m.
SAT 11:00-11:45 a.m.

Boys Only Kinder Tumbler

Ages 4-6

The same curriculum as our kinder tumblers class with instructors patience that addresses the energy levels of boys this age. The boys will go on all gymnastics equipment including the pommel horse and parallel bars.

TUE 5:45-6:30 p.m.
THU 4:40-5:25 p.m.

Boys Only Youth

Grades 1 & Up

Beginner/Intermediate

Curriculum similar to our Y Gymnast classes with instruction on the male events as well. This class also focuses on building the muscle needed to accomplish boys only gymnastics.

TUE 4:40-5:40 p.m.
THU 5:30-6:30 p.m.

Y Gymnasts

Grades 1 & Up

Beginner

Children work on basic gymnastics skills. More advanced skills will also be introduced. This class is good for the first time, recreational gymnast or the gymnast who aspires to move up to the competitive team. Trying your best is the emphasis of this class.

TUE 6:00-7:00 p.m.
WED 5:05-6:05 p.m.
THU 5:00-6:00 p.m.
FRI 5:35-6:35 p.m.
SAT 10:30-11:30 a.m.

Private Lessons

For gymnasts looking for extra time and attention to work on a specific skill, our coaches are available for private lessons. Please contact Gymnastics Director Amanda Cyr at acyr@attleboroymca.org or 508.409.0735 for more information.

INVITATION ONLY CLASSES

Kinder Tumbler 2

This class is for the more advanced preschool/ kindergarten gymnast. The class is designed to challenge young gymnasts who show strong gymnastics potential.

WED 5:50-6:50 p.m.
FRI 5:00-6:00 p.m.

Girls Hot Shots Grades 1 & Up Intermediate

This class is for gymnasts who are working on polishing their basic skills as well as learning more difficult skills. The class will challenge gymnasts and teach them the skills necessary to move up to pre-team or team.

MON 5:30-7:00 p.m.
WED 6:10-7:40 p.m.
FRI 6:10-7:40 p.m.

Boys Hot Shots

Grades 1 & Up Advanced

This class is for gymnasts who are working on polishing their basic skills as well as learning more difficult skills. The class will challenge gymnasts.

TUE 6:30-8:00 p.m.

Pre-Team Advanced

If you only need to accomplish a couple more skills to be able to complete and compete the level 3 routines, this is the class for you. The focus of this class will be to complete all skills necessary to move up to the competitive team.

TUE 6:00-8:00 p.m.
WED 6:00-8:00 p.m.

One Night A Week

\$69 Y Member
\$93 Non-Member

Two Nights A Week

\$95 Y Member
\$118 Non-Member

Girls Team-Year Round

This class is the competitive team (compulsory level 3 and Up and Excel). All gymnasts are required to compete and purchase the competition leotard. Warm-Up Suits will also be available for purchase.

Level 3 and Excel Bronze/Silver Gymnasts are required to come one night a week, but are welcome to come two or three.

Level 4 and Up and Excel Gold/Platinum/Diamond Gymnasts are required to come two nights, but are welcome to come three.

MON 5:45-8:15 p.m.
THU 5:45-8:15 p.m.
FRI 5:45-8:15 p.m.

One Night A week

\$69 Y Member
\$93 Non-Member

Two Nights A Week

\$91 Y Member
\$114 Non-Member

Three Nights A Week

\$122 Y Member
\$145 Non-Member

