

# S-T-R-E-T-C-H YOUR LIMITS

# GYMNASTICS

## COMPETITIVE TEAMS

### Boys & Girls

#### Ages 5+

Teams are for girls and boys ages 5+ who are interested in the opportunity to focus their gymnastics skills with the potential to compete. Interest in competition is not a requirement as invitations are presented to those who show a willingness to learn and an excitement for the sport. These classes focus on the skills and apparatus outlined by the USA Gymnastics Junior Olympic program and the strength and flexibility needed to perform the outlined progressions.

**Contact: Jonas Contakos**  
northatlanticgym@gmail.com

## PUFFINS

### Ages 1-4, with parent participation

The Puffins class is for our youngest gymnasts from walking to 4 years of age. Parents are asked to stay and participate during the class as it allows an opportunity to discover the environment together. Each class has a motor and stimulation theme that is supplemented with music, props, and a combination of gross and fine motor skills. During the class parents will discover new ways to interact with their young movers while they explore the world of gymnastics.

**Wednesday: 9:15-10:00 AM**  
**Thursday: 9:15-10:00 AM**  
**Cost: \$80 Member, \$100 Participant**  
**Max: 10**



## SANDPIPERS

### Ages 3-5

The Sandpipers class is for boys and girls ages 3 to 5. The goal in this class is that our young gymnasts find success without parent participation. Each class has a motor and stimulation theme that is supplemented with music, props, and a combination of gross and fine motor skills. The class provides an opportunity for both guided motor learning and free exploration where they will have the opportunity to learn rolls, cartwheels, jumps and swings.

- **Wednesday: 10:15-11:00 AM**
- **Wednesday: 11:15 AM-12:00 PM**
- **Wednesday: 6:00-6:45 PM**
- **Thursday: 10:15-11:00 AM**
- **Thursday: 11:15 AM-12:00 PM**

**Cost: \$80 Member, \$100 Participant**  
**Max - morning classes: 8 / evening class: 12**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • www.penbayymca.org

Jonas Contakos - northatlanticgym@gmail.com

**Winter Session: January 2 - February 17**



## SEAGULLS

### Girls ages 5-8

The Seagulls I class is for girls ages 5 to 6 and the Seagulls II class is for ages 7 to 8. Although many of the same themes are present from the Puffins and Sandpipers classes, the focus shifts from general motor learning to a more specific gymnastics motor learning. Children in this class will learn the fundamentals of the floor exercise, the balance beam, the uneven bars and the vault exercise outlined by USA Gymnastics.

**Seagulls I: Girls ages 5-6**  
**Wednesday: 4:00-5:00 PM**  
**Cost: \$105 M, \$125 P**  
**Max: 24**

**Seagulls II: Girls ages 7-8**  
**Wednesday: 5:00-6:00 PM**  
**Cost: \$105 M, \$125 P**  
**Max: 24**

## RAZORBILLS

### Boys ages 5-12

The Razorbills class is for boys ages 5 to 12. No previous experience is required and is a great opportunity to introduce our young athletes to a sport that requires unparalleled strength, coordination, balance, and focus. Boys in this class will expand their knowledge of strength, agility and flexibility as it applies to gymnastics and will learn both fundamental and more advanced skills on the floor, pommel horse, still rings, vault, parallel bars, and horizontal bar.

**Razorbills I: Boys ages 5-7**  
**Fri: 4:00-5:00 PM**  
**Cost: \$105 M, \$125 P**  
**Max: 10**

**Razorbills II: Boys ages 8-12**  
**Fri: 5:00-6:00 PM**  
**Cost: \$105 M, \$125 P**  
**Max: 10**

## KESTRELS

### Girls ages 9-12

These classes are designed in such a way that both girls with previous experience and girls new to the sport will find success. Girls in this class will expand their knowledge of strength and flexibility as it applies to gymnastics and will learn both fundamental and more advanced skills on the floor, balance beam, uneven bars and vault.

**Wednesday: 6:00-7:00 PM**  
**Cost: \$105 Member, \$125 Participant**  
**Max: 16**

