



MBJCC WINTER 2025 GYMNASTICS



REGISTER

SESSION:
Monday, January 13 - Friday, May 23, 2025

REGISTER ONLINE:
mbjcc.org/class-search

REGISTRATION DATES:
Priority Member: 11/19 | Community: 11/26

RECREATIONAL GYMNASTICS CLASS SCHEDULE

MONDAY | 14 SESSIONS

TIME	CLASS	AGE	FEE
4 - 4:45 PM	Beginner	4 - 5 Years	\$630 M: \$450
4:30 - 6 PM	Intermediate	6+ Years	\$700 M: \$470

TUESDAY | 18 SESSIONS

TIME	CLASS	AGE	FEE
3:15 - 4 PM	Tots	3 - 4 Years	\$810 M: \$575
4 - 4:55 PM	Beginner	6+ Years	\$900 M: \$650
5 - 6:30 PM	Pre-Team	Invite Only	
6 - 7:30 PM	Intermediate/Advanced	8+ Years	\$900 M: \$650

WEDNESDAY | 18 SESSIONS

TIME	CLASS	AGE	FEE
3:45 - 4:30 PM	Beginner	4 - 5 Years	\$810 M: \$575
4:30 - 6 PM	Intermediate	6+ Years	\$900 M: \$650
4:30 - 6 PM	Advanced	8+ Years	\$900 M: \$650

THURSDAY | 18 SESSIONS

TIME	CLASS	AGE	FEE
3:15 - 4 PM	Tots	3 - 4 Years	\$810 M: \$575
4 - 4:55 PM	Beginner	6+ Years	\$810 M: \$575
5 - 6:30 PM	Pre-Team	Invite Only	

BECOME A MEMBER AND SAVE UP TO 40% OFF!

MBJCC GYMNASTICS TEAM

The MBJCC Gymnastics Team includes a Pre-Team and eight competitive levels. All children must try out to join the team, and placement is determined by the coaches' discretion. The competitive season runs from September through May, requiring a full-year commitment.



Levels 1 - 8 adhere to the USA Gymnastics Development Program Guidelines.

The Pre-Team (Invite Only) is for children who exhibit natural flexibility and strength and have a strong desire to excel in gymnastics. The primary objective is to provide a solid foundation for competitive gymnastics. The focus is on developing strength, flexibility, and proper body positions for performing complex gymnastics skills. Pre-Team members are evaluated twice a year for potential advancement to the Level 1 Team.

PRACTICES

LEVEL	PRACTICES/WEEK
Pre-Team & Level 1	2
Level 2	3
Level 3+	4



TRANSPORTATION FROM SCHOOLS

Children enrolled in transportation must either be enrolled in an activity, Drop-in Homework Club, or picked up immediately upon arrival at the MBJCC. Children cannot be left alone at the MBJCC.

REGISTRATION: (Minimum registration required)

Availability limited. Requires registration at mbjcc.org/transportation.

DAY	FEE	SCHOOLS*	TIME
Mondays	\$320 M: \$265	North Beach	2/3:05 PM W: 2 PM
Tuesdays	\$415 M: \$340	TBS	2:45 PM W: 3:30 PM
Wednesdays	\$415 M: \$340	Ruth K Broad	2/3:05 PM W: 2 PM
Thursdays	\$415 M: \$340	Casa Dei Bambini	2:45 PM
Fridays	\$370 M: \$305	St. John	2:45 PM

*Inquire for additional schools

LEHRMAN COMMUNITY DAY SCHOOL TIME: 3:30 PM | F: 2:30 PM

January 6 - May 30

Lehrman Students only.

Week of January 6 and week of May 30 no youth classes.

Child must be picked up from the MBJCC as soon as the bus arrives.

DAY	FEE
Mondays	\$370 M: \$305
Tuesdays	\$440 M: \$360
Wednesdays	\$440 M: \$360
Thursdays	\$440 M: \$360
Fridays	\$390 M: \$325

DROP-IN HOMEWORK CLUB

Students can drop in to Homework Club for a one hour time block either before or after their scheduled classes.

DAY	FEE
Mondays	\$320 M: \$265
Tuesdays	\$415 M: \$340
Wednesdays	\$415 M: \$340
Thursdays	\$415 M: \$340
Fridays	\$370 M: \$305

HOLIDAY SCHEDULE

DATE	HOLIDAY
Monday, 1/17	School Day Out
Monday, 1/20	School Day Out
Monday, 2/17	School Day Out
Mon - Fri, 3/24-3/28	Spring Break
Monday, 3/31	School Day Out
Sun-Mon, 4/13-4/14	Passover
Friday, 4/18	Passover

PROGRAM CONTACTS

NAME	TITLE	EMAIL	EXT
Stacey Hatch	Gymnastics Administrative Director	stacey@mbjcc.org	x222
Hellen Jena	Registrar	hellen@mbjcc.org	x235

JOIN TODAY!

BECOME A MEMBER AND SAVE UP TO 40% OFF!

Visit the Membership Office or Contact our Membership Team:

Hellen Jena: x235 or nicolel@mbjcc.org

Julie Eibinder: x205 or julie@mbjcc.org

Every child progresses at different rates and times; for that very reason, there is never any pressure to attain certain skills, advance to another level or try and keep pace with any other participants in their class. We embrace individuality and celebrate success at all levels!

TOT GYMNASTICS

Children are introduced to each gymnastics apparatus and taught introductory gymnastics skills and body positions that help develop coordination, balance, strength, and body awareness. Children will also learn valuable social skills, such as working with a group, waiting your turn, listening to directions, and following directions.



BEGINNER GYMNASTICS

For those with limited or no gymnastics experience. At this level, gymnasts are taught the basic floor skills such as forward rolls, cartwheels, and handstands while building self-esteem and self-confidence. Children will continue to be introduced to all Olympic events, including vault, uneven bars, and balance beam with a focus on flexibility, coordination, and strength. As the children progress, they will begin to learn simple gymnastics routines and focus more on correct form.



INTERMEDIATE GYMNASTICS

Gymnasts at this level must have met the requirements in the beginner level with good form and technique as this class is designed to continue to build upon that foundation. While the basics are always reviewed and applied, it is now time to challenge what they've learned, refine their skills and develop more advanced techniques of execution on each gymnastics apparatus. In an ever evolving sport, they will be exposed to more practice time and even some conditioning.



ADVANCED GYMNASTICS

Gymnasts at this level must have met the requirements for the Intermediate level. Now that their skills have developed, strength has increased, focus has lengthened and awareness has peaked, gymnasts will approach some of the most complex and intricate skills in recreational gymnastics! It's not just about skills... conditioning and flexibility play a huge role as the difficulty level has been amplified exponentially!

