



Baker School of Gymnastics Inc.

Celebrating 26 years of teaching gymnastics.



www.bakersgymnastics.com

Home

We are a family owned business with individual attention paid to each and every child. Baker's has been open since 1980, and not only do we remember the many faces of the girls we have taught, but we are now teaching their children. With many qualified coaches and excellent facilities, Baker's makes gymnastics fun for your child at times convenient for you.

We believe in developmental teaching. That is, ensuring that your child learns the fundamentals of gymnastics and then building upon them. This prevents injury and teaches good form and gymnastic technique in the future. We love to teach all skill levels, from absolute beginner to competitive team, and we have many state level girls on our competitive team. You can be sure that there is a class suitable for your child.

If classes are cancelled for any reason, such as a snow day, it will be posted here. Be sure to enable pop-up windows to see our announcement. If Peabody schools are cancelled for bad weather, Baker's morning programs will also be cancelled. Cancellation of afternoon classes and team practices will not be known until 12:30 pm. After 12:30 pm an announcement will be shown here.

How do I sign up?

Step1: Find a program that meets your childs needs.

Step 2: Call us at 978.532.4466 to find a class time suitable for your child's age and level.

Step3: Come and see us on your day. Get directions to our gym.

Announcements:

Pictures are needed for our website, see photographs page for details.

We will be closed 12/23 - 1/3 for the holidays.

Congratulations to our level 3's who had their first meet recently. Great job girls.



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About Us

With combined coaching skills, Michelle and Lisa have produced many individual gymnasts in the USA and AAU Gymnastics Programs. Baker's Gymnastics has been open for 26 years with Lisa and Michelle as the owners and founders. They have also been the head coaches for the Bishop Fenwick Gymnastics Team since 1990.

The philosophy of the Baker's School of Gymnastics is to teach children the fundamentals of gymnastics, while encouraging them to enjoy the sport. We offer programs in recreational thru competitive gymnastics. Baker's School of Gymnastics is a member of the USA Gymnastics and the AAU New England Association. Baker's School of Gymnastics is USA Gymnastics Safety Certified.

Directors Qualifications:

Michelle Baker-McMath

- B.S. Degree in Recreation Admin. & Business, University of New Hampshire
- Member of the UNH nationally ranked team in 1978
- Co-Captain of UNH 1979 - 80
- 3 time New England 1st place All-Around Champion, Class I
- 3 time Northeastern 1st place All-Around Champion, Class I
- Member of USA Macabean team in 1974
- 4th place All-Around at Junior Olympic Nationals
- 6th All-Around at A.A.U. Nationals

Our Facilities

40 x 40 carpeted spring floor

3 Balance Beams, plus a practice low beam and multiple floor beams.

Uneven bars, a high-bar and single bar

A vaulting area, including a trampoline to enhance vaulting abilities.

A tumble track.

The gym is also carpeted with numerous matting and crash pads to ensure protection for the gymnasts safety.

Lisa Baker-McCabe

- Former New England Vaulting 1st place Champion, Class I
- Mass. High School Finalist: 4 years
- M.V.P. Salem State College, Freshman Year
- Head Coach, Danvers H.S. 78 - 79
- Head Coach, Wakefield H.S. 79 - 80
- Head Coach, Bishop Fenwick H.S since 1990



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Programs

Our classes are divided by age and experience level. To the left you'll see a chart to help you decide your child's skill level. These are just approximate ways of determining your child's skill level, for further help in determining their level just bring them in to the gym to see us.

Each class has about 5 to 9 children in it. If a class does not have enough students to meet the minimum of 5 children a class, it may be cancelled for a session, and you will be notified beforehand, and we will find another class to accommodate you.

Mom and Me

Our Mom and Me classes are 45 minutes long. This class is for our youngest age group. Children in this class are generally under 2 years old, and are accompanied by the parent who participates in the class along with the child. The child performs the skills while the parent guides the child through the skills along with the help of an instructor.

The children learn vital coordination, flexibility, balancing and limited strength skills. Gymnastics helps children at this young age develop an awareness of their body and how to control it, this is extremely important to child development.

We begin with a warm-up to music. During classtime the children will learn skills on all the events. All the equipment is set up for the children's size and skill level. The class ends with fun games or dances to help improve coordination.

What Skill Level is my Child?

Beginner: No gymnastics experience, needs to learn the basics first.

Advanced Beginner: Little or no gymnastics experience, is able to do simple jumps or tricks with a spot.

Intermediate: Knows the basic moves, such as cartwheels, round-offs, bridges, and backhandsprings perhaps with a spot.

Advanced: Has mastered the fundamentals, has backhandspring with out a spot.

Gym Apparel for Sale

We now have sweatshirts, jackets, and other great Baker's Gymnastics clothing for sale. Stop by the gym and ask how to order our personalized clothing.



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Programs (Continued)

Birthday Parties

Kids love to hold their birthday parties in the gym because their friends get to see where they have gymnastics every week, plus their friends get to experience what it's like to be in a gym. We rent you our space for one hour and 45 minutes.

We spend an hour around the gym, stretching, playing games, learning skills, and having a fun on each gymnastics event. For 45 minutes afterwards, is left up to you to provide dinner and/or cake and presents with a teacher to help oversee.

Generally parties are on Friday nights from 6:15 to 8:00. There is a limit of 15 children per party. If there are more than 15 children, there will be another teacher at an additional cost.

Let us help celebrate your child's birthday. . . one they'll never forget!

1 Hour Gymnastics Classes

We hold our 1 hour gymnastics classes every day we are open for different age groups. Classes are created based on ages and skill level of the children. These classes are for children ages 5 and over.

The skill levels offered are Beginner, Advanced Beginner, Intermediate and Advanced classes. To determine your child's level check the chart on our programs main page. For more help stop by our gym and we'll figure it out!

We begin each class as a group stretching for 15 minutes, then we break off into our groups and generally use 3 different events. For example, one week we may do Bars, Vault and Tumble Track, and the following week we may do Beam, Floor, and Bars. Your child will learn on all events in the gym during their session.

Baker's Tots

Baker's Tots is a program that is designed for boys and girls ages 3-4 years old, and is great if your child loves to be active. The class is 45 minutes long.

During the class, we teach gymnastics, but even more importantly we teach basic movement and coordination skills. These skills will help your child as they are at a very important time in their life, when they are learning so many other things as well. They will help your child develop coordination, flexibility and strength.

We begin with a warm-up to music. During classtime the children will learn skills on all the events. All the equipment is set up for the pre-schoolers size and skill level.

We also set up different obstacle courses each week for the children to use. The class ends with fun coordination games such as hula hoops, scooters, balls or a parachute game.



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Programs (Continued)

1.5 Hour Gymnastics Classes

We have at many different 1.5 hour classes depending on the age of your child. Classes are created based on ages and skill level of the children. These classes are for children ages 5 and over.

The skill levels offered are Beginner, Advanced Beginner, Intermediate and Advanced classes. To determine your child's level check the chart on our programs main page. For more help stop by our gym and we'll figure it out!

We begin each class as a group stretching for 15 minutes, then we break off into our groups and generally use 3-4 different events. For example, one week we may do Bars, Vault and Tumble Track, and the following week we may do Beam, Floor, Bars and Tumble Track. Your child will learn on all events in the gym during their session. This class spends a little more time on each event than in the hour class.

Competitive Team

Our Competitive Team ranges from level 3 and up, and is by invitation only. We attend meets locally, generally from October to May.

Level 3 girls are usually between ages 6 and 10, Level 4 girls usually between ages 7 and 12. Level 5 and up should be ages 7 and up. These are approximate age groups.

We begin each class as a group stretching for 15 minutes, followed by conditioning and drills on the floor. Then we divide the girls up into group for the remainder of the time. Each group will hit at least 3 events in a workout, while we concentrate on our competitive routines.

Cheer Tumbling Classes

Our Cheer Classes are an hour long each. They are for girls ages 6 and up. This class is meant to help girls who are on a cheering team now, or wish to be, but need help specifically on their tumbling and jumps. We concentrate on skills such as cartwheels, round-offs, back handsprings, back and front tucks and layouts.

We accept any skills level, from beginner to advanced. Many times we help girls who don't feel they are ready to try out for a team.

Other times we help girls who are on a team, but feel they need extra work on their tumbling. Through our program they gain confidence and tumbling skills.

We begin each class as a group stretching for 10 minutes, followed by warm-up drills to improve tumbling and jumping skills. Then we divide the time evenly between tumble track and our 40 x 40 spring floor.



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Contact and Directions

(978) 532 - 4466 | bakersgym@comcast.net | 24 Oak St. Peabody, MA 01960-5931

From Lynn:

From Parts of Lynn:
Take Western Ave. to Highland Ave., Salem.
Follow Highland Ave., when you pass Stutz Volvo, take left at 1st set of lights (Dunkin Donuts is on the corner) onto Marlborough Road. Follow Marlborough Rd. to end then take a right onto Washington St. Next, take your 1st left onto Oak Street. We are about 2 blocks down on the right hand side at 24 Oak St.

From Parts of Lynn:
Take Broadway St. which will lead to Lynn St., Peabody. Follow Lynn St. which will lead to Washington St. Follow Washington St. until you come to Oak St. which is on the left. We are on the righthand side about 2 blocks down at 24 Oak St.

From Salem:

From Salem:
Take Boston St. onto Main St., Peabody. Take left at 1st set of lights which is Washington St. About 1/4 mile on Washington St. to Oak St. which is on your right. We are on the right about 2 blocks down at 24 Oak St.

Kids:

While watching your favorite TV show, during the commercials do your splits. Everytime the commercial changes, you change legs. Doing this often you will have flat splits in no time. Thanks to AJ for this one!

From Marblehead and Swampscott:

From Marblehead and Swampscott:
Take Swampscott Rd. turn right onto Highland Ave. Take left at 1st light onto Marlborough Rd. Follow Marlborough Rd. until end of road, turn right onto Washington St., Peabody. Take 1st left onto Oak St. We are about 2 blocks down on the right hand side at 24 Oak St.

From Peabody:

Take Lowell St. (exit 26 off 128) into Peabody Square. Go straight through lights at Peabody Square onto Main St. At 2nd set of lights take a right which is Washington St. Then go about 1/4 a mile on Washington St. to Oak St. which is your 1st right. We are about 2 blocks down on the right hand side at 24 Oak St.



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Meet Results

Every few meets we will try to update this page with how we did, check back to see how our girls did.

How do I know when there's a meet?

If your child is on our team, she will be competing in meets, usually from October to May. Papers will be made available at the gym.

For any information on upcoming meets, visit or call us at the gym.

Remember for a Meet:

- Team leotard & warm-ups.
- Hair pulled back neatly and hairsprayed.
- Arrive on-time or early.
- Directions.
- A few bucks for adults to watch.
- Try hard, and have fun!