

Winter Session: Jan 2 - Feb 17

*Please Note: Monday, December 31 and Tuesday, January 1 classes will be made up over February Vacation.

Registration Dates:

Member Registration: **Dec 3**

Non-Member Registration: **Dec 13**

Rate Guide:

F = Family Member

M = Member

N = Non-Member

PARENT/CHILD SWIM

6 Months - age 4 | F: \$50 M: \$70 N: \$90

Parent/Child A: 6-18 months w/parent

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Sat: 10:15am-10:45am

Parent/Child B: 19months- Age 3 w/parent

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sat: 9:00am-10:00am

PRESCHOOL

Ages 3 - 6 | F: \$50 M: \$70 N: \$90

Stage 1:

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Wed: 4:30pm-5:00pm

Sat: 9:00am-9:30am

Sat: 10:15am-10:45am

Sun: 10:40am-11:10am

Stage 2:

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Mon: 5:40pm-6:10pm

Sat: 9:35am-10:05am

Stage 3:

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be taught using the deep end of the pool.

Wed: 5:40pm-6:10pm

Thu: 5:40pm-6:10pm

Sat: 9:35am-10:05am

Sat: 11:30am-12:00pm

Sun: 10:05am-10:35am

Stage 4:

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Tues: 4:35pm-5:05pm

YOUTH SWIM

Ages 6+ | F: \$50 M: \$70 N: \$90

Stage 1/2:

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Mon: 5:05pm-5:35pm

Tues: 5:10pm-5:40pm

Wed: 5:40pm-6:10pm

Thu: 5:05pm-5:35pm

Sat: 9:00am-9:30am

Sat: 9:35am-10:05am

Sat: 10:15am-10:45am

Sat: 10:50am-11:20am

Sat: 11:30am-12:00pm

Sun: 10:40am-11:10am

Stage 3:

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Tue: 5:45pm-6:15pm

Fri: 5:05pm-5:35pm

Sat: 9:35am-10:05am

Sun: 11:25am-11:55am

Stage 4/5:

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class.

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary back-stroke.

Thu: 4:30pm-5:00pm

Fri: 5:40pm-6:10pm

Sat: 10:50am-11:20am

TEEN LESSONS

Breed Swim Lessons - FREE!

6th - 8th Graders For Breed Middle School. Class will consist of basic swimming skills as well as water safety. *Participants should present a valid school ID when registering.

Sat: 11:20am-11:50am

Teen's Beginner Swim - FREE!

Teens will become more confident in the water and learn basics of swimming and aquatic safety.

Wed: 5:05pm-5:35pm

Sun: 11:25am-11:55am

ADULT FITNESS

Aqua Fitness: FREE for members!

Join us for a full body workout! A combination of cardio respiratory endurance, muscle conditioning and interval training. Registration is required.

Mon: 9:15am-10:15am

Mon: 6:30pm-7:30pm

Tue: 6:30pm-7:30pm

Thu: 9:15am-10:15am

Thu: 6:30pm-7:30pm

Aquatics Stretch: FREE for members!

Promotes functional endurance as well as musculoskeletal flexibility.

Tue: 9:15am-10:15am

Wed: 9:15am-10:15am

Aqua Zumba: FREE for members!

This class is for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance. In this aquatic exercise format there is less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Thu: 6:30pm-7:30pm

(2nd & 4th Thursday of the month)

ADULT SWIM

Ages 17+ | M: \$60 N: \$90

Adult Beginner Swim Lessons: Ages 17+

Gain confidence and learn the fundamentals of swimming and aquatic safety.

Sun: 1:15pm-1:55pm

ADDITIONAL OFFERINGS

Private Lessons: Members Only

Private lessons available upon request

Private:

4 classes: \$130

Semi-private:*

4 classes: \$180

*Semi-Private lessons are for a maximum of 3 swimmers.



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ADULT FITNESS

Lift Heavy, Look Lean:

M: \$65 C: \$105

Lift Heavy, Look Lean will teach strategies for getting cut and lean using free weights. This class includes one workout each week with a Certified Personal Trainer. Body composition testing is included to track personal progress. This class is limited to 8 participants.
Tue: 4:30pm - 5:30pm

Personal Training:

Reach your wellness goals with the support and encouragement of our nationally certified personal trainers. Packages are available in 30 or 60 minute sessions for individual or partner training. Please see Welcome Center for pricing.



YOUTH FITNESS

Basketball League:

F: \$30 M: \$45 N: \$75

Sat: 9:00am-12:30pm

Pee-Wee: Ages 3-5, 9:00am - 10:00am

Rookie: Ages 6-8, 9:00am - 10:00am

Junior: Ages 9-10, 10:00am - 11:30am

All Stars: Ages 11-14, 11:30am - 12:30pm

Girls Saturday Sports Club

Ages 11+ | FREE

We are excited to announce the start of the Lynn YMCA's first ever all girls sports club. This team, named Girls on Fire, will try a new physical activity every week. In this fun, friendly environment the girls will build confidence and leadership skills through teamwork.

Sat: 1:00pm-3:00pm

MEMBER APPRECIATION EVENTS

January 10th

10:00am - 12:00pm

Stick with it! Grab a fruit kabob in our lobby.

January 25th

5:30pm - 7:00pm

Bring the kids by the Y for FREE face painting

February 8th

5:30pm - 7:00pm

Decorate Valentine crafts in the lobby!

February 14th

12:00pm-2:30pm

Grab a carnation and share the love!

YOUTH ENRICHMENT

GPA Club:

Grades 3 - 8 | FREE

Get your homework done and your GPA up with the help of our tutors.

Tue, Wed, Thu: 5:30pm - 6:30pm

Healthy Kids Kitchen:

Grades 3-8 | M: \$15 C: \$30

Participants will learn about nutrition and healthy eating while making delicious snacks in our Kids Kitchen Café.

Tue, Thu: 6:30pm - 8:00pm

Dance Team:

Ages 10+ | FREE

Come learn different styles of hip hop dance in a fun no-judgement atmosphere. Participants may be asked to perform at YMCA events as part of the team.

Mon: 6:00pm - 7:00pm

Growing in the Greenhouse:

Grades 3-8 | M: \$15 C: \$30

Expand your child's knowledge of vegetables, flowers, soil and the process of gardening!

During this session, gardeners will utilize our greenhouse to experiment with different seeds, soil, and fertilizer, and even make window boxes for planting herbs!

Wed: 4:30pm - 5:30pm

Friday Night In's:

Ages 5+ | \$10, \$5 for sibling

Every Third Friday of the month we have our monthly Friday night in. Your child will enjoy a night with swim time, arts and crafts plus different monthly game tournaments. A light dinner will be served.

January 18th, 5:30pm-8:30pm

February 15th 5:30pm-8:30pm

Saturday Morning Dance:

Grades Pre-K-5 | M: \$15 C: \$30

A beginner class for children to learn the basics of hip hop and other style of dance. This is a fun, judgement free zone!

Sat: Pre-K- 2nd Grade 11:00am-11:45am

Sat: 3rd - 5th Grade 12:00pm-12:45pm

Lego Masters!:

All Ages | M: \$15 C: \$30

Explore the world of Legos and what a group can create together when challenged! We accommodate all ages & skill levels.

Sat: 12:00pm-12:45pm

Artistic Messy Fun:

All Ages | M: \$15 C: \$30

Have fun with messy hands! Projects will be completed using paint, watercolors, chalk, goop, glitter, and more! Please wear suitable clothes.

Sat: 1:00pm-1:45pm



FREE FAMILY EVENTS

Dancing with the Stars!

February 8th, 6:00pm-7:30pm

Learn different types of dances like Hip-Hop & Salsa with your family.

Youth Art Show

February 14th, 8:00am-9:00pm

Feel the love at our art show on display in the main hallway from 8am-9pm.