

**Spring II Session:
April 25 – June 19**

Registration Dates:
 Member Registration: **Apr 11**
 Non-Member Registration: **Apr 18**

Rate Guide:
 Family Member = \$94
 Member = \$145
 Non-Member = \$235

YOUTH AND ADULT LESSONS

PARENT CHILD SWIM

Parent/Child A (6-18 months)

30 minutes

Tue - 9:00a.m.
 Sat - 9:00a.m.
 Sat - 10:10a.m.
 Sun - 10:10a.m.

Parent/Child B (18-36 months)

30 minutes

Tue - 11:00a.m.
 Sat - 9:35a.m.
 Sun - 9:00a.m.
 Sun - 9:35a.m.

PRESCHOOL SWIM

Stage 1 (3-6)

30 minutes

Mon - 9:40a.m. / 10:20a.m. / 4:35p.m. / 6:10p.m.

Tue - 9:40a.m. / 3:50p.m. / 4:25p.m.

Wed - 3:50p.m. / 5:35p.m. / 6:10p.m.

Thu - 3:50p.m. / 4:25p.m. / 5:00p.m. / 6:10p.m.

Fri - 4:25p.m. / 5:00p.m. / 5:35p.m.

Sat - 9:00a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m. / 11:55a.m.

Sun - 9:00a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m. / 11:55a.m.

Stage 2 (3-6)

30 minutes

Mon - 11:00a.m. / 3:50p.m. / 5:00p.m. / 5:35p.m.

Tue - 10:20a.m. / 3:15p.m. / 5:00p.m.

Wed - 3:15p.m. / 5:00p.m. / 5:35p.m.

Thu - 3:50p.m. / 4:25p.m. / 6:10p.m.

Fri - 3:15p.m. / 5:00p.m. / 6:10p.m.

Sat - 9:00a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m. / 11:55a.m.

Sun - 10:45 / 11:20a.m. / 11:55a.m.

Stage 3 (3-6)

30 minutes

Mon - 3:50p.m.

Tue - 3:15p.m. / 5:00p.m.

Wed - 4:25p.m.

Thu - 3:50p.m.

Fri - 3:15p.m. / 5:00p.m.

Sat - 9:00a.m. / 10:10a.m. / 10:45a.m.

Stage 4 (3-6)

30 minutes

Mon - 4:25p.m.

Thu - 3:15p.m.

Fri - 3:15p.m.

Sat - 9:00a.m.

YOUTH SWIM

Stage 1 (6-18)

30 minutes

Mon - 3:15p.m.

Tue - 5:35p.m. / 6:10p.m.

Wed - 3:15p.m. / 4:25p.m. / 5:00p.m.

Thu - 3:15p.m. / 5:00p.m. / 5:35p.m. / 6:10p.m.

Fri - 3:50p.m. / 4:25p.m. / 6:10p.m.

Sat - 9:35a.m. / 11:55a.m.

Sun - 9:35a.m. / 10:10a.m. / 10:45a.m.

Stage 2 (6-18)

30 minutes

Mon - 5:00p.m.

Tue - 3:15p.m. / 5:35p.m.

Wed - 3:50p.m.

Thu - 3:15p.m. / 5:35p.m.

Fri - 3:50p.m. / 5:35p.m.

Sat - 9:35a.m. / 10:45a.m. / 11:20a.m.

Sun - 9:00a.m. / 9:35a.m. / 10:45a.m.

Stage 3 (6-18)

30 minutes

Tue - 3:50p.m. / 4:25p.m.

Wed - 3:50p.m. / 4:25p.m.

Thu - 3:15p.m. / 3:50p.m. / 4:25p.m. / 5:00p.m.

Fri - 4:25p.m. / 6:10p.m.

Sat - 9:35a.m. / 10:45a.m. / 11:20a.m.

Sun - 9:00a.m. / 10:10a.m.

Stage 4 (6-18)

30 minutes

Mon - 3:15p.m. / 5:00p.m.

Tue - 5:00p.m. / 6:10p.m.

Wed - 5:00p.m.

Thu - 4:25p.m. / 5:00p.m.

Fri - 3:50p.m. / 5:00p.m. / 6:10p.m.

Sat - 9:35a.m. / 10:10a.m.

Sun - 9:35a.m. / 11:20a.m.

Stage 5 (6-18)

30 minutes

Wed - 5:35p.m.

Fri - 5:35p.m. / 6:10p.m.

Sat - 11:20a.m.

Sun - 11:20a.m.

Stage 6 (6-18)

30 minutes

Mon - 5:35p.m.

Fri - 5:35p.m.

Sat - 11:55a.m.

Sat - 11:55a.m.

Competitive Swim Prep

F: \$120 M: \$168 NM: \$280

40 minutes 2x per week

Tue - 5:35p.m.

Thu - 5:35p.m.

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

Wed - 6:10p.m.

ADULT SWIM

Adult Beginner Swim

30 minutes

Mon - 5:35p.m.

Wed - 5:00p.m. / 5:35p.m.

Sun - 11:55a.m. / 12:30p.m.

Adult Intermediate Swim

30 minutes

Mon - 6:10p.m.

Wed - 6:10p.m.

Sun - 11:55a.m. / 12:30p.m.



PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Aquatics Director, Drew Sidell, at dsidell@metronorthymca.org

CANCELLATION POLICY

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YOUTH AND ADULT LESSON DESCRIPTIONS

PARENT CHILD SWIM

Parent/Child A (6-18 months)

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

Parent/Child B (18-36 months)

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

PRESCHOOL SWIM

Stage 1 (3-6)

30 minutes

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.

Stage 2 (3-6)

30 minutes

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.

Stage 3 (3-6)

30 minutes

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 using the deep end of the pool.

Stage 4 (3-6)

30 minutes

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 watering and elementary backstroke.

YOUTH SWIM

Stage 1 (6-18)

30 minutes

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.

Stage 2 (6-18)

30 minutes

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.

Stage 3 (6-18)

30 minutes

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 using the deep end of the pool.

Stage 4 (6-18)

30 minutes

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 watering and elementary backstroke.

Stage 5 (6-18)

30 minutes

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 watering and elementary backstroke.

Stage 6 (6-18)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

COMPETITIVE SWIM PREP

40 minutes 2x per week

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

A beginner class for teens who have never had lessons. This class will improve confidence and comfort and teach floating and horizontal swimming skills in freestyle and backstroke. Please bring goggles to class.

ADULT SWIM

Adult Beginner Swim

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 17+ years.

Adult Intermediate Swim

30 minutes

Introduction to strokes and lap swimming. Please bring goggles to class. Ages 17+ years.

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YOUTH SPORTS

YOUTH SPORTS

F: \$84 M: \$116 NM: \$190

Basketball Skills and Drills

45 minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Tue - 3:00p.m. (ages 4-6)

Tue - 4:00p.m. (ages 7-10)

Tue - 5:00p.m. (ages 11-14)

Wed - 11:00a.m. (ages 3-5)

Sat - 9:00a.m. (ages 4-6)

Sat - 10:00a.m. (ages 7-10)

Sat - 11:00a.m. (ages 11-14)

Soccer Skills and Drills

45 minutes

Learn the fundamentals of the most popular sport in the world in a fun and supportive environment while developing both teamwork and individual skills.

Wed - 3:00p.m. (ages 4-6)

Sat - 9:00a.m. (ages 7-10)

Sat - 10:00a.m. (ages 4-6)

Sports Sampler

45 minutes

Introduction to a variety of sports including, but not limited to, floor hockey, baseball, ultimate Frisbee, soccer and basketball.

Wed - 9:00a.m. (ages 3-5)

Thu - 3:00p.m. (ages 5-7)

Fri - 11:00a.m. (ages 3-5)

Track Stars

45 minutes

Challenge yourself to beat your personal best time each week. Learn the skills of proper running and breathing techniques for long and short distance track events.

Thu - 5:30p.m. (ages 6-8)

Thu - 6:15p.m. (ages 9-12)

Sat - 9:00a.m. (ages 5-10)

Advanced Basketball Class

F: \$89 M: \$122 NM: \$198 | 60 minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Fri - 3:00p.m. (Ages 11-13)

Fri - 4:00p.m. (Ages 14-18)

Dodgeball

45 minutes

Enjoy running, throwing and dodging while learning to work in a team setting.

Wed - 5:00p.m. (ages 7-12)

Sat - 11:00a.m. (ages 7-10)

Sports Speed and Agility

45 minutes

This program will develop speed, footwork and jumping ability.

Thurs - 4:00p.m. (ages 7-10)

Sat - 10:00a.m. (ages 11-14)

Nerf Blasters

45 minutes

Speed, accuracy, and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eye wear (goggles or sunglasses).

Thu - 5:00p.m. (ages 7-12)

T-Ball

45 minutes

Players learn the basics of throwing, hitting and catching the ball. Kids will leave this class confident and ready for the next level of Baseball.

Fri - 9:00a.m. (ages 3-5)

Backyard Games

45 minutes

CanJam, Frisbee, cornhole, and all the other great backyard games you love to play, packed into one great class! Each week will bring in a new game to be played as we get excited for the approaching good Spring weather!

Wed - 10:00a.m. (ages 3-5)

Fri - 10:00a.m. (ages 3-5)



YOUTH ADVENTURE ZONE

45 minutes

F: \$84 M: \$116 NM: \$190

Lil Ninjas

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn the basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

Mon - 4:30p.m. (ages 6-8)

Mon - 5:30p.m. (ages 8-11)

Tue - 10:00a.m. (ages 4-5)

Tue - 5:00p.m. (ages 8-11)

Wed - 11:00a.m. (ages 4-5)

Wed - 4:30p.m. (ages 9-11)

Thu - 4:00p.m. (ages 6-8)

Thu - 5:00p.m. (ages 9-11)

Sat - 11:00a.m. (ages 6-10)



One-On-One: Sports Coaching

Take your game to the next level with personalized, one-on-one coaching. Work with an experienced coach who will guide you or your child through drills and exercises to better your skills and help keep you competitive. Sessions can be used at your own pace with easy scheduling directly with the coach. Email Coach Griffin at mgriffin@metronorthymca.org for details.

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ADULT FITNESS

M: \$128 N: \$246
60 minutes

Y Weight Loss

Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! A combination of cardio and strength exercises will slim your physique and tone the areas you need. This beginner friendly class will get you moving in the right direction.

Mon - 5:30p.m.
Tue - 8:00a.m.
Thu - 7:00p.m.

Functional Bootcamp

Flip tires, slam balls, swing ropes, and more in this dynamic bootcamp-style class. Transform your body into a fitter, healthier you guided by a personal trainer who will motivate you at every step. Each class will build progressively and is suitable for any fitness levels.

Tue - 6:30p.m.

Kickboxing

Work with a personal trainer to build the foundations of kickboxing in this circuit-style workout. You will burn calories, build muscle, and relieve stress in a fun way! No experience necessary. Bring your own gloves.

Thu - 6:00p.m.

ADULT FITNESS - MONTHLY OPTIONS

4 Weeks | M: \$64 N: \$123

Lift Heavy, Look Lean

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle. Sign up for either an upper body or lower body workout or sign up for both for maximum results!

Tue - 5:30p.m. (Upper Body)
Thu - 5:30p.m. (Lower Body)

Y WEIGHT LOSS

Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! A combination of cardio and strength exercises will slim your physique and tone the areas you need. This beginner friendly class will get you moving in the right direction.

Sat - 9:00a.m.

TEEN FITNESS

F: \$99 M: \$128 NM: \$198
60 minutes

L.I.F.T. (Ages 12-16)

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines with a focus on safety in the fitness center.

Wed - 6:30p.m.
Sat - 10:00a.m.

Teen Sport Conditioning (Ages 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, bodyweight exercise, and more to prepare teens for sports and athletic activities. Participants do not need sports experience to enjoy this class!

Wed - 5:30p.m.

Teen Ninja Training (Ages 12-16)

45 minutes
F: \$79 M: \$109 NM: \$174
Swing to the next level of fun in the Adventure Zone, learning all the skills needed to get a great workout in the ninja warrior- style space. Teens will build confidence and strength to tackle each new obstacle. Portions of class will be devoted to upper body and core strength.

Wed - 4:30p.m.

YOUTH FITNESS

F: 84 M: \$116 NM: \$190
45 minutes

Youth Circuit Training (Ages 8-11)

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Sat - 10:30a.m.

PERSONAL TRAINING

The Y offers flexible personal training packages that fit your life and your budget. Our team of certified personal trainers are available to help you reach your goals with affordable fitness coaching at a time that works with your schedule. One-on-one customized training plans, and an exclusive private workout space, will provide the tools to help you grow stronger. The certified instructors at the Y will hold you accountable, motivate you to get results, and help you get the most out of your workouts.

See the results, feel the difference with personal training at the Y.

Visit: www.ymcametronorth.org/personal-training/ to get started today.



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ENRICHMENT CLASSES

TECH LAB

60 minutes
F: \$84 M: \$116 NM: \$190

Computer Basics

Whether you are an experienced user or getting behind a computer for the first time, we offer an in-depth approach to understanding the world of computers and getting comfortable behind one.

Sat - 11:00a.m.



FRIDAY NIGHT IN

Let the kids stay late at the Y on a Friday night and enjoy a night out! Once a month the Y will host an evening jam packed with fun activities for children to enjoy from 5:30pm-8:30pm. A light dinner will be served. Advance registration is required.

April 15 5:30p.m.-8:30p.m.
May 20 5:30p.m.-8:30p.m.

ENRICHMENT

45 minutes | F: \$84 M: \$116 N: \$190

MESSY PLAY

Come enjoy painting, watercolors, chalk, play dough, glitter, glue and more! Children will receive various supplies to allow for creative thinking and inspire their artistic skills. Older clothing is suggested!

Tue - 9:00a.m. (ages 3-5)

GET YOUR WIGGLES OUT

Children will warm up, participate in gross motor exercise, stretch, and cool down!

Tue - 10:00a.m. (ages 3-5)

Wed - 11:00a.m.

CREATIVE KITCHEN

Children will make and enjoy healthy snacks using age-appropriate cooking, chopping and kitchen skills.

Mon - 11:00a.m. (ages 3-5)

Tue - 4:00p.m. (ages 9-13)

PRESCHOOL BOOKWORMS

Explore a book through hands-on activities, songs, crafts, and more!

Mon - 10:00a.m. (ages 3-5)

Thu - 11:00a.m. (ages 3-5)

LITTLE SCIENTISTS

Children will explore the world of science around them through fun, interactive activities and experiments.

Thurs -10:00a.m. (ages 3-5)

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MUSIC

Piano and Music Theory Sessions

Beginner

For beginning students with little to no experience. Lessons will cover basic scales, chords, and basic reading techniques.

Wed - 4:00p.m. (ages 6-12)

Thu - 5:00p.m. (ages 6-12)

Piano and Music Theory Sessions

Intermediate

For students with at least 2 years of experience or more. Lessons will cover major and minor scales and chords. Students will learn how to accompany and read basic chord charts and lead sheets.

Mon - 3:15p.m. (ages 6-12)

Mon - 4:30p.m. (ages 6-12)



Adult Piano Lessons

It's never too late to learn piano. Come and learn a great new skill that you'll never regret. Austin is excited to help you learn to discover the joy of piano playing. Sign up today. Only 5 slots per session.

Mon - 5:00p.m. (ages 18+)

Wed - 6:00p.m. (ages 18+)

Music and Movement

It's never too late to learn piano. Come and learn a great new skill that you'll never regret. Austin is excited to help you learn to discover the joy of piano playing. Sign up today. Only 5 slots per session.

Mon - 10:00a.m. (ages 0-5)

Mon - 11:00a.m. (ages 0-5)