

Spring II Session: April 25 – June 19

Registration Dates:
Member: **April 11**
Non Member: **April 18**

Rate Guide:
F = Family Member
M = Member
NM = Non Member

YOUTH SWIM

PRESCHOOL SWIM

F: \$94 M: \$145 NM: \$235

Parent/Child A (Ages 6m-18m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Wed - 10:30am
Sat - 9:35am

Parent/Child B (Ages 18m-3y)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun - 9:35am / 10:10am / 11:00am
Mon - 10:30am
Wed - 5:40pm
Thu - 10:30am
Fri - 3:20pm

Preschool Stage 1 (Ages 3-6)

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

Sun - 9:00am / 10:00am / 10:30am / 10:45am / 11:20am
Mon - 11:00am / 3:15pm / 3:20pm / 3:50pm / 5:05pm
Tue - 11:00am / 3:15pm / 3:50pm / 4:30pm / 5:05pm
Wed - 11:00am / 3:15pm / 4:30pm / 5:05pm / 5:40pm
Thu - 11:00am / 3:15pm / 3:20pm / 3:50pm / 5:40pm
Fri - 3:15pm
Sat - 9:05am / 9:45am / 10:10am / 10:50am / 11:30am

Preschool Stage 2 (Ages 3-6)

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun - 10:50am
Mon - 3:50pm / 4:25pm / 5:35pm
Tue - 11:30am / 3:15pm / 4:25pm / 4:30pm / 5:00pm / 5:40pm
Wed - 11:30am / 3:50pm / 5:40pm
Thu - 4:25pm / 5:00pm
Fri - 4:25pm / 5:00pm
Sat - 9:10am / 11:20am

PRESCHOOL SWIM

F: \$94 M: \$145 NM: \$235

Preschool Stage 3 (Ages 4-6)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun - 10:15am
Mon - 3:55pm / 4:25pm
Tue - 3:15pm
Wed - 3:20pm / 3:50pm / 4:30pm
Thu - 3:20pm
Sat - 9:40am / 10:20am

Preschool Stage 4 (Ages 4-6)

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 water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun - 9:10am
Mon - 3:20pm / 4:30pm
Tue - 5:05pm
Wed - 4:25pm
Thu - 3:55pm

YOUTH SWIM

Youth Stage 1&2 (Ages 6-12)

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. Please bring goggles to class.

Sun - 11:30am
Mon - 3:15pm (YOUTH 2 ONLY) / 4:30pm / 5:40pm
Tue - 3:55pm
Wed - 3:55pm / 4:25pm / 5:00pm
Thu - 4:25pm / 5:00pm
Fri - 3:50pm
Sat - 10:15am / 10:50am

YOUTH SWIM

F: \$94 M: \$145 NM: \$235

Youth Stage 3 (Ages 6-12)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun - 9:05am / 9:45am / 10:55am
Mon - 5:00pm / 5:40pm
Tue - 4:25pm
Wed - 3:55pm / 5:05pm / 5:40pm
Thu - 5:05pm / 5:40pm
Fri - 3:55pm
Sat - 9:05am / 10:45am / 11:25am

Youth Stage 4 (Ages 6-12)

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 water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun - 10:20am / 11:25am
Mon - 3:55pm
Tue - 3:20pm / 3:55pm
Wed - 3:55pm / 5:35pm
Thu - 3:15pm / 5:35pm
Fri - 4:30pm
Sat - 9:00am / 10:15am / 11:25am

Youth Stage 5&6 (Ages 6-12)

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Sun - 9:40am / 11:30am
Mon - 5:00pm / 5:40pm
Tue - 5:00pm / 5:35pm / 5:40pm
Wed - 3:20pm / 4:30pm / 5:00pm
Thu - 4:30pm
Fri - 5:05pm
Sat - 9:40am / 10:55am

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$156 NM: \$256

Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun – 9:05am

Sat – 8:30am

Water Zumba

M: FREE NM: \$160

45 minutes

You will perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. With different movements for the verse, chorus and bridge of each song.

Mon – 9:35am

Moving with Arthritis

M: \$90 NM: \$180

60 minutes

This class allows you to exercise without putting excess strain on your joints and muscles, with guidance from an arthritis foundation certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

Wed – 1:00pm

Half and Half

M: FREE NM: \$160

45 minutes

A mixture of respiratory endurance and interval training in both the shallow and deep end.

Tue – 9:35am

S'Wet

M: \$80 NM: \$160

45 minutes

This class combines high-intensity interval training with advanced cardio plyometrics for a powerful water workout adjustable for all levels of activity. This aquatic bootcamp is your one-stop shop for an ultimate total body water workout.

Fri – 9:35am

Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

Sun – 8:30am

Water Exercise

M: FREE NM: \$160

60 minutes

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

Mon – 8:30am (Shallow end with Mary)

Tue – 8:30am (Deep end with Liz)

Wed – 8:30am (Shallow end with Liz)

Thu – 8:30am (LaBlast Splash with Scott)

Fri – 8:30am (Shallow end with Scott)

Hydro Pilates

M: \$80 NM: \$160

45 minutes

Hydro pilates is partially in the deep end and in the shallow. The deep portion is Pilates based moves that are adapted for the pool and the shallow is yoga and some meditation. This is a class for all abilities, participants must be comfortable with a buoyancy belt in the deep water.

Wed – 9:35am

Aqua Therapy

M: \$80 NM: \$160

45 minutes

Exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefit.

Thu – 9:35am

Aquatic Stretch

M: FREE NM: \$160

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue – 1:05pm

Thu – 1:05pm

PRIVATE SWIM

Private Lessons

F: \$280 M: \$325 MEMBERS ONLY

30 minutes

Classes are 30 minutes in length for both private and semi-private lessons. Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

Mon – 11:30am

Tue – 10:30am

Wed – 3:15pm / 3:45pm / 4:15pm / 4:45pm / 5:05pm

Thu – 11:30am / 4:30pm

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YOUTH SPORTS AND ENRICHMENT

YOUTH SPORTS

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

Youth Soccer

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

Adult participation may be required.

Tue – 5:15pm (Ages 6-9)

Thu – 4:15pm (Ages 3-5)

Mini All Stars (Ages 3-5)

45 Minutes

This program offers different sports and games each week. *Adult participation may be required.*

Wed – 9:00am

Sat – 8:00am

Speed and Agility

45 Minutes

This program will develop speed, footwork and jumping ability.

Wed – 4:00pm (Ages 6-9)

Thu – 11:00am (Ages 3-5)

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. *Adult participation may be required.*

Fri – 3:00pm

T- Ball (Ages 3-5)

45 Minutes

Players learn the basics of throwing, hitting and catching the ball. *Adult participation may be required.*

Tue – 4:15pm

T-Ball League (Ages 3-5)

F: \$130 M: \$164 NM: \$205

60 Minutes

Outdoor field will be Roosevelt School. If rained out, games will be held at Melrose YMCA. Parents/guardians are asked to stay for the game. All participants will receive shirt and hat. Interested in volunteering as a coach? *Contact Alex at abelluschi@metronorthymca.org.*

Sat – 10:00am

YOUTH SPORTS

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

Obstacle Course Bounce House Mania (Ages 3-5) – NEW!

45 Minutes

Join us for a fun filled time of bouncing and racing around the course!

Fri – 1:00pm

Nerf Blasters (Ages 6-9)

45 Minutes

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

Wed – 5:00pm

Floor Hockey (Ages 6-9)

45 Minutes

Children have a great time and burn lots of energy learning the basic fundamentals to successful stick handling, passing and shooting.

Fri – 5:00pm

Youth Baseball (Ages 6-9)

45 Minutes

Players build and refine fundamental skills while beginning to understand strategy and teamwork. Must bring own bat and glove.

Thu – 5:15pm

Basketball Academy

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

Tue – 3:15pm (Ages 6-8)

Thu – 3:15pm (Ages 9-11)

Dodgeball (Ages 6-12)

45 Minutes

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

Fri – 4:00pm

YOUTH SPORTS

One on One Sports Training (Ages 7-18)

F: \$148 M: \$195 NM: \$250

45 Minutes

With the help and support from coach Alex, youths will learn proper technique and improving skills to get you to the next level.

Tue – 6:15pm

Thu – 6:15pm

Fri – 6:00pm

Sat – 8:45am

For more days and times contact Alex Belluschi at abelluschi@metronorthymca.org.

YOUTH ENRICHMENT

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

Story Time Adventures (Ages 3-5)

45 Minutes

Each week we will read a new story and expand our imagination through literature followed by a complimentary activity. *Adult participation may be required.*

Tue – 10:00am

Full STEAM Ahead (Ages 3-6)

45 Minutes

Engaging activities that promote Science, Technology, Engineering, Art and/or Math! Let your little one's imagination explore! *Please wear appropriate clothing as kids may get messy.*

Thu – 10:00am

Healthy Kids Kitchen (Ages 3-6)

45 Minutes

Children will learn the fundamentals of cooking including kitchen safety and healthy eating. **** We may not be able to accommodate all types of food allergies and dietary restrictions.**

Wed – 10:00am

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ADULT AND YOUTH FITNESS

ADULT FITNESS

Lift Heavy Look Lean

1x Per Week
M: \$128 NM: \$246
60 Minutes

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Mon – 5:00pm
Wed – 5:00pm

2x Per Week

M: \$221 NM: \$420
60 Minutes

Mon & Wed – 6:00pm / 7:00pm

Team Training

M: \$148 NM: \$238
60 Minutes

It's back! This 8-week small group program will push you over your fitness hurdles and get you ready for summer! Groups of 4 to 6 people meet weekly with a personal trainer; pre- and post- fitness evaluations will be conducted, and you will receive nutritional guidance throughout the length of the program.

Various time slots are available. If you have a ready-made group of 4 participants and we have a trainer available, you can choose your own time slot.

Adult Basketball League

M: \$50 MEMBERS ONLY

Whether you're looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active! *For more information contact Alex Belluschi at abelluschi@metronorthymca.org.*

Mon & Wed – 6:45pm-8:45pm

Healthy Heart Maintenance

M: FREE NM: \$80

60 Minutes
Medically-based wellness program proven to improve the outcomes of patients who have experienced a cardiac event and successfully completed cardiac rehabilitation. Doctor's clearance for exercise is required.

Mon – 8:00am
Mon – 10:00am
Wed – 10:00am
Fri – 8:00am

ADULT FITNESS

Pickleball

M: \$128 NM: \$246
60 Minutes

This open play format allows you to practice skills with drills and actual game play. Come learn the game, practice skills and get opportunities to compete in a group setting.

Mon – 4:00pm
Tue – 10:30am (Beginner)
Wed – 10:30am (Intermediate)

Stay Fit

F: FREE M: FREE NM: \$89
60 Minutes

Join long-time instructor, Kay Danieli as she leads an hour-long, low-impact aerobics class geared towards seniors!

Tue – 12:00pm
Thu – 12:00pm

Line Dancing

F: FREE M: FREE NM: \$89
60 Minutes

Line dancing is proven to help maintain strength and strong bones, improve posture, increase balance and co-ordination and help relieve stress. Join us for 60 minutes of instruction with Deb and do something good for yourself!

Wed – 12:30pm

Triathlon Club

M: \$128 NM: \$246
60 Minutes

Prepare for spring and summer triathlons! Program will include weekly training assignments and one coached workout per week. Participants will have an opportunity to practice a super sprint indoors in the late spring!

Sat – 7:30am

Adult Volleyball League

M: \$50 NM: \$80
90 Minutes

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-refereed.

Thu – 7:00pm

YOUTH FITNESS

Teen Strength and Conditioning (Ages 10-13)

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

For young athletes who want to learn how to gain strength and improve their conditioning level.

Thu – 3:15pm / 4:00pm

Intro to Weight Training (Ages 11-14)

F: \$99 M: \$130 NM: \$198
60 Minutes

This class is designed for youths interested in various forms of weight training including body building, weightlifting, power lifting and lifting for strength.

Mon – 3:15pm

Teen Speed and Agility (Ages 11-14)

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

This program will develop speed, footwork and jumping ability.

Wed – 5:45pm

Boxing (Ages 8-14)

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

This class introduces boxing skills and techniques to kids in a small group setting.

Wed – 3:15pm
Sat – 12:00pm / 12:30pm

Movement FUNDamentals: Teen MELT & Pilates (Ages 14-18)

F: \$99 M: \$130 NM: \$198
60 Minutes

Teens will learn the FUNDamentals of proper movement and how to properly live in their bodies. We will discuss proper form and biomechanics and will then progress with MELT and Pilates techniques.

Fri – 3:15pm

Youth Pilates/Barre Fusion (Ages 11-14)

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

This class is the perfect complement for young athletes and dancers, but appropriate for everyone! This low impact, core-based class focuses on balance, flexibility, and mobility.

Tue – 3:15pm