

Spring 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

PARENT CHILD SWIM

30 minutes

Swim Stage A / B (6 to 36 months)

A parent will be guided by an instructor and toddlers are introduced to towing, kicking and pulling combinations, floating and swimming without flotation, and assisted water entry and exit. Swim diaper must be worn.

Mon – 10:00a.m.

Wed – 10:00a.m.

Swim Stage A (6 to 18 months)

Sat – 9:00a.m. / 10:10a.m. / 11:20a.m.

Sun – 10:45a.m.

Swim Stage B (18 to 36 months)

Sat – 9:35a.m. / 10:45a.m.

Sun – 10:10a.m.

PRESCHOOL SWIM

30 minutes

Swim Stage 1 (3 years – 6 years)

This class is for the child who has little or no experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance while becoming more comfortable in the water. Please bring goggles to class.

Mon – 10:35a.m. / 3:30p.m. / 4:05p.m. / 4:40p.m. / 5:15p.m.

Tue – 3:30p.m. / 4:40p.m.

Wed – 10:35a.m. / 3:30p.m. / 4:05p.m. / 5:15p.m.

Thu – 3:30p.m. / 4:05p.m. / 4:40p.m. / 5:15p.m.

Sat – 2 Classes Each – 9:00a.m. / 9:35a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m.

Sun – 2 Classes Each – 9:00a.m. / 9:35a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m.

Swim Stage 2 (3 years – 6 years)

Swimmers must swim 5 feet on their front and back with assistance, fully submerge their head in the water, and exit the pool independently to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Mon – 11:10a.m. / 3:30p.m. / 4:05p.m.

Tue – 4:05p.m. / 5:15p.m.

Wed – 11:10a.m. / 3:30p.m. / 5:15p.m.

Thu – 3:30p.m. / 4:05p.m. / 4:40p.m.

Sat – 9:00a.m. / 9:35a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m.

Sun – 9:00a.m. / 9:35a.m. / 10:10a.m. / 10:45a.m. / 11:20a.m.

Swim Stage 3 (3 years – 6 years)

Swimmers must swim 5 feet on their front and back without assistance, float independently for 10 seconds on front and back, and tread water for 10 seconds to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. Please bring goggles to class.

Mon – 3:30p.m. / 4:40p.m. / 5:15p.m.

Tue – 3:30p.m.

Wed – 4:40p.m.

Thu – 3:30p.m. / 4:05p.m. / 5:15p.m.

Sun – 9:00a.m. / 9:35a.m. / 11:20a.m.

Swim Stage 4 (3 years – 6 years)

Swimmers must swim 10 yards on their front and back without assistance, and tread water for 30 seconds to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Please bring goggles to class.

Tue – 5:15p.m.

Wed – 4:05p.m.

Thu – 4:40p.m.

Sat – 9:00a.m.

Sun – 12:00p.m.

YOUTH SWIM

30 minutes

Swim Stage 1 (7 years – 12 years)

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.

Wed – 4:40p.m.

Thu – 5:15p.m.

Sat – 10:45a.m.

Sun – 11:20a.m.

Swim Stage 2 (7 years – 12 years)

Swimmers must swim 5 feet on their front and back with assistance, fully submerge their head in the water, and exit the pool independently to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Tue – 4:05p.m.

Wed – 4:05p.m.

Thu – 4:40p.m.

Sat – 11:20a.m.

Sun – 10:45a.m.

Swim Stage 3 (7 years – 12 years)

Swimmers must swim 10 feet on their front and back without assistance, float independently for 20 seconds on front and back, and tread water for 10 seconds to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. Please bring goggles to class.

Mon – 4:40p.m.

Tue – 3:30p.m.

Wed – 4:40p.m.

Thu – 4:05p.m.

Sat – 10:10a.m.

Sun – 9:00a.m.

Swim Stage 4 (7 years – 12 years)

Swimmers must swim 15 yards on front and back without assistance, tread water for 1 minute, and pass the deep end test to enter this class. Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. Please bring goggles to class.

Mon – 4:05p.m.

Tue – 4:05p.m. / 4:40p.m.

Wed – 3:30p.m.

Thu – 3:30p.m. / 5:15p.m.

Sat – 9:35a.m.

Sun – 10:10a.m. / 12:00p.m.

Swim Stage 5 (7 years – 12 years)

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke, swim elementary backstroke for 15 yards, 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. Please bring goggles to class.

Tue – 4:40p.m.

Fri – 3:50p.m. / 4:25p.m.

Sat – 12:00p.m.

Sun – 9:35a.m.

Swim Stage 6 (7 years – 12 years)

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breaststroke and butterfly, and tread water for 2 minutes to enter this class. Swimmers will increase their endurance and proficiency in the four competitive strokes along with flip turns and dives. Please bring goggles to class.

Tue – 5:15p.m.

Fri – 3:50p.m.

Sat – 12:00p.m.

Sun – 12:00p.m.

CANCELLATION POLICY

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 Non-Member = \$235

TEEN SWIM

30 minutes

Teen Beginner (13 years – 17 years)

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

Sat – 8:25a.m.

ADULT SWIM

30 minutes

M: \$145 NM: \$235

Adult Beginner (18 years+)

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

Tue – 5:50p.m.

Sat – 8:25a.m.

Adult Swim Stroke (18 years+)

For adults looking to use swimming as a source of fitness and an introduction to all four competitive strokes. Participants should be able to swim 25 yards. Please bring goggles to class.

Thu – 5:50p.m.



PRIVATE SWIM LESSONS

30 minutes | Ages 3+

F: \$280 M: \$325

Classes are available for all skill levels. Private Swim Lessons are only available to YMCA of Metro North Members.

Wed – 3:30p.m. / 4:05p.m. / 4:40p.m. / 5:15p.m.

SPECIALTY SWIM

Competitive Swim Prep (7 years – 14 years)

40 minutes

A pre-swim team class designed for kids who are interested in joining the Triton Swim Team or preparing for the high school season. In this class, kids will increase their endurance and proficiency in the 4 competitive strokes, learn stroke drills, along with flip turns and dives. Swimmers must have passed Youth Stage 6 to be in this class.

Mon – 5:15p.m.

Wed – 5:15p.m.

Fri – 4:25p.m.

Sat – 12:00p.m.



SPRINGBOARD DIVING

Beginner Springboard Diving (7 years+)

40 minutes

Beginner Springboard Diving: Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the side of the pool.

Sat – 8:20a.m.

Intermediate Springboard Diving (7 years+)

40 minutes

This is for those divers who have taken diving classes before, they can do forward and back dives, and are working towards learning new dives.

Sat – 9:05a.m.

Advanced Springboard Diving (7 years+)

F: \$105 M: \$180 NM: \$289

45 minutes

Advanced Springboard Diving: For divers who have been promoted from the Intermediate class, or high school divers who want to perfect their advanced skills. Instructor recommendation required.

Sat – 9:50a.m. / 10:40a.m.

LIFEGUARD TRAINING

M: \$340 NM: \$450

Students will be trained in the nationally recognized American Red Cross Lifeguard Course including CPR, First Aid, and AED. Certification is determined by successful completion of in person skill sessions and a comprehensive written exam and water test. Swimming skills are a prerequisite and attendance in all classes is mandatory. Participants must be at least 15 years old by the final day of class. For more information contact: Stephen Resnic at sresnic@metronorthymca.org

Dates:

April 8 – 10, 2022

April 29 – May 1, 2022

May 13 – 15, 2022

Times:

Fri | 4:00p.m. – 9:00p.m.

Sat / Sun | 9:00a.m. – 5:00p.m.

SWIM TEST POLICY

Safety is our first priority. All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 years of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD). Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be always within arm's reach of an adult. Lifeguards have the right to retest swimmers.

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SWIM EVALUATIONS

Not sure what stage to sign your child up for? Come in for a swim evaluations. Please contact the Welcome Center at 978-977-9622 or email James Sweeney, Aquatics Director, at jsweeney@metronorthymca.org.



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Rate Guide:
Family Member = \$84
Member = \$116
Non-Member = \$190

SPORTS & ENRICHMENT

YOUTH SPORTS

45 minutes

Super Sports (Ages 3 – 5)

Children will be introduced to a variety of sports such as basketball, soccer, tee-ball, floor hockey, gross motor skills or running, jumping, throwing, and kicking, all in a fun and supportive environment!

Mon – 10:00a.m.
Thu – 10:00a.m.
Sat – 9:00a.m.

Basketball Skills & Drills

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

Mon – 4:00p.m. (Ages 6-8)
Mon – 5:00p.m. (Ages 9-12)
Tue – 4:00p.m. (Ages 6-8)
Wed – 10:00a.m. (Ages 3-5)
Sat – 9:00a.m. (Ages 6-8)

Soccer Skills & Drills (Ages 6 – 8)

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some soccer fun! Class will be held outdoors in the field.

Wed – 5:00p.m.

Flag Football (Ages 6 – 8)

Players will learn to throw, catch, run routes, and play defense in this fun-filled football class. Class will be held outdoors in the field.

Thu – 5:00p.m.

Running Club (Ages 6 – 11)

Runners will log laps on our outdoor trails and field while learning basics of calisthenics, endurance, pace, and proper running/stretching technique.

Tue – 4:00p.m. (Ages 6-8)
Thu – 4:00p.m. (Ages 9-11)

Nerf Blasters (Ages 6 – 10)

Speed, accuracy, and FUN! Children will be introduced to new games and themes each week. Nerf guns will be provided, but feel free to bring your own!

Tue – 5:00p.m.

Tee-Ball (Ages 3 – 5)

Come learn to hit, throw, catch, and run the bases in this fun-filled class.

Tue – 10:00a.m.
Sat – 10:00a.m.

Sports Mash Up (Ages 6 – 8)

Interested in a variety of sports? Come play a different sport each week! This class will include, but is not limited to, basketball, soccer, dodgeball, and more!

Mon – 5:00p.m.
Tue – 5:00p.m.
Fri – 4:00p.m.
Sat – 10:00a.m.

Archery (Ages 7 – 10)

Bullseye! Come shoot in our outdoor archery range. Bows and arrows are provided.

Mon – 4:00p.m.
Wed – 4:00p.m.

Kid’s Fitness (Ages 8-11)

60 minutes
F: \$99 M: \$128 NM: \$198
Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning. No experience necessary, just a positive attitude and willingness to work hard.

Wed – 3:30p.m. w/ Brandon
Fri – 3:30p.m. w/Taylor

YOUTH ENRICHMENT

45 minutes

Toddler Time (Ages 1.5-4)

Free for YMN Members
Stop by with your little ones for some supervised free play in our gym. This is the perfect time for you and your child to meet and play with other families, while learning about our programs that are available to you.

Tue – 11:00a.m.
Thu – 11:00a.m.

Parent / Child Art (Ages 3-5)

Join us for some fun hands-on arts and crafts projects. Caregiver participation is required.

Mon – 11:00a.m.
Sat – 9:00a.m.

Creative Movement (Ages 3-5)

A joyful way for children to explore movement through music and dance, allowing them to express themselves in their own way.

Sat – 10:00a.m.

Baby Ballerinas (Ages 3-5)

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.

Sat – 11:15a.m.

ADULT SPORTS

Pickleball (Ages 18 +)

90 minutes
M: \$ 144 NM: \$277

Wed – 8:00a.m. (Beginner)
Sun – 8:00a.m. (Advanced Beginner)



Family Workout Time (Ages 8+)

FREE for Family Members
During Family Workout Times, Family Members can work out together with their children ages 8 or older. This time is meant for parents to help their children learn how important a healthy lifestyle is and how to exercise safely. While floor staff are available to answer questions, parents are expected to workout with their children. Shoes and athletic clothing are required.

Thu & Fri – 4:00p.m. to 8:00p.m.
Sat & Sun – 12:00p.m. to Close

CANCELLATION POLICY

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Family Member = \$128
Member = \$128
Non-Member = \$246

ADULT & TEEN FITNESS

ADULT FITNESS

60 minutes

Women on Weights (WOW)

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells, Bodyweight exercises will also be incorporated into the workout. Studies have shown that lifting moderate to heavy weights is a better way to burn fat and build lean muscle WITHOUT ADDING BULK.

Mon – 8:30a.m. w/ Melissa

Fri – 8:00a.m. w/ Melissa

Sun – 8:30a.m. w/ Melissa

Fit and Healthy with Taylor

M: \$221 NM: \$442

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

Mon and Wed – 6:00p.m.

Y Circuit

During this 60-minute class a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups. This class is open to all levels and will challenge you through exercises using bodyweight, TRX, dumbbells, kettlebell and more.

Mon – 5:00p.m. w/ Steve

Wed – 5:00p.m. w/ Steve

Y Weight

During this 60-minute class a certified personal trainer will bring you through a total body workout focusing on heavy lifts such as presses, squats and deadlifts, along with auxiliary exercises to compliment your heavy work.

Mon-7:00p.m. w/Emily

Tues-5:15a.m. w/Emily

Wed – 7:00p.m. w/ Emily

Glute Camp

Glute Camp has arrived! Squat, thrust, and lunge your way to your best lower body. You'll improve your physique, build lean muscle, and increase strength in a way you never have before. Let's hit the weights and build that BOOTY!

Sat – 10:00a.m. w/ Taylor

Glutes & Core

This class includes 30 minutes of deep core activation followed 30 minutes of glute work.

Sat – 11:00a.m. w/ Taylor

Kick & Punch Bootcamp

In this small group class, Brandon will lead you through a workout designed to increase cardiovascular endurance, build muscle, and burn fat with Kickboxing and Boxing inspired workouts. Participants must bring their own gloves. No Experience necessary.

Tue – 6:00p.m. w/ Brandon

S'WET™ Boot Camp Water Fitness

Combining high intensity interval training with advanced cardio, plyometrics, and unique equipment from around the world, S'WET™ is a powerful water workout experience adjustable for all levels of activity. Whether you're a triathlete swimmer or just looking to supplement your current exercise routine, this souped-up aquatic boot camp is your one-stop shop for an ultimate total body water workout. No Experience necessary.

Mon – 8:00a.m. w/ Mary

Wed – 8:00a.m. w/ Mary

SPECIALTY ADULT FITNESS

Pre and Post Natal Personal Training

A Certified Personal Trainer will help you prepare for, or recover from, giving birth through specific exercises designed for moms to be or new moms. Taylor currently holds a certification through ACE and she completed the Oh Baby Fitness Certification based on ACOG Guidelines.

Email tthomas@metronorthymca.org to schedule your first free session.

Recovery Yoga

Renew at the Y is designed to offer support to those in recovery from Substance Use Disorders by offering a safe place to work out free from stigma and exercises classes led by certified instructors who have personal/professional experience with substance abuse. Please note that this program is not intended to replace treatment, but offer a community for those who have gone through treatment and are in recovery.

Our recovery yoga is a FREE program for Y members and nonmembers. For more information, or to sign up for your first FREE class, please contact the Welcome Center.

Fri – 6:00p.m.

TEEN FITNESS

60 minutes

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

Teen Sports Conditioning (Ages 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.

Tue – 4:00p.m. w/ Steve

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. No experience necessary, just a positive attitude and willingness to work hard.

Thu – 4:00p.m. w/ Steve (Advanced)

Fri – 4:00p.m. w/ Steve (Beginner)

PERSONAL TRAINING

The Y offers flexible personal training packages that fit your life and 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. Our certified instructors 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.

Visit

www.ymcаметronorth.org/personal-training/ to submit an inquiry.



CANCELLATION POLICY

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SPECIAL CLASSES + CLINICS

REGISTER TODAY

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

MINI SESSION

APRIL VACATION WEEK

Apr 18 - Apr 22

AQUATICS

Competitive Swim Clinic
60 minutes
F: \$20 M: \$25 NM: \$40

Join us for one or more of our competitive swim clinics at the Y, led by former Head Coach and Torigian Aquatics Director James Sweeney. James has held the role of Head Coach of the University of Miami, Regis College and has coached several Olympic medalists. Each clinic will run for 60-minutes. Swimmers must be at level 5 or 6. Please contact James at jsweeney@metronorthymca.org for more information

- Freestyle Clinic | Sat | Apr 2, 2022 - 1:00p.m.
- Backstroke Clinic | Sat | Apr 2, 2022 - 2:00p.m.
- Butterfly Clinic | Sat | Apr 9, 2022 - 1:00p.m.
- Breaststroke Clinic | Sat | Apr 16, 2022 - 1:00p.m.
- Start & Turn Clinic | Sat | Apr 30, 2022 - 1:00p.m.

HEALTHY LIVING

Girl Power
60 minutes | 8 Classes | Apr 4-27
M: \$126 NM: \$256

This strength training program is designed to empower females ages 14+. Our personal trainer Taylor will introduce several strength and conditioning techniques, giving participants the tools needed to continue their fitness journey.

Mon and Wed - 3:30p.m.

Intro to Martial Arts for Adult
60 minutes | 4 Classes | Apr 6 -27
M: \$65 NM: \$132

This beginner martial arts class is great for adults 17+. Our instructor Patty, who is a blackbelt and will introduce the techniques for punching, kicking, & blocking. Participants will also get a great cardio work out.

Wed - 8:00a.m.

YOUTH & TEEN

SPORTS CLINIC
F: \$30 M: \$40 NM: \$55

Join us for one or more of our April vacation week sport clinics at the Y, led by our Sports Director Nick Guido and team. Each clinic will run for 3 hours and include skill's & drills, team building, game play, and plenty of fun. Please pack a snack and water for each session and have children wear sneakers and comfortable attire. Please contact Nick at nguido@metronorthymca.org for more information.

Tue | Basketball | 9:00a.m. - 12:00p.m. (Ages 6 - 8)
Basketball | 1:00p.m. - 4:00p.m. (Ages 9 - 11)

Wed | Soccer | 9:00a.m. - 12:00p.m. (Ages 6 - 8)
Soccer | 1:00p.m. - 4:00p.m. (Ages 9 - 11)

Thu | Sports Mashup | 9:00a.m. - 12:00p.m. (Ages 6 - 8)
Sports Mashup | 1:00p.m. - 4:00p.m. (Ages 9 - 11)

Fri | Eastman Sampler | 9:00a.m. - 12:00p.m. (Ages 6 - 8)
Eastman Sampler | 1:00p.m. - 4:00p.m. (Ages 9 - 11)

Teen Boxing Bootcamp
60 minutes
F: \$35 M: \$45 NM: \$60

This class is designed to teach beginners ages 14-17 about the sports of Boxing and Kickboxing in a safe and fun manner. Each class includes functional & cardio exercises to build strength while burning calories. Participants are recommended to bring their own boxing gloves to class.

Participants are recommended to bring their own boxing gloves to class<

Mon, Wed, and Fri - 6:00p.m.

CANCELLATION POLICY

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Condition and Lift with Steve
F: \$40 M: \$50 NM: \$70

Safe and effective introduction to free weight exercise. Including conditioning to help build overall athleticism and fitness to push you to the next level. Ages 14 - 17

Tue and Thu | 1:00p.m. - 3:00p.m.

Fitness for Kids with Taylor
60 minutes
F: \$35 M: \$45 NM: \$60

Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.

Tue, Thu, and Fri - 3:30p.m.

