

Fall Session:
September 6 – October 30

Registration Dates:
Member Registration: **August 15**
Non-Member Registration: **August 22**

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

PARENT/CHILD SWIM

Parent|Child A (6-18 months)

30 minutes

Tue 9:00 am
Sat 9:00 am | 10:10 am
Sun 10:10 am

Parent|Child B (18-36 months)

30 minutes

Tue 11:00 am
Sat 9:35 am
Sun 9:00 am | 9:35 am

PRESCHOOL SWIM

Stage 1 (3-6)

30 minutes

Mon 9:40 am | 10:20 am | 3:15 pm | 3:50 pm |
6:10 pm
Tue 9:40 am | 3:50 pm | 4:25 pm
Wed 3:50 pm | 4:25 pm | 5:35 pm | 6:10 pm
Thu 3:50 pm | 4:25 pm | 5:00 pm | 6:10 pm
Fri 4:25 pm | 5:00 pm | 5:35 pm
Sat 9:00 am | 10:10 am | 10:45 am | 11:20 am
11:55 am
Sun 9:00 am | 10:10 am | 10:45 am | 11:20 am
11:55 am

Stage 2 (3-6)

30 minutes

Mon 11:00 am | 5:00 pm
Tue 10:20 am | 2:50 pm | 3:15 pm | 4:25 pm
5:00 pm
Wed 3:15 pm | 5:15 pm | 5:55 pm
Thu 3:50 pm | 4:25 pm | 6:10 pm
Fri 3:15 pm | 5:00 pm | 6:10 pm
Sat 9:00 am | 10:10 am | 10:45 am | 11:20 am
11:55 am
Sun 10:45 am | 11:20 am | 11:55 am

Stage 3 (3-6)

30 minutes

Mon 3:50 pm
Tue 3:15 pm | 5:00 pm
Wed 4:25 pm
Thu 3:50 pm
Fri 3:15 pm | 5:00 pm
Sat 9:00 am | 10:10 am | 10:45 am

Stage 4 (3-6)

30 minutes

Mon 4:25 pm
Thu 3:15 pm
Fri 3:15 pm

YOUTH SWIM

Stage 1 (6-18)

30 minutes

Mon 3:15 pm
Tue 5:35 pm | 6:10 pm
Wed 3:15 pm | 4:25 pm | 5:00 pm
Thu 3:15 pm | 5:00 pm | 5:35 pm | 6:10 pm
Fri 3:50 pm | 4:25 pm | 6:10 pm
Sat 9:35 am | 11:55 am
Sun 9:35 am | 10:10 am | 10:45 am

Stage 2 (6-18)

30 minutes

Mon 4:25 pm | 5:00 pm
Tue 3:15 pm | 5:35 pm
Wed 3:50 pm
Thu 3:15 pm | 5:35 pm
Fri 3:50 pm | 5:35 pm
Sat 9:35 am | 10:45 am | 11:20 am
Sun 9:00 am | 9:35 am | 10:45 am

Stage 3 (6-18)

30 minutes

Tue 3:50 pm | 4:25 pm
Wed 3:50 pm | 4:25 pm
Thu 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm
Fri 4:25 pm | 6:10 pm
Sat 9:35 am | 10:45 am | 11:20 am
Sun 9:00 am | 10:10 am

Stage 4 (6-18)

30 minutes

Mon 5:10 pm
Tue 6:10 pm
Wed 5:00 pm
Thu 4:25 pm | 5:00 pm
Fri 3:50 pm | 5:00 pm | 6:10 pm
Sat 9:35 am | 10:10 am
Sun 9:35 am | 11:20 am

Stage 5 (6-18)

30 minutes

Mon 6:10 pm
Tue 6:10 pm
Wed 5:35 pm | 6:10 pm
Fri 4:25 pm | 5:35 pm
Sat 11:20 am
Sun 11:20 am

Stage 6 (6-18)

30 minutes

Mon 5:35 pm
Fri 5:35 pm
Sat 11:55 am
Sun 11:55 am

Competitive Swim Prep

F: \$150 M: \$220 NM: \$370

40 minutes 2x per week

Tue and Thu 5:55 pm

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

Wed 6:10 pm

ADULT SWIM

Adult Beginner Swim

30 minutes

Mon 5:35 pm
Wed 5:00 pm | 5:35 pm
Sun 11:55 am | 12:30 pm

Adult Intermediate Swim

30 minutes

Mon 6:10 pm
Wed 6:10 pm
Sun 11:55 am | 12:30 pm

PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Aquatics Coordinator, Raphael Souza, at rsouza@metronorthymca.org.



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PARENT CHILD SWIM



Parent/Child A (6-18 mo)

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 mo)

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 water and elementary backstroke.

CANCELLATION POLICY

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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 water 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 water 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+ yrs.

Adult Intermediate Swim

30 minutes

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

SWIM TESTING



Safety is our First Priority at the Y! 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 yrs 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 within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers. Not sure what stage to sign your child up for? Please contact our Welcome Center at (978) 977-9622 or email Drew Sidell at dsidell@metronorthyymca.org

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YOUTH SPORTS

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

Basketball Skills and Drills

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 3:00 pm (4-6)

Tue 4:00 pm (7-10)

Tue 5:00 pm (11+)

Sat 9:00 am (4-6)

Sat 10:00 am (7-10)

Sat 11:00 am (11+)

Nerf Blasters

Run and climb around obstacles with your team in a safe and fun nerf gun class!

Thurs 3:00 pm (7-9)

Thurs 4:00 pm (10-12)

Sports Sampler

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

Wed 10:00 am (3-5)

Fri 3:00 pm (4-6)

Fri 4:00 pm (7-10)

Dodgeball

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

Mon 3:00 pm (7-9)

Mon 4:00 pm (10-12)

Discovering Demakes

This class will introduce your child to a variety of programs within the Demakes Y. Each week your child will work on team building activities while experiencing a multitude of structured activities.

Week 1: Computer Fun - Tech Lab

Week 2: Sports -Basketball - Gym

Week 3: Science Week - Kitchen

Week 4: Adventure Zone

Week 5: Cooking - Kitchen

Week 6: Music & Movement

Week 7: Exploring Art

Week 8: Aquatics - Pool

Mon 5:00 pm (7-12)

Wed 5:00 pm (7-12)

Soccer Skills and Drills

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 3:00 pm (4-6)

Wed 4:00 pm (7-10)

Track Skills and Drills

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.

Fri 5:00 pm (5-10)

CANCELLATION POLICY

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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 more details.

YOUTH ADVENTURE ZONE

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

Find the fun in fitness with Lil Ninjas and Ninja Warriors in the Adventure Zone. Kids will learn age-appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

Lil Ninjas

Mon 4:30 pm (ages 6-8)

Tue 5:00 pm (ages 9-11)

Wed 11:00 am (ages 4-5)

Wed 4:30 pm (ages 9-11)

Wed 5:30 pm (ages 6-8)

Thu 4:30 pm (ages 6-8)

Sat 11:00 am (ages 9-11)

Sun 9:00 am (ages 4-5)

Sun 10:00 am (ages 6-8)

Ninja Warriors

Mon 5:30 pm (ages 9-11)

Thu 5:30 pm (ages 9-11)

Sun 11:00 am (ages 9-11)

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MUSIC STUDIO

September 6- October 30 (8 Weeks)
45 minutes | F: \$84 M: \$116 N: \$190

Piano 1 (ages 6-12)

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

Tue 3:30 pm - 4:15 pm

Piano 2 (ages 12+)

For advanced students with at least one year of experience.

Wed 4:30 pm - 5:15 pm

Piano For Families

Come enjoy music together as a family! The class will teach reading, scales and basic chords.

Mon 3:30 pm - 4:15 pm

Piano 1- Adult (ages 18+)

It's never too late to learn piano. Come and learn a great skill that you'll never regret. Austin is excited to help you learn to discover the joy of piano playing. Sign up today. It's always fun!

Tue 5:15 pm - 6:00 pm

Guitar for Beginners (Ages 12+)

Don't miss out on this new opening. You've asked and now Austin is ready to deliver. These slots will not last. Sign up today, and let's make some awesome music together.

Wed 5:00 pm - 6:00 pm

Ukulele for Kids (Ages 6-12)

If you haven't played a Ukulele before, just know that it's fun and easy once you give it a try. Come and learn a bunch of your favorite songs

Tue 4:30 pm - 5:15 pm

Adult Guitar Classes (18+)

This class is for aspiring adult rock stars! Although it's a beginner's class you'll learn the ins and outs of playing one of the most popular instruments of all time. Sign up soon.

Mon 5:15 pm - 6:00pm



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Enrichment

September 6- October 30 (8 Weeks)
45 minutes | F: \$84 M: \$116 N: \$190

Get Your Wiggles Out (ages 3-6)

Your child will have fun, dance, sweat and groove to your favorite tunes in this program build to get your kid moving.

Tue 10:00 am

Snack Attack (ages 7+)

Each week children will have fun learning their way around the kitchen making delicious snacks, experimenting with food and learn healthy eating habits in our new cooking kitchen and cafe.

Sat 10:30 am

Sat 1:00 pm

Tech is It! (ages 7+)

Want to be a computer whiz? Learn all the ins and outs, how to download software programs, how to surf the web safely and much, much more.

Sat 12:00 pm

Comic Creators (ages 7-12)

This class will teach and guide your child through creating their very own comic book. Each child will build out characters and storylines and will finish the session with a 3D project that reflects their story.

Thu 5:00 pm

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ADULT FITNESS

60 minutes | M: \$128 N: \$264

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 6:00 pm

Wed 8:00 am

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.

Mon 7:00 pm

Wed 6:00 pm

Tread and Shred

A perfect combination of heart pumping and muscle toning in one 60-minute class. A personal trainer will guide you through a challenging treadmill (walking or running) workout, mixed in with strength training designed to tone and strengthen your entire body.

Tue 6:30 pm

Sat 10:00 am

TRX Bootcamp

Join Sharon for this full body workout utilizing the TRX and more! TRX uses your own body weight to build strength and tone your body. This class is suitable for all fitness levels due to the versatility of TRX!

Thu 6:30 pm

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.

Wed 7:00 pm

MONTHLY OPTION

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

Boxing for Fitness

Come learn the fundamentals of boxing, building on skills, drills, and overall fitness. This class will mix heavy bag work We encourage you to bring your own gloves and wrist wraps.

Tue 6:00 pm

Thu 6:00 pm

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 5:30 pm (Upper Body)

Thu 5:30 pm (Lower Body)

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NEW **NUTRITION**

60 minutes | M: \$128 N: \$264

NUTRITION FOR A HEALTHY LIFESTYLE

Join Lismar to learn the power of food for a healthy lifestyle. This workshop series will provide helpful knowledge and activities to help recognize healthy foods versus unhealthy foods. Topics will range from identification of nutritious food alternatives to the power of ethnic foods in our diet and how to get families involved in making healthier choices together.

Sat 11:00 am

NUTRITION COACHING

Gain the tools you need to build healthy eating habits for you and your family with one-on-one Nutrition Coaching with Lismar. As a certified Nutrition Coach, Lismar can guide you through the creation of a plan for your short and long-term dietary success. Nutrition coaching is available in both English and Spanish. Scan below inquiry and request nutrition coaching.



PERSONAL TRAINING

Reach your goals faster with the guidance of our team of certified personal trainers! With affordable training packages, we can get you the results you need. Our trainers have flexible scheduling to meet your needs. Scan below to submit an inquiry and schedule a training session.



TEEN FITNESS

60 minutes | F: \$99 M: \$128 N: \$198

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.

Mon 5:00 pm

Sat 9:00 am

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 5:00 pm

YOUTH FITNESS

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

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 10:00 am

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