



Fall Session:  
**September 6 – October 30**

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

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

## 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.

**Tues 10:30 am**

**Wed 10:30 am**

**Sat 9:35 am**

### Parent|Child B (Ages 19m-42m)

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 9:35 am | 10:10 am | 11:20 am**

**Mon 10:30 am**

**Wed 5:35 pm**

**Thu 10:30 am**

**Fri 5:35 pm**

**Sat 10:10 am**

### 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 9:00 am | 10:10 am | 10:45 am | 11:20 am**

**Mon 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm  
5:35 pm**

**Tue 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Wed 11:00 am | 3:15 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Thu 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Fri 3:15 pm | 5:00 pm**

**Sat 9:00 am | 9:35 am | 10:45 am | 11:20 am**

### 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 9:00 am | 10:45 am**

**Mon 11:30 am | 3:50 pm | 4:25 pm | 5:00 pm**

**Tue 11:30 am | 4:25 pm | 5:00 pm | 5:35 pm**

**Wed 11:30 am | 3:15 pm | 4:25 pm | 5:35 pm**

**Thu 11:30 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Fri 3:50 pm | 4:25 pm**

**Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**

### 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 9:35 am**

**Mon 3:50 pm | 5:35 pm**

**Tue 3:15 pm**

**Wed 3:50 pm | 4:25 pm**

**Thu 5:00 pm**

**Fri 5:35 pm**

**Sat 10:45 am**

### 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 9:00 am**

**Mon 4:25 pm**

**Tue 3:50 pm**

**Wed 4:25 pm**

**Thu 3:50 pm**

**Sat 10:10 am**

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## YOUTH SWIM

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

### Youth Stage 1 (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 9:35 am | 10:45 am****Mon 4:25 pm | 5:35 pm****Tue 4:25 pm | 5:00 pm****Wed 3:15 pm | 3:50 pm | 4:25 pm****Thu 3:50 pm | 5:35 pm****Sat 10:10 am | 11:20 am**

### Youth Stage 2 (Ages 6-12)

30 minutes

Swimmers must swim 5 feet on their front and back 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 9:35 am****Mon 3:15 pm****Tue 5:35 pm****Wed 3:50 pm****Thu 4:25 pm****Fri 4:25 pm****Sat 9:35 am**

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

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

### Youth Stage 5 (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. Please bring goggles to class.

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

### Youth Stage 6 (Ages 6-12)

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.

**Sun 9:00 am****Tue 5:35 pm****Wed 5:00 pm****Thu 3:15 pm****Fri 3:15 pm****Sat 10:45 am**

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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 9:05 am****Sat 8:30 am | 9:05 am**

#### 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 8:30 am**

#### 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 8:30 am (Shallow end with Mary)****Tue 8:30 am (Deep end with Liz)****Wed 8:30 am (Shallow end with Liz)****Thu 8:30 am (LaBlast Splash with Scott)****Fri 8:30 am (Shallow end with Scott)**

#### Aquatic Stretch

M: FREE NM: \$160

55 minutes

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

**Tue 1:05 pm****Thu 1:05 pm**

#### 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 9:30 am**

#### 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 9:30 am**

#### 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 9:30 am**

#### Aqua Therapy

M: \$80 NM: \$160

45 minutes

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

**Thu 9:30 am**

### 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.

**Sun 9:35 am | 11:20 am****Mon 3:50 pm | 5:00 pm****Tue 5:35 pm****Wed 3:15 pm | 3:50 pm | 5:00 pm****Thu 3:50 pm | 5:35 pm**

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## 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 5:15 pm (Ages 6-9)**

**Thu 4:15 pm (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 9:00 am**

**Sat 8:30 am**

### Speed and Agility (Ages 3-5)

45 Minutes

This program will develop speed, footwork and jumping ability.

**Tue 11:00 am**

### Basketball for Beginners (Ages 3-5)

45 Minutes

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

**Thu 11:00 am**

**Fri 3:15 pm**

### Youth Soccer League (Ages 3-5)

F: \$120 M: \$140 NM: \$198

60 Minutes

Outdoor field will be TBD. Parents/guardians are asked to stay for the game. All participants will receive shirt and hat.

**Sat 10:30 am**

Interested in volunteering as a coach? Contact Alex by scanning below.



### 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 5:15 pm**

### 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 4:15 pm**

### 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 5:15 pm**

### Basketball Academy

45 Minutes

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

**Tue 3:15 pm (Ages 6-9)**

**Thu 3:15 pm (Ages 9-11)**

### Dodgeball (Ages 6-12)

45 Minutes

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

**Fri 5:15 pm**

### Girls Got Game (Ages 7-12)

45 Minutes

This class encourages elementary school aged girls to play and find a love for the game of basketball with friends. Attendees will learn new skills through drills and games. Participants are asked to bring their own basketball.

**Wed 4:15 pm**

### 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 6:15 pm**

**Wed 3:15 pm**

**Fri 6:15 pm**

**Sat 12:00 pm**

### Small Group Sport Training

F: \$180 M: \$235 NM: \$330

For days and times contact Alex at [abelluschi@metronorthymca.org](mailto:abelluschi@metronorthymca.org).

## YOUTH ENRICHMENT

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

**NEW**

### Rhythm & Rhyme (Ages 2-4)

45 Minutes

Children will sing, dance, explore musical instruments and creative movement materials, all while learning about beat, rhythm, pitch and other musical concepts!

**Tue 10:30 am**

**NEW**

### Pint Size Picasso's (Ages 3-5)

45 Minutes

Children will learn about famous artists and their techniques. Each week a famous work of art will be the inspiration for our craft. Please wear appropriate clothing as kids may get messy.

**Thu 10:30 am**

### 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 10:00 am**



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## ADULT FITNESS

### Lift Heavy, Look Lean

2x Per Week | M: \$221 NM: \$442

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.

**Tue & Thu 6:00 pm | 7:00 pm**

### Back 2 School, Back 2 You

Small Group Training | M: \$128 NM: \$246

60 Minutes

As the kids head back to school and a regular schedule you can focus on your own health and fitness! Small groups work out with a certified personal trainer to build strength, stamina and relieve stress! If you have a ready-made group of 4 to 6 people we can create a time slot for you!

**Mon, Tue, Wed, Thu or Fri 8:30 am**

### Adult Basketball League

M: \$40 MEMBERS ONLY

For more information contact Alex Belluschi at [abelluschi@metronorthymca.org](mailto:abelluschi@metronorthymca.org).

**Mon & Wed 6:45 pm | 7:45 pm**

### 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 8:00 am | 10:00 am**

**Wed 8:00 am**

**Fri 8:00 am**

### 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.

**Tue 11:00 am (Beginner)**

**Wed 11:00 am (Intermediate/Advanced)**

### 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 12:00 pm**

**Thu 12:00 pm**

**Fri 10:00 am**

### 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 12:30 pm**

### Pre/Post Pilates

M: \$128 NM: \$246

60 Minutes

Designed specifically for the pregnant and post-natal woman. Pilates will help stabilize fragile muscle groups associated with pregnancy. This 60 minute full body program can also help women strengthen, tone and maintain flexibility. You need not be a mother to benefit from this class.

**Tue 4:00 pm**

### Couch to 5k

M: \$127 NM: \$231

45 Minutes

Join Sports Director Alex as he helps you get ready for our Spooky Sprint 5K on October 29! Whether this is your first 5K or you have been on hiatus, this program will get you off the couch and on the road. Participants will meet at the Y. Price of the class includes the Spooky Sprint entry fee!

**Sat 9:30 am**

### Power Lifting Prep

M: \$128 NM: \$246

60 Minutes

Join a YMCA Personal Trainer as they prepare and strengthen you for the 3 big lifts (Bench, Squat & Deadlift) with a goal of increasing one and three rep maxes. Each participant will receive a customized 3 day/week training plan catered towards improving individual weaknesses. This program will prepare you to compete in our fall fundraiser, the ALL LIFTS BBQ or a real-life powerlifting event.

**Tue 5:00 pm**

### Menopause Support Workshop: Pelvic Health

**Saturday, September 17, 2022,**

**9:30 - 10:55am**

FREE for members and community members

Ages 14 - 99

This workshop lead by Nationally Certified Pilates Instructor Mia Melendez explores pelvic health and how movement can impact it. Awareness of how you sit and stand show how different habits can impact pelvic health and issues can arise at any age. A few Pilates based exercises will help participants lubricate joints and improve mobility in hips and thoracic spine, ultimately setting you up for pelvic health. Thanks to a grant from Mass in Motion for making this workshop possible!

**Saturday, September 17, 2022,**

**9:30 - 10:55 am**

## 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 3:00 pm**

### 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.

**Tue 4:15 am**

**Sat 12:00 pm | 12:30 pm**

**NEW**

### They See Me Strollin'

M: \$128 NM: \$246

60 Minutes

An outdoor full body workout including cardio, agility and strength training. Class ends with core work and littles coming out of the stroller to play! Whether you're six weeks or six years postpartum come Strollin' with us! Please bring a mat.

**Mon 9:15 am**