

Spring 1 Session: **7 WEEKS**  
**FEBRUARY 27–APRIL 16**

Registration Dates:  
Member Registration: **February 6**  
Non-Member Registration: **February 13**

Rate Guide:  
Family Member: \$90  
Member: \$131  
Non-Member: \$223

## PARENT/CHILD SWIM

**Parent | Child A (6–18 months) 30 minutes**

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

**Parent | Child B (18–36 months) 30 minutes**

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

## PRESCHOOL SWIM

**Stage 1 (3–6) 30 minutes**

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

**Stage 2 (3–6) 30 minutes**

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

**Stage 3 (3–6) 30 minutes**

Mon: 9:40am | 3:50pm  
Tue: 3:15pm | 5:00pm  
Wed: 4:25pm  
Thu: 3:50pm  
Fri: 5:00pm  
Sat: 9:00am | 10:10am | 10:45am

**Stage 4 (3–6) 30 minutes**

Mon: 4:25pm  
Fri: 3:15pm  
Sat: 9:00am

## YOUTH SWIM

**Stage 1 (6–18) 30 minutes**

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

**Stage 2 (6–18) 30 minutes**

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

**Stage 3 (6–18) 30 minutes**

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

**Stage 4 (6–18) 30 minutes**

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

**Stage 5 (6–18) 30 minutes**

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

**Stage 6 (6–18) 30 minutes**

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

**Competitive Swim Prep**

F: \$130 | M: \$190 | NM: \$324  
**40 minutes | 2x per week**  
Tue and Thu: 5:55pm

## TEEN SWIM

**Teen Swim Lessons (12–17) 30 minutes**

Wed: 6:10pm

## ADULT SWIM

**Adult Beginner Swim 30 minutes**

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

**Adult Intermediate Swim 30 minutes**

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

## 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](mailto:dsidell@metronorthymca.org).



### CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

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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

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

## 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

## 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 floatation 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@metronorthymca.org

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## ADULT FITNESS

**60 Minutes | M: \$112 N: \$235**

## Y WEIGHT LOSS

**60 minutes | M: \$112 | N: \$235**

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: 6:00pm with Andrew**  
**Tue: 8:00am with Andrew**  
**Tue: 6:30pm with Leny**  
**Sat: 9:00am with Lismar**

## SPARTAN TRAINING WITH LENY

Do you have what it takes to finish a Spartan Race? Join Leny, a Spartan Trifecta Competitor in the small group training designed to help you reach your goal of finishing a race!

**Mon: 6:00pm**  
**Thu: 9:00am**

## RUNNER'S FUN(DAMENTALS)

Learn the fundamentals of running! In this amazing course, Leny will guide you through proper form, techniques, cross-training, and breathing that are essential to being a great runner.

**Mon: 6:00am with Leny**

## INTRO TO STRENGTH TRAINING

Learn the basics of free weight and cable-based strength training in a safe and comfortable environment. A certified personal trainer will guide you through proper form and technique, allowing you to build confidence to reach your goals.

**Wed: 6:00pm with Andrew**

## 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: 7:00pm with Andrew**

## BOXING BASICS

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

**Wed: 6:00pm with Dennis**  
**Thu: 6:30pm with Dennis**

## 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: 7:00pm with Andrew**

## 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: 6:00pm (Upper Body) with Freddy**  
**Thu: 6:00pm (Lower Body) with Freddy**

## NUTRITION

**60 minutes | M: \$112 N: \$235**

## 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: 11:00am**

## 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. Visit: [www.ymcametronorth.org/personal-training/](http://www.ymcametronorth.org/personal-training/) to submit an inquiry and request nutrition coaching.

Scan the  
QR Code to  
Register



## 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. Visit [www.ymcametronorth.org/personal-training/](http://www.ymcametronorth.org/personal-training/) to submit an inquiry and schedule a training session.

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## TEEN FITNESS

**60 minutes | F: 95 | M: \$130 | N: \$208**

### TEEN BOXING BOOTCAMP

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

**Thu: 5:30pm with Dennis**

### TEEN NINJA WARRIOR (AGES 12-16)

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.

**Tue: 4:00pm**

### 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: 5:00pm**

**Sat: 9:00am**

### 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, bodyweight exercise, and more to prepare teens for sports and athletic activities. Participants do not need sports experience to enjoy this class!

**Wed: 5:00pm**

### YOUTH FITNESS

**45 minutes | F: 85 M: \$117 N: \$198**

### ZUMBA KIDS (AGES 8-12)

Zumba Kids is the ultimate dance fitness party. Class features age-appropriate music and moves that gets kids dancin' to the beat while learning about different cultures that inspire the music. Feel fearless on the dance floor and reinforce the idea that it's okay to just be yourself!

**Wed: 5:00pm**

### 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: 10:00am**

#### **CANCELLATION POLICY**

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## YOUTH SPORTS

**45 minutes | F: \$79 | M: \$106 | N: \$175**

### BASKETBALL SKILLS AND DRILLS (AGES 4-15)

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: 4:00pm (Ages 7-10)**

**Tue: 5:00pm (Ages 11+)**

**Sat: 10:00am (Ages 7-10)**

**Sat: 11:00am (Ages 11+)**

### NERF BLASTERS (AGES 7-12)

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

**Mon: 4:00pm (10-12)**

**Thu: 3:00pm (7-9)**

### TRACK SKILLS AND DRILLS (AGES 5-10)

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: 5:30 PM**

### DODGEBALL (AGES 7-12)

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

**Mon: 4:00 pm**

### GIRLS' SPORTS SAMPLER (AGES 7-10)

This team, named Girls on Fire, will try a new physical activity every week. In this fun, friendly environment, the girls will build confidence and leadership skills through teamwork.

**Wed: 5:30pm**

## PRESCHOOL SPORTS

**45 minutes | F: \$79 M: \$106 N: \$175**

### BASKETBALL FOR BEGINNERS (AGES 3-6)

Get started early, learning the basics of basketball such as dribbling, shooting, and passing

**Mon: 9:15am**

**Sat: 9:00am**

### CANCELLATION POLICY

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### MINI ALL STARS (AGES 3-5)

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

**Mon: 10:00am**

**Wed: 11:00am**

### YOUTH SOCCER (AGES 3-5)

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

**Mon: 11:00am**

**Wed: 10:00am**

### 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](mailto:mgriffin@metronorthymca.org) for more details.

## YOUTH ADVENTURE ZONE

**45 minutes | F: \$85 | M: \$117 | N: \$198**

### NINJA WARRIORS (AGES 6-11)

Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

**Mon: 4:30pm (Ages 6-8)**

**Tue: 5:00pm (Ages 9-11)**

**Thu: 4:30pm (Ages 6-8)**

**Thu: 5:30pm (Ages 9-11)**

**Sat: 11:00am (Ages 6-10)**

**Sun: 10:00am (Ages 6-8)**

**Sun: 11:00am (Ages 9-11)**

### LIL NINJAS (AGES 4-5)

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

**Sun: 9:00am**

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### ENRICHMENT

**45 minutes | F: \$79 | M: \$106 | N: \$175**

#### BUILDING BUDDIES (AGES 3-5)

Use Lincoln Logs, magnetic tiles, zoom connectors, legos, and more to create various structures! All mini architects welcome!

**Tue: 11:00am**  
**Thu: 10:00am**

#### PINT-SIZED PAINTERS (AGES 3-5)

Children will receive various supplies to allow for creative thinking and inspire their artistic skills.

**Mon: 11:00am**  
**Wed: 10:00am**

#### CROCHET

Crochet is a 100s year old practice for all ages to enjoy. Come learn how to Crochet and make different items throughout the program.

**Wed: 4:00pm (ages 7-12)**  
**Wed: 5:00pm (ages 13+)**

#### CUPCAKE DÉCOR

This program gets to the best part of a cupcake... the icing! Join us in icing everything from cupcakes, cookies and more.

**Sat: 1:00pm**

#### 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: 5:00pm**  
**Fri: 3:00pm**

#### DISCOVER DEMAKES (AGES 7-12)

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**  
**Wed: 5:00pm**  
**Fri: 4:00pm**

#### 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: 10:30am**  
**Sat: 12:00pm**

#### CANCELLATION POLICY

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