SONJIA'S STORY

So Much More Than Summer Camp

Sonjia is a single mom of a 10 year old boy, and works full time for the MBTA as a bus driver. She is the sole provider for her son, as his dad suffered a stroke and is unable to work or contribute financially.

Last summer she looked into various summer programs for her son to attend, but found that they were all simply not affordable. Sonjia’s income is just high enough to put her over the threshold that she does not receive any government assistance, but she still struggles to make ends meet. Unable to find any affordable childcare options, she started bringing her son to work with her. He spent his first few weeks of the summer riding on his mom’s bus, for her entire shift.

In a last-ditch effort, Sonjia reached out to the Y for help. When the Y team learned of her circumstances, they did not hesitate to go above and beyond to immediately find a place for her son in camp.

No child should have to spend their summer days sitting on a bus so their parent can work- so the Y awarded Sonjia’s son a scholarship to attend Camp Eastman for the remainder of the summer!

“This generosity has meant the world to both of us. I could go to work knowing that my son was safe, happy, and enjoying his summer.”

Read on

JOIN IN ON THE FUN THIS SUMMER

Register Now For The Beat The Heat 5K ... Early Bird Registration Ends June 28th!

On Thursday, July 11th the Torigian Family YMCA will host the 3rd Road Race of the 2019 YMCA of Metro North Road Race Series!
The Beat The Heat 5K is a fun twilight run that starts and ends at the Torigian Family YMCA in Peabody. After the race participants are invited to cool off in the outdoor pool! Register before June 28th for a guaranteed race shirt and discounted pricing.

The YMCA of Metro North Road Race Series brings together seven different communities to run for our cause. Four unique races are featured across our communities to motivate, inspire and promote the YMCA’s mission of youth development, healthy living and social responsibility. All proceeds from our Road Race Series fund the YMCA of Metro North’s Annual Campaign, which provides more than $1.2 million in financial assistance to individuals and families in the communities we serve.

Read more

Register For The Beat The Heat 5k

The World's Largest Swim Lesson

The YMCA of Metro North, in collaboration with the World’s Largest Swimming Lesson will be hosting free 30-minute swim lessons at each of our branches on Thursday, June 20th. The World’s Largest Swimming Lesson™, created by the World Waterpark Association in 2010, is a global event that helps the aquatics industry work together to build awareness about the importance of teaching children to swim and to prevent drowning.

**Lynn YMCA:**
3:10pm–3:40pm, 3:45pm–4:15pm

**Melrose Family YMCA:**
2:10pm–2:40pm, 2:45pm-3:15pm

**Saugus Family YMCA:**
1:00pm–1:30pm, 1:35pm–2:05pm, 2:10pm–2:40pm

**Torigian Family YMCA:**
1:30pm–2:00pm, 2:05pm–2:35pm, 2:40pm–3:10pm

Read more

Outdoor Yoga and Tai Chi Classes

This summer the Melrose Family YMCA is partnering with Mass in Motion and the Melrose Department of Recreation to offer FREE outdoor Yoga and Tai Chi classes at Colby Park in Melrose! Yoga Flow will be held Tuesdays at 6:30pm and Tai Chi will be held Thursdays at 6:30pm. These classes will be offered from July 9 - August 22.

Read more
**SUMMER SESSION**

**Summer Session Starts June 17th!**

The Summer Session runs from June 17 - August 25. Registration is open! View the program guides below for details on all the classes offered this summer.

> [Melrose Family YMCA Programs](#)
> [Gymnastics Center Programs](#)
> [Torigian Family YMCA Programs](#)
> [Lynn YMCA Programs](#)
> [Saugus Family YMCA Programs](#)

**SUMMER CAMP**

**Camp Starts June 17th!**

*Receive a 15% off sibling discount for siblings in the same household registered in the same week!*

Register now for the best summer ever!

[Camp Melstone](#) (Melrose)
[Camp Sachem](#) (Saugus)
[Camp Eastman](#) (Peabody)
[Gymnastics Camp](#) (Saugus)

**UPCOMING EVENTS**

June is full of fun family events at all of our YMCA of Metro North locations. Kids Night Out, pool parties, member appreciation days and swimming under the stars!

Plus be sure to save the dates for some fun events this fall that support our cause.

[Where In The World Gala](#)
Saturday, September 28th

[LiveSTRONG At The Y Half Marathon](#)
Saturday, November 23rd

**COMING THE SUMMER OF 2020**

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*Search For A Program*

*Register For Summer Camp*

*View All June Events At Our YMCA of Metro North Locations*
The New Lynn YMCA

The New Lynn YMCA is coming along. The new 70,000 square foot facility will allow us to make a difference in more lives in the city of Lynn and the surrounding communities. When we grow together, the possibilities are endless.

If you want to stay up to date on all the latest happenings with the new Lynn YMCA join our mailing list to receive monthly updates or follow #NewLynnYMCA.

View The Renderings Of The New Lynn YMCA

THANK YOU TO THOSE THAT SUPPORT OUR CAUSE

IN THE NEWS

35th Annual Charity Golf Tournament is a Success

The YMCA of Metro North hosted this year’s Fore the Kids Golf Tournament to benefit the Y’s youth programs, on Monday, June 3, 2019. The Y welcomed nearly 100 golfers to the exclusive Kernwood Country Golf Club for the 35th year of this prestigious event.

This year’s tournament raised $52,000 to help support local youth, who couldn’t afford to otherwise, attend the Y’s Day Camp and Y Academy programs.

Read more

Stride Along The Tide 5K Raises Over $12,000

On Saturday, May 18th the Lynn YMCA hosted its annual 5k road race at Nahant Beach Reservation. On a beautiful Spring morning, a record-breaking 300+ runners came out to support our cause and run for the Lynn community. The aptly named ‘Stride Along the Tide’ 5k took runners of all ages through scenic neighborhoods and along the beautiful coast of Nahant.
The Lynn YMCA 5k raises funds for the Y’s Annual Campaign scholarship fund, which ensures no one is turned away for inability to pay. This year’s race raised over $12,000 for the Annual Campaign fund!

Read more

YMCA of Metro North Awards Local Students And Community Champions At Y Champions Celebration

The YMCA of Metro North recognized the support the Y receives to make an impact in the community thanks to the donors, partners and volunteers at the Y Champions Celebration on Thursday, May 23. The breakfast and annual meeting took place at the Lynn Vocational Technical High School Culinary Arts program space and the students provided breakfast for the guests.

Read more

Yoga For Those Coping With Addiction

This introductory program is FREE and open to the community! A beautiful combination of support, healing and cleansing for those who are dealing with a substance abuse disorder. Experience connection with others who share a similar journey, by participating in a 12-Step based voluntary discussion and group support combined with a Yoga practice specifically designed to cultivate physical, mental and spiritual well-being.

Read more