How Homeless Children In Our Communities Are Enjoying The Best Summer Ever

Imagine being a young child without food, clothing and shelter … wondering when you might get your next meal and if you will ever have a place to call home. Unfortunately, there are children in our communities coping with these problems every day.

At the Y we believe that all children deserve an opportunity to be in a warm and supportive environment where they can learn, grow and thrive … and no child should ever be turned away due to inability to pay.

This summer Camp Sachem in Saugus welcomed 28 homeless children to their program for the summer. The kids come to the Y through a collaboration with the Lynn Public School system, and every year they’re excited to spend their days participating in camp fun, making friends, gaining self-confidence and enjoying their Best Summer Ever! These campers also receive lunch, backpacks, swimsuits and towels.

For these homeless children the opportunity to attend summer camp is a dream come true. When one young camper was asked what her favorite part about camp was, she answered, “I get to eat lunch every day.” She continued on about how she also loved swimming and playing games, but what she was most grateful for was consistently receiving a meal. This young camper is just 6 years old.

Read on

FALL I SESSION

Fall I Session Starts in September!

The Fall I Session begins after Labor Day and runs through October 27. Registration
is open for members. Non-member registration opens August 29th.

View the program guides below for details on all the classes offered this fall.

> Melrose Family YMCA Programs
> Gymnastics Center Programs
> Torigian Family YMCA Programs
> Lynn YMCA Programs
> Saugus Family YMCA Programs

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**Y ACADEMY**

Have you heard about Y Academy? We offer full day and half day programs

At the Y we believe each child deserves a warm and supportive environment where they can confidently learn, grow, and thrive. Our high quality early learning programs incorporate a STEAM curriculum that promotes problem solving, and creative and analytical thinking. We offer 2, 3 and 5 day options for ages 2.9-5 years old.

Y Academy - Saugus
Y Academy - Torigian (now offering a 1/2 day option for early learning programs!)
Y Academy - Lynn
Y Academy - Stoneham
Y Academy - Melrose

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**DINNER FOR TWO ANYWHERE IN THE WORLD**

Annual Where in the World Celebration to be held on Saturday, September 28th

The Where in the World Celebration is the Y’s premier fundraiser of the year, with 100% of the money raised benefiting youth in the communities the Y serves.

The Torigian Family YMCA gymnasium is transformed into an elegant travel-inspired event space, where guests enjoy bidding on live and silent auction items while savoring international cuisines from local restaurants. The evening concludes with a raffle drawing for a grand prize of dinner for two, anywhere in the world! The winner does not need to be present at the event.

If you could eat dinner anywhere in the world, where would you go?
The winner of the 2017 raffle, enjoyed dinner in Australia last summer, and last year’s winner is headed to Ireland.

Buy Tickets To The Event!  Purchase Raffle Tickets!

JOIN IN ON THE FUN THIS FALL

Early Bird Registration For The LiveSTRONG At The Y Half Marathon Ends September 1st

November 23rd 9:00am (Lt. Ross Park Peabody, MA)

Run to support LiveSTRONG at the YMCA, a program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.

This test of running endurance is perfect for experienced runners or those looking to complete their first half marathon. And if you’re not quite ready for a half marathon, the 2019 race includes a two person relay option. This is the perfect next step up from a 5k and a fun way to enjoy the race with a friend.

This is the only half marathon in Peabody. Space is limited, so sign up soon!

Learn more

Register Now For The Half Marathon!

Back 2 School Back 2 You Wellness Challenge

September 23rd - November 16th  
Registration closes September 15th

You got through another summer, the kids will soon be back in school and now ... it’s time for you! Join us for a fun 8 week wellness challenge designed to get you back on track with your workouts and your nutrition.

Each participant will follow a workout program which consists of group exercise classes and one weekly group workout. Participants will also be taught how to track food consumption using an APP and will be expected to follow basic nutrition guidelines during the 8 week challenge.

Participants MUST register by September 15th to join.

Learn more

Register For The Wellness Challenge

Registration Is Open For The Spooky Sprint 5k
October 26th 8:30am (Melrose Family YMCA)

Join us for the 10th annual Melrose Family YMCA Spooky Sprint!

This race begins at the Y and travels through charming downtown Melrose and through beautiful Pine Banks. Bring your costumes and family!

All proceeds benefit the Melrose Family YMCA’s Annual Fund which ensures no one in the community is turned away for inability to pay. In 2018 the YMCA of Metro North provided more than one million dollars in financial aid providing all children, adults and families with opportunities to develop a healthy spirit, mind and body regardless of income.

Register For The Spooky Sprint 5k

UPCOMING EVENTS

Fall is full of fun family events at all of our YMCA of Metro North locations. Last Splash, Back To School Festival, Member Appreciation Days, Kids Night Out and more!

View All Events At Our YMCA of Metro North Locations

LABOR DAY HOURS

Our YMCA locations will have modified hours on Monday, September 2nd.

Lynn YMCA: 7am-12pm

Melrose Family YMCA: 7am-11am

Saugus Family YMCA: 7am-11am building hours, 11am-4pm pool hours

Gymnastics Center: Closed

Torigian Family YMCA: 7am-2pm

IN THE NEWS

YMCA of Metro North Receives $5K Award From Stop & Shop Supermarket For Gardening and Nutrition Programs

In July 2019, the Lynn YMCA and Torigian Family YMCA were awarded a $5,000 grant from their long term supporter Stop & Shop Supermarket. The funds will support two vegetable gardens and healthy eating and nutrition education programs for youth at both YMCA locations.
YMCA of Metro North Launches Association Wide Summer Basketball League

This Summer the YMCA of Metro North launched an inaugural Inter-Association basketball league. The Lynn YMCA, Melrose Family YMCA, and Torigian Family YMCA were each able to produce teams that practice at their facilities and compete against each other on Saturday mornings over an 8 week session.

The Melrose Family YMCA Celebrates National Senior Citizen Day

The Melrose Family YMCA celebrated National Senior Citizen Day on Wednesday, August 21st by inviting local seniors into the branch for free classes and an exclusive membership offer. For one day only adults, ages 65+, were invited to try the Melrose Family YMCA free of charge.