

Spring I Session March 2- April 19

Registration Dates

Member Registration: **February 10**

Non-Member Registration: **February 17**

Class Length	F	M	N
45 mins	\$55	\$70	\$110

YOUTH SPORTS

Mini All Stars

Ages 3-5 | 45 minutes

Introduce your little athlete to a variety of sports including but not limited to basketball, soccer, and kickball! This is a great class to get your child active and interacting with other children.

Mon: 10:30am
Wed: 5:00pm

Basketball Skills & Drills

Ages 4-12 | 45 minutes

Participants will learn the rules and fundamentals of basketball as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills and scrimmages.

Tue: 5:00pm (ages 4-6), 6:00pm (ages 7-12)
Sat: 8:00am (ages 4-6), 9:00am (ages 6-8), 10:00am (ages 7-12)

Soccer Skills & Drills

Ages 4-12 | 45 minutes

Participants will learn the rules and fundamentals of soccer as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills and scrimmages.

Sat: 9:00am (ages 4-6)
Sat: 10:00am (ages 6-12)

Nerf Blasters

Ages 7-12 | 45 minutes

Speed, accuracy, and teamwork is taught to improve fitness. The game is similar to paintball or laser tag. Goggles required. Bring your own nerf gun or use one of ours!

Tue: 5:00pm

Karate

Ages 4-12 | 45 minutes

Participants will learn foundational karate skills along with meditation/mindfulness practices. This class focuses on gross motor movement, listening skills, and attention to the moment.

Wed: 6:00pm Ages: 6-12
Thu: 10:45am Ages: 4-6

YOUTH DANCE

Baby Ballerinas

Ages 3-5 | 45 minutes

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.

Wed: 3:30pm
Sat: 11:45am

Baby Ballerinas II

Ages 4-6 | 45 minutes

Your dancer will continue to develop more concrete ballet skills while still working on coordination, listening skills, and flexibility. This class is best for dancers who have completed Baby Ballerinas previously and have instructor recommendation for the next level, although, some exceptions may be made upon request.

Wed: 4:30pm
Sat: 1:45am

Ballet/Tap Combo

Ages 4-6 | 45 minutes

This class is a great way to expose your dancer to multiple modalities of dance. Through the ballet section, dancers will work on flexibility, listening skills, and gross motor movements. Halfway through the class we will switch to a louder, creative expression portion of the class with an introduction to basic tap movements, rhythm, and coordination skills.

Tue: 4:30pm

Ballet/Tap Combo II

Ages 4-6 | 45 minutes

Dancers will continue to hone the skills learned in Ballet/Tap Combo I while learning new and more advanced skills within the tap portion of the class. This class is best for dancers who have completed Ballet/Tap Combo previously and have instructor recommendation for the next level, although, some exceptions may be made upon request.

Tue: 3:30pm

Ballet/Modern Dance

Ages 6-10 | 45 minutes

Dancers will learn basic ballet skills in a structured class setting through flexibility, coordination, and creative expression. This is a great way for children to engage in a less traditional physical fitness activity.

Sat: 12:45pm

Musical Theater/Broadway Dance

Ages 7-13 | 45 minutes

In this high-energy class, participants will engage in activities that promote creativity, inspires individual style, and encourages showcasing their personality.

Mon: 5:45pm

YOUTH ENRICHMENT

Paint Night

Ages 6-12 | 45 minutes

Join us in a program designed to allow young artists to show their creativity and imagination through paint while learning basic paint techniques and creating their own masterpieces.

Wed: 6:00pm

Coding I & II

Ages 7-12 | 45 minutes

Learn the basics of coding through this interactive class that will allow participants to design their own video games, complete puzzle, and design their own apps! In Coding II participants will continue to build their foundational coding skills while creating more complex programs.

Mon: 6:30pm

Healthy Kids Kitchen

Ages 3-6 | 45 minutes

Children will be introduced to basic cooking skills such as measuring and mixing while creating and later enjoying healthy treats.

Wed: 9:45am

Please Note: Due to a competition there will be no classes April 18 and 19. Make-up classes will be held April 25 and 26. Sunday classes will reflect a 6-week session, there will be no make-up classes due to the Easter holiday April 12th.

Farm to Table

Ages 6-12 | 45 minutes

Participants will learn to engage in gardening activities including planting, watering, monitoring, charting, as well as learn about different healthy foods that they can grow and create! Resources permitting, they will also cook their own dish using their self-grown products.

Sat: 11:00am

Messy Play

Ages 2-5 | 45 minutes

Introduce your child to the joys of messy hands through different mediums. Projects will be completed using pants, watercolors, chalk, goop, glitter, and glue in addition to other messy materials. Please bring an old shirt or smock to get dirty.

Wed: 10:45am

Y Robotics

Ages 7-13 | 45 minutes

Participants will engage in planning, building, and coding devices by competing in instructor facilitated "missions". Participants will learn how to present and problem solve by using learned skills, communication, and the scientific method.

Thu: 6:00pm

Electronics-Free Coding

Ages 6-12 | 45 minutes

Use your spy skills to create and de-code secret messages and complete missions without the use of computer, tablets, phones, or other electronics. Participants will learn sequencing, patterns, coding language, and more through hands on activities that require teamwork and communication.

Tue: 6:00pm

Sat: 12:00pm

FREE FOR FAMILY MEMBERS

Kindermusic

Ages 3-5 | 30 minutes

Children will be immersed in music culture by listening and creating music as well as making their own instruments!

Thu: 10:00am

Little Scientists

Ages 3-5 | 30 minutes

Children will explore the world of science around them through fun, interactive activities and experiments.

Mon: 11:30am

Yoga

Ages 6-12 | 30 minutes

Participants will learn basic yoga poses and breathing techniques through modeling, practice, and games!

Wed: 5:30pm

CANCELLATION POLICY

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

Spring I Session
March 2 - April 19Registration Dates
Member Registration: **February 10**
Non-Member Registration: **February 17**

Please Note: Due to a competition there will be no classes April 18 and 19. Make-up classes will be held April 25 and 26. Sunday classes will reflect a 6-week session, there will be no make-up classes due to the Easter holiday April 12th.

ADULT ENRICHMENT**Cardio Boot Camp**

45 minutes

M: \$85 N: \$179

A high-intensity, cardio focused class designed to improve your cardiovascular fitness, shed fat and burn maximum calories! Personal trainer, Chris, will guide and motivate you and your teammates to reach your goals with the use of treadmills, rower, ellipticals, and bikes. If you hit your cardiovascular plateau and like to workout in a group this class is for you.

Tue: 9:45am

Thu: 9:45am

Lift Heavy, Get Lean for Women

60 minutes | 2x per week

M:\$195 N:\$285

Work with a Personal Trainer and a small group of peers to build strength, improve body composition and metabolic rate, while lifting weights in a safe and progressive manner.

Mon/Wed: 9:30am

Mon/Wed: 5:30pm

Tailored Fitness

60 minutes

M: \$105 N: \$199

Suzee's high energy, small group training program focuses on setting and meeting personal fitness goals. We will address all essential aspects for your wellness journey by including cardio, plyometrics, strength training, and core stability. Whether your aim is to lose weight, gain strength, or simply improve your overall wellness, our intimate group setting will provide a network of support, motivation, and encouragement as we each reach our limits and beyond.

Sun: 9:00am

Recharge

60 minutes

M: \$49 N: \$159

Taught by a Personal Trainer, this class is a perfect blend of stretching, balance work, corrective postural and movement exercises. With the use of TRX straps, foam rollers, as well as your own body weight, this program is perfect for athletes who are looking to reduce their aches and pains as well as for anyone who is beginning or returning to a regular exercise routine.

Sun: 10:30am

Small Group Training

60 minutes | 2x per week

M:\$195 N:\$285

Led by a certified personal trainer, each training session focuses on strength training, endurance and core with the use of ropes, kettlebells, bars, TRX and fitness center equipment for optimal results. Our trainers specialize in encouraging individual progression and skill development while your peers offer the camaraderie, competitive spirit and accountability. Call or visit the Welcome Center for group days and times.

FREE FOR YMN MEMBERS

NM: \$104. Registration is required.

Kick the Sugar Challenge

March 23 - April 5

A 14-Day Challenge designed to get you back on a healthy eating track.

- Lose unwanted pounds.
- Eliminate energy spikes and crashes.
- Reduce or eliminate your cravings for sweets.
- Improve your overall health and resistance to disease and illnesses.

Kick the Sugar Seminar Dates:

Friday, March 13th at 6:30pm

Wednesday, March 18th at 10:00am

Participants are required to attend one of the seminars at the Saugus Family YMCA before starting the challenge.

Fitness Circuit

45 minutes

Move between stations at timed intervals while building strength and cardiovascular fitness, in this high energy, easy to follow, "adult playground" class. Held in the gymnastics center. *Y Fit Kids runs simultaneously, see Gymnastics brochure.

Thu: 8:45am

Interval Training

45 minutes

A time efficient, total body workout. This interval-style workout incorporates targeted muscle toning exercises and cardiovascular drills. Held in the gymnastics center. *Y Fit Kids runs simultaneously, see Gymnastics brochure.

Tue: 8:45am

Boot Camp with a Twist

60 minutes

Held in the state-of-the-art Gymnastics Center on the Saugus YMCA Campus. This results-driven, challenging yet achievable interval class is designed to: build strength, improve cardiovascular endurance, get in shape, change up your workout routine, prepare for the next obstacle race. All levels of fitness and abilities are welcome and everyone will feel successful at the end of each class.

Wed: 5:30am

**YOUTH FITNESS**

F: \$55 M: \$70 N: \$110 - 45 minutes

F: \$75 M: \$90 N: \$150 - 60 minutes

Get Movin' Fun & Fitness

Ages 7-11 | 45 minutes

Improve functional movement patterns, cardiovascular efficiency and balance while having a good time in this interval training style class. Kids will be engaged in fun yet challenging activities that will get them moving, sweating, and laughing.

Mon: 4:00pm

Thu: 3:30pm

Sun: 12:30pm

Healthy Kids Club

Ages 10-13 | 45 minutes

A personal trainer will guide a small group of youth through age appropriate exercises using a combination of cardio, strength and free weight equipment located in our fitness center.

Tue: 3:30pm

Small Group Training for Youth

Ages 10-16 | 45 minutes

Improve sports performance and pave your way to a healthy lifestyle! Participants will get stronger, fitter, more flexible and faster! These challenging, fun, kid-friendly 45-minute workouts incorporate activities that develop skills in all aspects of fitness: speed, power, agility, balance, coordination, strength and endurance and use kettlebells, medicine balls, ladders, TRX, dumbbells, plyo boxes, battle ropes, and more.

Mon: 3:30pm, 4:15pm

Wed: 3:15pm, 4:00pm

Strength Training for Teens

Ages 13-17 | 60 minutes

Work with a Personal Trainer to develop muscular and cardiovascular strength in this safe and effective, circuit-style, small group class.

Mon: 3:30pm (girls)

Mon: 4:30pm (boys)

Family Fitness Center Hours

For youth 10-13 years old with direct adult supervision.

Mon-Thu: 3:00pm-5:00pm

Fri: 3:00pm-9:00pm

Sat: 12:00pm-6:00pm

Sun: 12:00pm-5:00pm

CANCELLATION POLICY

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