

## Spring I Session: March 2 – April 19

### Registration Dates:

Member Registration: **Feb 10**

Non-Member Registration: **Feb 17**

### Rate Guide:

F = Family Member

M = Member

N = Non-Member

### PARENT/CHILD SWIM LESSONS

**6 Months – age 3 | F: \$60 M: \$75 N: \$100**

#### Parent/Child: 6months-3 years w/parent

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sat: 9:35am-10:05am

### PRESCHOOL SWIM

**Ages 3 – 6 | F: \$60 M: \$75 N: \$100**

#### Stage 1:

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.

Mon: 4:30pm-5:00pm

Tue: 4:30pm-5:00pm

Fri: 4:30pm-5:00pm

Sat: 10:10am-10:40am

Sat: 11:20am-11:50am

Sun: 10:40am-11:10am

#### Stage 2:

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.

Mon: 5:40pm-6:10pm

Wed: 4:30pm-5:00pm

Sat: 11:20am-11:50am

Sun: 11:50am-12:20pm

#### Stage 3:

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.

Sun: 11:15am-11:45am

#### Stage 4:

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.

Tue: 5:05pm-5:35pm

### ADDITIONAL OFFERINGS

#### Private Lessons: Members Only

Private lessons available upon request

<u>Private:</u>	<u>Semi-private:*</u>
4 classes: \$130	4 classes: \$180
6 classes: \$180	6 classes: \$230

\*Semi-Private lessons are for a maximum of 3 swimmers.

### YOUTH SWIM

**Ages 6+ | F: \$60 M: \$75 N: \$100**

#### Stage 1:

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.

Wed: 5:05pm-5:35pm

Thu: 5:40pm-6:10pm

Fri: 4:30pm-5:00pm

Sat: 11:55am-12:25pm

Sun: 10:05am-10:35am

#### Stage 2:

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.

Mon: 5:05pm-5:35pm

Tue: 4:30pm-5:00pm

Wed: 5:40pm-6:10pm

Thu: 5:05pm-5:35pm

Fri: 5:05pm-5:35pm

Sat: 10:10am-10:40am

Sun: 11:15am-11:45am

#### Stage 3:

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.

Tue: 5:40pm-6:10pm

Wed: 4:30pm-5:00pm

Thu: 5:05pm-5:35pm

Sat: 9:35am-10:05am

Sat: 10:45am-11:15am

Sun: 11:50am-12:20pm

#### Stage 4:

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.

Thu: 4:30pm-5:00pm

Thu: 5:40pm-6:10pm

Fri: 5:05pm-5:35pm

#### Stage 5:

Swimmers must be able swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class.

Wed: 5:40pm-6:10pm

Fri: 5:40pm-6:10pm

Sat: 10:45am-11:15am

### 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.

#### Stage 6:

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Fri: 5:40pm-6:10pm

#### Swim Club:

**Ages 8-12 | M:\$45 C:\$60**

Do you love swimming? Come and learn what it's like to be on a swim team. Improve your technique and learn about aquatic safety.

Sat: 12:30pm-1:15pm

### TEEN LESSONS

#### Breed Swim Lessons – FREE!

**6th – 8th Graders For Breed Middle School.** Class will consist of basic swimming skills as well as water safety. \*Participants should present a valid school ID when registering.

Sat: 11:55am-12:25pm

#### Teen Beginner Swim – FREE!

Teens will become more confident in the water and learn basics of swimming and aquatic safety.

Wed: 5:05pm-5:35pm

### ADULT SWIM

#### Aqua Fitness: FREE for members!

Join us for a full body workout! A combination of cardio respiratory endurance, muscle conditioning and interval training. Registration is required.

Mon-Fri: 9:15am-10:15am

Mon: 6:30pm-7:30pm

Wed: 6:30pm-7:30pm

#### Adult Beginner Swim Lessons: Ages 17+

**Ages 17+ | M: \$60 N: \$90**

Gain confidence and learn the fundamentals of swimming and aquatic safety.

Sun: 12:25pm-12:55pm

### YMN TRITONS SWIM TEAM

#### Spring/Summer Swim Team Tryouts

Lynn YMCA: March 31st and April 9th

Melrose YMCA: April 1st & April 7th

Torugian YMCA: April 2nd & April 8th

All tryouts will be held from 6:00pm-8:00pm.

12 & under: 6:00pm-7:30pm

13 & up: 7:30pm-8:00pm

Please contact ymntritons@metronorthymca.org for more information about the Tritons team.

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### ADULT FITNESS

#### Ready to Run 5k Series

**M: \$75 N: \$95**

If you've always wanted to run a 5k, and you're thinking about a spring race, this is the perfect time to train! Our 7 week series meets once a week at the Lynn YMCA. You'll begin in the Fitness Studio, and then you'll head outside for a coached workout with Sharon! Make-up dates available for inclement weather.

Sat: 8:00am-9:00am

#### Plant Based Diet Info Session

**M: \$25 N: \$30**

Did you watch 'The Game Changers' and are curious about adopting a plant based diet (even a few days per week)? Are you wondering about how to incorporate more plant based foods, but are unsure about protein sources and proper fueling? Come learn about how to create a well planned plant based diet that works for YOU! Vegan athlete, personal trainer, and Boston marathon qualifier and runner Nicole Wade will be leading an information session and Q&A. Monday, March 2 5:30pm-7:30pm

#### Personal Training

##### Members Only

Whether you're just starting out in the gym or fine tuning your strength training plan, personal training is a great option to help you reach your goals!

#### First time special offer: 3 60-min sessions for \$99!

Introductory sessions are valid for one person, 1 time only.

1 session	\$23/30 min	\$45/60 min
3 sessions	\$108/30 min	\$171/60 min
6 sessions	\$204/30 min	\$330/60 min

#### Partner and Group Training

Would you rather work out with a partner, friend, or co-worker? Why not try group training? You'll get camaraderie and intensive workouts!

60 min sessions	
3 sessions-\$108	
6 sessions-\$204	
10 sessions-\$320	

Please contact Nicole Wade, Health & Wellness Coordinator, at [nwade@metronorthymca.org](mailto:nwade@metronorthymca.org) to schedule personal training sessions.

### MUSIC STUDIO PROGRAMS

#### Youth Piano Lessons

**Ages 7-17 F:\$30 M:\$40 N:\$50**

##### Level 1

This class is for children with no previous experience playing the piano. In this class children will learn basic skills to play and read music.

Thu: 3:00pm-4:00pm

##### Level 2

For students with previous experience and those who have already successfully completed piano level 1.

Thu: 4:00pm-5:00pm

#### Teen Music Studio Time

**Ages 13-18 | FREE**

Wed: 6:00pm-8:00pm

Thu: 6:00pm-8:00pm

#### Youth Guitar Lessons

**Ages 7-17 F:\$30 M:\$40 N:\$50**

##### Level 1

This class is for children with no previous experience playing the guitar. In this class children will learn basic skills to play and read music.

Wed: 3:00pm-4:00pm

##### Level 2

For students with previous experience and those who have already successfully completed guitar level 1.

Wed: 4:00pm-5:00pm

#### Guitar and Ukulele for Teens

**Ages 13-18 | FREE**

Learn basics of guitar or Ukulele at the Y. In this class we will cover building chords, strumming, popular songs and favorite songs, and playing with others for fun! This class is aimed for teens who have little or no experience playing guitar or Ukulele.

##### Guitar

Fri: 5:00pm-6:00pm

##### Ukulele

Fri: 6:00pm-7:00pm

#### Open Mic Night

**Ages 13-18 | FREE**

Come sing, recite poetry, tell a joke, and support local talent every 4th Thursday of the month at the Lynn YMCA Youth Center from 6:30pm-8:00pm.

Thursday, March 26th

Thursday, April 23

#### Adult Guitar Lessons

**Ages 18+ | F: \$35 M: \$45 N: \$55**

##### Level 1

This class is aimed for adults who have little to no experience playing guitar. The instructor will cover basics for a successful guitar playing, building confidence on the instrument, and playing your favorite songs.

Mon: 9:00am-10:30am

Wed: 6:00pm-7:00pm

##### Level 2

This class is aimed for adults who have experience playing guitar and want to play with a group of people. The instructor will continue to explore the student's favorite songs and helping them expand their repertoire.

Wed: 5:00pm-6:00pm

#### Adult Voice Lessons

**Ages 18+ | F: \$35 M: \$45 N: \$55**

These lessons are aimed for adults who have little to no experience singing. Voice lessons will cover warm ups, vocal range, pitch, repertoire, and vocal techniques.

Thu: 5:00pm-6:00pm

Fri: 1:00pm-2:00pm

#### Guitar & Ukulele for Seniors

**Ages 65+ | FREE**

It is never too late to learn guitar or Ukulele! Learn basics of guitar or Ukulele at the Y. In this class we will cover building chords, strumming, popular songs and favorite songs, and playing with others for fun!

**Guitar** Fri: 10:00am-11:00am

**Ukulele** Fri: 11:00am-12:00pm

### 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.

### YOUTH FITNESS

#### Girls on Fire

**Ages 11+ | FREE**

Sports club for teen girls that covers a new physical activity every week. Build confidence, teamwork, and leadership skills in this fun, inclusive environment!

Mon: 5:00pm-6:00pm

#### Track Club - "The Boltz"

**Ages 7-12 | FREE**

Learn the basics of running and cardio fitness. Build stamina for long distance running and create personal short distance running goals.

Thu: 5:30pm-6:30pm

#### Sunday Soccer Training

**Ages 8-18 | M: \$30 N: \$45**

Come learn the fundamentals of soccer including dribbling, passing and defense and sportsmanship.

##### Little Superstars

Ages 8-10 Sun 9:00am-10:00am

Ages 11-13 Sun 10:00am-11:00am

##### High Schoolers

Ages 14-18 Sun 11:00am-12:00pm

#### Soccer Training for Youth

**Ages 14-18 | M: \$30 N: \$45**

Come learn the fundamentals of soccer including dribbling, passing and defense and sportsmanship.

Tues: 7:00pm-9:00pm

#### High School Basketball League

**Ages 14-18 | \$20 per player**

Join our Lynn YMCA basketball league! This bracket league will begin with 6 teams and each week a team will be eliminated. At the end of the season the winning team will receive a trophy! Please contact CJ Jeanmary at [cjeanmary@metronorthymca.org](mailto:cjeanmary@metronorthymca.org).

### YOUTH ENRICHMENT

#### Creative Movement

**Ages 4-7 | F:\$25 M:\$35 N:\$40**

In this dance class children learn body awareness, balance and basic movements to fun music!

Sat: 10:30am-11:15am

#### Dance with Dyaysia

**Ages 7-11 | F:\$15 M:\$20 N:\$30**

For dancers ready to pursue more challenging techniques and learn basic choreography. Class will include hip hop and other styles of dance.

Mon: 5:00pm-5:45pm

#### Dance-Versity

**Age 12+ | FREE**

A dance group for middle schoolers, in this class participants will learn hip hop choreography and perform at different events throughout the year both at the YMCA and around Lynn.

Mon: 6:00pm-7:00pm

#### Cooking and Caring

**Ages 6-13 | M: \$25 N: \$35**

Come expand your knowledge of cooking with healthy recipes while making friends in a fun atmosphere.

Thu: 6:00pm-7:00pm

#### GPA

**Ages 7-12 | FREE**

This is a tutoring program for students to receive extra help in math and English class and complete their homework. Students will take part in academic based activities in areas surrounding STEM, reading, writing, in an interactive and fun environment.

Tue-Thu: 5:30pm-6:30pm