

Spring II Session April 27- June 14

Registration Dates

Member Registration: **April 6**

Non-Member Registration: **April 13**

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

Please Note: There will be no class on Memorial Day, Monday May 25th. Monday classes will be prorated to reflect a 6 week session.

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

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),
6:45pm (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. Class will be held outside with indoor space available when necessary due to weather.

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 dance and movement.

Mon: 4:30pm

Wed: 4:30pm

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 and have instructor recommendation for the next level, although, some exceptions may be made upon request.

Sat: 12:45pm

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

FREE FOR FAMILY MEMBERS

Farm to Table

Ages 7-12 | 30 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.

Mon: 5:30pm

Kindermusic

Ages 3-5 | 30 minutes

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

Thu: 10:00am

Yoga

Ages 6-12 | 30 minutes

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

Wed: 5:30pm

Homework Helpers

Ages 6-14 | 60 minutes

Students are encouraged to drop-in for a homework conducive space with "helpers" available to assist with organization, planning, editing, and other basic homework help. Registration required for each session at least 2 hours before the start of each session.

Tue: 5:30pm

Wed: 6:00pm

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 ENRICHMENT

Archery

Ages 7-12 | 45 minutes

Join us on the range as we learn the basics in archery including safety, form, aim, and more!

Wed: 5:15pm

Sat: 10:00am

Short Film Production

Ages 7-13 | 45 minutes

Group members will work together to write, design, and create their own piece of work over the course of the session while learning about planning, giving and receiving constructive feedback, and many more skills needed to successfully create a short film.

Wed: 6:15pm

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

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

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

Little Scientists

Ages 3-5 | 30 minutes

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

Mon: 10:45am

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.

Mon: 11:30am

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

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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

Functional Wellness**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.

30 Day Nutrition Reset**60 minutes****M: \$69 N: \$159**

Get your health and vitality back with the support of a clinical Nutritionist and your peers.

- Eliminate toxic foods that cause disease
- Learn which foods are nourishing
- Reduce inflammation
- Improve digestion
- Burn fat
- Lose weight
- Boost energy
- Regulate blood sugar
- Stabilize mood

Commit to making nutritional changes for 30 days - without cheating! By removing the foods that most commonly cause problems, you allow your body to rest and recover. Together, we will celebrate the successes together and guide you into a healthy eating plan for the future.

Mon: 10:00am

Mon: 6:30pm

**FREE FOR YMN MEMBERS****NM: \$104. Registration is required.****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****Fitness 4 Kids****Ages 4-6 | 45 minutes**

Youth will gain strength, cardiovascular fitness and agility through interactive games, relays, and skill stations. Each class ends with a healthy message coloring session. This class will be held in the gymnasium.

Sun: 10:30am

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.

Thu: 3:30pm

Sun: 12:30pm

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: 3:30pm, 4:15pm

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

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