

Fall Session:
September 21 – October 25

Registration Dates:
 Member Registration:
September 9

Rate Guide:
 F = Family Member
 M = Member

AQUATICS

PRIVATE PARENT CHILD SWIM

F: \$170 N: \$200

Stage 1-3 (Ages 3-12)

30 Minutes

Private instruction from the pool deck for children in stages 1-3. Adult participation is required. For more information contact Benjamin Allis at ballis@metronorthymca.org.

PRIVATE SWIM

F: \$170 N: \$200

Stage 4-6 (Ages 4-12)

Duration of Class

Private instruction from the pool deck for children in stages 4-6. For more information contact Benjamin Allis at ballis@metronorthymca.org.

GROUP LESSONS

F: \$63 M: \$98

Stage 4 (Ages 4-10)

30 Minutes

Stage 5/6 (Ages 6-12)

30 Minutes

Teen Beginner/Intermediate (Ages 12-17)

30 Minutes

Adult Beginner/Intermediate (Ages 17+)

30 Minutes

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Private Parent Child Swim (Stage 1-3)	9:00am		2:00pm	2:35pm	2:00pm		9:35am
	9:35am		2:35pm	3:10pm	2:35pm		10:10am
	10:10am		3:10pm		3:10pm		10:45am
	10:45am						11:20am
	11:20am						
Private Swim (Stage 4-6)	9:05am		2:05pm	2:40pm	2:40pm		9:00am
	9:40am		2:40pm		3:15pm		9:40am
							11:25am
Stage 4	10:15am			3:15pm	2:05pm		10:15am
Stage 5/6	10:50am		3:15pm				10:50am
Teen Beginner/Intermediate	11:25am						
Adult Beginner/Intermediate							9:00am

SWIM TEAM AND DIVE TEAM

Tryouts coming soon! Please contact ymntritons@metronorthymca.org for more information.

**FREE OPEN SWIM FOR ACTIVE
FAMILY MEMBERS!**

To register please visit ymcametronorth.org/schedules.



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YOUTH DEVELOPMENT

PARENT CHILD SPORTS

F: \$57 M: \$78

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting, and passing.

Mini All Stars (Ages 3-5)

45 Minutes

Insert class description. Insert class description. Insert class description. Insert class description. Insert class description.

T-Ball (Ages 3-5)

45 Minutes

Enjoy learning how to hit, field, throw, and run the bases.

PLEASE NOTE: Adult participation is required for above classes.

YOUTH SPORTS

F: \$57 M: \$78

Basketball Academy (Ages 6-12)

45 Minutes

Participants will learn more in depth ball handling, passing, and shooting skill.

Ages: 6-9¹ Ages: 10-12²

Nerf Blasters (Ages 7-10)

45 Minutes

Speed, accuracy, and teamwork will be taught to improve fitness. *Must bring own nerf gun and protective eyewear (goggles or sunglasses).*

Dodgeball (Ages 7-10)

45 Minutes

Enjoy running, throwing, and dodging while learning to work in a team setting.

Archery (Ages 6-11)

45 Minutes

YOUTH ENRICHMENT

F: FREE

Mini Monet's (Ages 3-7)

30 Minutes

Join us for a fun art class where children explore multiple forms of art through hands-on exploration.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Basketball for Beginners		6:00pm					
Mini All Stars			10:00am				10:15am
T-Ball					10:00am		
Basketball Academy			4:15pm ¹ 5:15pm ²				
Nerf Blasters				5:15pm			
Dodgeball						4:15pm	
Archery						5:15pm	
Mini Monet's			11:30am		11:30am		



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YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$57 M: \$78

Minor League Baseball (Ages 6-8)

45 Minutes

Players build and refine fundamental skills while beginning to understand strategy and teamwork.

Minor League Softball (Ages 6-8)

45 Minutes

Players build and refine fundamental skills while beginning to understand strategy and teamwork.

Major League Baseball (Ages 9-12)

45 Minutes

Players will take their game to the next level by working on more in-depth hitting, fielding and throwing.

Major League Softball (Ages 9-12)

45 Minutes

Players build and refine fundamental skills while beginning to understand strategy and teamwork.

Please note: All baseball and softball participants must bring own equipment (bat and glove).

TEENS

F: \$57 M: \$78

Teen Development (Ages 13-18)

45 Minutes

Teens will learn how to properly create a resume and cover letter. This program will also include introduction to LinkedIn for professional development.

ONE-ON-ONE SPORTS SKILL TRAINING

Looking for specialization in various sports including basketball, soccer, agility skills and more?

Please contact Alex Belluschi at abelluschi@metronorthymca.org for more information.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Minor League Baseball					4:15pm		
Minor League Softball		4:15pm					
Major League Baseball					5:15pm		
Major League Softball		5:15pm					
Teen Development				5:15pm			

COMING SOON – OPEN GYM!

Visit ymcametronorthymca.org for updates.



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HEALTHY LIVING

ADULT FITNESS

F: \$100 M: \$100

Strength Training with Maddy

60 Minutes

Join Personal Trainer, Maddy for a full body workout using free weights. This class will help you get lean and strong, improving overall health.

TEEN FITNESS

F: \$75 M: \$100

Intro to Weight Training (Ages 12-15)

45 Minutes

This class is designed for youths interested in various forms of weight training.

Lift Heavy Look Lean (Ages 14-18)

45 Minutes

Get lean and strong using weight training in our fitness center. Instructed by a certified personal training.



	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Strength Training		6:00pm					
Intro to Weight Training		12:00pm			2:00pm		
Lift Heavy Look Lean		6:00pm					

PERSONAL TRAINING

The YMCA of Metro North is proud to offer a variety of trainers that will help you obtain your goals and exceed your expectations. Receive a full hour or half-hour of personal training that will leave you feeling great and energetic! You will receive a FREE introductory half-hour evaluation session when you purchase your first training package!

For more information contact Bernadette Farrell at bfarrell@metronorthymca.org.

GROUP EXERCISE

Fall into fitness with group exercise classes at the Y! Join us for a variety of indoor and outdoor classes. Registration is required for all classes.

Visit ymcametronorth.com/schedules to register!