

**Fall Session:
Sept 21 - Oct 25, 2020**Registration Dates:
Member Registration: **Sept 9, 2020**Rate Guide:
F = Family Member
M = Member

AQUATICS

PARENT/CHILD SWIM

F: \$56 M: \$77

Parent/Child Swim

30 Minutes

For children aged 6 months to 36 months

Parent/Child Swim Preschool Stage 1 & 2

30 Minutes

For children aged 3 years to 6 years

Parent/Child Swim Preschool Stage 3

30 Minutes

For Children aged 3 years to 6 years, children should be able to swim 5 feet without assistance.

Parent/Child Swim Youth Stage 1 & 2

30 Minutes

For Children aged 7 years - 12 years

YOUTH SWIM

Youth Swim Stage 4

F: \$56 M: \$77**30 Minutes**

For children aged 7 to 12 years, swimmers should be able to confidently swim 15 yards on their stomach and back.

Youth Swim Stage 5

F: \$60 M: \$81**40 Minutes**

For children aged 7 to 12 years, swimmers should be able to confidently swim 25 yards on in front and back crawl, and 15 yards in breast stroke.

Youth Swim Stage 6

F: \$60 M: \$81**40 Minutes**

For children aged 7 to 12 years, swimmers should be able to confidently swim 50 yards with correct front and back crawl, and 25 yards with breast stroke.

Competitive Swim Prep

F: \$60 M: \$81**40 Minutes**

For children aged 7+ looking to be introduced to the fundamentals of competitive swimming. Swimmers should be able to swim 50 yards with correct front and back crawl.

Competitive Swim Prep

F: \$75 M: \$96**45 Minutes**

Beginner Springboard Diving: Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the side of the pool. Ages 7+

Advanced Springboard Diving: For divers who have been promoted from the beginner class or high school divers who want to perfect their advanced skills. Instructor recommendation is required.

TEEN/ADULT SWIM

Teen Beginner

F: \$56 M: \$77**30 Minutes**

For swimmers aged 12+. Participants will learn to float, tread, and begin moving in the water.

Adult Beginner

F: \$56 M: \$77**30 Minutes**

For swimmers aged 17+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.

Adult Swim Stroke Developmen

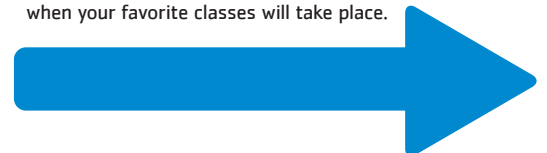
F: \$56 M: \$77**30 Minutes**

For swimmers aged 17+ looking to use swimming as a source of fitness and an introduction to all 4 strokes. Participants should be able to swim 25 yards

CANCELLATION POLICY

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

Please refer to the class schedule on the reverse side for more information on when your favorite classes will take place.



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SCHEDULE

PRESCHOOL SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Parent/Child	9:20am 10:20am	4:20pm	12:20pm				9:20am
Stage 1 & 2	11:20am	11:20am		11:20am	1:20pm		10:20am 11:20am
Stage 3	10:20am			5:20pm			

YOUTH SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Stage 1 & 2		5:20pm			1:20pm		11:20am
Stage 4	9:20am		4:20pm				
Stage 5				4:20pm			9:20am
Stage 6	11:20am				4:20pm		
Competitive Swim					5:20pm		

TEEN AND ADULT SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Teen							10:20am
Adult			5:20pm				
Adult Swim Stroke	8:20am						

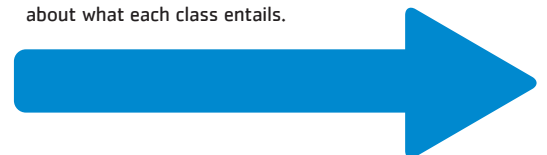
SPRINGBOARD DIVING

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Intro							9:15am
Advanced			5:20pm				10:15am

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YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$56 M: \$77

Super Sports (3-5 years old)

45 Minutes

Learn basic skills of a different sport each week such as basketball, soccer, hockey, tee-ball and more!

Basketball (5-8 years old)

45 Minutes

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

Basketball (9-12 years old)

45 Minutes

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

Soccer (5-8 years old)

45 Minutes

Learn to dribble, pass and kick with fun drills and skills! This is an outdoor class.

YOUTH FITNESS

F: \$45 M: \$62

MESSY PLAY (3-5 YEARS OLD)

45 Minutes

Make the mess you don't want to make at home! Kids will play and make new art each week!

YOUTH ENRICHMENT

F: \$60 M: \$80 2x Week

F: \$30 M: \$40 1x Week

PE at the Y

60 Minutes

This program will bring your kids through a variety of fun and engaging activities replicating their in school gym class both indoors and outdoors! Kids will learn an active and healthy lifestyle through sports, games, and individual activities. Class size is capped at 10 kids and masks must be worn while the group is inside. Financial assistance is available.

SCHEDULE

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Super Sports							10:15am
Basketball (5-8)							11:15am
Basketball (9-12)							12:15pm
Soccer					5:15pm		
Messy Play				11:00am		11:00am	
PE at the Y		3:00pm	3:00pm		3:00pm	3:00pm	
		Ages 12-15	Ages 8-11		Ages 8-11	Ages 12-15	

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HEALTHY LIVING

ADULT FITNESS

M: \$150 2x Week
M: \$75 1x Week

Women on Weights (WOW)

60 Minutes

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells, Bodyweight exercises will also be incorporated into the workout. Studies have shown that lifting moderate to heavy weights is better way to burn fat and build lean muscle **WITHOUT ADDING BULK**. Class size is capped at 4 people and masks must be worn while exercising.

Mon & Wed 6pm-7pm with Danielle
 Sun 8:30am-9:30am with Melissa

ADULT FITNESS

M: \$75

Y Circuit

60 Minutes

During this 60 minute class a certified personal trainer will bring you through a warm up designed to prep you for a total body workout. This class is open to all levels and will challenge you through exercises using body-weight, trx, dumbbells, kettlebell and more. Class size is capped at 4 people and masks must be worn while exercising

Mon 5:00-6:00pm with Steve
 Tue 5:30pm-6:30pm with Emily
 Tue 7:00-8:00pm with Emily

ADULT FITNESS

M: Free

Hiking Club

60 Minutes

Enjoy the peace and safety of the outdoors while keeping active! Patty, a personal trainer, will bring a small group on a hike at Lynn Woods following various paths and trails. The group will meet at the Main entrance to Lynn Woods from Lynnfield Street in Lynn.

SCHEDULE

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Women on Weights	8:30am	6:00pm		6:00pm			
Y Circuit		5:00pm	5:30pm				
			7:00pm				
Hiking Club				9:00am			

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