

Fall II Session:  
**October 26 – December 20\***

*\*No classes November 23-29*

Registration Dates:  
 Member Registration:  
**October 13**

Rate Guide:  
 F = Family Member  
 M = Member

# AQUATICS

## WATER EXERCISE FOR ADULTS

**F: FREE M: FREE**

### Water Exercise

45 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](mailto:ballis@metronorthymca.org).

## PRIVATE SWIM

**F: \$238 M: \$280**

### Stage 4-6 (Ages 4-12)

30 Minutes

Private instruction from the pool deck for children in stages 4-6. Taught in the deep end. For more information contact Benjamin Allis at [ballis@metronorthymca.org](mailto:ballis@metronorthymca.org).

## GROUP LESSONS

**F: \$88 M: \$137**

### Stage 1-3 (Ages 3-9)

30 Minutes

### Stage 4 (Ages 4-10)

30 Minutes

### Stage 5/6 (Ages 6-12)

30 Minutes

### Adult Beginner/Intermediate (Ages 17+)

30 Minutes

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stage 1-3	10:10am		3:00pm	3:00pm			9:35am
	10:45am		3:35pm	3:05pm			10:10am
			4:10pm				
Private Swim (Stage 4-6)	9:00am		3:05pm	3:35pm	3:00pm		9:00am
	9:05am		3:40pm	3:40pm	3:35pm		9:40am
	9:35am			4:10pm	3:40pm		10:45am
	9:40am				4:10pm		11:20am
	11:20am				4:15pm		11:25am
Stage 4	10:15am			4:15pm	3:05pm		10:15am
Stage 5/6	10:50am		4:15pm				10:50am
Adult Beginner/ Intermediate	11:25am						9:00am
Water Exercise		8:45am	8:45am	8:45am	1:15pm	8:45am	
			1:15pm				

# SWIM TEAM TRYOUTS

Various times on October 24 and 25. Registration required.  
 To register please visit [ymcametronorth.org](http://ymcametronorth.org) or contact the Welcome Center at 781-665-4360.

## FREE OPEN SWIM FOR ACTIVE FAMILY MEMBERS!

To register please visit [ymcametronorth.org/schedules](http://ymcametronorth.org/schedules).



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## YOUTH DEVELOPMENT

### PARENT CHILD SPORTS

**F: \$80 M: \$109**

#### 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.

#### Youth Soccer (Ages 3-5)

**45 Minutes**

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

**PLEASE NOTE:** Adult participation is required for above classes.

### YOUTH ENRICHMENT

**F: \$80 M: \$109**

#### Craft Club (Ages 7-12)

**45 Minutes**

Join your friends for a weekly craft club! Music and craft supplies will be provided for kids to explore their creativity with different mediums. Paper, clay, beads and paint will be used.

#### Mini Monet's (Ages 3-7)

**F: FREE**

**30 Minutes**

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

### YOUTH SPORTS

**F: \$80 M: \$109**

#### Basketball Academy (Ages 6-9)

**45 Minutes**

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

#### 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.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Basketball for Beginners			10:00am				
Mini All Stars				9:00am			8:30am
T-Ball			9:00am				
Youth Soccer					10:00am		
Basketball Academy			3:30pm				
Nerf Blasters				5:15pm			
Dodgeball						4:15pm	
Craft Club		3:00pm					
Mini Monet's					11:30am		



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## YOUTH DEVELOPMENT

### YOUTH SPORTS

**F: \$80 M: \$109**

#### Youth Baseball (Ages 6–12)

**45 Minutes**

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

#### Archery (Ages 7–10)

**45 Minutes**

Children will learn the basics of archery including how to properly and safely use a bow and arrow at our archery range.

**Please note:** Baseball participants must bring own equipment (bat and glove).

### YOUTH SPORTS

**F: \$80 M: \$109**

#### Let's Dance! (Ages 7–12)

**60 Minutes**

Come learn the art of Jazz and Hip-Hop style dancing. This class will encourage students to step outside of the box by bringing their own individual style and personality to movement.

#### Pickleball (Ages 7–12)

**45 Minutes**

Learn the game of pickleball which combines elements of tennis, badminton and ping pong. This class is suitable for beginners and experience players.



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Youth Baseball					4:15pm		
Archery						5:15pm	
Let's Dance!				3:00pm			
Pickleball							9:30am

## 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](mailto:abelluschi@metronorthymca.org) for more information.

### FAMILY EVENT

## Fall Spooktacular Festival!

**Thursday, October 22<sup>nd</sup>**

**3:00–4:00pm**

**20-Minute Time Slots**

Join us for a fun kick off to our virtual Spooky Sprint 5k! Socially distant crafts, games and a festive pre-packed snack will be provided. Signups for Family members can be made at the Welcome Center.



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## HEALTHY LIVING

### ADULT FITNESS

F: \$112 M: \$112

#### Lift Heavy Look Lean

60 Minutes

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

#### Tread and Shred

60 Minutes

Join a Personal Trainer for a full body workout using free weights. 30 minutes of cardio and 30 minutes of resistance training will shred fat and build muscle.

### TEEN FITNESS

F: \$105 M: \$140

#### Intro to Weight Training (Ages 11–14)

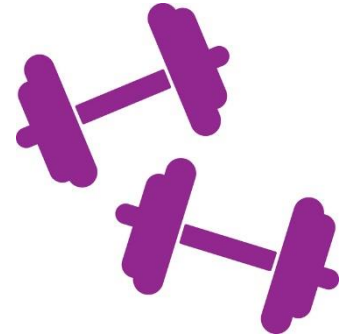
45 Minutes

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

#### Weight Training for Teens (Ages 14–17)

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
Lift Heavy Look Lean		5:00pm					
Lift Heavy Look Lean For Men				6:00pm			
Tread and Shred			8:30am		8:30am		
Intro to Weight Training						3:00pm	
Weight Training for Teens						4:00pm	

## 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](mailto: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](http://ymcametronorth.com/schedules) to register!