

**Winter Session:
January 4 – February 14**

Registration Dates:
Member Registration:
December 7

Rate Guide:
F = Family Member
M = Member

AQUATICS

WATER EXERCISE FOR ADULTS

F: FREE M: FREE

Water Exercise

45 Minutes

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

Monday: Shallow End with Mary

Tuesday: Deep End with Liz

Wednesday: Shallow End with Liz

Thursday: LaBlast Splash with Scott

Friday: Shallow End with Scott

Aquatic Stretch

45 Minutes

Low impact water aerobics in the shallow end of the pool.
Great for active older adults!

PRIVATE SWIM

F: \$204 M: \$240

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.

GROUP LESSONS

F: \$76 M: \$118

Stage 1-3 (Ages 3-9)

30 Minutes

Adult Participation in the water is required.

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	3:05pm			9:35am
	10:45am		3:35pm	3:40pm			10:10am
			4:10pm				
Private Swim (Stage 4-6)	9:00am		3:05pm	3:35pm	3:00pm		9:00am
	9:05am		3:40pm	4:10pm	3:40pm		9:40am
	9:35am			4:15pm	4:10pm		10:45am
	9:40am				4:15pm		11:20am
	11:20am						11:25am
Stage 4	10:15am			3:00pm	3:05pm		10:15am
					3:35pm		
Stage 5/6	10:50am		4:15pm				10:50am
Adult Beginner/ Intermediate	11:25am						9:00am
Water Exercise		8:45am	8:45am	8:45am	8:45am	8:45am	
Aquatic Stretch			1:15pm		1:15pm		

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

To register please visit ymcametronorth.org/schedules.

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YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$68 M: \$93

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting, and passing. *Adult Participation may be required.*

Mini All Stars (Ages 3-5)

45 Minutes

This program offers different sports and games each week. *Adult participation may be required.*

T-Ball (Ages 3-5)

45 Minutes

Enjoy learning how to hit, field, throw, and run the bases. *Adult participation may be required.*

Youth Soccer

45 Minutes

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

Ages: 3-5¹ Ages: 6-9²

YOUTH SPORTS

F: \$68 M: \$93

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 7-12)

45 Minutes

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

Speed and Agility

45 Minutes

This program will develop speed, footwork and jumping ability.

Ages: 3-5¹ Ages: 6-9²

YOUTH ENRICHMENT

F: \$68 M: \$93

Craft Club (Ages 7-12)

60 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.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Basketball for Beginners				10:00am			
Mini All Stars				9:00am			8:30am
T-Ball						3:15pm	
Youth Soccer			5:15pm ²		3:15pm ¹	12:00pm ¹	
Basketball Academy			3:15pm 4:15pm				
Nerf Blasters				4:15pm			
Dodgeball						4:15pm	
Speed and Agility				3:15pm ¹		5:15pm ²	
Craft Club		3:00pm					
Mini Monet's					11:30am		



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YOUTH DEVELOPMENT

YOUTH SPORTS

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Youth Baseball (Ages 6-12)

45 Minutes

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

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

Floor Hockey (Ages 6-9)

45 Minutes

Practice proper stick handling techniques, passing and shooting while learning the rules of the game.

YOUTH SPORTS

F: \$68 M: \$93

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.

Boxing – NEW!

30 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.
Ages: 7-11¹ Ages: 12-15²



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Youth Baseball					4:15pm		
Floor Hockey					5:15pm		
Let's Dance!				4:00pm			
Boxing							9:30am ¹
							10:15am ²

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.

THE BASKETBALL GYMNASIUM IS OPEN!

Reserve your spot for Family Open Gym Time or Open Gym 13+ online today! Various times available.

To register please visit ymcametronorth.org/schedules.



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HEALTHY LIVING

ADULT FITNESS

F: \$96 M: \$96

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. *Class is once per week, multiple time slots available.*

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. *Class is once per week, multiple time slots available.*

Pickleball

F: \$72 M: \$72

60 Minutes

Pickleball is back with 20 minutes of drills to develop skills and 40 minutes of open play. Additional open play with enough participation.

TEEN FITNESS

F: \$90 M: \$120

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 12-15)

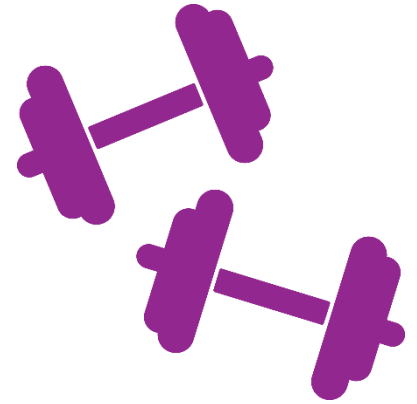
45 Minutes

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

Teen Strength and Conditioning (Ages 12-15)

45 Minutes

Learn proper techniques to target various muscle groups utilizing your own body weight, light dumbbells and TRX equipment. Improve your overall fitness by working on strength and conditioning, balance, core strength and cardio.



	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Lift Heavy Look Lean		5:00pm		6:00pm			
Tread and Shred			8:30am		8:30am		
Intro to Weight Training						3:00pm	
Weight Training for Teens						4:00pm	
Teen Strength and Conditioning			3:30pm				
Pickleball				12:00pm			

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.