

**Spring II Session:
April 26 – June 20**

**Registration Dates:
Member Registration:
April 12**

**Rate Guide:
F = Family Member
M = Member**

AQUATICS

YOUTH SWIM

F: \$101 M: \$157

Parent/Child (Ages 18m–2.9y)

30 minutes

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun – 9:00am / 9:35am

Parent/Child Stage 1–3 (Ages 3–9)

30 minutes

This class is for swimmers who swim less than 20 feet in the water independently. Parents will be guided by an instructor on deck who teach the fundamentals of water safety through floating and movement. Please bring goggles to class.

Sun – 10:10am / 11:10am

Tue – 3:05pm / 3:35pm / 4:10pm

Wed – 3:40pm / 4:15pm

Thu – 4:10pm

Sat – 9:35am / 10:10am / 11:20am

Private Lessons (Ages 4–12)

F: \$272 M: \$320

30 minutes

Swimmers must be able to swim independently in the water and be able to swim 20 feet without assistance on their front and back. In this class, they will learn the basics of stroke development focusing on freestyle and backstroke with an introduction to whip and dolphin kick. Instructors will teach from the edge of the pool.

Sun – 9:40am / 10:45am / 11:20am

Tue – 3:00pm / 3:35pm / 3:40pm / 4:10pm

Wed – 3:00pm / 3:35pm / 4:10pm

Thu – 3:00pm / 3:35pm / 3:40pm / 4:15pm

Sat – 9:00am / 9:40am / 10:45am / 11:25am

YOUTH SWIM

F: \$101 M: \$157

Stage 4 (Ages 4–10)

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun – 10:15am

Tue – 3:00pm

Wed – 3:05pm

Thu – 3:05pm / 3:35pm

Sat – 9:05am / 10:15am

Stage 5/6 (Ages 6–12)

30 minutes

Swimmers must be able to swim 25 yards continuously with freestyle with rotary breathing as well as backstroke. Swimmers must have knowledge of whip kick and dolphin kick for this class. Please bring goggles.

Sun – 9:05am / 10:50am

Tue – 4:15pm

Thu – 4:10pm

Sat – 10:50am

ADULT SWIM

F: \$101 M: \$157

Adult Beginner/Intermediate

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun – 11:25am

Water Exercise

F: FREE M: FREE

45 minutes

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

Mon – 8:45am (Shallow end with Mary)

Tue – 8:45am (Deep end with Liz)

Wed – 8:45am (Shallow end with Liz)

Thu – 8:45am (LaBlast Splash with Scott)

Fri – 8:45am (Shallow end with Scott)

Aquatic Stretch

F: FREE M: FREE

45 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue – 1:15pm

Thu – 1:15pm



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YOUTH SPORTS

F: \$90 M: \$124

Basketball for Beginners (Ages 3-5)

45 Minutes

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

Thu - 10:00am

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. *Adult participation may be required*

Tue - 5:15pm (Ages 6-9)

Thu - 3:15pm (Ages 3-5)

Fri - 12:00pm (Ages 3-5)

Mini All Stars (Ages 3-5)

45 Minutes

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

K ed - 9:00am / 10:00am

Sat - 8:30am

T-Ball League (Ages 3-5)

F: \$130 M: \$154

60 Minutes

Outdoor field will be the Roosevelt school. If rained out, games will be held at Melrose YMCA. Parents/guardians are asked to stay for the game and assist their child in following coaches' directions. All participants will receive shirt and hat. If interested in volunteering as a coach, please contact Alex Belluschi at abelluschi@metronorthymca.org.

Sat - 10:00am

Speed and Agility

45 Minutes

This program will develop speed, footwork and jumping ability. *Adult participation may be required.*

K ed - 3:15pm (Ages 3-5)

Fri - 5:15pm (Ages 6-9)

Dodgeball (Ages 7-12)

45 Minutes

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

Fri - 4:15pm

YOUTH SPORTS

F: \$90 M: \$124

Basketball Academy (Ages 6-9)

45 Minutes

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

Tue - 3:15pm / 4:15pm

Youth Baseball (Ages 6-12)

45 Minutes

Players build and refine fundamental skills while beginning to understand strategy and teamwork. *Must bring own bat and glove.*

Thu - 4:15pm

Nerf Blasters (Ages 6-10)

45 Minutes

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

K ed - 4:15pm

Youth Hockey (Ages 6-9)

45 Minutes

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

Thu - 5:15pm

Flag Football (7-12)

45 Minutes

Prep for your next football season by improving routes and defensive maneuvers.

Fri - 3:15pm

Let's Dance (Ages 6-13)

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.

Wed - 3:30pm (Ages 6-9)

Wed - 4:30pm (Ages 10-13)

Boxing (Ages 9-14)

30 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.

Sat - 12:15pm

YOUTH ENRICHMENT

F: FREE M:124

Story Time Adventures (Ages 3-5)

45 Minutes

Each week we will read a new story and expand our imagination through literature followed by a complimentary activity. *Adult participation may be required.*

Tue - 10:00am

Mini Monet's (Ages 3-5)

45 Minutes

Join us for a fun art class where children explore multiple forms of art through hands-on exploration. *Adult participation may be required.*

Thu - 10:00am



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HEALTHY LIVING

ADULT FITNESS

F: \$128 M: \$128

Lift Heavy Look Lean

1x Per Week

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.

Mon - 5:00pm

Wed - 6:00pm

Lift Heavy Look Lean

2x Per Week

F: \$256 M: \$256

60 Minutes

Tue & Thu - 5:00pm

Back to School, Back to You

Small Group Training

60 Minutes

Small groups work out with a certified personal trainer to build strength, stamina, relieve stress and get yourself ready for Summer!

Tue - 8:30am

Thu - 8:30am

Healthy Heart Maintenance

M: FREE NM: \$80

60 Minutes

This self-monitored program closely follows the format of the former MW Healthcare Cardiac Rehab Maintenance program for graduates of their Cardiac Rehab program. This a medically-based wellness program proven to improve the outcomes of patients who have experienced a cardiac event and successfully completed cardiac rehabilitation. Doctor's clearance for exercise is required.

Mon - 8:00am

Wed - 10:00am

Friday - 8:00am

TEEN FITNESS

F: \$120 M: \$160

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.

Fri - 4:00pm

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.

Tue - 3:30pm

Power Lifting Prep (Ages 17+)

F: \$150 M: \$150

60 Minutes

Join YMCA personal trainer Josh Brown as he prepares and strengthens you for the big 3 lifts (bench, squat and dead lift) with the goal of increasing one and three rep maxes. Each participant will receive a customized 3 day/week training plan catered towards improving individual weaknesses.

Thu - 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.