

Spring II Session: May 10 - June 27

Registration Dates:
Member Registration: April 19
Non Member Registration: April 19

Rate Guide:
F = Family Member
M = Member
N = Non-Member

AQUATICS

PARENT/CHILD SWIM

F: \$70 M: \$85 N: \$110

Parent/Child A (6-18 months)

30 minutes

Mon: 9:00am
Tue: 9:00am
Wed: 9:40am
Thu: 11:00am
Fri: 9:00am
Sat: 9:00am
Sun: 9:00am, 10:20am

Parent/Child B (18-36 months)

30 minutes

Mon: 9:40am
Tue: 11:00am
Wed: 9:00am
Thu: 9:00am
Fri: 9:40am
Sat: 9:40am
Sun: 9:40am

PRESCHOOL SWIM

F: \$80 M: \$95 N: \$125

Stage 1 (3-6)

30 minutes

Mon: 9:00am, 10:20am, 4:35pm
Tue: 10:20am, 11:40am, 3:55pm, 4:35pm
Wed: 9:40am, 3:55pm,
Thu: 9:00am, 10:20am, 11:40am, 3:55pm, 4:35pm
Fri: 4:35pm
Sat: 9:00am, 10:20am, 11:40am
Sun: 10:20am, 11:00am

Stage 2 (3-6)

30 minutes

Mon: 10:20am, 11:00am, 3:55pm, 5:55pm
Tue: 9:40am, 10:20am, 11:00am, 11:40am, 5:15pm
Wed: 3:15pm, 4:35pm
Thu: 9:40am, 10:20am, 11:40am,
Fri: 3:15pm
Sat: 10:20am
Sun: 11:40am
Sun: 10:20am, 11:40am

Stage 3 (3-6)

30 minutes

Mon: 11:00am
Tue: 9:40am, 3:15pm, 5:15pm
Thu: 9:40am, 11:00am
Fri: 3:15pm
Sat: 11:00am
Sun: 11:00am

Stage 4 (3-6)

30 minutes

Mon: 9:40am, 4:35pm
Tue: 9:00am
Sat: 9:00am
Sun: 9:40am

Ducks and Diving (2-5)

F: \$70 M: \$85 N: \$110
40 minutes

Mon: 11:00am
Fri: 9:40am

Gym & Swim (2-6)

F: \$70 M: \$85 N: \$110
60 minutes

Wed: 9:00am
Sat: 9:00am

YOUTH SWIM

F: \$80 M: \$95 N: \$125

Stage 1 (6-18)

30 minutes

Mon: 3:15pm
Tue: 5:55pm
Wed: 3:15pm, 5:15pm
Thu: 5:15pm
Fri: 3:55pm, 4:35pm
Sat: 9:40am
Sun: 9:40am

Stage 2 (6-18)

30 minutes

Mon: 5:15pm
Tue: 3:15pm, 4:35pm
Thu: 3:15pm, 3:55pm
Sat: 9:40am, 10:20am, 11:00am
Sun: 9:00am, 11:00am

Stage 3 (6-18)

30 minutes

Wed: 4:35pm,
Thu: 3:15pm, 5:15pm
Sat: 9:40am, 11:00am
Sun: 9:00am, 9:40am, 11:40am

Stage 4 (6-18)

30 minutes

Mon: 3:15pm
Thu: 4:35pm
Fri: 5:15pm
Sat: 9:00am, 10:20am
Sun: 9:00am, 10:20am

Stage 5 (6-18)

30 minutes

Wed: 5:55pm
Fri: 5:55pm
Sat: 11:00am
Sun: 11:00am

Stage 6 (6-18)

30 minutes

Mon: 5:55pm
Fri: 5:55pm
Sat: 11:50am
Sun: 11:50am

Competitive Swim Prep

F: \$90 M: \$110 N: \$140
40 minutes

Tue: 5:55pm
Thu: 5:55pm

TEEN SWIM

F: \$70 M: \$85 N: \$110

Teen Pool Basketball (12-17)

45 minutes

Mon: 5:15pm
Fri: 5:15pm

Teen Pool Volleyball (12-17)

45 minutes

Wed: 5:15pm
Fri: 6:15pm

Teen Swim Lessons (12-17)

F: \$80 M: \$95 N: \$125
45 minutes

Mon: 6:15pm
Wed: 6:15pm

ADULT SWIM

M: \$95 N: \$125

Adult Beginner Swim

30 minutes

Wed: 5:55pm
Sun: 12:30pm

PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Aquatics Director, Drew Sidell, at dsidell@metronorthymca.

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AQUATICS

PARENT/CHILD SWIM

Parent/Child A (6-18 months)

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Parent/Child B (18-36 months)

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

PRESCHOOL SWIM

Stage 1 (3-6)

30 minutes

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 (3-6)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (3-6)

30 minutes

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

Stage 4 (3-6)

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.

Ducks and Diving (2-5)

40 minutes

Kids will comfortable in the water through play. Ducks & Diving gives children a chance to have fun while learning swimming skills.

Gym & Swim (2-6)

60 minutes

Swimmers will play in the pool before heading to the gym for games and activities. Children will enjoy activities like relay races and sports in and out of the pool.

YOUTH SWIM

Stage 1 (6-18)

30 minutes

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 (6-18)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (6-18)

30 minutes

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

Stage 4 (6-18)

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.

Stage 5 (6-18)

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.

Stage 6 (6-18)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

Competitive Swim Prep (6-18)

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

TEEN SWIM

Teen Pool Basketball (12-17)

It's a program of all out fun! Team up and work together with others to win challenges and games. Sign up to reserve your spot today.

Teen Pool Volleyball (12-17)

It's a program of all out fun! Team up and work together with others to win challenges and games. Sign up to reserve your spot today.

Teen Swim Lessons (12-17)

A beginner class for teens who have never had lessons. This class will improve confidence and comfort and teach floating and horizontal swimming skills in freestyle and backstroke. Please bring goggles to class.

ADULT SWIM

Adult Beginner B (18+)

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 17+ years.

CANCELLATION POLICY

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

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YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$40 M: \$55 NM: \$80

Basketball Skills & Drills (Ages 4-11)

45 minutes

Come learn the fundamentals of basketball, dribbling, passing, shooting and defensive drills.

Pee-Wee: Sat 9:00am (ages 4-5)

Rookie: Sat 9:00am (ages 6-7)

Junior: Sat 10:00am (ages 8-10)

All Stars: Sat 11:00am (ages 11+)

Track Stars (Ages 6-10)

45 minutes

Learn the basics of running and cardio fitness! You can build your stamina for long distance running and create personal short distance running goals

Wed 5:15pm

Middle School Basketball League (Ages 11-15)

60 minutes

Join our 3 v 3 basketball tournament and have fun getting back on the basketball court! You can make your own team or we will assign you one.

Fri 4:00pm

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YOUTH FITNESS

F: \$68 M: \$79 NM: \$80

Fitness Circuit for Youth (Ages 10-15)

45 minutes

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Sun 11:30am

Zumba Kids (Ages 8-12)

45 minutes

Zumba Kids is the ultimate dance fitness party. This class takes to energy and fun of the latin-inspired Zumba program and delivers it with age-appropriate music and moves that get kids dancin' to the beat. Kids will have so much fun, they won't realize they are getting great exercise!

Sat 11:30am

YOUTH ENRICHMENT

F: \$40 M: \$55 NM: \$80

Dance Battle Breakdown (Ages 7-12)

45 minutes

This class will bring participants together in a dance class that will cover the when, how, why of joining a Dance Battle Circle! Have you ever wanted to jump in and not had the courage? Do you have an 8 count that you want to master? Come join us in this high spirit non-judgement zone.

Wed 5:30pm

TikTok Experts (Ages 7-12)

45 minutes

During this class an instructor will bring you through a complete review of all the popular app TikTok "in's and out's". You will learn the latest dances, gain skills in editing and how #hashtags work. This class is open to all levels of TikTok knowledge and will challenge you.

Wed 4:30pm

MUSIC STUDIO

F: \$40 M: \$55 NM: \$80

Youth Piano (Ages 7-17)

60 minutes

Level 1

This class is for children who have little to no experience playing the piano. The class will focus on basic skills to successfully play the piano.

Thu 4:00pm

Youth Guitar (Ages 7-17)

60 minutes

Level 1

This class is for children who have little to no experience playing guitar.

Wed 4:00pm

Level 2

This class is for children with experience playing the guitar and it reinforces what they have already learned in level 1.

Wed 4:00pm

Adult Guitar (Ages 18+)

60 minutes

Level 1

This class is aimed at adults with little to no experience playing the guitar. The instructor will cover basics for successful guitar playing, building confidence with the instrument, and playing their favorite songs.

Mon 5:00pm

Wed 6:00pm

Level 2

This class is aimed for adults who have experience playing guitar and want to play with a group of people. The instructor will continue to explore the student's favorite songs and help them expand their repertoire.

Wed 5:00pm

Guitar & Ukulele for Seniors

60 minutes

It is never too late to learn guitar or Ukulele! Learn the basics of guitar or Ukulele at the Y. In this class we will cover building chords, strumming, popular songs and favorite songs, and playing with others for fun! This class is aimed at senior citizens who have little to no experience playing guitar or Ukulele.

Guitar

Fri 11:00am

Ukulele

Wed 6:00pm

Teen Music Studio (Ages 13-18)

FREE | Mon & Wed 5:00pm-8:00pm

Teen Guitar & Ukulele (Ages 13-18)

FREE | Wed 6:00pm-7:00pm

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ADULT FITNESS

60 minutes
M: \$105 NM: \$120

Y Circuit

During this 60-minute class a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups. This class is open to all levels and will challenge you through a variety of exercises and equipment including TRX, dumbbells, kettlebells, and more.

Mon 8:00am
Tue 5:00pm
Wed 8:00am
Thu 5:00pm

Women on Weights (WOW)

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 a better way to burn fat and build lean muscle WITHOUT ADDING BULK.

Mon 6:00pm
Wed 6:00pm
Sat 9:00am

Functional Fit

This class will bring you through a full body transformative workout, focusing on functional movement patterns to give you strength and mobility. Workouts will include a variety of equipment added onto progressive exercises, suitable for all fitness levels. You'll leave this class with a stronger core and greater overall physical fitness.

Tue 6:30pm
Wed 9:30am
Thu 6:00pm

TEEN FITNESS

60 minutes
F: \$91 M: \$105 NM: \$168

L.I.F.T. (Ages 12-16)

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines with a focus on safety in the fitness center.

Tue 4:00pm
Thu 4:00pm

Teen Sport Conditioning (Ages 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, bodyweight exercise, and more to prepare teens for sports and athletic activities. Participants do not need sports experience to enjoy this class!

Mon 4:30pm
Wed 4:30pm



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