

Summer Session:  
**June 21 – August 29**

Registration Date  
 Member Registration: **June 7**  
 Non-Member Registration: **June 14**

Rate Guide:  
 F = Family Member  
 M = Member  
 NM = Non Member

# AQUATICS

## PARENT CHILD SWIM

30 minutes  
**F: \$114 M: \$177 NM: \$283**

### Parent/Child Swim (6 to 36 months)

For children aged 6 to 36 months.  
**Tue 10:15am**  
**Thu 10:55am**

### Parent/Child Swim Stage A (6 to 18 months)

For children aged 6 to 18 months.  
**Sat 9:00am**  
**Sun 9:00am**

### Parent/Child Swim Stage B (18 to 36 months)

For children aged 18 to 36 months.  
**Tue 4:10pm**  
**Sat 9:40am, 10:20am**  
**Sun 10:20am**

## PRESCHOOL SWIM

30 minutes  
**F: \$114 M: \$177 NM: \$283**

### Preschool Swim Stage 1

For children aged 3 to 6 years.  
**Mon 10:15am, 3:20pm**  
**Tue 11:35am, 4:50pm**  
**Wed 4:40pm, 5:30pm**  
**Thu 3:30pm**  
**Sat 9:10am, 9:50am, 11:00am**  
**Sun 10:00am, 11:00am**

### Preschool Swim Stage 2

For children aged 3 to 6 years.  
**Mon 10:55am, 4:00pm**  
**Tue 3:30pm**  
**Wed 10:55am, 4:10pm**  
**Thu 4:50pm, 5:30pm**  
**Sat 10:30am, 11:40am**  
**Sun 10:30am, 11:10am**

### Preschool Swim Stage 3

For children aged 3 to 6 years, children should be able to swim 5 feet without assistance.  
**Mon 11:35am, 5:20pm**  
**Wed 3:20pm**  
**Thu 11:35am, 4:10pm**  
**Sun 9:20am, 9:40am**

### Preschool Swim Stage 4

For children aged 3 to 6 years, children should be able to swim 15 feet without assistance.  
**Mon 4:20pm**  
**Tue 5:30pm**  
**Sat 11:10am**

## YOUTH SWIM

30 minutes  
**F: \$114 M: \$177 NM: \$283**

### Youth Swim Stage 1/2

For children aged 7 to 12 years.  
**Mon 4:40pm**  
**Tue 10:55am**  
**Wed 4:00pm**  
**Thu 10:15am, 3:20pm**  
**Sat 10:40am**  
**Sun 9:50am**

### Youth Swim Stage 3

For children aged 7 to 12 years, swimmers should be able to confidently swim 15 yards on their stomach.  
**Tue 4:20pm**  
**Wed 10:15am, 3:30pm**  
**Thu 4:00pm**  
**Sat 10:00am**  
**Sun 9:10am**

### Youth Swim Stage 4

For children aged 7 to 12 years, swimmers should be able to confidently swim 25 yards on their stomach and 15 yards on their back.  
**Mon 5:00pm**  
**Tue 3:40pm**  
**Wed 4:50pm**  
**Thu 4:40pm**  
**Sat 9:20am**  
**Sun 10:40am**

### Youth Swim Stage 5

40 minutes  
**F: \$124 M: \$205 NM: \$328**  
 For children aged 7 to 12 years, swimmers should be able to confidently swim 25 yards in front and back crawl, and 15 yards in breast stroke.  
**Mon 3:30pm**  
**Thu 5:20pm**  
**Sat 11:20am**

### Youth Swim Stage 6

40 minutes  
**F: \$124 M: \$205 NM: \$328**  
 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.  
**Wed 5:20pm**  
**Sun 11:20am**

## 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.

## Competitive Swim Prep

40 minutes  
**F: \$124 M: \$205 NM: \$328**  
 For children aged 7+ looking to be introduced to the fundamentals of competitive swimming. Swimmers should be able to swim 50 yards.  
**Thu 6:10pm**

## Adaptive Swim

For children aged 6 to 13 years. The goal of this program is to provide basic swim skills and teach essential water safety techniques with the needs of each individual in mind. Each participant must begin the season accompanied by an adult in the water.  
**Sat 12:05pm**

## Springboard Diving

45 minutes  
**F: \$135 M: \$232 NM: \$371**  
 Intro to 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. Aged 7+ years.  
**Sat 8:15am**  
**Sat 9:15am**  
 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 required.  
**Sat 10:15am**

## ADULT SWIM

30 minutes  
**M: \$113 NM: \$181**

### Adult Beginner

For swimmers aged 18+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.  
**Tue 5:00pm**

### Adult Stroke Development

For swimmers aged 18+ looking to use swimming as a source of fitness and an introduction to all 4 strokes. Participants should be able to swim 25 yards.  
**Tue 5:40pm**

### Adult Swim Club

60 minutes  
**M: \$75 NM: \$120**  
 For swimmers aged 18+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.  
**Tue & Thu 6:15am**



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## YOUTH DEVELOPMENT

### YOUTH SPORTS

**45 minutes**  
F: \$101 M: \$140 NM: \$224

#### Basketball Skills & Drills (Ages 5-8)

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!  
**Mon 4:00pm**

#### Basketball Skills & Drills (Ages 9-12)

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!  
**Mon 5:00pm**

#### Soccer Skills & Drills (Ages 5-8)

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some soccer fun!  
**Wed 5:00pm**

#### Soccer Skills & Drills (Ages 9-12)

**30 minutes**  
F: \$67 M: \$93 NM: \$149  
Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some soccer fun!  
**Thu 3:30pm**

### YOUTH FITNESS

#### Kid's Fitness with Taylor (Ages 8-11)

**60 minutes**  
F: \$108 M: \$144 NM: \$232 (2x Week)  
F: \$54 M: \$72 NM: \$116 (1x Week)  
Taylor will bring your child through a warm up before taking them through exercises to help build confidence, strength and conditioning. No experience necessary, just a positive attitude and willingness to work hard.  
**Mon 3:30pm**  
**Tue 3:30pm**  
**Fri 3:30pm**

### YOUTH ENRICHMENT

**45 minutes**  
M: FREE

#### Turn the Pages \*NEW\* (Ages 1-3)

July 7-Sept. 1  
This program is made possible through a partnership with Northeast Arc. Come join us for story time, as we learn how we can pair familiar stories with music by using songs, movement, and books. In this group, caregivers will learn ways they can encourage their child to attend, engage, and participate in these fun activities as well as gain new ideas they can promote their child's language, play, and motor skills.  
**Wed 3:00pm with Heather**

#### Movers and Shakers \*NEW\* (Ages 1-3)

July 8-Sept. 2  
This program is made possible through a partnership with Northeast Arc. In this group children and their caregivers will have the opportunity to explore the different ways their bodies can move to music. Children learn best through repetition and play with their caregivers. Nursery rhymes and other fun movement games are a great way you can foster your child's overall development. Come join us!  
**Thu 3:00pm with Heather**

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## HEALTHY LIVING

### ADULT FITNESS

**60 minutes**  
**M: \$135 NM: \$216**

#### Women on Weights (WOW)

**M: \$270 NM: \$432 (2x per week)**  
**M: \$135 NM: \$216 (1x per week)**

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 & Wed 6:30pm with Danielle (meets 2x per week)**  
**Wed 7:30am with Melissa**  
**Wed 8:30am with Melissa**  
**Fri 7:00am with Melissa**  
**Fri 8:00am with Melissa**

#### Crunch and Core \*NEW TIME\*

A 60-minute class hitting all parts of the core with fun and challenging intervals. Feel the burn on the lower abs, upper abs, obliques and everything in between. Finish the class off with a relaxing guided cool down and stretch.

**Sat 11:00am with Taylor**

#### 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 exercises using bodyweight, TRX, dumbbells, kettlebell and more.

**Mon 5:30pm with Steve**  
**Wed 5:00pm with Steve**

#### Y Weight \*NEW\*

During this 60-minute class a certified personal trainer will bring you through a total body workout focusing on heavy lifts such as presses, squats and deadlifts, along with auxiliary exercises to compliment your heavy work.

**Mon 7:00pm with Emily**  
**Tue 5:15am with Emily**  
**Wed 7:00pm with Emily**

#### Glute Camp

Squat, thrust, and lunge your way to your best lower body. You'll improve your physique, build lean muscle, and increase strength in a way you never have before. Let's hit the weights and build that BOOTY!

**Sat 9:00am with Danielle**  
**Sat 10:00am with Danielle**

#### Glute Camp Workshop \*NEW\*

**One-time Workshop: \$100 | 2.5 hours**

Certified Personal Trainers, Melissa and Danielle, have prepared a one-day workshop focused on all things glutes. Their focus will be to teach you the proper techniques and exercises to help activate your glutes, specifically through 3 big glute exercises, followed by accessory moves to burn those buns! Sign up for one or both days.

**Saturday, July 31 11:00am-1:30pm**  
**Saturday, August 14 11:00am-1:30pm**

#### Raise the Barre \*NEW\*

This small group Barre class will be part fitness class and part workshop, focusing on proper form, posture, and technique to help make sure that you can get the most out of your barre classes. You will learn how to perform the various barre exercises, why they're done the way they are, and get a great workout in as well! A great option for both beginners and those who have barre experience.

**Wed 9:30am with Marissa**

#### S'WET \*NEW\*

Combining high intensity interval training with advanced cardio, plyometrics, and unique equipment from around the world, S'WET™ is a powerful water workout experience adjustable for all levels of activity. Whether you're a triathlete swimmer or just looking to supplement your current exercise routine, this souped-up aquatic boot camp is your one-stop shop for an ultimate total body water workout.

**Mon 8:00am with Katy**  
**Wed 8:00am with Katy**

#### Pre and Post Natal Training \*NEW\*

Certified Personal Trainer, Taylor, will help you prepare for, or recover from, giving birth through specific exercises designed for Moms to be or new Moms. Taylor currently holds a certification through ACE and she completed the Oh Baby Fitness Certification based on ACOG Guidelines. Email [jcammarata@metronorthymca.org](mailto:jcammarata@metronorthymca.org) to schedule your first free session with Taylor.

#### Renew at the Y

Renew program is designed to offer support to those in recovery from Substance Abuse by offering a safe place to work out free from stigma. Exercises classes led by certified instructors who have personal/professional experience with Substance Abuse are offered. These programs are not intended to replace treatment, rather offer a community for those who have gone through treatment and are in recovery. Contact Justin Cammarata at [jcammarata@metronorthymca.org](mailto:jcammarata@metronorthymca.org) for more information.

### TEEN FITNESS

**60 minutes**  
**M: \$135 NM: \$216**

#### Teen Sports Conditioning (Ages 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! Upon completion of this class, children aged 12 to 13 years will be permitted to work out on their own outside of family workout times.

**Tue 4:00pm with Steve**

#### 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. Upon completion of this class, children aged 12 to 13 years will be permitted to work out on their own outside of family workout times.

**Thu 4:00pm with Steve**

#### Teen Powerlifting Club \*NEW\* (Ages 12-18)

**M: \$270 NM: \$432 (2x per week)**  
**M: \$135 NM: \$216 (1x per week)**

Powerlifting is one of the safest sports your teens can compete in. Powerlifting teaches motor control and discipline while increasing their strength and confidence. Technique will be the number one focus before working on their PR's. The Squat, Bench Press and Deadlift will be the three main exercises taught with auxiliary exercises worked in for a balanced approach.

**Mon 4:30pm with Taylor**  
**Fri 4:30pm with Taylor**