

Summer Session:  
**June 28 – August 1**  
**August 2 – Sept 5**

Registration Dates:  
Member Registration: June 14  
Non Member Registration: June 21

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

## AQUATICS

### PARENT/CHILD SWIM

F: \$65 M: \$95 N: \$170

#### Parent/Child A (6-18 months)

30 minutes

Tue: 9:00am  
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: \$75 M: \$110 N: \$180

#### Stage 1 (3-6)

30 minutes

Mon: 9:00am, 10:20am, 4:35pm  
Tue: 9:40am, 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, 11:00am, 11:40am  
Sun: 9:00am, 10:20am, 11:00am, 11:40am

#### Stage 2 (3-6)

30 minutes

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

#### Stage 3 (3-6)

30 minutes

Mon: 11:00am  
Tue: 5:15pm  
Fri: 3:15pm  
Sat: 11:00am

#### Stage 4 (3-6)

30 minutes

Mon: 4:35pm

#### Gym & Swim (2-6)

F: \$50 M: \$85 N: \$110

60 minutes

Wed: 9:00am  
Fri: 9:00am

### YOUTH SWIM

F: \$75 M: \$110 N: \$180

#### Stage 1 (6-18)

30 minutes

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

#### Stage 2 (6-18)

30 minutes

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

#### Stage 3 (6-18)

30 minutes

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

#### Stage 4 (6-18)

30 minutes

Mon: 3:15pm  
Thu: 4:35pm  
Fri: 5:15pm  
Sat: 10:20am

#### Stage 5 (6-18)

30 minutes

Wed: 5:55pm  
Fri: 5:55pm

#### Stage 6 (6-18)

30 minutes

Mon: 5:55pm  
Fri: 5:55pm  
Sat: 11:50p

#### Competitive Swim Prep

F: \$90 M: \$120 N: \$200

40 minutes

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

### TEEN SWIM

#### Teen Swim Lessons (12-17)

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

30 minutes

Mon: 6:30pm  
Wed: 6:30pm

### ADULT SWIM

M: \$100 N: \$150

#### Adult Beginner Swim

30 minutes

Mon: 5:55pm  
Wed: 5:15pm, 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.

Summer Session:  
**June 28 - August 1**  
**August 2 - Sept 5**

Registration Dates:  
Member Registration: June 14  
Non Member Registration: June 21

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

## 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 (17+)

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.



### Summer Session:

**Session 1: June 28 – Aug 1**

**Session 2: Aug 2– Sept 5**

### Registration Dates:

Member Registration: **June 14**

Non-Member Registration: **June 21**

### Rate Guide:

F = Family Member

M = Member

NM = Non-Member

## YOUTH DEVELOPMENT

### YOUTH SPORTS

**F: \$65 M: \$95 NM: \$170**

#### Basketball Skills and Drills (Ages 4-15)

45 minutes

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Sat 9:00am (ages 4-7)

Sat 10:00am (ages 8-10)

Sat 11:00am (ages 11-5)

#### Itty Bitty Baseball (Ages 3-8)

45 minutes

This class is for children who love baseball and want to learn how to play it. In this program, children will learn the basics of throwing, catching, and hitting while having fun and focusing on teamwork.

Wed 4:15pm (ages 3-5)

Wed 5:00pm (ages 6-8)

#### Flag Football (Ages 4-10)

60 minutes

Flag football focuses on the importance of teamwork with an emphasis on athleticism and having fun!

Sat 1:00pm (ages 4-7)

Sat 2:00pm (ages 8-10)

#### Cheerleading Prep (Ages 4-10)

60 minutes

This program is for children looking to learn the basics of cheerleading or condition for the upcoming season. Practice cheers, dances, stunting, and tumbling skills with coach Dyaysia. No experience needed.

Tue 4:30pm (ages 6-12)

\*Offered session 1 only

#### Mash-Up Mania (Ages 3-8)

45 minutes

This program will cover the basics of a different sport each week. Discover basketball, soccer, baseball, dodgeball and more in this sports mania program.

Thu 9:00am (ages 3-5)

Tue 9:45am (ages 6-8)

#### Mini Kickers (Ages 3-8)

45 minutes

This class is for children looking to have fun and learn soccer! Staff will go through drills and teach the fundamentals of the game with a focus on teamwork.

Tue 11:00am (ages 3-5)

Tue 11:45am (ages 6-8)

### YOUTH TECH LAB

**F: \$55 M: \$85 NM: \$160**

#### Hour of Code (Ages 8-12)

60 minutes

Join an instructor for an hour of coding! Use programs such as Minecraft Education, Code.org, and Scratch. You will be able to learn how to program your own game, code art projects, and learn the basics of block coding.

Thu 4:30pm

#### #ShecanSTEM (Ages 8-12)

60 minutes

Calling all girls who love to code! In class we are celebrating women who are leading the way in the world of STEM and learning how to code ourselves. We will do self-empowerment activities, learn the science behind cooking, celebrate the depths of the earth, all while daring to try and daring to fail.

Wed 3:00pm

#### Open Tech Lab Hours

Do you need to print? Complete an application? Apply to school or a new job? Come over to the Bruce and Patricia Herring Technology Lab for open Tech Lab hours. If you need a private space for a telehealth appointment or an interview we have the space for you to utilize.

Mon 9:00am-12:00pm

Tue 4:00pm-7:00pm

Wed 9:00am-12:00pm

Thu 12:00pm-3:00pm

### COMMUNITY ROOM PROGRAMS

#### ESL Summer Learning (Ages 5-14)

45 minutes

June 21-July 19 (5 weeks)

FREE - thanks to the generosity of United Way.

In a small group work with a staff member who specializes in ESL/ELL learning in math, reading, and writing. Work on supportive learning materials, do fun projects, and work on building social emotional skills through hands-on activities!

Tue 10:00am (early K-2nd grade)

Wed 10:00am (3rd-5th grade)

Thu 10:00am (Middle School)

### MUSIC STUDIO

**F: \$55 M: \$85 NM: \$160**

#### Mini Musicians to Splash (Ages 2-5)

30 minutes

##### Level 1

Have fun with rhythmic development activities, instrument exploration and a wide array of age-appropriate songs. Caregiver participation is required.

Wed 9:30am, 10:00am (ages 2-3)

Fri 9:30am, 10:00am (ages 3-5)

#### 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.

Tue 1:00pm

Fri: 1:00pm

#### Youth Guitar (Ages 7-17)

60 minutes

##### Level 1

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

Mon 1:00pm

Tue 5:00pm

Wed 1:00pm

#### Youth Ukulele (Ages 7-17)

60 minutes

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

Thu 1:00pm, 5:00pm

#### Teen Music Studio (Ages 13-18)

FREE | Mon & Fri 4:00pm-6:00pm

#### Adult Guitar (Ages 18+)

**F: \$60 M: \$90 NM: \$160**

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 11:00am, 5:00pm

### 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.

**Summer Session:**  
**Session 1: June 28 - Aug 1**  
**Session 2: Aug 2- Sept 5**

Registration Dates  
Member Registration: **June 14**  
Non-Member Registration: **June 21**

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

**ADULT FITNESS**

**60 minutes**  
**M: \$75 NM: \$150**

**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.  
**Tue 5:00pm**

**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**  
**Thu 6:00pm**

**ADULT FITNESS**

**45 minutes**  
**M: \$56 NM: \$112**

**Blastoff HIIT**

Maximize your benefits with this lunchtime High Intensity Interval Training (HIIT) designed to blast through calories and skyrocket your metabolism, allowing you to burn more calories through the rest of your day! This full body workout is suitable for all fitness levels.  
**Tue 12:00pm**

**TEEN FITNESS**

**60 minutes**  
**F: \$65 M: \$75 NM: \$150**

**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**

**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!  
**Wed 4:30pm**

**DANCE INSTRUCTION**

**60 minutes**  
**M: \$65 N: \$95**

**Beginner Hip Hop Dance (Age 16 and up)**

Hip-hop is a vibrant form of dance that combines a variety of freestyle movements to create a cultural piece of art. Through its three main styles, hip-hop dance has evolved into one of the most popular and influential styles of dance. Participants will learn the fundamentals of dance moves and combinations of choreography and build confidence in movement.  
**Sat 1:30pm**

**Advanced Hip Hop Dance (Age 16 and up)**

Building on the fundamentals, this advanced class will go further into more complex choreography which gets harder every week. The class will teach participants how to express different movements and build the skills and confidence needed for more freestyle forms.  
**Sat 12:30pm**

**YOUTH FITNESS**

**45 minutes**  
**F: \$65 M: \$95 NM: \$160**

**Zumba Kids (Ages 8-12)**

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 11:00am**

**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.