



Summer Session:
June 26 – August 22

Registration Date
Member Registration: **June 14**
Non-member Registration: **June 21**

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

YOUTH DEVELOPMENT

YOUTH SPORTS

45 minutes
F: \$85 M: \$130 NM: \$210

Skills & Drills Series (Ages 4-14)

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

- Basketball Tues. 5:15pm (ages 4-6)
- Basketball Tues. 6:15pm (ages 7-13)
- Basketball Sat. 8:00am (ages 4-6)
- Basketball Sat. 9:00am (ages 6-8)
- Basketball Sat. 10:00am (ages 7-13)
- Volleyball Thurs. 4:30pm (ages 7-10)
- Volleyball Thurs. 5:30pm (ages 11-14)
- Volleyball Sat. 11:00am (ages 7-10)
- Volleyball Sat. 12:00pm (ages 11-14)
- Outdoor Soccer Tues. 4:45pm (ages 4-6)
- Outdoor Soccer Thurs. 4:45pm (ages 7-12)
- Tennis Tues. 4:30pm (ages 8-14)

Baby Ballerinas (Ages 3-6)

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.

- Tues. 4:30pm (ages 3-5)
- Tues. 5:30pm (ages 4-6)

YOUTH ENRICHMENT

45 minutes
F: \$85 M: \$130 NM: \$210

Outdoor Paint Night (Ages 7- 12)

Your child will engage in painting sessions centered around nature that incorporates art, creativity, and critical thinking.

Tues. 4:30pm

Healthy Kids Kitchen (Ages 6- 10)

Your chef will prep, create, and enjoy healthy snacks and treats through this guided cooking class. Participants will receive their own ingredients and utensils to use each week.

Thu 4:30pm



Important Session Notes:

- All classes observe a drop-off and pick-up policy. Parents do not stay in the class while it is in session.
- There will be no class Sat. July 10th. For this reason, Saturday classes will begin June 26th to fit in the full 9 class meetings.
- Tennis will be bring your own racket. Space, nettings, and tennis balls will be provided.
- For more information please contact Nicole Hanlon, Youth Program Director, at nhanlon@metronorthymca.org.

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: July 5–Aug 1**
Session 2: Aug 2–Aug 29**Registration Date****Member Registration: June 14****Rate Guide:****F = Family Member**
M = Member

AQUATICS

PARENT CHILD SWIM**30 minutes**
F: \$60 M: \$80**Parent/Child Stage A/B**
(Ages 6 months to 3 yrs)

Parents will be guided by an instructor on deck and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sat 9:00am
Sun 10:10am**PRESCHOOL SWIM****30 minutes**
F: \$60 M: \$80**Preschool Swim Stage 1**

For children aged 3 to 5 years. This class is for the child who has little experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance.

Mon 12:40pm, 3:05pm
Wed 12:40pm, 3:05pm
Sat 9:35am
Sun 9:00am**Preschool Swim Stage 2-3**

For children aged 3 to 6 years. This class is for the child who has some experience in the water and understands basic water safety. Children are in the water with the instructor learning to increase their endurance with assistance.

Mon 12:05pm
Tue 12:40pm
Wed 12:05pm
Thu 12:40pm
Sat 10:10am
Sun 9:35am, 10:10am**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.

YOUTH SWIM**30 minutes**
F: \$60 M: \$80**Youth Swim Stage 1**

For children aged 6 to 12 years. This class is for the child who has little experience in the water. Swimmers will be learning the fundamentals of water safety through floating and movements with assistance. Children are in the water with the instructor.

Mon 4:10pm
Tue 11:30am
Wed 4:10pm
Thu 11:30am**Youth Swim Stage 2/3**

For children ages 6-12. This class is for the child who has some experience in the water and understands basic water safety. Children are in the water with the instructor learning to increase their endurance with assistance. Please bring goggles to class.

Mon 11:30am
Tue 12:05pm
Wed 11:30am
Thu 12:05pm
Sat 9:35am**Youth Swim Stage 4**

For children aged 6 to 12 years. 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.

Mon 3:40pm
Wed 3:40pm
Sat 9:00am
Sat 10:10am
Sun 9:00am, 9:35am**PRIVATE SWIM LESSONS**

Private Swim Lessons are available for YMCA of Metro North Members. Classes are 30 minutes in length for both private and semi-private lessons. Lessons are available to both children and adults of all skill levels. Private swim lessons are not guaranteed; requests are dependent on instructor availability. Please contact Aquatics Director, Jessica Murray, at jmurray@metronorthymca.org to inquire about private swim lessons.