



**Fall I Session:
Sept. 7 - Oct. 31**

Registration Date
Member Registration: **August 23**
Non-member Registration: **August 30**

Rate Guide:
Family Member: \$84
Member: \$116
Non Member: \$190

YOUTH DEVELOPMENT

YOUTH SPORTS

45 minutes

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 Tue 5:00pm (ages 4-6)

Basketball Tue 6:00pm (ages 7-13)

Basketball Sat 8:00am (ages 4-6)

Basketball Sat 9:00am (ages 6-8)

Basketball Sat 10:00am (ages 7-12)

Volleyball Sat 11:00am (ages 7-10)

Volleyball Sat 12:00pm (ages 11-14)

Outdoor Soccer Sat 10:00am (ages 4-6)

Outdoor Soccer Sat 11:00am (ages 7-12)

Tennis Sat 1:00pm (ages 8-14)

Nerf Blasters (Ages 7-12)

Speed, accuracy, and teamwork is taught to improve fitness. The game is similar to paintball or laser tag. Goggles required. Bring your own nerf gun!

Wed 6:00pm

Adventure Ropes Challenge (Ages 8-12)

Learn teamwork, problem solving, balance and more with our interactive low ropes course challenges. The group will rotate through 5 of our low ropes courses and use each other strengths to successfully navigate the courses.

Wed 5:00pm

Mini All Stars (Ages 3-6)

Introduce your little athlete to a variety of sports including but not limited to basketball, soccer, tee ball, and kickball! This is a great class to get your child active and interacting with other children.

Wed 4:00pm

Flag Football (Ages 6-11)

Learn how to catch, throw and run routes in our new flag football class! This is a structured class which will go over skills and drills and scrimmages will be played within the class.

Thu 4:00pm (ages 6-8)

Thu 5:00pm (ages 8-11)

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 DANCE

45 minutes

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.

Thu 4:00pm (ages 3-5)

Thu 5:00pm (ages 4-6)

Ballet/Modern Dance (Ages 7-10)

Dancers will learn basic ballet skills in a structured class setting through flexibility, coordination, and creative expression. This is a great way for children to engage in a less traditional physical fitness activity.

Thu 6:00pm

YOUTH ENRICHMENT

45 minutes

Paint Night (Ages 6-12)

Join us in a program designed to allow young artists to show their creativity and imagination through their passion for painting while learning basic paint techniques and creating their own masterpieces.

Thu 6:00pm

Green Thumb Growers (Ages 4-6)

Participants will learn about plants, nature, and gardening in this hands-on class where they will work in our new garden and have access to surrounding campus nature to explore plant-life through planting, journaling, and more!

Thu 4:00pm

Little Scientists (Ages 4-6)

Children will explore the world of science around them through fun, interactive activities and experiments.

Tue 5:00pm

Messy Play (Ages 3-5)

Introduce your child to the joys of messy hands through different mediums. Projects will be completed using paint, watercolors, chalk, goop, glitter, and glue in addition to other messy materials. Please bring an old shirt or smock to get dirty.

Thu 5:00pm

CHILD WATCH HOURS

We are excited to have Child Watch back at the Y this Fall! Your child will enjoy a fun and safe environment while you work out.

Monday-Friday: 8:00am-11:00am,
5:00pm-7:00pm

Saturday: 8:00am-11:00am



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Member: \$112
Non Member: \$216

HEALTHY LIVING

ADULT FITNESS

60 minutes

Junkyard Gym (Ages 18+)

Get ready to blast fat away while increasing work capacity and strength with our Junk Yard Gym class. We will use height intensity circuits, consisting of unconventional exercises, such as, flipping tires and swinging sledge hammers, while enjoying the fresh air outdoors!

Fri 5:45pm

Progressive Strength Training for Women (Ages 18+)

Amp your metabolism, build lean muscle, relieve stress and anxiety in this strength training class. Target specific muscle groups while gradually and effectively challenging the body. Watch your body transform in this class.

Mon 7:30am

Power Lifting

45 mins

M: \$99 NM: \$198

Learn how to properly lift in our new Olympic Power Lifting Platform.

Mon 6:00pm

Wed 6:00pm

Speed and Agility (Ages 18+)

45 mins

M: \$116 NM: \$190

Work on your explosive movements to increase your speed and agility! This class will get you ready for any in season sports or just to stay active!

Tue 4:30pm (ages 18+)

Thu 4:30pm (ages 18+)

ADULT PROGRAMS

3v3 Men's Basketball League (Ages 18+)

2 hours

Create a team of three to five players in this exclusive 3 on 3 competition. Teams will compete each week to see who can out play their competitors in this all-out battle. Half court.

Fri 6:00pm

3v3 Women's Basketball League (Ages 18+)

2 hours

Create a team of three to five players in this exclusive 3 on 3 competition. Teams will compete each week to see who can out play their competitors in this all-out battle. Half court.

Fri 6:00pm

Small Group Training

Led by a certified personal trainer, each training session focuses on your goals with endurance, strength, power and core. Our trainers specialize individual progression and skill development, while your peers offer camaraderie, competitive spirit and accountability. Email Isaac Fowler at ifowler@metronorthymca.org for availability.

Synergy Workout

This is a special workout, catered to what your goals are. There will be set programs for your workout to do or create a specialized program tailored for what you are looking for. Challenge yourself with strength, power, core, endurance and much more! Email Isaac Fowler at ifowler@metronorthymca.org for availability.

YOUTH FITNESS

Learning to Lift for Kids (Ages 11-15)

60 mins

F: \$99 M: \$128 NM: \$198

Come learn to lift weights the proper way so you can prepare for your in season sport, weight training or getting into shape.

Sat 9:30am

Y Fit Kids

(Ages 2-5)

45 mins

F: \$84 M: \$116 NM: \$190

This is a FREE semi-structured parent/child class where your child will have the opportunity to get fit while you enjoy a great workout in the Interval Training class. Held at the Gymnastics Center.

Tue 8:45am

Thu 8:45am

Speed and Agility (Ages 9-17)

45 mins

F: \$84 M: \$116 NM: \$190

Work on your explosive movements to increase your speed and agility! This class will get you ready for any in season sports or just to stay active!

Tue 3:30pm (ages 9-13)

Thu 3:30pm (ages 14-17)

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