

Fall I Session:
Sept. 7 – Oct. 31

Registration Date

 Member Registration: **August 23**

 Non-Member Registration: **August 30**
Rate Guide:

Family Member: \$94

Member: \$145

Non Member: \$235

AQUATICS

PARENT CHILD SWIM

30 minutes

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

For children aged 6 to 18 months.

Wed 5:15pm
Thu 10:35am
Sat 9:00am
Sun 9:00am, 9:35am

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

For children aged 18 to 36 months.

Mon 4:05pm
Tue 10:35am
Sat 9:35am, 10:10am
Sun 10:10am

PRESCHOOL SWIM

30 minutes

Preschool Swim Stage 1/2

For children aged 3 to 6 years.

Mon 10:35am, 11:10am
Tue 11:10am
Thu 11:10am

Preschool Swim Stage 1

For children aged 3 to 6 years.

Mon 3:30pm, 5:15pm
Tue 3:30pm, 4:40pm
Wed 11:10am, 3:30pm, 4:05pm
Thu 3:30pm, 4:40pm
Sat 9:00am, 10:10am, 10:45am, 11:20am, 12:00pm
Sun 9:00am, 10:10am, 10:45am, 11:20am

Preschool Swim Stage 2

For children aged 3 to 6 years.

Tue 4:05pm
Wed 10:35am
Thu 4:05pm, 5:15pm
Sat 10:45am, 11:20am
Sun 10:45am

Preschool Swim Stage 3

For children aged 3 to 6 years, children should be able to swim 5 feet without assistance.

Mon 4:40pm
Wed 5:50pm
Thu 5:15pm
Sun 9:35am

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.

Preschool Swim Stage 4

For children aged 3 to 6 years, children should be able to swim 15 feet without assistance.

Mon 3:30pm
Tue 5:15pm
Wed 4:05pm

YOUTH SWIM

30 minutes

Youth Swim Stage 1

For children aged 7 to 12 years.

Mon 5:50pm
Tue 4:40pm
Wed 4:40pm
Thu 3:30pm, 4:05pm
Sat 9:00am, 9:35am, 10:45am
Sun 9:35am, 12:00pm

Youth Swim Stage 2

For children aged 7 to 12 years.

Mon 5:15pm, 5:50pm
Tue 4:05pm, 5:15pm
Thu 4:40pm
Sat 11:20am, 12:00pm
Sun 10:45am, 11:20am, 12:00pm

Youth Swim Stage 3

For children aged 7 to 12 years, swimmers should be able to confidently swim 15 yards on their stomach.

Mon 4:40pm
Tue 3:30pm
Wed 4:40pm
Sat 10:10am
Sun 9:00am

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 4:05pm
Tue 5:50pm
Wed 3:30pm, 5:15pm
Sat 9:35am
Sun 10:10am

Youth Swim Stage 5

40 minutes

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.

Thu 5:50pm

Youth Swim Stage 6

40 minutes

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.

Sun 11:20am

Competitive Swim Prep

40 minutes

For children aged 7+ looking to be introduced to the fundamentals of competitive swimming. Swimmers should be able to swim 50 yards.

Thu 6:30pm

Springboard Diving

45 minutes
F: \$105 M: \$180 NM: \$289

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, 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

Teen Beginner

For teens aged 13-17. Participants will learn basic water comfort, floating, treading, and moving in the water.

Wed 5:50pm

ADULT SWIM

30 minutes
M: \$94 NM: \$235

Adult Beginner

For swimmers aged 18+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.

Tue 5:50pm
Sat 8:25am

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.

Thu 5:50pm
Sun 8:25am



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

YOUTH DEVELOPMENT

YOUTH SPORTS

45 minutes

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)

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some soccer fun!

Thu 3:30pm

ONE DAY SPORTS CLINICS

F: \$10 M: \$15 NM: \$20

Basketball Skills: September 7

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

5-8 year olds

9:00am - 10:00am

9-12 year olds

10:00am - 11:00am

Sports Sampler: September 16

Introduces youth to sports at the Y while fostering the values, skills and relationships that lead to positive behaviors, better health, and good sportsmanship. This engaging class focuses on the skills and drills of a variety of sports including basketball, baseball/t-ball, floor hockey, and soccer.

5-8 year olds

9:00am - 10:00am

9-12 year olds

10:00am - 11:00am

Soccer Skills: October 11

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some soccer fun!

5-8 year olds

9:00am - 10:00am

9-12 year olds

10:00am - 11:00am

YOUTH FITNESS

Kid's Fitness (Ages 8-11)

60 minutes

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

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.

Tue 3:30pm

Wed 3:30pm

Thu 3:30pm

Fri 3:30pm

Family Workout Time

FREE for Family Members

During Family Workout Times Family Members of the Y can work out together with their children ages 8 or older. This time is meant for parents to help their children learn how important a healthy lifestyle is and how to exercise safely. While floor staff are available to answer questions, parents are expected to workout with their children. Shoes and athletic clothing are required.

Thu & Fri 4:00pm to 8:00pm

Sat & Sun 12:00pm to close

CANCELLATION POLICY

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Rate Guide:
Family Member: \$112
Member: \$112
Non Member: \$216

HEALTHY LIVING

ADULT FITNESS

60 minutes

Women on Weights (WOW)

M: \$210 NM: \$420 (2x per week)

M: \$112 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 8:30am with Melissa

Mon & Wed 6:00pm (meets 2x per week)

Fri 7:00am with Melissa

Fri 8:00am with Melissa

Sun 7:00am with Melissa

Sun 8:00am with Melissa

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 5:00pm with Steve

Wed 5:00pm with Steve

Y Weight

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

Sat 10:00am

Raise the Barre

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 Boot Camp Water Fitness

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

SPECIALTY ADULT FITNESS

Enhance Fitness (Ages 18+)

60 minutes

M: Free

16 Week Program 9/13 - 12/31

Enhance Fitness is an evidence-based group exercise and falls prevention program, that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Zero to low impact exercise options help to ensure that anyone can succeed in this class. This is a 16 Week Program which meets 3 days a week. Participants are expected to be able to commit to this schedule with exceptions for missing class due to illness or planned absences.

Mon, Wed & Fri 12:30pm with Melinda (must attend all 3 days weekly)

Livestrong at the Y (Ages 18+)

90 Minutes

M: Free NM: Free

12 Week Program 10/5 - 12/23

In 2007 conversations were had with cancer survivors that highlighted their concern of the difficulty faced when trying to return to physical activity after treatment. This 12-week program is designed to get cancer survivors back on their feet. Intakes will be performed through the month of September with the actual program beginning on 10/5. Eligible participants have either completed cancer treatment or are in cancer treatment and have received authorization from their Medical Provider to participate. Participants and their families will receive a Free Membership to the Y.

Tue & Thu 10:30am

Pre and Post Natal Personal Training

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 to schedule your first free session.

CANCELLATION POLICY

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Renew At The Y

This program at the Y is designed to offer support to those in recovery from Substance Abuse by offering a safe place to work out free from stigma and exercises classes led by certified instructors who have personal/professional experience with Substance Abuse. Please note that this program is not intended to replace treatment, but offer a community for those who have gone through treatment and are in recovery. For a list of current offerings please contact Justin Cammarata at ext. 433 or email at jcammarata@metronorthymca.org

TEEN FITNESS

60 minutes

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

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

PERSONAL TRAINING

The Y offers flexible personal training packages that fit your life and budget. Our team of certified personal trainers are available to help you reach your goals with affordable fitness coaching at a time that works with your schedule. One-on-one customized training plans, and an exclusive private workout space, will provide the tools to help you grow stronger. Our certified instructors will hold you accountable, motivate you to get results, and help you get the most out of your workouts. See the results, feel the difference. Visit www.ymcamentronorth.org/personal-training/ to submit an inquiry.