

Fall II Session: November 1 - December 19

Registration Dates:
Member: **October 18**
Non Member: **October 25**

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

AQUATICS

*Note: Thursday classes have been prorated to reflect a 6-week session.

PRESCHOOL SWIM

F: \$89 M: \$137 NM: \$224

Parent/Child A (Ages 6m-18m)

30 minutes

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.

Tue - 10:15am
Wed - 10:15am
Sat - 9:35am

Parent/Child B (Ages 18m-2.9y)

30 minutes

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.

Sun - 9:35am / 10:10am
Mon - 10:15am
Wed - 5:05pm
Thu - 10:15am
Fri - 4:25pm

Preschool Stage 1 (Ages 3-6)

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

Sun - 10:45am / 11:20am
Mon - 10:45am / 3:15pm / 3:50pm / 5:05pm
Tue - 10:45am / 3:50pm / 4:30pm / 5:05pm
Wed - 10:45am / 3:15pm / 5:05pm
Thu - 10:45am / 3:15pm / 3:50pm
Fri - 3:15pm
Sat - 9:05am / 10:10am / 11:30am

Preschool Stage 2 (Ages 4-6)

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun - 10:50am
Mon - 11:15am / 3:50pm / 4:25pm
Tue - 11:15am / 4:30pm / 5:05pm
Wed - 11:15am / 3:50pm
Thu - 11:15am / 5:00pm
Fri - 5:00pm
Sat - 9:10am / 11:20am

PRESCHOOL SWIM

F: \$89 M: \$137 NM: \$224

Preschool Stage 3 (Ages 4-6)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun - 10:15am
Mon - 4:25pm
Tue - 3:15pm
Wed - 3:20pm / 4:30pm
Thu - 4:25pm
Fri - 3:20pm
Sat - 9:40am / 10:20am

Preschool Stage 4 (Ages 4-6)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun - 9:10am
Mon - 3:20pm
Tue - 5:40pm
Wed - 4:30pm
Thu - 3:55pm
Fri - 3:55pm

YOUTH SWIM

Youth Stage 1&2 (Ages 6-12)

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. Please bring goggles to class.

Sun - 11:30am
Mon - 3:15pm (YOUTH 2 ONLY) / 4:30pm
Tue - 3:55pm
Wed - 4:25pm
Thu - 5:35pm
Fri - 3:50pm
Sat - 10:50am

YOUTH SWIM

F: \$89 M: \$137 NM: \$224

Youth Stage 3 (Ages 6-12)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun - 9:45am
Mon - 5:00pm
Tue - 4:25pm
Wed - 3:55pm
Thu - 5:40pm
Sat - 11:25am

Youth Stage 4 (Ages 6-12)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun - 10:20am / 11:25am
Mon - 3:55pm
Tue - 3:20pm / 3:55pm
Wed - 3:55pm / 5:00pm
Thu - 3:15pm / 5:05pm
Fri - 4:30pm
Sat - 9:00am / 10:15am

Youth Stage 5&6 (Ages 6-12)

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Sun - 9:40am
Mon - 5:00pm
Tue - 5:00pm / 5:40pm
Wed - 3:20pm
Thu - 4:30pm
Fri - 5:05pm
Sat - 10:55am

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ADULT SWIM

M: \$137 NM: \$224

Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun - 9:05am
Sat - 8:30am

Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

Sun - 8:30am

Water Exercise

F: FREE M: FREE NM: \$78
45 minutes

Join us for a full body workout! A combination of cardio respiratory endurance, muscle conditioning and interval training.

Mon - 8:45am (Shallow end with Mary)
Tue - 8:45am (Deep end with Liz)
Wed - 8:45am (Shallow end with Liz)
Thu - 8:45am (LaBlast Splash with Scott)
Fri - 8:45am (Shallow end with Scott)

Aquatic Stretch

F: FREE M: FREE NM: \$78
55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue - 1:05pm
Thu - 1:05pm

PRIVATE SWIM

Private Lessons

F: \$238 M: \$280 MEMBERS ONLY

30 minutes

Classes are 30 minutes in length for both private and semi-private lessons. Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability. *Private Swim Lessons are only available for YMCA of Metro North Members.*

Sun - 9:00am / 10:55am
Tue - 5:35pm
Wed - 3:15pm / 3:45pm / 4:15pm / 4:45pm
Thu - 3:20pm
Sat - 9:45am / 10:45am

Tritons Swim Team

The Metro North YMCA Swimming and Diving Team is dedicated to help athletes improve their skills and achieve their goals while instilling in them the core values of the YMCA. Metro North Swimming and Diving Team is a competitive program offered by the YMCA of Metro North at the Lynn YMCA, Melrose YMCA, and Torigian YMCA facilities. The program is offered to children ages 6-18. Eligible swimmers must be able to swim front crawl and back crawl for the length of a 25 yards pool without stopping. For more information, contact Ashley Phoenix at aphoenix@metronorthymca.org.

Upcoming Tryouts:

Melrose - October 15 at 7:00pm
Peabody - December 17 at 7:00pm

Register in advance at the Welcome Center today!

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YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$79 M: \$109 NM: \$174

Youth Soccer

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game. *Adult participation may be required.*

Tue - 3:00pm (Ages 6-9)

Tues - 9:00am (Ages 3-5)

Mini All Stars (Ages 3-5)

45 Minutes

This program offers different sports and games each week. *Adult participation may be required.*

Wed - 9:00am

Thu - 3:00pm

Sat - 8:30am

Speed and Agility

45 Minutes

This program will develop speed, footwork and jumping ability. *Adult participation may be required.*

Wed - 4:00pm (Ages 6-9)

Thu - 10:00am (Ages 3-5)

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing.

Tue-10:00am

Fri - 3:00pm

T-Ball (Ages 3-5)

45 Minutes

Enjoy learning how to hit, field, throw, and run the bases.

Wed - 3:00pm

Floor Hockey (Ages 6-9)

45 Minutes

Children have a great time and burn lots of energy learning the basic fundamentals to successful stick handling, passing and shooting.

Fri - 5:00pm

YOUTH SPORTS

F: \$79 M: \$109 NM:174

Basketball Academy (Ages 6-9)

F: \$126 M: \$174 NM: \$285

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills. *Class is 2x per week.*

Tue & Thu - 4:00pm

Pickleball (Ages 8-12)

45 Minutes

Similar to tennis come learn the game of pickleball. In pickleball you will learn fair team play, hand & eye coordination and teamwork.

Tue - 5:00pm

Dodgeball (Ages 6-12)

45 Minutes

Enjoy, running, throwing and dodging while learning to work in a team setting.

Fri - 4:00pm

Nerf Blasters (Ages 6-9)

45 Minutes

Speed, accuracy, and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eye wear (goggles or sunglasses).

Wed - 5:00pm

Flag Football (Ages 7-12)

45 Minutes

Prep for football season by improving routes and defensive maneuvers.

Sat - 9:30am

Girls Got Game (Ages 6-11)

60 Minutes

F: \$72 M: \$96 NM: \$150

This popular program returns, encouraging elementary school aged girls to play and find a love for the game of basketball with friends. Attendees will learn new skills through drills and games. Must bring own basketball.

Thu - 5:00pm

YOUTH SPORTS

One on One Sports Training (Ages 7-18)

F: \$168 M: \$196 NM: \$340

45 Minutes

With the help and support from coach Alex, youths will learn proper technique and improving skills to get you to the next level.

Fri - 6:00pm

Sat - 10:30am

Sat - 12:45pm

For more days and times contact Alex Belluschi at abelluschi@metronorthymca.org.

Volleyball (Ages 11-16)

F: \$79 M: \$109 NM:174

45 Minutes

This class, taught by a certified USA Volleyball coach, will introduce youths to the basic skills, rules and strategies of the game of volleyball.

Mon - 4:15pm

YOUTH ENRICHMENT

F: FREE M: \$109 NM: \$174

Story Time Adventures (Ages 3-5)

45 Minutes

Each week we will read a new story and expand our imagination through literature followed by a complimentary activity. *Adult participation may be required.*

Tue - 10:00am

Mini Monet's (Ages 3-5)

45 Minutes

Join us for a fun art class where children explore multiple forms of art through hands-on exploration. *Adult participation may be required.*

Thu - 10:00am

Healthy Kids Kitchen (Ages 3-6)

45 Minutes

Children will learn the fundamentals of cooking including kitchen safety and healthy eating. **** We may not be able to accommodate all types of food allergies and dietary restrictions.**

Wed - 10:00am

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HEALTHY LIVING

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ADULT FITNESS

Lift Heavy Look Lean

1x Per Week

M: \$112 NM: \$216

60 Minutes

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Mon – 5:00pm

Wed – 6:00pm / 7:00pm

Get Fit and Healthy *-NEW!*

M: \$112 NM: \$216

60 Minutes

This class combines a challenging whole-body workout with nutrition, the two key components for fitness and health. Your trainer, Taylor Thomas, is working towards becoming a registered dietitian. She can simplify the nutrition element and guide you through a challenging full-body workout.

Thu – 6:00pm

Adult Basketball League

F: \$40 M:\$40 MEMBERS ONLY

Whether you're looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active!

Mon/Wed – 6:45pm–8:45pm

Healthy Heart Maintenance

M: FREE NM: \$70

60 Minutes

This self-monitored program closely follows the format of the former MW Healthcare Cardiac Rehab Maintenance program for graduates of their Cardiac Rehab program. This a medically-based wellness program proven to improve the outcomes of patients who have experienced a cardiac event and successfully completed cardiac rehabilitation. Doctor's clearance for exercise is required.

Mon – 8:00am

Mon – 10:00am

Wed – 10:00am

Friday – 8:00am

ADULT FITNESS

Pickleball *-NEW!*

M: \$112 NM: \$216

60 Minutes

This open play format allows you to practice skills with drills and actual game play. Come learn the game, practice skills and get opportunities to compete in a group setting.

Wed – 10:00am

Pre/Post Natal Pilates

M: \$112 NM: \$216

60 Minutes

Designed specifically for the pregnant and post-natal woman, Pilates will help stabilize fragile muscle groups associated with pregnancy. This 60-minute full body program can also help women strengthen, tone and maintain flexibility. This class is also an ideal option for those with diastasis recti, hernias or other abdominal injuries. You need not be a mother to benefit from this class. Non-crawling infants are welcome.

Wed – 5:15pm

Stay Fit

F: FREE M: FREE NM: \$78

60 Minutes

Join long time instructor, Kay Danieli as she leads an hour-long, low-impact aerobics class geared towards seniors!

Tue–12:00pm

Thu – 12:00pm

Line Dancing

F: FREE M: FREE NM: \$78

60 Minutes

Line dancing is proven to help maintain strength and strong bones, improve posture, increase balance and co-ordination and help relieve stress. Join us for 60 minutes of instruction with Deb and do something good for yourself!

Wed – 12:00pm

YOUTH FITNESS

Teen Strength and Conditioning (Ages 10-13)

F: \$72 M: \$96 NM: \$150

45 Minutes

For young athletes who want to learn how to gain strength and improve their conditioning level.

Thu – 3:15pm

Power Lifting Prep (Ages 17+)

F: \$112 M: \$112 NM: \$190

60 Minutes

Join YMCA personal trainer Josh Brown as he prepares and strengthens you for the big 3 lifts (bench, squat and dead lift) with the goal of increasing one and three rep maxes. Each participant will receive a customized 3 day/week training plan catered towards improving individual weaknesses.

Thu – 6:00pm

Boxing (Ages 9-14)

F: \$79 M: \$109 NM:\$174

30 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.

Sat – 12:00pm

PERSONAL TRAINING

The YMCA of Metro North is proud to offer a variety of trainers that will help you obtain your goals and exceed your expectations. Receive a full hour or half-hour of personal training that will leave you feeling great and energetic! You will receive a FREE introductory half-hour evaluation session when you purchase your first training package!

Small group training is also available! Groups of 3-6 can pick their own time slot, the trainer of their choice and set specific goals. All sessions are 60 minutes.

For more information contact Bernadette Farrell at bfarrell@metronorthymca.org.