



Fall II Session:  
**Nov. 1 - Dec. 19**

Registration Date  
Member Registration: **Oct. 18**  
Non-member Registration: **Oct. 25**

Rate Guide:  
Family Member: \$79  
Member: \$109  
Non Member: \$174

No classes held on Thanksgiving Thursday, Nov. 25.  
Classes are prorated to reflect a 6 week session.

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

#### 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 9:00am (ages 3-5)
- Wed 4:00pm (ages 4-6)

#### 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)

#### Dodgeball (Ages 7-12) \*NEW\*

Master the 3 D's of Dodgeball: Duck, Dodge, and Dive! Sharpen your skills in agility, hand-eye coordination, throwing, and coaching. This exciting class will bring out the competitor in you.

Wed 5:00pm

#### Sports Mania (Ages 5-12) \*NEW\*

Check out our NEW Sports Mania class! This class will introduce you to the basics of multiple sports, trying a new one each week! This class is geared towards anyone who is home schooled and looking for a day time activity!

Thu 1:00pm

### 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

### 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. Open for children aged 2+.

- Monday-Friday: 5:00pm-7:00pm
- Saturday: 8:00am-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.

### 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



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## HEALTHY LIVING

### ADULT FITNESS

#### Junkyard Gym (Ages 18+)

**60 mins**  
**M: \$112 NM: \$216**  
Get ready to blast fat away while increasing work capacity and strength with our Junk Yard Gym class. We will use high 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+)

**60 mins**  
**M: \$112 NM: \$216**  
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: \$99 NM: \$198**  
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+)**

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### Small Group and Personal Training

#### 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. Sign up for a great workout twice a week!  
**Mon/Wed 6:00pm**  
**Wed/Fri 9:00am**

#### Jump Start Orientations

Members receive one FREE session to learn how to properly use our fitness equipment. Visit our Welcome Center to schedule an appointment!

#### Personal Training

The Y offers flexible personal training packages that fit your life and your 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. The certified instructors at the Y 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 with personal training at the Y. Visit [www.ymcametronorth.org/personal-training/](http://www.ymcametronorth.org/personal-training/) to submit an inquiry and schedule a training session.

### YOUTH FITNESS

#### Learning to Lift for Kids (Ages 11-15)

**60 mins**  
**F: \$94 M: \$118 NM: \$190**  
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: \$79 M: \$109 NM: \$194**  
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: \$79 M: \$109 NM: \$194**  
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)**