

Fall II Session:
Nov. 1 – Dec. 19

Registration Dates:
 Member Registration: **Oct. 18**
 Non-Member Registration: **Oct. 25**

Rate Guide:
 Family Member: \$89
 Member: \$137
 Non Member: \$224

AQUATICS

PARENT CHILD SWIM

30 minutes

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

For children aged 6 to 18 months.

Tue 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 11:10am
 Sat 9:35am, 10:10am
 Sun 10:10am

PRESCHOOL SWIM

30 minutes

Preschool Swim Stage 1

For beginners, children aged 3 to 6 years.

Mon 3:30pm, 5:15pm
 Tue 3:30pm, 4:40pm
 Wed 3:30pm, 4:05pm
 Thu 3:30pm, 4:05pm, 4:40pm
 Sat 9:00am, 9:35am, 10:10am, 10:45am, 11:20am
 Sun 9:00am, 10:10am, 10:45am, 11:20am

Preschool Swim Stage 2

For children aged 3 to 6 years who are comfortable in water.

Tue 4:05pm
 Wed 5:15pm
 Thu 3:30pm, 4:05pm, 5:15pm
 Sat 9:00am, 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
 Tue 4:40pm
 Thu 5:15pm
 Sun 9:35am, 11:20am

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

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

Youth Swim Stage 1

For beginners, children aged 7 to 12 years.

Wed 4:40pm
 Sat 10:45am
 Sun 9:35am, 11:20am

Youth Swim Stage 2

For children aged 7 to 12 years who are comfortable in water.

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

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.

Sat 12:00pm
 Sun 12:00pm

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 12:00pm

SWIM TEST POLICY

Safety is our first priority. All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 years of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD). Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be always within arm's reach of an adult. Lifeguards have the right to retest swimmers.

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
 Sat 12:00pm

Springboard Diving

45 minutes

F: \$94 M: \$145 NM: \$235

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.

Sat 8:25am

ADULT SWIM

30 minutes

M: \$137 NM: \$224

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 Swim Stroke

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

Adult Swim Club

60 minutes

M: \$168 NM: \$336

This two days per week training program will provide you with new and challenging workouts which include and focus on stroke technique and conditioning, endurance, speed and strength.

Tue/Thu 6:15am (2x per week)



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

YOUTH DEVELOPMENT

YOUTH SPORTS

45 minutes

Basketball Skills & Drills (Ages 5-12)

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

Mon 4:00pm (Ages 5-8)

Mon 5:00pm (Ages 9-12)

Lacrosse Skills & Drills (Ages 9-12)

Cradling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some lacrosse fun! Class will be held in the Y gym.

Wed 4:00pm

Sun 10:00am

Running Club (Ages 6-11)

Runners will log laps in our indoor track or through campground trails while learning basics of calisthenics, endurance, pace, and proper running/stretching technique.

Tue 4:00pm (Ages 6-8)

Thu 4:30pm (Ages 9-11)

Soccer Skills & Drills (Ages 5-12)

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

Wed 5:00pm (Ages 5-8)

Thu 3:30pm (Ages 9-12)

Super Sports (Ages 3-5)

Children will be introduced to a variety of sports such as basketball, soccer, tee-ball, floor hockey, gross motor skills or running, jumping, throwing, and kicking, all in a fun and supportive environment! Class will be held in the gym.

Mon 10:00am

Tue 10:00am

Thu 10:00am

Sun 11:00am

YOUTH BASKETBALL ASSOCIATION

November 20-February 19
Ages 5-13
F: \$126 M: \$220 NM: \$315

YBA is a 12-week basketball program which meets on Saturdays, November 20, 2021 - February 19, 2022, for youth ages kindergarten to 13. Throughout the season, youth will learn skills and drills with plenty of opportunities for game play. All divisions use age-appropriate basketballs and hoop settings while focused on fair play and fun. All levels of experience are welcome. Our volunteer coaches will guide the players through skill development prior to playing competitive games while promoting teamwork and sportsmanship. Players may request to play with a specific friend or coach, but teams will be capped at 10 players on a first come, first served basis. This program is 100% volunteer coached. If interested in coaching a team, please contact nguido@metronorthymca.org. Specific practice/game times will be assigned one week prior to season's start date.

YBA Age Groups

Kinder: Kindergarten

Biddy: Age 6

Rookie: Ages 7-8

Junior: Ages 9-10

Middle: Ages 11-13

YOUTH FITNESS

Kid's Fitness (Ages 8-11)

60 minutes

F: \$94 M: \$118 NM: \$190

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

Ages 8+

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 5:30pm

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.



Fall II Session:
Nov. 1 - Dec. 19

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

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 with Brandon (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

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 with Taylor

Sat 10:00am with Taylor

Kick & Punch Bootcamp *NEW*

In this small group class Brandon will lead you through a workout designed to increase cardiovascular endurance, build muscle, and burn fat with Kickboxing and Boxing inspired workouts. Participants must bring their own gloves. No experience necessary.

Tue 6:00pm with Brandon

Thu 6:00pm with Brandon

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.

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 7:00am with Katy

Mon 8:00am with Katy

Wed 8:00am with Katy

SPECIALTY ADULT FITNESS

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 tthomas@metro-northymca.org to schedule our first free session.

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

Recovery Circuit Training

Our recovery programs are free with any Y membership. For more information, or to sign up for your first FREE class, please contact the Welcome Center.

Mon 5:30am

Sat 9:45am

Recovery Yoga

Our recovery programs are free with any Y membership. For more information, or to sign up for your first FREE class, please contact the Welcome Center.

Fri 6:00pm

TEEN FITNESS

60 minutes

F: \$94 M: \$118 NM: \$190

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.ymcametronorth.org/personal-training/ to submit an inquiry.