

**Winter Session:
January 3 - February 20**

Registration Dates:
Member Registration: **Dec. 6**
Non-Member Registration: **Dec. 13**

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

AQUATICS

PARENT CHILD SWIM

Parent/Child A (6-18 months)

30 minutes

Tue: 9:00am
Sat: 9:00am
Sun: 10:20am

Parent/Child B (18-36 months)

30 minutes

Tue: 11:00am
Sat: 9:40am
Sun: 9:00am, 9:40am

PRESCHOOL SWIM

Stage 1 (3-6)

30 minutes

Mon: 10:20am, 4:35pm
Tue: 9:40am, 3:55pm, 4:35pm
Wed: 3:55pm
Thu: 3:55pm, 4:35pm
Fri: 4:35pm, 5:55pm
Sat: 9:00am, 10:20am, 11:00am, 11:40am
Sun: 9:00am, 10:20am, 11:00am, 11:40am

Stage 2 (3-6)

30 minutes

Mon: 11:00am, 3:55pm, 5:15pm, 5:55pm
Tue: 10:20am, 3:15pm, 5:15pm,
Wed: 3:15pm, 5:15pm, 5:55pm
Thu: 3:55pm, 4:35pm
Fri: 3:15pm, 5:15pm
Sat: 9:00am, 10:20am, 11:40am
Sun: 11:00am, 11:40am

Stage 3 (3-6)

30 minutes

Mon: 3:55pm
Tue: 3:15pm, 5:15pm
Thu: 3:55pm
Fri: 3:15pm, 5:15pm
Sat: 9:00am, 11:00am

Stage 4 (3-6)

30 minutes

Mon: 4:35pm
Thu: 3:15pm

YOUTH SWIM

Stage 1 (6-18)

30 minutes

Mon: 3:15pm
Tue: 5:55pm
Wed: 3:15pm, 4:35pm, 5:15pm
Thu: 5:15pm, 5:55pm
Fri: 3:55pm, 4:35pm
Sat: 9:40am
Sun: 9:40am, 10:20am

Stage 2 (6-18)

30 minutes

Mon: 5:15pm
Tue: 3:15pm, 5:55pm
Thu: 3:15pm, 5:55pm
Fri: 3:55pm, 5:55pm
Sat: 9:40am, 11:00am, 11:40am
Sun: 9:40am, 11:00am

Stage 3 (6-18)

30 minutes

Tue: 3:55pm, 4:35pm
Wed: 4:35pm
Thu: 3:15pm, 5:15pm
Sat: 9:40am, 11:00am, 11:40am
Sun: 9:00am

Stage 4 (6-18)

30 minutes

Mon: 3:15pm, 5:15pm
Tue: 5:15pm
Thu: 4:35pm, 5:15pm
Fri: 5:15pm
Sat: 10:20am
Sun: 11:40am

Stage 5 (6-18)

30 minutes

Wed: 5:55pm
Fri: 5:55pm

Stage 6 (6-18)

30 minutes

Mon: 5:55pm

Competitive Swim Prep

F: \$120 M: \$168 NM: \$280
40 minutes 2x per week
Tue/Thu 5:55pm

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

Wed: 6:30pm

ADULT SWIM

Adult Beginner Swim

30 minutes

Wed: 5:15pm, 5:55pm
Sun: 12:30pm

Adult Intermediate Swim

30 minutes

Wed: 6:30pm



PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Aquatics Director, Drew Sidell, at dsidell@metronorthymca.org.

CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.



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AQUATICS

PARENT CHILD SWIM

Parent/Child A (6-18 months)

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Parent/Child B (18-36 months)

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

PRESCHOOL SWIM

Stage 1 (3-6)

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.

Stage 2 (3-6)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (3-6)

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 using the deep end of the pool.

Stage 4 (3-6)

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.

YOUTH SWIM

Stage 1 (6-18)

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.

Stage 2 (6-18)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (6-18)

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 using the deep end of the pool.

Stage 4 (6-18)

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.

Stage 5 (6-18)

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.

Stage 6 (6-18)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

Competitive Swim Prep

40 minutes 2x per week

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

A beginner class for teens who have never had lessons. This class will improve confidence and comfort and teach floating and horizontal swimming skills in freestyle and backstroke. Please bring goggles to class.

ADULT SWIM

Adult Beginner Swim

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 17+ years.

Adult Intermediate Swim

30 minutes

Introduction to strokes and lap swimming. Please bring goggles to class. Ages 17+ years.

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Member: M
Non Member: NM

YOUTH DEVELOPMENT

YOUTH SPORTS

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

Basketball Skills and Drills (Ages 4-10)

45 minutes
In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Tue 3:00pm (ages 4-7)
Tue 4:00pm (ages 8-10)
Wed 10:00am (ages 3-5)

Mash-Up Mania (Ages 4-10)

45 minutes
This program will cover the basics of a different sport each week. Discover basketball, soccer, baseball, dodgeball and more in this sports mania program.

Thu 3:00pm (ages 4-7)
Thu 4:00pm (ages 8-10)

Mini Kickers (Ages 4-10)

45 minutes
This class is for children looking to have fun and learn soccer! Staff will go through drills and teach the fundamentals of the game with a focus on teamwork.

Wed 3:00pm (ages 4-7)
Wed 4:00pm (ages 8-10)

Track Stars of the Future (Ages 4-10)

45 minutes
Challenge yourself to beat your personal best time each week. Learn the skills of proper running and breathing techniques for long and short distance track events.

Thu 5:30pm (ages 6-9)
Thu 6:15pm (ages 10-12)

Youth Basketball League (Ages 5-13)

F: \$126 M: \$220 NM: \$315
12 Week Session - January 8-March 26
45 minutes

Participants will focus on the fundamentals and sportsmanship! The first 2 weeks will include evaluations, practices, and scrimmages. There will be 8 weeks of team games and the last 2 weeks will include playoffs and championships games!

Sat. 9:00am (ages 5-6)
Sat. 10:00am (ages 7-8)
Sat. 11:00am (ages 9-10)
Sat 12:00pm (ages 11-13)

CANCELLATION POLICY

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MUSIC STUDIO

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

Mini Musicians (Ages 3-5)

F: \$79 M: \$109 NM: \$174
45 minutes
Have fun with rhythmic development activities, instrument exploration and a wide array of age-appropriate songs. Caregiver participation is required.

Mon 1:15pm
Thu 1:15pm

Youth Piano (Ages 7-17)

60 minutes
Level 1
This class is for children who have little to no experience playing the piano. The class will focus on basic skills to successfully play the piano.

Level 1A
Tue 2:00pm
Level 1B
Tue 4:00pm

Level 2
This class is for students who have experience playing the piano or completed Level 1.

Fri 4:00pm

Youth Guitar (Ages 7-17)

60 minutes
Level 1
This class is for children who have little to no experience playing guitar.

Level 1A
Mon 2:00pm
Level 1B
Mon 4:00pm

Level 2
This class is for students with experience playing the guitar and reinforces lessons from Level 1.

Level 2A
Thu 4:00pm
Level 2B
Fri 2:00pm

Ukulele Lessons (Ages 7-17)

60 minutes
This class is for children interested in learning ukulele.

Level 1
Thu 2:00pm

Teen Music Studio (Ages 13-18)

FREE | Mon and Thu 5:00pm-6:00pm

Open Mic Night (Ages 8-12)
Come sing, recite poetry, tell a joke, and support local talent every 3rd Friday at the Youth Center.

Friday, January 21 6:00pm-8:00pm
Friday, February 18 6:00pm-8:00pm

Adult Guitar (Ages 18+)

60 minutes
Level 1
This class is aimed at adults with little to no experience playing the guitar. The instructor will cover basics for successful guitar playing, building confidence with the instrument, and playing their favorite songs.

Level 1A
Tue 1:00pm

Level 1B
Mon 5:00pm

Level 2
This class is for adults with experience playing the guitar and reinforces lessons from Level 1.

Level 2A
Fri 1:00pm

Level 2B
Thu 5:00pm

SPECIAL EVENTS

FRIDAY NIGHT IN

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

Let the kids stay late at the Y on a Friday night and enjoy a night out! Once a month the Y will host an evening jam packed with fun activities for children to enjoy from 5:30pm-8:30pm. A light dinner will be served. Advance registration is required.

Time Capsule - January 21 5:30pm-8:30pm
In The Name of Love - February 18 5:30pm-8:30pm

YOUTH ADVENTURE ZONE

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

Lil Ninjas (Ages 6-11)

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn the basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

Mon 4:30pm (ages 6-8)
Tue 5:00pm (ages 9-11)
Thu 4:00pm (ages 6-8)
Thu 5:00pm (ages 9-11)
Sat 11:00am (ages 6-8)



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Member: \$112
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ADULT FITNESS

60 minutes

Y Weight Loss

Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! A combination of cardio and strength exercises will slim your physique and tone the areas you need. This beginner friendly class will get you moving in the right direction.

Tue 5:00pm
Thu 7:00pm
Sat 8:00am

Kickboxing

Work with a personal trainer to build the foundations of kickboxing in this circuit-style workout. You will burn calories, build muscle, and relieve stress in a fun way! No experience necessary. Bring your own gloves.

Mon 6:30pm

Functional Bootcamp

Flip tires, slam balls, swing ropes, and more in this dynamic bootcamp-style class. Transform your body into a fitter, healthier you guided by a personal trainer who will motivate you at every step. Each class will build progressively and is suitable for any fitness levels.

Tue 6:30pm
Thu 6:00pm

TEEN FITNESS

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

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 with a focus on safety in the fitness center.

Tue 4:00pm
Wed 6:30pm
Sat 10:00am

Teen Sport Conditioning (Ages 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, bodyweight exercise, and more to prepare teens for sports and athletic activities. Participants do not need sports experience to enjoy this class!

Wed 5:30pm

Teen Ninja Training (Ages 12-16)

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

Swing to the next level of fun in the Adventure Zone, learning all the skills needed to get a great workout in the ninja warrior-style space. Teens will build confidence and strength to tackle each new obstacle. Portions of class will be devoted to upper body and core strength.

Wed 4:30pm

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.ymcamentronorth.org/personal-training/ to submit an inquiry and schedule a training session.

MEN'S BASKETBALL LEAGUE

60 minutes
F: \$112 M: \$112 NM: \$216

Whether you miss suiting up or want to keep your skills sharp, the Demakes Family YMCA's Adult Basketball League provides you the perfect opportunity to stay active, be social and engage in the sport you love. All games are played on a regulation full court gym with refs. Registration fee includes team jersey. Games will be played at a different time each week at 6:00pm, 7:00pm or 8:00pm.

Thu 6:00pm - 9:00pm

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