

### Winter Session: January 3 - February 20

Registration Dates:  
Member: **December 6**  
Non Member: **December 13**

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

## AQUATICS

### PRESCHOOL SWIM

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

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

30 minutes

Parents will be guided by an instructor 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 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 - 5:40pm  
Thu - 10:15am  
Fri - 3:20pm

#### 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 / 3:20pm / 3:50pm / 5:05pm  
Tue - 10:45am / 3:50pm / 4:30pm / 5:05pm  
Wed - 10:45am / 3:15pm / 4:30pm / 5:05pm / 5:40pm  
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 / 5:35pm  
Tue - 11:15am / 4:30pm / 5:05pm  
Wed - 11:15am / 3:50pm  
Thu - 11:15am / 5:00pm  
Fri - 4:25pm / 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  
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  
Tue - 5:40pm  
Thu - 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 / 5:40pm  
Tue - 3:55pm  
Wed - 4:25pm / 5:35pm  
Thu - 4:25pm / 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 / 5:40pm  
Tue - 4:25pm  
Wed - 3:55pm  
Thu - 5:40pm  
Fri - 3:55pm  
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

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

Registration Dates:  
Member: **December 6**  
Non Member: **December 13**

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

## AQUATICS

### 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

#### Hydro Pilates

M: \$70 NM: \$75

60 minutes

Hydropilates is partially in the deep end and in the shallow. The deep portion is pilates based moves that are adapted for the pool and the shallow is yoga and some meditation. This is a class for all abilities, participants must be comfortable with a buoyancy belt in the deep water, you do not need to know how to swim.

Wed - 1:00pm

### 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 - 3:15pm / 5:35pm  
Wed - 3:15pm / 3:45pm / 4:15pm / 4:45pm / 5:05pm  
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](mailto:aphoenix@metronorthymca.org).

#### Upcoming Tryouts:

Peabody - December 17

7:00pm, 7:15pm, 7:30pm, 7:45pm

*Register in advance at the Welcome Center today!*

### Winter Session: January 3 – February 20

Registration Dates:  
Member: **December 6**  
Non Member: **December 13**

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

## 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 – 9:00am (Ages 3-5)

Wed – 3:00pm (Ages 3-5)

Tue – 5:15pm (Ages 6-9)

#### 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

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. *Adult participation may be required.*

Tue-10:00am

Fri – 3:00pm

#### T- Ball (Ages 3-5)

45 Minutes

Players learn the basics of throwing, hitting and catching the ball. *Adult participation may be required.*

Thu – 9:00am

#### 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**

#### 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

This popular program encourages 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 – 5:15pm

#### 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 – 3:15pm

Tue & Thu – 4:15pm

### YOUTH SPORTS

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

#### One on One Sports Training (Ages 7-18)

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.

Thu – 6:15pm

Fri – 6:00pm

Sat – 10:30am

*For more days and times contact Alex Belluschi at [abelluschi@metronorthymca.org](mailto:abelluschi@metronorthymca.org).*

#### Volleyball (Ages 11-16)

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

## Winter Session: January 3 – February 20

Registration Dates:  
Member: **December 6**  
Non Member: **December 13**

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

# HEALTHY LIVING

### 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

#### 2x Per Week

M: \$210 NM: \$420

60 Minutes

Mon & Wed – 6:00pm

#### Get Fit and Healthy

M: \$112 NM: \$216

60 Minutes

This class combines a challenging whole-body workout with nutrition, the two key components for fitness and health.

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

bhiC 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

#### New Year Resolution Solution

M: \$159 NM: \$249

60 Minutes

Is fulfilling your New Year's resolution a problem you have yet to solve? We have the solution! This program provides guidance, motivation, and accountability you need for success. Weekly small group sessions of 4 to 6 people will meet with a personal trainer for motivation and guidance. You will also receive weekly emails with further nutrition and exercise tips to keep you on course! *Days and times TBD.*

### ADULT FITNESS

#### Pickleball

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 class is also an ideal option for those with diastasis recti, hernias or other abdominal injuries. Non-crawling infants are welcome.

Mon – 9:45am

#### Stay Fit

F: FREE M: FREE NM: \$78

60 Minutes

Join long time instructor, Kay Daniel 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

#### Triathlon Club

M: 112 NM: \$216

60 Minutes

Prepare for spring and summer triathlons! Program will include weekly training assignments and one coached workout per week. Participants will have an opportunity to practice a super sprint indoors in the early spring!

Sat – 7:30am

### YOUTH FITNESS

#### Teen Strength and Conditioning (Ages 10-13)

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

45 Minutes

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

Thu – 3:15pm

#### Intro to Weight Training (Ages 11-14)

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

60 Minutes

This class is designed for youths interested in various forms of weight training including body building, weightlifting, power lifting and lifting for strength. Trainers will provide instruction on technique, progression, and proper spotting. Participants will learn how to lift safely, minimizing injury and maximizing results!

Mon – 3:00pm

#### 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](mailto:bfarrell@metronorthymca.org).