



### Winter Session: January 3 - February 20

Registration Date  
Member Registration: **Dec. 6**  
Non-member Registration: **Dec. 13**

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

## 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)
- 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)

#### 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 4-6)

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 4:00pm (ages 4-6)

#### Flag Football (Ages 6-12)

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 9-12)

#### Dodgeball (Ages 7-12)

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  
Sat 1:00pm

### 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 BASKETBALL LEAGUE

45 minutes

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

Participants with practice skills and drills the first three weeks. Week four through the rest of the session, they will be split into teams and play basketball games each week. All participants receive a team shirt.

Sat. 8:00am (ages 4-6)  
Sat. 9:00am (ages 6-8)  
Sat. 10:00am (ages 7-12)

### 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

#### 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

### 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+.

Tue-Thu: 5:00pm-7:00pm  
Saturday: 8:00am-11:00am



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Family Member: \$112  
Member: \$112  
Non Member: \$216

## HEALTHY LIVING

### ADULT FITNESS

#### Lift Heavy, Look Lean

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

**Wed 10:15am**

**Fri 10:15am**

#### Adult Basketball League

**60 mins**  
Come join our adult basketball league in 5-on-5 action. Sign up as an individual or sign up with your five. Games will be 20-minute halves, run time.

**Tue 7:00pm**

#### Pickleball Open Gym

**FREE for Members**  
Come play pickleball with and against your friends. This is great for recreational or competitive players to maintain a fun, social and welcoming culture! Singles or Doubles with Co-ed play. **FREE for members!**

**Mon-Fri 6:00am-9:00am**

### SMALL GROUP 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.

**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

#### Y Fit Kids (Ages 2-5)

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

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 8-13)

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

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)**

### TEEN FITNESS

#### L.I.F.T. (Ages 12-16)

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

Lifting instructions 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.

**Wed 5:00pm**

**Thu 5:00pm**

**Fri 5:00pm**

#### Teen Sports Conditioning (Ages 12-16)

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

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

**Tue 4:15pm**

#### Teen Basketball League (Ages 15-18)

**75 minutes**  
**F: \$125 M: \$150 NM: \$250**

Come play pickup basketball with your friends against other competition. Sign up as an individual or sign up with your five. Games will be played to 11 points or 8 minutes, whichever comes first.

**Fri 6:30pm-7:45pm**

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