



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

30 minutes

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

A parent will be guided by an instructor and toddlers are introduced to towing, kicking and pulling combinations, floating and swimming without flotation, and assisted water entry and exit. Swim diaper must be worn.

Tue 10:35am
Sat 9:00am, 10:10am

Parent/Child Swim Stage B (18 to 36 months)

A parent will be guided by an instructor and toddlers are introduced to towing, kicking and pulling combinations, floating and swimming without flotation, and assisted water entry and exit. Swim diaper must be worn.

Tue 11:10am
Sat 9:35am, 10:45am
Sun 10:10am

PRESCHOOL SWIM

30 minutes

Preschool Swim Stage 1

This class is for the child who has little or no experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance while becoming more comfortable in the water. Please bring goggles to class.

Mon 3:30pm, 4:05pm, 4:40pm, 5:15pm
Tue 3:30pm, 4:40pm
Wed 10:35am, 1:45pm, 3:30pm, 4:05pm, 5:15pm
Thu 3:30pm, 4:05pm, 4:40pm, 5:15pm
Sat 9:00am, 9:35am, 10:10am, 10:45am, 11:20am
Sun 9:00am, 9:35am, 10:10am, 10:45am, 11:20am

Preschool Swim Stage 2

Swimmers must swim 5 feet on their front and back with assistance, fully submerge their head in the water, and exit the pool independently to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Mon 3:30pm, 4:05pm
Tue 4:05pm, 5:15pm
Wed 11:10am, 2:20pm
Thu 3:30pm, 4:05pm, 4:40pm
Sat 9:00am, 11:20am
Sun 9:00am, 10:45am

Preschool Swim Stage 3

Swimmers must swim 5 feet on their front and back without assistance, float independently for 10 seconds on front and back, and tread water for 10 seconds to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. Please bring goggles to class.

Mon 4:40pm, 5:15pm
Wed 2:55pm
Thu 3:30pm, 4:05pm, 5:15pm
Sun 9:35am, 11:20am

Preschool Swim Stage 4

Swimmers must swim 10 yards on their front and back without assistance, and tread water for 30 seconds to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Please bring goggles to class.

Mon 3:30pm
Tue 5:15pm
Wed 4:05pm, 5:15pm
Sun 9:35am

YOUTH SWIM

30 minutes

Youth Swim Stage 1

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.

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

Youth Swim Stage 2

Swimmers must swim 5 feet on their front and back with assistance, fully submerge their head in the water, and exit the pool independently to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Tue 4:05pm
Wed 4:05pm
Sat 11:20am
Sun 10:45am

Youth Swim Stage 3

Swimmers must swim 10 feet on their front and back without assistance, float independently for 20 seconds on front and back, and tread water for 10 seconds to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. Please bring goggles to class.

Mon 4:40pm
Tue 3:30pm
Wed 4:40pm

Youth Swim Stage 4

Swimmers must swim 15 yards on front and back without assistance, tread water for 1 minute, and pass the deep end test to enter this class. Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. Please bring goggles to class.

Mon 4:05pm
Tue 4:40pm
Wed 3:30pm, 5:15pm
Sat 9:35am
Sun 10:10am

Youth Swim Stage 5

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke, swim elementary backstroke for 15 yards, 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. Please bring goggles to class.

Fri 3:40pm
Sat 12:00pm

Youth Swim Stage 6

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breaststroke and butterfly, and tread water for 2 minutes to enter this class. Swimmers will increase their endurance and proficiency in the 4 competitive strokes along with flip turns and dives. Please bring goggles to class.

Fri 3:40pm
Sun 12:00pm

SPECIALTY SWIM

Competitive Swim Prep

40 minutes

A pre-swim team class designed for kids who are interested in joining the Triton Swim Team or preparing for the high school season. In this class, kids will increase their endurance and proficiency in the 4 competitive strokes, learn stroke drills, along with flip turns and dives. Swimmers must have passed Youth Stage 6 to be in this class.

Mon 5:15pm
Fri 4:25pm (two classes)
Sat 12:00pm

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.

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AQUATICS

ADULT SWIM

**30 minutes
M: \$137 NM: \$224**

Adult Beginner

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

**Tue 5:50pm
Sat 8:25am**

Adult Swim Stroke

For adults looking to use swimming as a source of fitness and an introduction to all 4 competitive strokes. Participants should be able to swim 25 yards. Please bring goggles to class.

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 focusing on stroke technique and conditioning, endurance, speed and strength.

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

TEEN SWIM

30 minutes

Teen Beginner

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

Sat 8:25am

Junior Lifeguarding

Junior Lifeguarding has a strong focus on developing both swimming and lifesaving skills, and will learn the basics to become a future Lifeguard! Participants will be introduced to in-water rescues, CPR and First Aid skills, use of lifeguarding equipment and will shadow certified lifeguards on the job. The program will also strive to teach self-confidence, team work and leadership. Must be able to pass the deep end test to enter this class.

Sun 12:00pm

PRIVATE SWIM LESSONS

**30 minutes
Ages 3+
F: \$238 M: \$280**

Classes are available for all skill levels. Private Swim Lessons are only available for YMCA of Metro North Members.

**Tue 3:30pm, 4:05pm, 4:40pm, 5:15pm
Wed 3:30pm, 4:05pm, 4:40pm, 5:15pm**

SPRINGBOARD DIVING

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

Beginner Springboard Diving

40 minutes
Beginner 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. Ages 7+.

Sat 8:20am

Intermediate Springboard Diving

40 minutes
This is for those divers who have taken diving classes before, they can do forward and back dives, and are working towards learning new dives. Ages 7+.

Sat 9:05am

Advanced Springboard Diving

45 minutes
Advanced Springboard Diving: For divers who have been promoted from the Intermediate class, or high school divers who want to perfect their advanced skills. Instructor recommendation required. Ages 7+.

Sat 9:50am, 10:40am

SWIM EVALUATIONS

Not sure what stage to sign your child up for? Come in for a swim evaluations. Please contact the Welcome Center at 978-977-9622 or email James Sweeney, Aquatics Director, at jsweeney@metronorthymca.org.

CANCELLATION POLICY

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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.



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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

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)
Tue 4:00pm (Ages 5-8)

Lacrosse Skills & Drills (Ages 6-10)

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

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

Dodgeball (Ages 6-12)

Players will enjoy throwing, running, and dodging while using teamwork and strategy. Different variations of the game will be played.

Tue 5:00pm (Ages 6-9)
Fri 5:00pm (Ages 10-12)

Nerf Blasters (Ages 6-10)

Speed, accuracy, and fun! Children will be introduced to new games and themes each week.

Fri 4:00pm (Ages 6-10)

YOUTH FITNESS

Kid's Fitness (Ages 8-11)

60 minutes

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

Our instructor 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.

Wed 3:30pm
Fri 3:30pm

VACATION SPORTS CLINICS

F: \$45 M: \$55 NM: \$75

Don't stay at home during school vacation week, come to the Y and try our vacation sports clinics. Children can build skills through drills and game play while staying active and hanging out with friends. Participants should come prepared each day with water and a light snack.

Basketball

Wednesday February 23
9:00am-12:00pm (Ages 6-11)
1:00pm-4:00pm (Ages 12-15)
Friday February 25
1:00pm-4:00pm (Ages 12-15)

Soccer

Thursday February 24
9:00am-12:00pm (Ages 6-11)

Sports Sampler

Friday February 25
9:00am-12:00pm (Ages 6-11)

YOUTH ENRICHMENT

45 minutes

Toddler Time (Ages 1.5-4)

Free for YMN Members
Supervised free play in the gym. This is the perfect time for you and your child to meet and play with other families.

Tue 11:00am (Ages 1.5-4)
Thu 11:00am (Ages 1.4-4)

Mini Monets (Ages 3-5)

Join us for some fun hands-on arts and crafts projects. Caregiver participation is required.

Mon 11:00am

Super Science (Ages 3-5)

Children will explore the world of science through fun, interactive activities and experiments. Caregiver participation is required.

Wed 10:00am

Creative Movement (Ages 2.5-5)

A joyful way for children to explore movement through music and dance, allowing them to express themselves in their own way.

Mon 1:00pm

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 close

CANCELLATION POLICY

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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 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

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

CANCELLATION POLICY

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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 Yoga

Our recovery yoga is a FREE program for Y members and nonmembers. 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.