

Spring II Session: April 16 – June 19

Registration Dates:
Member: **April 11**
Non Member: **April 18**

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

Water Zumba

M: FREE NM: \$140

45 minutes

You will perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. With different movements for the verse, chorus and bridge of each song.

Mon - 9:35am

Moving with Arthritis

M: \$95 NM: \$190

60 minutes

This class allows you to exercise without putting excess strain on your joints and muscles, with guidance from an arthritis foundation certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

Wed - 1:00pm

Half and Half

M: FREE NM: \$140

45 minutes

A mixture of respiratory endurance and interval training in both the shallow and deep end.

Tue - 9:35am

S'Wet

M: \$70 NM: \$140

45 minutes

This class combines high-intensity interval training with advanced cardio plyometrics for a powerful water workout adjustable for all levels of activity. This aquatic bootcamp is your one-stop shop for an ultimate total body water workout.

Fri - 9:35am

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

Hydro Pilates

M: \$70 NM: \$140

45 minutes

Hydro pilates 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.

Wed - 9:35am

Water Exercise

F: FREE M: FREE NM: \$140

60 minutes

Join us for a full body workout! A combination of cardio respiratory endurance, muscle conditioning and interval training.

Mon - 8:30am (Shallow end with Mary)

Tue - 8:30am (Deep end with Liz)

Wed - 8:30am (Shallow end with Liz)

Thu - 8:30am (LaBlast Splash with Scott)

Fri - 8:30am (Shallow end with Scott)

Aqua Therapy

M: \$70 NM: \$140

45 minutes

Exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefit.

Thu - 9:35am

Aquatic Stretch

F: FREE M: FREE NM: \$140

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue - 1:05pm

Thu - 1:05pm

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 - 10:55am

Tue - 10:30am / 3:15pm / 5:35pm

Wed - 3:15pm / 3:45pm / 4:15pm / 4:45pm /

5:05pm Thu - 11:30am / 3:20pm

Sat - 9:45am / 10:45am

Spring I Session: April ne 1

36G F 8;F 7

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

Spring Training

M: \$129 NM: \$209

60 Minutes

Groups of 4 to 6 people meet weekly with a personal trainer. Improve your strength, muscle tone, body composition and other health markers with progressive workouts designed to meet the goals of the group. *Various time slots are available. If you have a ready-made group of 4 participants and we have a trainer available, you can choose your own time slot.*

Adult Basketball League

F: \$40 M: \$40 CKK@CPQMLJW

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! *For more information contact Alex Belluschi at abelluschi@metronorthymca.org.*

Mon/Wed - 6:45pm-8:45pm

Healthy Heart Maintenance

M: FREE NM: \$70

60 Minutes

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

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.

Tue - 10:30am (Beginner)

Wed - 10:30am (Intermediate)

Stay Fit

F: FREE M: FREE NM: \$78

60 Minutes

Join long time instructor, Kay Danieli 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 - 12:30pm

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

Adult Volleyball League

M: 40 NM: \$70

60 Minutes

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-refereed.

Mon - 4:15pm

YOUTH FITNESS

Teen Strength and Conditioning (Ages 10-13)

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

45 Minutes

For youngathletes 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 - 3:15pm

Boxing (Ages 8-14)

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 / 12:30pm

Movement FUNdamentals: Teen MELT & Pilates (Ages 14-18)

M: FREE NM: FREE

60 Minutes

Teens will learn the FUNdamentals of proper movement and how to properly live in their bodies. Focused on the teen athlete but appropriate for all. Each week we will focus on a new movement pattern. We will discuss proper form and biomechanics and will then progress with MELT and Pilates techniques to reduce tension and build strength ultimately setting the participants up with a strong foundation for all future movement and sport activities.

Fri - 3:15pm