

**Spring Session:
April 25 – June 19**

Registration Dates:
Member Registration: **Apr 11**
Non-Member Registration: **Apr 18**

Rate Guide:
Family Member: \$84
Member: \$116
Non Member: \$190

YOUTH SPORTS & ENRICHMENT

YOUTH SPORTS

45 minutes

Skills & Drills Series

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 – 5:00p.m. (Ages 4-8)
- Basketball / Tue – 6:00p.m. (Ages 9-12)
- Volleyball / Tue – 7:00p.m. (Ages 11-15)
- Soccer / Thu – 6:00p.m. (Ages 5-8)
- Soccer / Sat – 9:00a.m. (Ages 3-5)
- Basketball / Sat – 9:00a.m. (Ages 4-6)
- Basketball / Sat – 10:00a.m. (Ages 6-8)
- Basketball / Sat – 11:00a.m. (Ages 9-12)
- Street Hockey / Sat – 11:00a.m. (Ages 6-10)

Mini All Stars (Ages 3-6)

Introduce your little athlete to a variety of sports including but not limited to basketball, soccer, t-ball, and kickball! This is a great class to get your child active and interacting with other children.

- Wed – 4:00p.m.
- Fri – 1:00p.m.
- Sat – 10:00a.m.

Gym Class Heroes (Ages 7-12)

Did you love gym class? Playing capture the flag, 4 square, hand ball or ultimate frisbee? Come have your kids play these classic games we all grew up loving! Your kids will learn and improve the basic skills of catching and throwing, strategy behind games and how to be competitive but have some fun doing it!

- Wed – 5:00p.m.
- Fri – 1:00p.m.

Flag Football (Ages 7-12)

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 – 5:00p.m.

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.

- Thu – 4:00p.m.

One-on-one Sports Training (Ages 7-12)

F: \$129 M: \$169 NM: \$219

Enroll your child in this class to work privately with coach Jenn! Your child will learn and enhance the proper techniques of their favorite sport! This class is great to get your child to that next level of play! Days and times are flexible
Email Jenn at jtoussaint@metronorthymca.org

Speed and Agility (Ages 6-9)

Work on your explosive movements to increase your speed and agility! This class will get you ready for any in season sport or just stay active!

- Tue – 3:30p.m.
- Fri – 3:00a.m.
- Sat – 8:00a.m.

Y Fit Kids (Ages 2-5)

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 – 8:45a.m.
- Thu – 8:45a.m.

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.

- Wed – 5:00p.m.

Story Time (Ages 3-5)

Each week there will be a different book introduced that we will read and expand our imaginations on the ideas behind these stories. There will also be engaging activities involved with each story.

- Tue – 4:00p.m.
- Wed – 10:00a.m.

Music and Movement (Ages 3-5)

Does your little one need to let out a little more energy at the end of the day? Have them come and join in with a little song and dance! This is a great class to have your child not only improve on their gross movement skills but also enhance their social and emotional skills.

- Tue – 10:00a.m.
- Wed – 4:00p.m.



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

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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Member: \$112
Non Member: \$216

ADULT & TEEN FITNESS

ADULT FITNESS

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, Wed, Fri | 6:00a.m. – 9:00a.m.
Tue, Thu | 10:00a.m. – 12:00p.m.

Lift Heavy, Look Lean

45 mins

In this intro to weight lifting class, get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Wed – 6:00p.m. (Upper Body)

Get cut and lean with the use of free weights, focusing on the upper body. Improve your body composition and learn the secrets to replacing fat with muscle.

Fri – 6:00p.m. (Lower Body)

Get cut and lean with the use of free weights, focusing on the lower body. Improve your body composition and learn the secrets to replacing fat with muscle.

Intro to Weight Training for Women

This introductory weight training program is designed to empower women, build strength and confidence while gaining the tools needed to continue your fitness journey. 45-minute class

Mon – 8:00a.m. w/ Paige
Thu – 8:00a.m. w/ Lauren

YOUTH & 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 – 5:00p.m



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. 45-minute class.

Mon – 6:15a.m.

Wed – 6:15a.m.

Outdoor Small Group Training

Take your training outdoors. 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. 45-minute class.

Tue – 5:30 p.m.

Fri – 5:30 p.m.

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/ to submit an inquiry and schedule a training session.



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