

**Summer Session:
June 27 - August 28**

Registration Dates:
Member Registration: **June 13**
Non-Member Registration: **June 20**

Rate Guide:
Family Member: \$99
Member: \$154
Non Member: \$250

AQUATICS

PARENT CHILD SWIM

Parent/Child A (6-18 months)

30 minutes

Tue: 9:00a
Sat: 9:00am / 10:10a
Sun: 10:10a

Parent/Child B (18-36 months)

30 minutes

Tue: 11:00a
Sat: 9:35a
Sun: 9:00a / 9:35a

PRESCHOOL SWIM

Stage 1 (3-6)

30 minutes

Mon: 9:40a / 10:20a / 3:15p / 3:50p / 4:35p / 6:10p
Tue: 9:40a / 3:50p / 4:25p
Wed: 3:50p / 4:25 p / 5:35p / 6:10p
Thu: 3:50p / 4:25p / 5:00p / 6:10p
Fri: 4:25p / 5:00p / 5:35p
Sat: 9:00a / 10:10a / 10:45a / 11:20a / 11:55a
Sun: 9:00a / 10:10a / 10:45a / 11:20a / 11:55a

Stage 2 (3-6)

30 minutes

Mon: 11:00a / 3:50p / 5:00p / 5:35p
Tue: 10:20a / 2:50p / 3:15p / 4:25p / 5:00p
Wed: 3:15p / 5:15p / 5:55p
Thu: 3:50p / 4:25p / 6:10p
Fri: 3:15p / 5:00p / 6:10p
Sat: 9:00a / 10:10a / 10:45a / 11:20a / 11:55a
Sun: 10:45a / 11:20a / 11:55a

Stage 3 (3-6)

30 minutes

Mon: 3:50p
Tue: 3:15p / 5:00p
Wed: 4:25p
Thu: 3:50p
Fri: 3:15p / 5:00p
Sat: 9:00a / 10:10a / 10:45a

Stage 4 (3-6)

30 minutes

Mon: 4:25p
Thu: 3:15p
Fri: 3:15p
Sat: 9:00a

YOUTH SWIM

Stage 1 (6-18)

30 minutes

Mon: 3:15p
Tue: 5:35p / 6:10p
Wed: 3:15p / 4:25p / 5:00p
Thu: 3:15p / 5:00p / 5:35p / 6:10p
Fri: 3:50p / 4:25p / 6:10p
Sat: 9:35a / 11:55a
Sun: 9:35a / 10:10a / 10:45a

Stage 2 (6-18)

30 minutes

Mon: 4:25p / 5:00p
Tue: 3:15p / 5:35p
Wed: 3:50p
Thu: 3:15p / 5:35p
Fri: 3:50p / 5:35pm
Sat: 9:35a / 10:45a / 11:20a
Sun: 9:00a / 9:35a / 10:45a

Stage 3 (6-18)

30 minutes

Tue: 3:50p / 4:25p
Wed: 3:50p / 4:25p
Thu: 3:15p / 3:50p / 4:25p / 5:00p
Fri: 4:25p / 6:10p
Sat: 9:35a / 10:45a / 11:20a
Sun: 9:00a / 10:10a

Stage 4 (6-18)

30 minutes

Mon: 3:15p / 5:10p
Tue: 5:00p / 6:10p
Wed: 5:00p
Thu: 4:25p / 5:00p
Fri: 3:50p / 5:00p / 6:10p
Sat: 9:35a / 10:10a
Sun: 9:35a / 11:20a

Stage 5 (6-18)

30 minutes

Mon: 6:10p
Tue: 6:10p
Wed: 5:35p / 6:10p
Fri: 4:25p / 5:35p
Sat: 11:20a
Sun: 11:20a

Stage 6 (6-18)

30 minutes

Mon: 5:35p
Fri: 5:35p
Sat: 11:55a / 11:55a

Competitive Swim Prep

FM: &150 M: \$220 NM: \$370
40 minutes 2x per week
Tue/Thu 5:55p

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

Wed: 6:10p

ADULT SWIM

Adult Beginner Swim

30 minutes

Mon: 5:35p
Wed: 5:00p / 5:35p
Sun: 11:55a / 12:30p

Adult Intermediate Swim

30 minutes

Mon: 6:10p
Wed: 6:10p
Sun: 11:55a / 12:30p

PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Aquatics Coordinator, Raphael Souza, at rsouza@metronorthymca.org.



CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

**Summer Session:
June 27 - August 28**Registration Dates:
Member Registration: **June 13**
Non-Member Registration: **June 20**Rate Guide:
Family Member: \$99
Member: \$154
Non Member: \$250

AQUATICS

PARENT CHILD SWIM

Parent/Child A (6-18 months)

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Parent/Child B (18-36 months)

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

PRESCHOOL SWIM

Stage 1 (3-6)

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.

Stage 2 (3-6)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (3-6)

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 using the deep end of the pool.

Stage 4 (3-6)

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.

YOUTH SWIM

Stage 1 (6-18)

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.

Stage 2 (6-18)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (6-18)

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 using the deep end of the pool.

Stage 4 (6-18)

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.

Stage 5 (6-18)

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.

Stage 6 (6-18)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

Competitive Swim Prep

40 minutes 2x per week**FM: & 150 M: \$220 NM: \$370**

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

TEEN SWIM

Teen Swim Lessons (12-17)

30 minutes

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

ADULT SWIM

Adult Beginner Swim

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 17+ years.

Adult Intermediate Swim

30 minutes

Introduction to strokes and lap swimming. Please bring goggles to class. Ages 17+ years.

CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.



Summer Session: June 27 – August 28

Registration Dates:
Member Registration: **June 13**
Non-Member Registration: **June 20**

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

YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$89 M: \$126 N: \$200

45 minutes

Basketball Skills and Drills (Ages 4-15)

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Tue 3:00 pm (ages 4-6)

Tue 4:00 pm (ages 7-10)

Tue 5:00pm (ages 11-15)

Sat 9:00am (ages 4-6)

Sat 10:00am (ages 7-10)

Sat 11:00am (ages 11-15)

Sports Sampler (Ages 4-10)

Introduction to a variety of sports including, but not limited to, floor hockey, baseball, ultimate Frisbee, soccer, and basketball.

Fri 10:00am (ages 4-6)

Fri 11:00am (ages 7-10)

Soccer Skills and Drills (Ages 4-10)

This class is for children looking to have fun and learn soccer! Staff will go through drills and teach the fundamentals of the game with a focus on teamwork.

Wed 3:00pm (ages 4-6)

Wed 4:00pm (ages 7-10)

Track Skills and Drills (Ages 5-10)

Challenge yourself to beat your personal best time each week. Learn the skills of proper running and breathing techniques for long and short distance track events.

Fri 5:00pm

Nerf Blasters (Ages 7-12)

Speed, accuracy and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eyewear (goggles or sunglasses).

Mon 11:00am

Thu 3:00pm

ONE-ON-ONE: SPORTS COACHING

Take your game to the next level with personalized, one-on-one coaching. Work with an experienced coach who will guide you or your child through drills and exercises to better your skills and help keep you competitive. Sessions can be used at your own pace with easy scheduling directly with the coach. Email Coach Griffin at mgriffin@metronorthymca.org for more details.

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.

MUSIC STUDIO

Summer 1: Jun 27-Jul 31
5 Weeks | F: \$55 M: \$82 N: \$124
Summer 2: Aug 1- Aug 28
4 Weeks | F: \$44 M: \$66 N: \$99
60 minutes

Music and Movement (Ages 0-5)

(With a Parent)

Come and enjoy a wonderful musical journey led by Austin Marks. Austin is an international musician, and producer who travels the world playing professionally for various artists, choirs, and bands. Have a ton of fun with several music styles and songs for kids and adults alike.

Wed 11:15am

Piano and Music Theory

Level 1 (Ages 6-12)

This class is for children who have little to no experience playing the piano. The class will focus on basic skills to successfully play the piano.

Tue 3:30pm

Wed 3:30pm

Wed 4:30pm

Adult Piano Lessons (Ages 18+)

It's never too late to learn piano. Come and learn a great new skill that you'll never regret. Austin is excited to help you learn to discover the joy of piano playing. Sign up today.

Tues 5:30pm

Teen Studio Time (Ages 15+)

Free with Membership

Wed 5:00pm-6:30pm

Thu 4:30pm-5:30pm

Voice Lessons and Stage Performance (Ages 15+)

FREE

If you love to sing and perform, this is the studio for you! Austin Marks has performed on 100's of stages and is ready to show you the proper way to sing, breath, keep your voice healthy, and become a great stage performer. Bring the songs you love and let's sing!

Tues 2:00pm

MUSICAL EVENTS

Music Showcase and Open Mic

(all ages)

June 16, 5:00pm-6:30pm

Coffee House Karaoke

(ages 12+)

July 7, 5:00-6:30pm

Talent Show

(All Ages)

July 29, 5:00pm-6:30pm

ENRICHMENT

Summer 1: Jun 27-Jul 31
5 Weeks | F: \$49 M: \$70 N: \$111
Summer 2: Aug 1- Aug 28
4 Weeks | F: \$40 M: \$56 N: \$89
45 Minutes

Messy Play (ages 3-5)

Come enjoy painting, watercolors, chalk, play dough, glitter, glue and more! Children will receive various supplies to allow for creative thinking and inspire their artistic skills. Older clothing is suggested!

Tues 9:00am

Get Your Wiggles Out (ages 3-5)

Children will warm up, participate in gross motor exercise, stretch, and cool down!

Tues 10:00am

Wed 11:00am

Snack Attack (Ages 7+)

Each week children will have fun learning their way around the kitchen making delicious snacks, experimenting with food and learn healthy eating habits in our new cooking kitchen and cafe.

Sat 10:30am

Sat 1:00pm

YOUTH ADVENTURE ZONE

45 minutes

F: \$89 M: \$126 NM: \$200

Lil Ninjas (Ages 6-11)

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn the basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

Mon 4:30pm (ages 6-8)

Mon 5:30pm (ages 9-11)

Tue 5:00pm (ages 9-11)

Wed 11:00am (ages 4-5)

Thu 4:00pm (ages 6-8)

Thu 5:00pm (ages 9-11)

Sat 11:00am (ages 6-10)

Summer Session: June 27 - August 28

Registration Dates
Member Registration: **June 13**
Non-Member Registration: **June 20**

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

ADULT FITNESS

M: \$144 NM: \$277
60 minutes

Y Weight Loss

Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! A combination of cardio and strength exercises will slim your physique and tone the areas you need. This beginner friendly class will get you moving in the right direction.

Mon - 5:30pm
Tues - 8:00am
Thurs - 7:00pm

Kickboxing

Work with a personal trainer to build the foundations of kickboxing in this circuit-style workout. You will burn calories, build muscle, and relieve stress in a fun way! No experience necessary. Bring your own gloves.

Thurs - 6:00pm

Functional Bootcamp

Flip tires, slam balls, swing ropes, and more in this dynamic bootcamp-style class. Transform your body into a fitter, healthier you guided by a personal trainer who will motivate you at every step. Each class will build progressively and is suitable for any fitness levels.

Tue - 6:30pm

ADULT FITNESS- MONTHLY

4 Weeks | M: \$64 NM: \$123
60 minutes

Y Weight Loss

Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! A combination of cardio and strength exercises will slim your physique and tone the areas you need. This beginner friendly class will get you moving in the right direction.

Sat - 9:00am

Life Heavy, Look Lean

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle. Sign up for either an upper body or lower body workout or sign up for both for maximum results!

Tues - 5:30pm (Upper Body)
Thurs - 5:30pm (Lower Body)

TEEN FITNESS

F: \$99 M: \$149 NM: \$224
60 minutes

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 with a focus on safety in the fitness center.

Wed - 6:30pm
Sat - 10:00am

Teen Sport Conditioning (Ages 12-16)

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

Wed - 5:30pm

YOUTH FITNESS

F: \$89 M: \$126 N: \$200
45 minutes

Youth Circuit Training (ages 8-11)

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Sat - 10:30am

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.ymcamentronorth.org/personal-training/ to submit an inquiry and schedule a training session.

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.