

Summer Session:
June 27 – August 28

Registration Date
Member Registration: **June 13**
Non-member Registration: **June 20**

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

YOUTH SPORTS AND ENRICHMENT

YOUTH SPORTS

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

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 Tues. 5:00pm (ages 3-5)
- Basketball Tues. 6:00pm (ages 6-10)
- Basketball Sat. 9:00am (ages 4-6)
- Basketball Sat. 10:00am (ages 7-10)
- Volleyball Tues. 7:00pm (ages 9-15)
- Soccer Wed. 5:00pm (ages 3-6)
- Soccer Sat. 11:00am (ages 6-12)

Flag Football (Ages 6-12)

Wed 6:00pm

Mini All-Stars (3-5)

Wed 4:00pm

YOUTH ENRICHMENT

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

Paint Night (Ages 6- 12)

Your child will engage in painting sessions centered around nature that incorporates art, creativity, and critical thinking.

Wed 5:00pm

Music and Movement (Ages 0-5)

Thu 4:00pm

Adventure Warriors (Ages 6-10)

Come and explore the outdoors while doing teamwork activities. For this class we will utilize our outdoor space doing the tight rope walks, tire swing obstacle courses, the archery range, and so much more! We will work on strategy and working together to accomplish a task.

Thurs 5:00pm



Important Session Notes:

- All classes observe a drop-off and pick-up policy. Parents do not stay in the class while it is in session.
- There will be no class Sat. July 10th. For this reason, Saturday classes will begin June 26th to fit in the full 9 class meetings.
- Tennis will be bring your own racket. Space, nettings, and tennis balls will be provided.
- For more information please contact Nicole Hanlon, Youth Program Director, at nhanlon@metronorthymca.org.

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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HEALTHY LIVING

ADULT FITNESS CLASS

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4 Week Session

Session 1: June 27th – July 22nd (Monday classes will have a makeup day on the 25th because of the 4th)

Session 2: August 1st – August 26th

Pickleball Open Gym

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. Open Gym is FREE for members!

Monday, Wednesday, Friday 6:00am-9:00am
Tuesday, Thursday 10:00am-12:00pm

Lift Heavy, Look Lean (45 min) (2, 4-week sessions)

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.

Friday 6:30pm

Intro to Weight Training for Women (45 min)

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

Thursday 8:00am

Junkyard Gym (45 min) (2, 4-week sessions)

Get ready to blast away fat while increasing work capacity and strength with our Junkyard class. We will use high intensity circuits consisting of unconventional exercises such as flipping tires and swinging sledge-hammers all while being outdoors (weather permitting).

Friday 5:15pm

Family Bootcamp (45 min) (2, 4-week sessions)

This is a bootcamp class that alternates between strength and cardio. This class is for beginning and advanced audiences which makes it perfect for the whole family! Open to everyone 10 years and up, this class will be held outdoors when weather is permitting

Tuesday 5:00pm

YOUTH/TEEN FITNESS

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Teen Sports Conditioning (45 min) (2, 4-week sessions)

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 you for sports and athletic activities.

Wednesday 5:00pm

Jump Start Orientations

Members receive one FREE session to learn how to properly use our fitness equipment. Fill out a form at the Welcome Center to set up an appointment!

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Child Watch: Ages 2-5

We are excited to have our child watch program back! Your child will enjoy a fun and safe environment while you work out!

Tues- Thurs 5:00pm-7:00pm
Sat: 8:00am-11:00am

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AQUATICS

PARENT CHILD SWIM

30 minutes
F: \$60 M: \$80

Parent/Child Stage A/B (Ages 6 months to 3 yrs)

Parents will be guided by an instructor on deck and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sat 9:00am
Sun 10:10am

PRESCHOOL SWIM

30 minutes
F: \$60 M: \$80

Preschool Swim Stage 1

For children aged 3 to 5 years. This class is for the child who has little experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance.

Mon 12:40pm, 3:05pm
Wed 12:40pm, 3:05pm
Sat 9:35am
Sun 9:00am

Preschool Swim Stage 2-3

For children aged 3 to 6 years. This class is for the child who has some experience in the water and understands basic water safety. Children are in the water with the instructor learning to increase their endurance with assistance.

Mon 12:05pm
Tue 12:40pm
Wed 12:05pm
Thu 12:40pm
Sat 10:10am
Sun 9:35am, 10:10am

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YOUTH SWIM

30 minutes
F: \$60 M: \$80

Youth Swim Stage 1

For children aged 6 to 12 years. This class is for the child who has little experience in the water. Swimmers will be learning the fundamentals of water safety through floating and movements with assistance. Children are in the water with the instructor.

Mon 4:10pm
Tue 11:30am
Wed 4:10pm
Thu 11:30am

Youth Swim Stage 2/3

For children ages 6-12. This class is for the child who has some experience in the water and understands basic water safety. Children are in the water with the instructor learning to increase their endurance with assistance. Please bring goggles to class.

Mon 11:30am
Tue 12:05pm
Wed 11:30am
Thu 12:05pm
Sat 9:35am

Youth Swim Stage 4

For children aged 6 to 12 years. 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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Mon 3:40pm
Wed 3:40pm
Sat 9:00am
Sat 10:10am
Sun 9:00am, 9:35am

PRIVATE SWIM LESSONS

Private Swim Lessons are available for YMCA of Metro North Members. Classes are 30 minutes in length for both private and semi-private lessons. Lessons are available to both children and adults of all skill levels. Private swim lessons are not guaranteed; requests are dependent on instructor availability. Please contact Aquatics Director, Jessica Murray, at jmurray@metronorthymca.org to inquire about private swim lessons.