

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/B (6–36 months)

Mon: 10:00am
 Wed: 10:00am

Parent/Child A (6–18 months)

Sat: 9:00am, 10:10am
 Sun: 10:45am

Parent/Child B (18–36 months)

Sat: 9:35am, 10:45am, 11:20am
 Sun: 10:10am

PRESCHOOL SWIM

Stage 1 (3–6 years)

30 minutes
 Mon: 10:35am, 3:30pm, 4:05pm, 4:40pm, 5:15pm
 Tue: 3:30pm, 4:40pm
 Wed: 10:35am, 3:30pm, 4:05pm, 5:15pm
 Thu: 3:30pm, 4:05pm, 4:40pm, 5:15pm
 Sat: 9am, 9:35am, 10:10am, 10:45am, 11:20am
 Sun: 9am, 9:35am, 10:10am, 10:45am, 11:20am
 [Saturday and Sunday: Two classes each timeslot]

Stage 2 (3–6)

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

Stage 3 (3–6)

30 minutes
 Mon: 3:30pm, 4:40pm, 5:15pm
 Tue: 3:30pm
 Wed: 4:40pm
 Thurs: 3:30pm, 4:05pm, 5:15pm
 Sun: 9am, 9:35am, 11:20am

Stage 4 (3–6)

30 minutes
 Tues: 5:15pm
 Wed: 4:05pm
 Thurs: 4:40pm
 Sat: 9am
 Sun: 12pm

YOUTH SWIM

Stage 1 (7–12 years)

30 minutes
 Wed: 4:40pm
 Thurs: 5:15pm
 Sat: 10:45am
 Sun: 11:20am

Stage 2 (7–12 years)

30 minutes
 Tues: 4:05pm
 Wed: 4:05pm
 Thurs: 4:40pm
 Sat: 11:20am
 Sun: 10:45am

Stage 3 (7–12 years)

30 minutes
 Mon: 4:40pm
 Tues: 3:30pm
 Wed: 4:40pm
 Thurs: 4:05pm
 Sat: 10:10am
 Sun: 9am

Stage 4 (7–12 years)

30 minutes
 Mon: 4:05pm
 Tues: 4:05pm, 4:40pm
 Wed: 3:30pm
 Thurs: 3:30pm, 5:15pm
 Sat: 9:35am
 Sun: 10:10am, 12pm

Stage 5 (7–12 years)

30 minutes
 Tues: 4:40pm
 Fri: 3:50pm, 4:25pm
 Sat: 12pm
 Sun: 9:35am

Stage 6 (7–12 years)

30 minutes
 Tues: 5:15pm
 Fri: 3:50pm
 Sat: 12pm
 Sun: 12pm

PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Stephen Resnic, sresnic@metronorthymca.org.

TEEN SWIM

Teen Beginner (13–17)

30 minutes
 Sat: 8:25am

ADULT SWIM

Adult Beginner Swim (18+)

30 minutes, 6 people max per class
 Tuesday 5:50pm
 Saturday 8:25am

Adult Swim Stroke

30 minutes, 6 people max per class
 Thurs: 5:50pm

SPECIALTY SWIM

Competitive Swim Prep (7–14 years)

40 Minutes

Mon: 5:15pm
 Wed: 5:15pm
 Fri: 4:25pm
 Sat: 12pm

DIVING

July 16 – August 13 (5 weeks)

Beginner Springboard (7+) 45 minutes

F: \$63 M: \$106 NM: \$166
 Saturday 8:15am

Intermediate Springboard (7+)

60 minutes
 F: \$83 M: \$141 NM: \$221
 Saturday 9:05am

Advanced Springboard (7+)

60 minutes
 F: \$83 M: \$141 NM: \$221
 Saturday 10:10am

CANCELLATION POLICY

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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.

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YOUTH SWIM

Stage 1 (7-12)

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 (7-12)

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 (7-12)

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 (7-12)

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 (7-12)

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 (7-12)

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

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.

SWIM TESTING

Safety is our First Priority at the Y! 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 within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers.

Not sure what stage to sign your child up for? Please contact our Welcome Center at (978) 977-9622 or email Stephen Resnic, sresnic@metronorthymca.org.



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Member: M
Non Member: NM

YOUTH DEVELOPMENT

YOUTH SPORTS

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

45 minutes

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 Y gymnasium and outdoors in the field.

and working as a team.

Tue 3:00pm

Thurs: 3:00pm

Nerf Blasters (Ages 6-10)

Speed, accuracy, and FUN! Children will be introduced to new games and themes each week. Nerf guns will be provided, but feel free to bring your own!

Wed 5:00pm

Archery (Ages 7-12)

Bullseye! Come shoot in our outdoor archery range. Bows and arrows are provided.

Mon 4:00pm

Wed 4:00pm

Kid's Fitness (Ages 8-11)

60 minutes

F: \$105 M: \$154 NM: \$224

Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning. No experience necessary, just a positive attitude and willingness to work hard.

Mon 3:30pm

Wed 3:30pm

Fri 3:30pm

Rock Climbing Wall (Ages 6-12)

Climb our rock wall while building strength, endurance, flexibility, and self-confidence!

Mon 10:00am

Tues 4:00pm

Thurs 4:00pm

Dodgeball (Ages 7-12)

Players will enjoy throwing, running, catching, and dodging while using teamwork and strategy. Various types of dodgeball will be played. Class will be held in the Y gymnasium.

Thurs 5:00am

Tues 4:00pm

Thurs 4:00pm

Youth Pickleball (Ages 8-12)

Players will learn rules of pickleball while enhancing skills by playing America's fastest growing sport. Pickleballs and paddles will be provided, but feel free to bring your own!

Mon 3:00pm

Messy Play (Ages 3-5)

Enjoy painting, slime, chalk, playdoh, glitter, glue, and games! Wear clothing you will not mind getting dirty.

Tues 10:00am

Thurs: 10:00am

Archery (Ages 7-12)

Bullseye! Come shoot in our outdoor archery range. Bows and arrows are provided.

Mon 4:00pm

Wed 4:00pm

YBA (Ages 6-13)

June 28th- August 25th
60 minutes

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

Summer YBA is a 9-week basketball program which will meet once a week, either Tuesday or Thursday. Throughout the season, youth will learn skills and drills with plenty of opportunities for game play. All divisions use age-appropriate basketballs and hoop settings while focused on fair play and fun. All levels of experience are welcome. Our volunteer coaches will guide the players through skill development prior to playing competitive games while promoting teamwork and sportsmanship. Players may request to play with a specific friend or coach, but teams will be capped at 10 players on a first come, first served basis. This program is 100% volunteer coached. If interested in coaching a team, please contact Nick Guido, nguido@metronorthymca.org. Specific practice/game times will be assigned one week prior to season's start date. and dodging while using teamwork and strategy. Various types of dodgeball will be played. Class will be held in the Y gymnasium.

CANCELLATION POLICY

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ADULT FITNESS

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

Women on Weights (WOW) M: \$64 NM: \$123 June 26- July 22 (4 weeks)

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.

Sun 8:30am with Melissa
Mon 8:30am with Melissa
Mon 9:30am with Melissa
Fri 8:00am with Melissa

Fit and Healthy with Taylor M: \$221 NM: \$442

Get healthy and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.
Mon & Wed 6:00pm

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
Wed 5:00pm with Steve

Y Weight M: \$80 NM: \$154 July 18- August 17

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 complement your heavy work.
Mon 7:00pm with Emily
Tue: 5:15am with Emily
Wed 7:00pm with Emily

Team Training M: \$128 NM: \$246 Session 1: June 28 - July 21 Session 2: July 26 - August 18

This 4-week small group program will push you over your fitness hurdles and get you ready for summer! Groups of 4 to 6 people meet 2x per week with a personal trainer; pre- and post-fitness evaluations will be conducted, and you will receive nutritional guidance throughout the length of the program.
Tues & Thurs 6:00pm

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@metronorthymca.org to schedule your first free session with Taylor.

Renew at the Y

The Renew 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 these programs are not intended to replace treatment rather offer a community for those who have gone through treatment and are now in recovery.
Recovery Yoga Fri 6pm

Glute Camp 60 Minutes

Glute Camp has arrived! 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 10:00am with Taylor

CANCELLATION POLICY

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TEEN FITNESS

F: \$104 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. No experience necessary, just a positive attitude and willingness to work hard.
Advanced: Thu 4:00pm with Steve
Beginner: Friday 4:00pm with Steve

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, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.
Tue 4:00pm with Steve

FAMILY WORKOUT TIME AT THE Y

Ages 8+ Family Members of the Y Only

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 4pm-8pm
Sat & Sun 12pm to close

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.