

Fall Session:
September 6 - October 30

Registration Dates:
Member Registration: **August 15**
Non-Member Registration: **August 22**

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

Pricing for 45 Minute Classes (except where noted)
F: \$84 M: \$116 NM: \$190

Sensory Fun! (ages 2-5yrs)

Sensory Fun is a great time for your child to socialize, work on their fine motor skills and enjoy fun games!

Wed 10:00 am-10:45 am

Paint Night (ages 6-12yrs)

Wed 5:00 pm- 6:00 pm

F: 89 M: \$122 NM: \$198
60 Minutes

Bouncy House Mania (ages 2-5yrs)

Have your child come and enjoy the fun of our bouncy house! It has an open bouncy area along with a slide!

Thur 9:15-10:00 am

Music & Movement (0-5yrs)

Come have your child engage with other friends while they practice gross motor skills with music, instruments and more fun! If you have a family membership you will be able to attend the gymnastics center open gym right after class for FREE!

Fri 10:00 am-10:45 am

Family Fun Time!

F: Free M: \$10 NM: \$20 | PER CHILD

The first Saturday of each month come with your family and enjoy some fun events! We will have the bouncy house, scooters, sports games, and much more! Guardian must be present.

First Saturday: 12:00 pm- 2:00 pm

One on One Training:

With the help of coach Jenn, your child will get their game to the next level learning skills, techniques and drills in their specified sport! For more days and times please get in touch with Jenn at: jtoussaint@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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Basketball Skills and Drills

Tue 4:30 pm-5:15 pm (3-5yrs)
Tue 5:30 pm-6:15 pm (6-10yrs)
Sat 9:00 am-9:45 am (4-6yrs)
10:00 am-10:45 am (7-9yrs)
11:00 am-11:45 am (10-13yrs)

Pick-Up Basketball (ages 10-15yrs)

This semi-structured class is a great way for your pre-teen/teen to come and play basketball with their friends! No drills just all games!

Tue 6:30 pm-7:15 pm

Speed & Agility (ages 7-12yrs)

Tue 3:30 pm-4:15 pm

Mini All-Stars (ages 3-5yrs)

Wed 11 am-11:45 am
Wed 4:00 pm-4:45 pm

Adventure Warriors (ages 7-12yrs)

Wed 4:00 pm-4:45 pm

Soccer

Wed 5:00 pm-5:45 pm (3-5yrs)
Wed 6:00 pm-6:45 pm (6-10yrs)

Gaga Ball

Sat 11:00 am

Archery (ages 7-12yrs)

Come and learn the rules and safety of archery along with target practice and the techniques to get a better aim! We will start the sessions by learning the safety rules and work our way to playing fun and engaging games!

Wed 5:00 pm- 5:45 pm
Sat 10:00 am

Pickleball

Do you want to learn about pickleball?? Does your child?? Come spend some quality time with your child and have some fun learning the new craze, pickleball!

Thu 4:00 pm-4:45 pm

Dodgeball (ages 6-10yrs)

Have some free time? Come with your child and play a competitive, fun game of dodgeball! We will learn different variations of the game so that now you have something to do at home with your kids!

Thu 5:00 pm-5:45 pm

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Adult Fitness

60 minutes | M: \$128 N: \$264

Adult Fitness Basics (60 min)

This program is designed to teach you everything about the gym. Learn about different machines, how to use them, what proper form looks like, and what exercises are best for you. This small group training will allow you to build an exercise plan that meets your fitness goals.

Thu 10:00am
Fri 6:30pm

Adult Fitness

45 minutes | M: \$112 N: \$216

Junkyard Gym (45 min)

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 sledgehammers all while being outdoors (weather permitting).

Fri 5:15pm

Family Bootcamp (45 min)

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.

Tue 5:00pm

CHILD WATCH FOR AGES 2-7

We'll watch your child while you work out!

Tue-Thu 5:00pm-7:00pm
Sat 8:00am-11:00am

Youth and Teen Fitness

60 minutes | FM: \$99 M: \$128 N: \$198

Youth/Teen Fitness Basics (60 min)

A youth version of our popular "basics," this program is designed to teach you everything about the gym. Learn about different machines, how to use them, what proper form looks like, and what exercises are best for you. This small group training will allow you to build an exercise plan that meets your fitness goals.

Tue 6:30pm

Youth and Teen Fitness

45 minutes | FM: \$94 M: \$116 N: \$190

Youth/Teen Small Group Training (45 min)

Get a group of friends together and come join us at the Saugus Y for a youth small group training class! The class is catered to you and your needs, whether you are getting ready for a sport, want to beat your friends in a race, or just get healthy, this class is for you! Throughout the 8-weeks, we will work on reaching your goals alongside your friends because working out is always better with a friend!

Fri 4:00pm-4:45pm

Jump Start Orientations

Members receive one FREE session to learn how to properly use our fitness equipment with your membership. Email pcole@metronorthymca.org for more information or to set up a time!

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