



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

PARENT/CHILD SWIM

30 Minutes | F: \$94 M: \$145 NM: \$235

Parent/Child Swim Stage A

30 min | 6 mo – 18 mo
Sat 9 am | 10:10 am

Parent/Child Swim Stage B

30 min | 18 mo – 36 mo
Sat 9:35 am | 10:45 am
Sun 10:10 am

Preschool Swim

30 minutes | F: \$94 M: \$145 NM: \$235

Preschool Swim Stage 1 (Ages 3 yrs – 6 yrs)

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

Preschool Swim Stage 2 (3 yrs – 6 yrs)

30 min
Mon 3:30 pm | 4:05 pm
Tue 4:05 pm | 5:15 pm
Thu 3:30 pm | 4:05 pm | 4:40 pm
Sat 9 am | 11:20 am
Sun 9 am | 9:35 am | 10:45 am

Preschool Swim Stage 3 (3 yrs – 6 yrs)

30 min
Children should be able to swim 5 feet without assistance.
Mon 3:30 pm | 4:40 pm | 5:15 pm
Thu 3:30 pm | 4:05 pm | 5:15 pm
Sun 9:35 am | 11:20 am

Preschool Swim Stage 4 (3 yrs – 6 yrs)

30 min
Children should be able to swim 15 feet without assistance.
Tue 5:15 pm
Wed 4:05 pm
Thu 4:40 pm

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.

YOUTH/TEEN SWIM

30 min | F: \$94 M: \$145 NM: \$235

Youth Swim Stage 1 (7-12 yrs)

Wed 4:40 pm
Sat 10:45 am
Sun 11:20 am

Youth Swim Stage 2 (7-12 yrs)

Tue 4:05 pm
Wed 4:05 pm
Sat 11:20 am
Sun 10:45 am

Youth Swim Stage 3 (7-12 yrs)

Swimmers should be able to confidently swim 15 yards on their stomachs and 15 yards on their back
Mon 4:40 pm
Tue 3:30 pm
Wed 4:40 pm
Sat 10:10 am
Sun 9:00 am

Youth Swim Stage 4 (7-12 yrs)

Swimmers should be able to confidently swim 25 yards on their stomachs and 15 yards on their backs.
Mon 4:05 pm
Tue 4:40 pm
Wed 3:30 pm | 5:15 pm
Thu 5:15 pm
Sat 9:35 am
Sun 10:10 am

Youth Swim Stage 5 (7-12 yrs)

Swimmers should be able to confidently swim 25 yards in the front and back crawl, and 25 yards in the breaststroke.
Sat 12:00 pm

Youth Swim Stage 6 (7-12 yrs)

Swimmers should be able to confidently swim 50 yards in the correct front and back crawl, and 25 yards in the breaststroke.
Sun 12:00 pm

Teen Beginner (13-17 yrs)

Sat 8:25 am

Swim Evaluations

Not sure what stage to sign your child up for? Come in for a swim evaluation. Please contact our Welcome Center at (978) 977-9622 or email Stephen Resnic, Aquatics Director, at Sresnic@metronorthymca.org

Private Swimming Lessons (Ages 3+ yrs)

30 min | (Members only)
Tue 3:30 pm | 4:05 pm | 4:40 pm | 5:15 pm
Wed 3:30 pm | 4:05 pm | 4:40 pm | 5:15 pm

Competitive Swim Prep (Ages 7-14 yrs)

40 min
For children aged 7+ looking to be introduced to the fundamentals of competitive swimming. Swimmers should be able to swim 50 yards.
Mon 5:15 pm
Sat 12:00 pm

Beginner Springboard Diving (Ages 7+ yrs)

F: \$105 M: \$180 NM: \$289
45 min
Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the side of the pool.
Sat 8:15 am-9:00 am

Intermediate Springboard Diving (Ages 7+ yrs)

F: \$140 M: \$240 NM: \$385
60 min
Sat 9:05 am-10:05 am

Advanced Springboard Diving (Ages 7+ yrs)

F: \$140 M: \$240 NM: \$385
60 min
Sat 10:10-11:10 am

ADULT SWIM

M: \$145 NM: \$235
Adult Beginner (Ages 18+ yrs)
30 min
Tue 5:50 pm
Sat 8:25 am

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 yrs of age or shorter than 50 inches must wear a U.S. Coast Guard personal floatation 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.



Fall Session:
September 6 – October 30th

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

Rate Guide:
Family Member: \$84
Member: \$116
Non Member: \$190
*Except where noted

SPORTS

Super Sports

45 Minutes | Ages 3 – 7
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.

Tue 10:00 am (Ages 3-5)
Thu 4:00 pm (Ages 5-7)
Sat 9:00 am (Ages 3-5)

Archery

45 minutes | Ages 7 – 12
Bullseye! Come shoot in our outdoor archery range. Bows and arrows are provided.

Mon 4:00 pm
Wed 4:00 pm

Dodgeball

45 minutes | 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.

Thu 5:00 pm

Lacrosse Skills & Drills

45 minutes | Ages 6 – 10
Cradling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some lacrosse fun! Class will be held outside in the field as well as the Y gym.

Tue 5:00 pm

Flag Football

45 minutes | Ages 6 – 8
Players will learn to run, catch, and pull flags in this fun-filled class. Class will be held outdoors in the field and in the gym.

Thu 5:00 pm

Basketball Skills & Drills

45 minutes | Ages 4-12
Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

Mon 4:00 pm (Ages 4-5)
Mon 5:00 pm (Ages 6-8)
Tue 4:00 pm (Ages 4-5)
Tue 5:00 pm (Ages 6-8)
Tue 6:00 pm (Ages 9-12)
Sat 10:00 am (Ages 6-8)

Running Club

45 minutes | Ages 6-12
Runners will log laps in our outdoor trails, field, and track while learning basics of calisthenics, endurance, pace, and proper running/stretching technique.

Tue 4:00 pm
Thu 4:00 pm

Youth Pickleball

45 minutes | 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!

Wed 4:00 pm

Soccer Skills and Drills

45 minutes | Ages 6-8
Dribbling, passing From beginner to those looking to enhance their skills. Classes held outdoors on the field.

Mon 5:00 pm
Sat 11:00 am

Kid's Fitness | 60 minutes | Ages 8-11
F: \$149 M: \$192 NM: \$297

Children will go through a warmup before starting exercises to help build confidence and strength. No experience necessary, just willingness to work hard and have fun.

Tue & Thu 3:30-4:30 pm

Family Workout Time at the Y

Family Members Only | Ages 8+
Members can workout with their children ages 8 or older and develop healthy habits together. While floor staff are available to answer questions, parents are expected to workout with their children.

Thu & Fri 4:00 pm to 8:00 pm
Sat & Sun 12:00 pm to close

Messy Play

45 minutes | Ages 3 – 5
Enjoy painting, slime, chalk, play-doh, glitter, glue, and games! Wear clothing you will not mind getting dirty.

Wed 4:00 pm
Sat 10:00 am

Nerf Blasters

45 minutes | Ages 6 – 10
Speed, accuracy, and FUN! New games and themes each week. Nerf guns will be provided, but feel free to bring your own!

Wed 5:00 pm

Creative Movement

45 minutes | Ages 3 – 5
A joyful way for children to explore movement through music and dance.

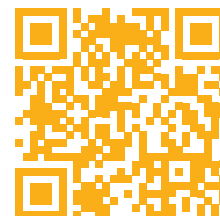
Sat 9:00 am

Healthy Kids Kitchen

45 minutes | Ages 3 – 5
An introduction to basic cooking skills while creating and enjoying healthy treats.

Wed 9:30 am
Sat 11:00 am

Scan to Register



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ADULT FITNESS

M: \$128 NM: \$246

Women on Weights (WOW)

60 Minutes

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.

Mon 8:30 am with Melissa

Mon 9:30 am with Melissa

Fri 7:00 am with Melissa

Fri 8:00 am with Melissa

Fit and Healthy with Taylor

M: \$221 NM: \$442

60 minutes

Get healthy and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Tue & Thu 6:00 pm

Y Circuit

60 Minutes

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 5:00 pm with Steve

Wed 5:00 pm with Steve

Y Weight

60 Minutes

During this 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 compliment your heavy work.

Mon 7:00 pm with Emily

Tue 5:15 am with Emily

Wed 7:00 pm with Emily

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 10:00 am with Taylor

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.

S'WET™ Boot Camp Water Fitness

M: \$112 NM: \$216

45 Minutes

S'WET Boot Camp is a structured water fitness class that is HIGH intensity but low impact. Easy on joints while helping to build stamina and strength. Each class is 45 mins in length and will use buoys, noodles, gloves, paddle boards or Aqua-Ohm resistance bands to add fun and improve strength training.

Tuesdays 8:00 am

Thursdays 8:00 am

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.

TEEN FITNESS

F: \$99 M: \$128 NM: \$198

Teen Sport Conditioning

60 Minutes | 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 4:00 pm with Steve

L.I.F.T.

60 Minutes | 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 4:00 pm with Steve

Beginner: Fri 4:00 pm with Steve

Scan to Register

