

**Winter Session: 7 Weeks
February 27– April 16**

Registration Dates:
Member Registration: **February 6**
Non-Member Registration: **February 13**

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

YOUTH SPORTS

45 mins | FM: \$79 | Y: \$106 | NM: \$174

60 mins | FM: \$84 | Y: \$116 | NM: \$190

Basketball Skills & Drills | 45 minutes (Ages 4–6years)

Your child will learn the basic skills of basketball i.e., dribbling, passing, and shooting along with learning the format of a real game!

Tue: 4:00pm–4:45pm

Sat: 9:00am–9:45am

Basketball Skills & Drills

45 minutes (Ages 7–12 years)

Your child will learn the basic skills of basketball i.e., dribbling, passing, and shooting along with learning the format of a real game!

Tue: 5:00pm–5:45pm

Sat: 10:00am–10:45am

Mini All Stars | 45 minutes (Ages 3–5 years)

Your child will love participating in a variety of sports such as basketball, soccer, t-ball, etc. And learn the basic skills of these sports!

Sat: 9:00am–9:45am

Volleyball | 45 minutes (Ages 7–12years)

Have your child come to learn the beginning skills of volleyball and work their way up to playing real games!

Wed: 6:00pm–6:45pm

Soccer Skills & Drills | 45 minutes (Ages 3–5years)

Have your child come to socialize while learning the basic skills of soccer i.e., dribbling, passing, and scoring!

Wed: 4:00pm–4:45pm

Soccer Skills & Drills | 45 minutes (Ages 6–10years)

Have your child come socialize while learning the basic skills of soccer i.e. dribbling, passing and scoring!

Wed: 5:00pm–5:45pm

Street Hockey | 45 minutes (Ages 7–12years)

Learn the rules of hockey along with stick handling, shooting drills, and game play!

Thurs: 4:00pm – 4:45pm

Intro to T-ball | 45 minutes (Ages 4–6)

Your child will learn the basics of hitting, catching and throwing-- and social skills, team work and sportsmanship! **Sat: 10:00am – 10:45am**

One-on-One Sports Training | 45 minutes (Ages 7+years)

One-on-one lesson with Coach Jenn to get to the next level. Email for more details at

jtoussaint@metronorthymca.org

ENRICHMENT

45mins | FM: \$79 | Y: \$106 | NM: \$174

Paint Night | 45 minutes (Ages 6–10 years)

Does your child love to draw or paint? Have them use their imagination on an array of art projects!

Tues: 5:00pm–5:45pm

Craft Me A Story | 45 minutes (Ages 3–5 years)

Each week we will read a different story and do a craft that goes with the story!

Tue: 10:00am–10:45am

Kids Yoga & Dance Class | 45 minutes (Ages 2–5)

Learn the basics of yoga and dance through fun and engaging music. This class will teach yoga poses, meditation and mindfulness, all while keeping your little one moving and expressing their own creativity.

Thu: 10:00am–10:45am

Thu: 11:00am–11:45am

Nerf Blasters | Ages 6–12

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

Thu: 5:00pm–5:45pm

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FITNESS

30 minutes (Ages 18+)
F: \$78 | M: \$78 | NM:\$165

Introduction to Meditation

Unwind your mind! Come learn the fundamentals of meditation and the different styles you can incorporate into your life. Participants will have the chance to practice different techniques in real time and the ability to work with their instructor on a method that can bring them the ultimate sense of clarity.

Sun: 10:00am–10:30am

Wed: 4:00pm–4:30pm | 5:30–6:00pm

Health and Wellness Consulting

45 minutes | F: \$101 | M: \$101 | NM: \$212

Sit down with a Certified Health and Wellness Coach to develop a plan to suit all your well-being needs. Proper nutrition, fitness, and mindfulness recommendations will be provided in a one-on-one environment. To schedule an appointment or obtain more information, please contact David Colarossi at dcolarossi@metronorthymca.org

Sunday–Thursday (By Appointment Only)

Adult Dodgeball League

60 minutes | F: \$45 | M: \$45 | NM: \$75

Get ready for Dodgeball at the Y! Come to have fun, compete, and build your team working skills while playing a classic game. Teams can have no less than 5 people. Please register before 2/24. If you want to register as a team, please contact David Colarossi at dcolarossi@metronorthymca.org

Mon: 6:00pm–7:00pm

Couch to 5K

45 minutes | F: \$101 | M: \$101 | NM: \$212

Get ready to run a 5K at Breakheart Reservation on April 22nd. Train with our staff and prepare to have fun as we get you in shape to run with other Y members, friends and staff. This is an excellent way to get into running if you've ever thought of it. You'll get the right plan to follow. If you would like to register for more than two days a week, please email David Colarossi; dcolarossi@metronorthymca.org. Those who complete the program will receive a discount for registering for the Not a Walk in the Park 5k on 4/22/2023

Sun: 11:00am

Tue: 4:00pm

Thu: 5:00pm

L.I.F.T

60 Minutes (Ages 12–16)

F: \$102 | M: \$102 | NM: \$235

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.

Mon: 4:00pm–5:00pm with David

Thu: 4:00pm–5:00pm with David

Pickleball Lessons | 60 minutes (Ages 18+)

This open play format allows you to practice skills with drills and actual game play. Come learn the game, practice skills and get opportunities to compete in a group setting.

Wed: 11:30am–12:30pm (Beginner)

Thu: 12:00pm–1:00pm (Beginners)

Fri: 11:00am–12:00pm (Advanced Beginner)

Pickleball League

M: \$50 | NM:\$192

This open play format allows you to practice skills with drills and actual game play. Come learn the game, practice skills and get opportunities to compete in a group setting.

Tue: 6:00pm–8:00pm (Beginner/ Intermediate)

Thu: 6:00pm–8:00pm (Advanced)

**Scan the
QR Code to
Register
for Spring
Programs**

