

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

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

Rate Guide:
Family Member: F \$90
Member: M \$131
Non-Member: NM \$223

AQUATICS

30 MIN

Parent / Child Swim: A Ages 6–18 months

Sat: 9:00am | 11:30am
Sun: 9:35am

Parent / Child Swim: B Ages 18–36 months

Sat: 10:10am | 12:40pm
Sun: 10:10am

Preschool Swim: Stage 1 | Ages 3–5

Mon: 4:55pm | 5:30pm
Tue: 3:45pm | 4:55pm
Wed: 3:45pm | 5:30pm
Thu: 3:45pm | 4:20pm
Sat: 9:35am (2) | 10:10am | 10:45am (2)
12:05pm | 1:15pm
Sun: 10:45am

Preschool Swim: Stage 2 | Ages 3–5

Mon: 3:45pm | 4:20pm
Tue: 3:45pm | 5:30pm
Thu: 4:55pm (2)
Sat: 10:10am | 12:05pm (2) | 1:15pm

Preschool Swim: Stage 3 | Ages 3–5

Mon: 4:55pm | 5:30pm
Tue: 3:45pm
Thu: 3:45pm | 4:20pm
Sat: 10:45am | 12:05pm | 12:40pm | 1:15pm

Preschool Swim: Stage 4 | Ages 3–5

Mon: 3:45pm
Wed: 4:20pm
Sun: 11:20am

Private Swim Lesson | Ages 4+

F: \$259 | M: \$301
Mon: 3:45pm
Tue: 3:45pm | 4:20pm | 4:55pm | 5:30pm
Thu: 3:45pm
Sat: 9:00am | 9:35am | 10:10am | 10:45am
11:30am | 12:05pm | 12:40pm | 1:15pm

Youth Swim: Stage 1 | Ages 6–13

Mon: 4:20pm
Tue: 4:20pm
Wed: 4:55pm
Sat: 9:35am | 10:45am | 11:30am
12:05pm | 12:40pm

Youth Swim: Stage 2 | Ages 6–13

Tue: 4:20pm
Wed: 4:20pm
Thu: 5:30pm
Sat: 10:10am | 11:30am | 1:15pm
Sun: 9:35am

Youth Swim: Stage 3 | Ages 6–13

Wed: 4:55pm
Thu: 4:55pm
Sat: 9:35am (2) | 10:10am
11:30am | 12:40pm
Sun: 9:00am | 10:45am

Youth Swim: Stage 4 | Ages 6–13

Wed: 3:45pm | 5:30pm
Thu: 5:30pm
Sat: 9:00am | 10:45am | 11:30am

Youth Swim: Stage 5 | Ages 6–13

Tue: 5:30pm
Sat: 9:00am | 12:40pm
Sun: 10:10am

Youth Swim: Stage 6 | Ages 6–13

Tue: 4:55am
Sat: 9:00am
Sun: 9:00am

Competitive Swim Team Prep

45 MIN | Ages 6–13
F: \$180 | M: \$254 | NM: \$410

Mon & Thu: 4:00pm
Tue & Fri: 4:00pm

Adult & Teen | Ages 14+

Tue: 5:50pm (Intermediate)
Sat: 9:00am (Beginner)
Sun: 8:25am (Intermediate)

Beginner Springboard Diving

45 MIN | Ages 6 – 18
F: \$100 | M: \$145 | NM: \$234

Sat: 8:15am
Sun: 9:15am

Intermediate Springboard Diving

60 MIN | Ages 6–18
F: \$110 | M: \$160 | NM: \$258

Sat: 9:05am
Sun: 10:05am

Advanced Springboard Diving

60 MIN | Ages 6 – 18
F: \$110 | M: \$160 | NM: \$258

Sat: 10:10am – 11:10am



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.

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Family Member: \$79
Member: \$106
Non Member: \$175

SPORTS & ENRICHMENT

45 Min

Homeschool PE | Ages 5–12 \$176

Mon: 10:00am – 1:00pm

Homeschool PE with Swim Lesson

Ages 5–12

\$255

Looking for additional plans to include in your homeschool education? Join us for a three-hour session in physical education, mindfulness, swim, and other activities here at the Y. We offer hands-on experiences to benefit student development and social engagement. Add a swim lesson to your plan or choose to swim freely.

Mon: 10:00am – 1:00pm

Baseball

Players will learn the skills of hitting, fielding, throwing, and running the bases in the gym. Please bring your own glove and bat.

Wed: 4:00pm Ages 6–8

5:00pm Ages 9–12

Fri: 4:00 Ages 6–8

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!

Wed: 5:00pm

Running Club | Ages 6–12

Runners will log laps, participate in sprinting, and distance drills, and play fun running games on our track while learning basics of calisthenics, endurance, pace, and proper running/stretching technique.

Thu: 4:00pm

Floor Hockey | Ages 6–12

Play floor hockey while enhancing your skills and having fun. Class will be held in the Y gymnasium.

Tue: 4:00pm

Super Sports

Children will be introduced to a variety of sports such as basketball, soccer, floor hockey, dodgeball, and more, all in a fun and supportive environment! Class will be held in the Y gymnasium.

Tue: 5:00pm Ages 3–5

5:00pm Ages 6–10

Dodgeball | Ages 6–10

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: 5:00pm

Soccer | Ages 6–10

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some soccer fun! Each class will begin with drills followed by a game. Class will be held in the Y gymnasium.

Thu: 4:00pm

Intro to Dance | Ages 3–5

This class introduces our little dancers to creative movement and musicality in a fun and engaging way. Different styles of dance are explored.

Sat: 8:00am

Messy Play | Ages 3–5

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

Sat: 9:00am

Youth Fitness & Self-Defense

Larry Leavitt, 6th Degree Black Belt, will teach the basics of boxing, karate, and grappling while providing a fun and challenging workout. Students will develop speed, strength, endurance, and confidence.

Sun: 11:00am Ages 5–7

12:00pm Ages 8–12

Basketball

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun! Each class will begin with drills followed by a game. Class will be held in the Y gymnasium.

Mon: 4:00pm Ages 6–8

5:00pm Ages 9–12

Sat: 9:00am Ages 6–8

Tee Ball | Ages 3–5

Players will learn the skills of hitting, fielding, throwing, and running the bases in the gym. Please bring your own glove and bat.

Sat: 10:00am

Novice/Advanced Beginner Pickleball League | 18+

M: \$50 | NM: \$192

Mon: 6:00pm–8:00pm

Intermediate/Advanced Pickleball League | 18+

M: \$50 | NM: \$192

Wed: 6:00pm–8:00pm

Kids' Fitness | 60 Minutes | Ages 8–11

F: \$161 | M: \$220 | NM: \$353

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.

Tue & Thu: 3:30pm

Adult Pickleball Lessons 60 Minutes with Sarah Caliento 4 Weeks Starting 3/18/23

M: \$70 | NM: \$147

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!

Tue: 11:00am (Advanced Beginner)

Sat: 4:15pm (Beginner)

February Vacation Clinic Super Sports with Nick

F: \$78 | M: \$107 | NM: \$164

Join us for a three-day sports clinic at the Y during school vacation, led by our Sports Director Nick Guido. Each session will run for three hours and include skills and drills for various sports such as basketball, dodgeball, and soccer, team building activities, gameplay, and plenty of fun. Please pack a snack and water for each session and have children wear sneakers and comfortable attire. Contact Nick at nguido@metronorthymca.org for more information.

Ages 6–8

Tue – Thu 9:00am–12:00pm

Ages 9–13

Tue – Thu 1:00pm–4:00pm

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Member: M \$112
Non Member: NM \$235

HEALTH & WELLNESS

60 MIN

Women on Weights

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

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

Glute Camp

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

Low Impact, Big Results:

Glutes & Core

Increase your cardiovascular stamina while building your backside. This low impact, high burn treadmill walking class will get your heart rate up while strengthening your glutes and hamstrings by utilizing various incline levels. Finish off with dynamic core strengthening moves for a complete workout.

Thu: 9:15am with Melissa

Postpartum Core

Rebuild your core safely and effectively following pregnancy under the coaching of our postpartum-certified personal trainer, Taylor.

Wed: 4:00pm with Taylor

Couch to 5K

You CAN run a 5k! Whether you have no running experience whatsoever or getting back into it, our running coach Nicole will guide you through this progressive program to help you build towards your first 5K!

Tue: 8:00am with Nicole

Small Group Training

M: \$202 | NM: \$423

Get the attention and program planning you need while working in a small group! This format allows you to work through strength, conditioning, cardio, core, and recovery work with the close guidance of a personal trainer and the support of a group.

Mon & Wed: 6:00pm with Taylor

Small Group Training

Get the attention and program planning you need while working in a small group! This format allows you to work through strength, conditioning, cardio, core, and recovery work with the close guidance of a personal trainer and the support of a group.

Wed: 4:00pm with LeAnn

Mommy & Me Fitness

Get your workout in while bonding with your baby! This class is designed for postpartum parents to get a full body strength and cardio workout utilizing various exercises all while still interacting with baby. Babies must be 6 months or younger.

Mon: 11:30am with LeAnn

Mindfulness & Meditation Series

30 Minutes | M: \$78 | NM: \$165

Whether new to meditation or a seasoned practitioner, explore and deepen your mindfulness practice with a variety of guided meditations and mindfulness exercises.

Tue: 6:30pm with Judith

Y Weight | 6 weeks starting 3/6/23

M: \$102 | NM: \$214

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: 7:00pm with Emily
Tue: 5:15am with Emily
Wed: 7:00pm with Emily

Intro to Ballroom Dance

F: 175 | M: \$175 | NM: \$250

Pricing is per couple. This beginner-friendly, all-levels dance class will cover all the basic steps from dips to turns. Learn dances such as the waltz, salsa, foxtrot, tango, and swing. So grab your partner or friend and meet us on the dance floor!

Sun: 10:00am with Mic Teague

TEEN FITNESS

60 MIN | Ages 12 - 16

F: \$95 | M: \$130 | NM: \$208

Teen Sports Conditioning

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

L.I.F.T.

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.

Thu: 4:00pm with Steve (Advanced)

Fri: 4:00pm with Steve (Beginner)

Scan to Register



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LIVESTRONG PROGRAM FOR ADULT CANCER SURVIVORS

12 Week Program
February 21–May 16
June 20–Sept 12
October 17–Jan 23

Scan to Request Information



This 12 week program is offered free of charge and is aimed at enhancing the overall wellness of adults with a cancer with a cancer diagnosis.



FITNESS FOR EVERYONE

Y Adapt is a non-clinical exercise program with special adaptive equipment for individuals with disabilities. Contact Health & Wellness Director Marissa Szabo to enroll today at mszabo@metronorthymca.org

Scan for more info about our Fitness For Everyone Partnership Program



ENHANCE FITNESS

is an evidence-based exercise program to improve limitations in strength, flexibility, and balance for seniors and individuals with chronic conditions such as arthritis. **Next session begins in the spring | Contact Marissa Szabo to enroll: mszabo@metronorthymca.org**

