

Spring I Session:
February 27 – April 16

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

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

PRESCHOOL SWIM

F: \$90 M: \$131 NM: \$223

Parent|Child A (Ages 6m–18m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Tue 11:30 am
Wed 10:30 am
Sat 9:35 am | 11:20 am

Parent|Child B (Ages 19m–42m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 9:35 am | 10:10 am | 10:45 am | 11:20 am
Mon 10:30 am
Wed 5:00 pm | 5:35 pm
Thu 10:30 am
Sat 10:10 am | 10:45 am

Preschool Stage 1 (Ages 3–6)

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am
Mon 11:00 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Tue 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm
Wed 11:00 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Thu 11:00 am | 3:50 pm | 4:25 pm | 5:35 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am

Preschool Stage 2 (Ages 3–6)

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 10:45 am | 11:20 am
Mon 11:30 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm
Tue 10:30 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:30 | 3:15 pm | 4:25 pm
Thu 11:30 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am

Preschool Stage 3 (Ages 4–6)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:35 am
Mon 5:35 pm
Tue 3:15 pm
Wed 4:25 pm
Thu 5:00 pm | 5:35 pm
Sat 9:00 am | 10:45 am

Preschool Stage 4 (Ages 4–6)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 9:35 am
Mon 4:25 pm
Sat 10:10 am

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YOUTH SWIM

F: \$90 M: \$131 NM: \$223

Youth Stage 1 (Ages 6–12)

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. Please bring goggles to class.

Sun 10:10 am | 10:45 am

Tue 4:25 pm

Wed 3:50 pm

Thu 5:35 pm

Sat 11:20 am

Youth Stage 2 (Ages 6–12)

30 minutes

Swimmers must swim 5 feet on their front and back without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:35 am | 11:20 am

Mon 3:15 pm

Tue 5:35 pm

Wed 3:15 pm | 3:50 pm

Thu 3:15 pm | 4:25 pm | 5:35 pm

Sat 9:00 am | 9:35 am

Youth Stage 3 (Ages 6–12)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:35 am | 10:10 am | 10:45 am | 11:20 am

Mon 4:25 pm | 5:00 pm

Tue 3:50 pm | 4:25 pm

Wed 3:50 pm | 5:00 pm | 5:35 pm

Thu 3:15 pm | 3:50 pm | 5:00 pm

Sat 10:10 am | 10:45 am | 11:20 am

Youth Stage 4 (Ages 6–12)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 10:10 am

Mon 3:15 pm | 5:35 pm

Tue 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm

Wed 5:35 pm

Thu 3:15 pm | 5:00 pm | 5:35 pm

Sat 9:00 am | 9:35 am | 11:20 am

Youth Stage 5 (Ages 6–12)

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Please bring goggles to class.

Sun 10:10 am | 10:45 am

Tue 5:00 pm | 5:35 pm

Wed 4:25 pm

Thu 4:25 pm

Sat 10:10 am

Youth Stage 6 (Ages 6–12)

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.

Sun 9:00 am

Tue 3:15 pm | 5:35 pm

Wed 5:00 pm

Thu 3:15 pm

Sat 10:45 am

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$131 NM: \$223

Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun 9:05 am

Sat 8:30 am | 9:05 am

Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

Sun 8:30 am

Water Exercise

M: FREE NM: \$160

60 minutes

Join us for a full body workout! A combination of cardio respiratory endurance, muscle conditioning and interval training.

Mon 8:30 am (Shallow end with Mary) | 6:15 pm

Tue 8:30 am (Deep end with Liz)

Wed 8:30 am (Deep end with Liz)

Thu 8:30 am (LaBlast Splash with Scott)

Fri 8:30 am (Shallow end with Scott)

Water Zumba

M: FREE NM: \$160

45 minutes

You will perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. With different movements for the verse, chorus and bridge of each song.

Mon 9:30 am

Half and Half

M: FREE NM: \$160

45 minutes

A mixture of respiratory endurance and interval training in both the shallow and deep end.

Tue 9:30 am

Hydro Pilates

M: \$50 NM: \$100

45 Minutes

Hydropilates is partially in the deep end and in the shallow. The deep portion is pilates based moves that are adapted for the pool and the shallow is yoga and some meditation. This is a class for all abilities, participants must be comfortable with a buoyancy belt in the deep water, you do not need to know how to swim.

Wed 9:30am

Aquatic Stretch

M: FREE NM: \$160

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Mon 1:05 pm

Tue 1:05 pm

Thu 1:05 pm

PRIVATE SWIM

Private Lessons

F: \$259 M: \$301 MEMBERS ONLY
30 minutes

Classes are 30 minutes in length for both private and semi-private lessons. Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

Sun 11:20 am

Mon 9:30 am (18+) | 10:00 am (18+) |

3:15 pm | 3:50 pm | 5:00 pm | 5:35 pm

Tue 9:30am (18+) | 10:00 am (18+) |

3:15 pm | 3:50 pm | 5:00 pm

Wed 3:15 pm | 3:50 pm | 5:00 pm

Thu 9:30am (18+) | 10:00 am (18+) |

3:15 pm | 3:50 pm

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SPORTS

F: \$79 M: \$106 NM: \$175

Youth Soccer

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game. Adult participation may be required.

Tue 4:15 pm (Ages 6-9) Beginner/Intermediate
Wed 3:15 pm (Ages 9-12) Advanced
Thu 4:15 pm (Ages 3-5)

Mini All Stars (Ages 3-5)

45 Minutes

This program offers different sports and games each week. Adult participation may be required.

Wed 11:00 am
Sat 8:30 am

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

Thu 11:00 am
Fri 3:15 pm

T-Ball (Ages 3-5)

45 Minutes

Players learn the basics of throwing, hitting and catching the ball.

Tue 11:00am

Nerf Blasters (Ages 6-9)

45 Minutes

Speed, accuracy, and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eye wear (goggles or sunglasses).

Wed 5:15 pm

Floor Hockey (Ages 6-9)

45 Minutes

Children have a great time and burn lots of energy learning the basic fundamentals to successful stick handling, passing and shooting.

Fri 5:15 pm

Youth Baseball (Ages 6-9)

45 Minutes

Players build and refine fundamental skills while beginning to understand strategy and teamwork. Must bring own bat and glove.

Fri 6:15 pm

Basketball Academy

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

Tue 3:15 pm (Ages 6-9) Beginner/Intermediate
Tue 5:15 pm (Ages 6-9) Advanced
Thu 3:15 pm (Ages 9-11) Advanced

Dodgeball (Ages 6-12)

45 Minutes

Enjoy, running, throwing and dodging while learning to work in a team setting.

Fri 4:15 pm

Girls Got Game (Ages 7-12)

45 Minutes

This class encourages elementary school aged girls to play and find a love for the game of basketball with friends. Attendees will learn new skills through drills and games. Participants are asked to bring their own basketball.

Wed 4:15pm

One on One Sports Training (Ages 7-18)

F: \$180 M: \$235 NM: \$330

45 Minutes

With the help and support from Coach Alex, youths will learn proper technique and improving skills to get you to the next level.

Thu 5:15 pm
Sat 9:30am

Small Group Sport Training

1x Per Week - F: \$148 M: \$195 NM: \$250

2x Per Week - F: \$296 M: \$390 NM: \$500

For days and times contact Alex at abelluschi@metronorthymca.org.

Batting Cage Rental

F: \$49 M: \$79 NM: \$149

60 Minutes

Adult required. 2 person limit. For scheduling and more information contact Alex at abelluschi@metronorthymca.org.

YOUTH ENRICHMENT

F: FREE M: \$106 NM: \$175

Story Time Adventures (Ages 2-4)

45 Minutes

Each week we will read a new story and expand our imagination through literature followed by a complimentary activity.

Wed 10:30 am

Pint Size Picasso's (Ages 3-5)

45 Minutes

Children will learn about famous artists and their techniques. Each week a famous work of art will be the inspiration for our craft. Please wear appropriate clothing as kids may get messy.

Thu 10:30 am

Healthy Kids Kitchen (Ages 3-6)

45 Minutes

Children will learn the fundamentals of cooking including kitchen safety and healthy eating. We may not be able to accommodate all types of food allergies and dietary restrictions.

Thu 10:00 am

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ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$202 NM: \$423
60 Minutes

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

Mon & Wed 6:00 pm | 7:00 pm

Adult Basketball League

M: \$40 MEMBERS ONLY

For more information contact Alex Belluschi at abelluschi@metronorthymca.org.

Mon & Wed 6:45 pm | 7:45 pm

Healthy Heart Maintenance

M: FREE NM: \$70
60 Minutes

Medically-based wellness program proven to improve the outcomes of patients who have experienced a cardiac event and successfully completed cardiac rehabilitation. Doctor's clearance for exercise is required.

Mon 8:00 am | 10:00am

Wed 8:00 am | 10:00am

Fri 8:00 am

Pre/Post Natal Pilates

M: \$112 NM: \$235

60 Minutes

Designed specifically for the pregnant and post-natal woman. Pilates will help stabilize fragile muscle groups associated with pregnancy. This full body program can also help women strengthen, tone and maintain flexibility.

Tue 4:00 pm

Triathlon Club

M: \$112 NM: \$235

60 Minutes

Prepare for spring and summer triathlons! Program will include weekly training assignments and one coached workout per week. Participants will have an opportunity to practice a super sprint indoors in the early spring!

Sat 7:30am

C25K

M: \$112 NM: \$235

60 Minutes

Start preparing for our first road race event, Not a Walk in the Park 5k, with experienced half-marathoner and marathoner Cynthia Berger. Whether you have never run before or have taken a hiatus, Cynthia will get you ready for the 2023 road race season!

Tue 6:00pm

Adult Volleyball League

M: \$40 NM: \$70

90 Minutes

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. All levels of experience are welcome and games are self-monitored.

Thu 7:00 pm

Stay Fit

F: FREE M: FREE NM: \$89

60 Minutes

Join long-time instructor, Kay Danieli as she leads an hour-long, low-impact aerobics class geared towards seniors!

Tue 12:00 pm

Thu 12:00 pm

Fri 10:00 am

Line Dancing

F: FREE M: FREE NM: \$89

60 Minutes

Line dancing is proven to help maintain strength and strong bones, improve posture, increase balance and co-ordination and help relieve stress.

Wed 12:30 pm

PERSONAL TRAINING

One-on-One Training

Our team of certified personal trainers is 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 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. Contact Bernadette Farrell at bfarrell@metronorthymca.org for more information and pricing.

Small Group Training

M: \$139 NM: \$249

60 Minutes

Work out with your best workout buddies and a personal trainer for the same price as our programs! 60-minute sessions are for groups of 4 to 8 people with similar health and fitness goals. You will meet once a week and time slots can be tweaked to suit participants' schedules! 4 participants at a minimum so register your whole family!

Tue 6:00 pm

Thu 9:00 am | 6:00 pm

Pickleball

M: \$112 NM: \$235

60 Minutes

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 11:00 am (Beginner)

Wed 11:00 am (Intermediate/Advanced)

Pickleball Spring I League

M: \$50 MEMBERS ONLY

120 Minutes

Another season of 6 weeks of play culminating in a branch-wide tournament. Please specify play level, Beginner/Intermediate or Advanced.

Tue 12:00pm

YOUTH FITNESS

Teen Strength and Conditioning (Ages 10-13)

F: \$85 M: \$117 NM: \$198

45 Minutes

For young athletes who want to learn how to gain strength and improve their conditioning level.

Thu 3:15 pm | 4:15 pm

Boxing (Ages 8-14)

F: \$85 M: \$117 NM: \$198

30 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.

Sat 12:00 pm | 12:30 pm

Intro to Weight Training (Ages 11-14)

F: \$85 M: \$117 NM: \$198

45 Minutes

This class is designed for youths interested in various forms of weight training including body building, power lifting and lifting for strength. Trainers will provide instruction on technique, progression and proper spotting. Participants will learn how to lift safely, minimizing injury and maximizing results! 1x per week.

Mon 3:15pm | 4:15 pm

Wed 3:15 pm | 4:15 pm