

Fall 1 Session: 7 Weeks
September 9–October 29

Registration Dates

Member Registration: **August 14**
Non-Member Registration: **August 21**

Rate Guide:

Family Member: FM
Member: M
Non Member: NM

FITNESS

INTRO TO STRENGTH TRAINING

F: \$112 | M: \$112 | NM: \$235 | 60 Mins (16+)
Work with our Health and Wellness Director to understand, practice, and develop the skills of proper strength training. You have a personalized strength training plan to target all areas to increase muscle and bone strength. Tips on recovery and nutrition will also be discussed.
Wednesdays: 5:00–6:00pm with David

HEALTH & WELLNESS CONSULTING

F: \$101 | M: \$101 | NM: \$212 | 45 Mins
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)

INTRODUCTION TO MEDITATION

F: \$78 | M: \$78 | NM: \$165 | 30 Mins
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 work with their instructor on a method that can bring them the ultimate sense of clarity.
Sunday–Thursday (By Appointment Only)

SPORT-SPECIFIC TRAINING (AGES 12-17)

F: \$85 | M: \$117 | NM: \$198 | 45 Mins
Are you looking to build better arm strength for that power swing? Maybe you are trying to increase your agility and quickness across the field? Come work with our Health and Wellness Director to condition, train, and prepare for your upcoming sport! We will create a personalized workout plan geared to your specific sport, including strength, speed, and agility workouts. Recovery and nutrition tips will also be covered.
Thursdays: 5:00pm with David

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.

L.I.F.T

F: \$95 | M: \$130 | NM: \$208
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.
Mondays: 4:00pm–5:00pm with David
Thursdays: 4:00pm–5:00pm with David

STAY FIT (50+)

F: FREE | M: FREE | NM: \$235 | 60 Min
Enjoy this low-impact aerobic workout with our Stay Fit instructor Monica! Geared toward our older members, feel the benefits of light stretching and balance work as well as muscle toning and strength training.
Mondays: 9:15am–10:15am with Monica
Wednesdays: 9:15am–10:15am with Monica

SMALL GROUP TRAINING | (18+)

60 Mins
F: \$112 | M: \$112 | NM: \$235 | Per Person
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! Minimum of 4 participants required to register.
Mondays: 9:00am–10:00am with David

WOMEN ON WEIGHTS

F: \$112 | M: \$112 | NM: \$235
This female-focused class will introduce you to the weight room and weight lifting-techniques that will help you meet your specific goals. This is a great training option to pair with a cardio workout. Our amazing instructor Monica will instruct you on proper form, technique, and a variety of lifts for each muscle group. This program will help you to be come more comfortable and confident training in the free weight area of the Wellness Center.
Thursdays: 10:30am–11:30am with Monica
Saturdays: 8:00am–9:00am with Monica

COUCH TO 5K TRAINING

F: \$112 | M: \$112 | NM: \$235 | 60 Mins
Get ready to run a 5K at the Saugus YMCA! 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 at dcolarossi@metronorthymca.org
Mondays: 5:00pm–6:00pm with David

YOGA FOR STRENGTH

F: \$112 | M: \$112 | NM: \$235
Yoga for Strength blends the practices of hatha yoga with the use of weights, blocks, chairs and resistance bands to build strength, mobility, balance and endurance. Expect a moderate yoga flow with repetitions, adjusted pacing, weight and resistance training with props and body weight. This class is appropriate for those new to strength training while exploring an accessible and functional approach that supports mindful care and self-compassion.
Mondays: 9:15am–10:15am with Michelle

CHOOSE TO LOSE 101

F: \$112 | M: \$112 | NM: \$235 | 60 Mins
Following the principles of strength training, nutrition guidance, and cardiovascular condition, invest your time in making yourself the best version of you! Work directly with our trainers, fitness staff, and instructors on losing weight, gaining muscle, and improving your confidence. This is the start of a series of trainings that will occur throughout the year.
Tuesdays: 5:00pm–6:00pm with David

Scan the
QR Code
to Register



Fall 1 | 7 Weeks M-F
8 Weeks for Saturday & Sunday Classes

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YOUTH SPORTS

45 Mins | 7 Weeks | FM: \$79 | M: \$106 | NM: \$175

45 Mins | 8 Weeks | FM: \$86 | M: \$117 | NM: \$192

BASKETBALL SKILLS & DRILLS

45 minutes | Ages 4-6 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: 4:00pm-4:45pm (7 Weeks)

Sat: 9:00am-9:45am (8 Weeks)

BASKETBALL SKILLS & DRILLS

45 minutes | Ages 6-9 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 (7 Weeks)

Sat: 10:00am-10:45am (8 Weeks)

BASKETBALL SKILLS & DRILLS

45 minutes | Ages 9-13 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!

Sat: 11:00am-11:45am (8 Weeks)

MINI ALL STARS

45 minutes | Ages 3-5years

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!

Thurs: 4:00pm - 4:45pm (7 Weeks)

VOLLEYBALL

45 minutes | Ages 7-12 Years

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

Weds: 6:00pm - 6:45pm (7 Weeks)

NEW

STREET HOCKEY SKILLS & DRILLS + LEAGUE!

FM: \$142 | M: \$190 | NM: \$314

This is a 2-day class! The first day, Thursdays will be skills and drills where we will do some stick handling, shooting and passing drills! And then the 2nd day will be the league day where we will put those skills to the test and play a series of games!

Thurs: Skills & Drills 5:00pm-5:45pm (7 Weeks)

Sat: League 11:00am-12:00pm (8 Weeks)

***NOTE: When you sign up, you're signing up for BOTH days!**

ARCHERY

45 Mins | 8 Weeks | FM: \$86 | M: \$117 | NM: \$192

Students will learn the basics of shooting technique along with how to be responsible and safe on an archery range.

Sat: 10:00am-10:45am | (8 Weeks)

11:00am-11:45am | (8 Weeks)

12:00pm-12:45pm | (8 Weeks)

ENRICHMENT

Fall 1 | 7 & 8 weeks

45 Mins | 7 Weeks | FM: \$79 | M: \$106 | NM: \$175

PAINT NIGHT

45 minutes | Ages 6-10

Is your child creative? Do they love to draw or paint?? Come have them use their imagination with an array of teacher directed art projects!

Tue: 5:00pm - 5:45pm

SENSORY FUN!

45 minutes | Ages 3-5 Years

Each week we will explore different sensory materials and textures! We will make playdough, oobleck and so much more!

Tue: 4:00pm-4:45pm

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 | (7 Weeks)

Thu: 11:00am-11:45am | (7 Weeks)



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 PROGRAMS**

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ADULT SPORTS

FM: \$98 | M: \$98 | NM: \$168

PICKLEBALL LESSONS

FM: \$98 | M: \$98 | NM: \$168 | 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.

- Thu: 12:00pm–1:00pm (Intro to Pickleball)**
1:00pm–2:00pm (Intermediate: 2.5–3.0)
- Fri: 11:00am–12:00pm (Intermediate: 3.0–3.5)**
- Wed: 6:00pm–7:00pm (Intro to Pickleball)**
7:00pm–8:00pm (Intermediate: 2.5–3.0)

LEAGUES

FM: \$79 | M: \$79 | NM: \$249

Come with a partner and play in our pickleball league! This will be weekly and will be games throughout the league with a tournament at the end! If you come in as a solo, a partner will be provided for you.

- Tue: 7:00pm–9:00pm | (Advanced)**
- Thu: 7:00pm–9:00pm | (Beginners)**

***NEW* WOMEN'S LEAGUE!**

M: \$79 | NM: \$249

Come play in a women's league where we will have some competitive fun in a series of matches against one another! This will be round robin style where we will switch up partners and keep a personal best record.

Wed: 12:00pm–2:00pm (50+)

NOTE: ALL PICKLEBALL SIGN UPS WILL NEED TO GO THROUGH JENN.

Any questions about pickleball classes, or what level your may be, you can reach out to Jenn.

***One-on-one's offered as well! Please reach out to Jenn at: jtoussaint@metronorthymca.org**

PICKLEBALL DROP-IN (ALL AGES)

FM: FREE | M: FREE | NM: \$65

Drop-in and play pickleball during any of the open drop-in times. Looking to improve your game? Looking to learn. Drop-in is the perfect opportunity to learn this new exciting and fast-growing game!

See Pickleball Schedule for all drop-ins
www.ymcametronorth.org/pickleball/



Scan the
QR CODE
to Register



Scan for
the Gym
Schedules

