

**Fall I Session:
September 9 – October 29**

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

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
Sat 9:35 am | 11:20am

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

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 | 11:20 am
Mon 5:00 pm
Tue 3:50 pm | 4:25 pm
Wed 3:50 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 | 5:00 pm
Wed 4:25 pm | 5:35 pm
Thu 3:15 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.

Tue 3:15 pm | 5:35 pm
Wed 3:50 pm
Thu 3:15 pm
Sat 10:45 am

Swim Team Prep (Ages 7-14)

30 minutes

F \$162 M \$229 NM \$390

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

Wed & Thu 5:00pm

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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 | 9:30 am (Water Zumba)

Tue 8:30 am

Wed 8:30 am

Thu 8:30 am (LaBlast Splash with Scott)

Fri 8:30 am (Shallow end with Scott)

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.

Mon 10:00 am (18+) | 3:50 pm

Tue 10:00 am (18+) | 3:50 pm

Wed 10:30 am (18+) | 3:15 pm | 3:50 pm | 5:00 pm

Thu 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.

Thu 11:00 am (Ages 3-5)
Thu 3:15 pm (Ages 6-9)

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.

Fri 3:15 pm

Speed and Agility (Ages 3-5)

45 Minutes

This program will develop speed, footwork and jumping ability.

Tue 11:00am

Youth Soccer League (Ages 3-5)

F: \$125 M: \$145 NM: \$205

60 Minutes

Outdoor field will be TBD. Parents/guardians are asked to stay for the game. All participants will receive shirt and hat.

Sat 10:00 am

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

Basketball Academy

45 Minutes

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

Tue 3:15 pm (Ages 6-9) Beg/Int
Tue 4:15 pm (Ages 10-12) Advanced

Dodgeball (Ages 7-12)

45 Minutes

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

Fri 5:15 pm

Floor Hockey (Ages 6-9)

45 Minutes

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

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 3:15 pm (Advanced)
Wed 4:15 pm (Beginner/Intermediate)

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.

Thu 4:15 pm

Batting Cage Session Rental

F: \$245 M: \$245 MEMBERS ONLY

60 Minutes

Adult required. 2 person limit.

Tue 4:00 pm | 5:00 pm
Wed 4:00 pm | 5:00 pm
Thu 4:00 pm | 5:00 pm
Fri 4:00 pm | 5:00 pm
Sat 11:30 am

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.

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.

Tue 5:15 pm
Thu 5:15 pm
Fri 6:15pm
Sat 11:30 am

Small Group Sports 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.

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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.

Tue & Thu 6:00 pm | 7:00 pm

Team Training

Small Group Training | M: \$139 NM: \$249
60 Minutes

As the kids head back to school and a regular schedule you can focus on your own health and fitness! Small groups work out with a certified personal trainer to build strength, stamina and relieve stress!

Tue, Wed or Thu 8:30 am

B.Y.O.Team Training

Small Group Training
60 minutes

If you have a ready made group of 4 to 6 people we can create a time slot for your small group to work out with a certified personal trainer to build strength and stamina and relieve stress as you get into the fall swing of things!

Days and times TBD by YOU!

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

Martial Arts 101

M: \$101 NM: \$212
45 Minutes

Learn the basics of striking, kicking, defending, and footwork of martial arts in a fun workout format! You'll learn to practice your techniques on your own by shadowboxing and bag work, as well as through safe partner work with mits and defenses. No experience necessary.

Wed 6:15 pm

NEW!

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! No class during the month of August.

Tue 12:00 pm

Thu 12:00 pm

Fri 12:00 pm

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

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 60 minute full body program can also help women strengthen, tone and maintain flexibility. You need not be a mother to benefit from this class.

Tue 4:00 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)

Health Coaching Workshop for New Moms

M: FREE NM: TBD

Melrose YMCA Health Coach Natalie DeNardo leads this workshop for new moms looking for guidance to get back on their Fitness track. Core exercise presentation offered by your favorite group exercise instructor!

Wed, September 27 5:00pm - 6:30pm

YOUTH FITNESS

Teen Strength and Conditioning (Ages 11-14)

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

45 Minutes

This program will develop speed, footwork and jumping ability. Although all athletes can benefit, it is especially beneficial for sports that require small bursts of intermittent speed and footwork: football, baseball, boxing, rugby and track including sprinting, jumping and throwing events.

Thu 3:30 pm

Intro to Weight Training (Ages 10 - 13)

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

45 Minutes

This class is designed for youths interested in various forms of weight training including weightlifting, power lifting and lifting for strength.

Tue 3:30 pm

Boxing (Ages 8-14)

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

45 Minutes

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

Sat 12:00 pm