

Fall II Session: Oct 30-Dec 23

8 Weeks | 7 Weeks Thursday & Sunday

Registration Dates

Member Registration: **October 16**

Non-Member Registration: **October 23**

Rate Guide

Family Member: \$99
 Member: \$146
 Non-Member: \$238

AQUATICS

30 MIN

Parent / Child Swim: A Ages 6-18 Months

Mon: 10:15am
 Tue: 10:15am
 Sat: 9:00am | 10:10am | 11:20am

Parent / Child Swim: B Ages 18-36 Months

Mon: 10:50am
 Tue: 10:50am
 Sat: 9:35am | 10:45am

Preschool Swim: Stage 1 | Ages 3-5

Mon: 11:25am | 4:30pm | 5:05pm
 Tue: 11:25am | 4:30pm | 5:05pm
 Wed: 4:30pm | 5:05pm
 Thu: 4:30pm | 5:05pm
 Sat: 9:00am | 9:35am | 11:20am
 Sun: 9:00am | 9:35am | 10:10am | 11:20am

Preschool Swim: Stage 2 | Ages 3-5

Mon: 4:30pm | 5:05pm
 Tue: 4:30pm | 5:05pm
 Wed: 4:30pm | 5:05pm
 Thu: 4:30pm | 5:05pm
 Sat: 9:00am | 9:35am | 10:10am
 Sun: 9:00am | 9:35am | 10:10am | 11:20am

Preschool Swim: Stage 3 | Ages 3-5

Mon: 5:40pm
 Tue: 5:40pm
 Wed: 5:40pm
 Thu: 5:40pm
 Sat: 9:35am | 10:45am | 11:20am
 Sun: 10:10am | 11:20am

Preschool Swim: Stage 4 | Ages 3-5

Mon: 4:30pm | 5:05pm
 Tue: 4:30pm | 5:05pm
 Wed: 4:30pm | 5:05pm
 Thu: 4:30pm | 5:05pm
 Sat: 10:10am | 10:45am
 Sun: 10:10am | 10:45am | 11:20am

Private Swim Lesson | 4+

Private swim lessons available upon request. For more information, please contact Chris Morales, cmorales@metronorthymca.org

Youth Swim: Stage 1 | Ages 6-13

Mon: 4:30pm | 5:05pm | 6:15pm
 Tue: 4:30pm | 5:05pm | 6:15pm
 Wed: 4:30pm | 5:05pm | 6:15pm
 Thu: 4:30pm | 5:05pm | 6:15pm
 Sat: 9:00am | 9:35am | 11:20am
 Sun: 9:35am | 10:45am

Youth Swim: Stage 2 | Ages 6-13

Mon: 5:40pm | 6:15pm
 Tue: 5:40pm | 6:15pm
 Wed: 5:40pm | 6:15pm
 Thu: 5:40pm | 6:15pm
 Sat: 10:10am | 10:45am
 Sun: 9:00am | 9:35am | 10:45am

Youth Swim: Stage 3 | Ages 6-13

Mon: 5:40pm | 6:15pm
 Tue: 5:40pm | 6:15pm
 Wed: 5:40pm | 6:15pm
 Thu: 5:40pm | 6:15pm
 Sat: 9:00am | 9:35am | 11:20am
 Sun: 9:00am | 10:10am | 10:45am

Youth Swim: Stage 4 | Ages 6-13

Mon: 5:40pm | 6:15pm
 Tue: 5:40pm | 6:15pm
 Wed: 5:40pm | 6:15pm
 Thu: 5:40pm | 6:15pm
 Fri: 4:25pm
 Sat: 10:10am | 10:45am
 Sun: 9:00am | 9:35am | 10:45am | 11:20am

Youth Swim: Stage 5 | Ages 6-13

Mon: 5:40pm
 Tue: 5:40pm
 Wed: 5:40pm
 Thu: 5:40pm
 Fri: 5:50pm
 Sat: 9:00am | 11:20am
 Sun: 9:35am | 10:45am | 11:20am

Youth Swim: Stage 6 | Ages 6-13

Mon: 4:30pm | 5:05pm
 Tue: 4:30pm | 5:05pm
 Wed: 4:30pm | 5:05pm
 Thu: 4:30pm | 5:05pm
 Fri: 6:25pm
 Sat: 10:45am
 Sun: 9:00am

Competitive Swim Team Prep | 45 MIN

Ages 6-13 | *TWO DAY MINIMUM*

F: \$198 | M: \$284 | NM: \$462

Mon: 6:15pm
 Tue: 6:15pm
 Wed: 6:15pm
 Thu: 6:15pm
 Fri: 5:00pm
 Sat: 10:10am
 Sun: 10:10am

Adult & Teen Beginner | Ages 14+

Sat: 8:15am
 Sun: 12:00pm

Adult & Teen Intermediate | Ages 14+

Tue: 7:00pm
 Sun: 12:30pm

Beginner Springboard Diving | 45 MIN

Ages 6 - 18 | F: \$110 | M: \$162 | NM: \$264

Sat: 8:15am

Intermediate Springboard Diving | 60 MIN

Ages 6-18 | F: \$121 | M: \$178 | NM: \$290

Sat: 9:05am

Advanced Springboard Diving | 60 MIN

Ages 6-18 | F: \$121 | M: \$178 | NM: \$290

Sat: 10:10am

Master's Swim Team | 90 MIN | Ages 18+

\$235 Per 8-Week Session | 3 Days A Week

Tue + Thu: 6:30-8:00am
 Sun: 7:00-8:30am



CANCELLATION POLICY

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**Fall II Session:
Oct 30–Dec 23**

8 Weeks | 7 Weeks Thursday & Sunday

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Family Member: \$86

Member: \$117

Non-Member: \$192

SPORTS & ENRICHMENT

45 MIN

Homeschool PE | Ages 5–12 | \$191

Mon: 10:00am–1:00pm

Homeschool PE**with Swim Lesson | Ages 5–12 | \$277**

Mon: 10:00am–1:00pm

Floor Hockey | Ages 6–10

Thu: 4:00pm

Dodgeball | Ages 6–10

Wed: 4:00pm

Nerf Blasters | Ages 6–12

Wed: 5:00pm

Running Club | Ages 6–12

Thu: 4:00pm

Super Sports

Tue: 4:00pm | Ages 3–5

Tue: 5:00pm | Ages 6–10

Soccer | Ages 6–10

Thu: 5:00pm

Youth Fitness & Self-Defense

Sun: 11:00am | Ages 5–7

Sun: 12:00pm | Ages 8–12

Basketball

Mon: 4:00pm | Ages 6–8

Mon: 5:00pm | Ages 9–12

Kids' Fitness | Ages 8–11**F: \$177 | M: \$245 | NM: \$371**

Our trained staff will bring your child through a warm up before taking them through exercises to help build confidence, strength and conditioning.

Tue & Thu: 3:30pm

Novice/Advanced**Beginner Pickleball League**

18+ | M: \$84 | NM: \$276

Mon 6:00pm–8:00pm

Intermediate/Advanced**Pickleball League**

18+ | M: \$84 | NM: \$276

Wed: 6:00pm–8:00pm

Adult Pickleball Lessons**With Sarah Caliento**

60 Minutes | M: \$108 | NM: \$188

Thu: 11:00am (Beginner)

Thu: 12:00pm Skills & Drills (Advanced)

Adult Pickleball Lessons**with Vin Grifoni**

60 Minutes | M: \$108 | NM: \$188

Wed: 11:00am (Beginner)

Winter Break Clinic | Super Sports**with Nick | December 26–28****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. Contact Nick at nguido@metronorthymca.org for more information.

Tue: 9:00am–12:00pm | Ages 6–8

Wed: 9:00am–12:00pm | Ages 6–8

Thu: 9:00am–12:00pm | Ages 6–8

Tue: 1:00pm–4:00pm | Ages 9–13

Wed: 1:00pm–4:00pm | Ages 9–13

Thu: 1:00pm–4:00pm | Ages 9–13

YOUTH BASKETBALL ASSOCIATION**F: \$172 | M: \$226 | NM: \$344**

November 4–February 17. The season consists of 12 weeks of regular season games and 1 week of championship games. Games times per division are TBD.

Ages 5–6: Dribbler's Division

Ages 7–8: Hoopster's Division

Ages 9–10: Shooter's Division

Ages 11–13: Baller's Division

Kid's Night Out**F: \$10 | M: \$15 | NM: \$25**

Fri October 27 at 5:30 – 8:30pm

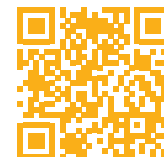
3 on 3 Basketball Tournament**Ages 9–12 | December 26 – 27****F: \$10 | M: \$15 | NM: \$25**

Boy's Division: Tue 4:30pm

Girl's Division: Wed 4:30pm

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Scan the
QR CODE
to Register
for Fall II
Programs

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Rate Guide
 Member: \$124
 Non-Member: \$260

HEALTH & WELLNESS

60 MIN

WOMEN ON WEIGHTS

This program brings participants through moderate to heavy lifts with dumbbells, barbells, and bodyweight exercises.

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

SENIOR WOMEN STRENGTH

Strength training has tremendous benefits for us as we age, from preserving bone density to resiliency from injuries to fall prevention.

Thu: 10:30am with Melissa

Y CIRCUIT

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

SMALL GROUP TRAINING

2x/ week = M: \$223 | NM: \$469

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
Mon & Wed: 6:00pm with LeAnn

Y WEIGHT

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

METABOLIC CONDITIONING

M: \$223 | NM: \$469

This program includes two 60-minute small group training sessions per week, body composition monitoring, nutrition plans and strength and cardio plans.

Tue: 9:00am & Fri: 9:30am with Chuck

GETTING INTO RUNNING

Coach Bob will lead you through ideal running posture, ways to increase your endurance, stretches and recovery techniques, and more to get you up and running.

Thu: 7:00am with Bob

SILVER FOX BOXING

M: \$223 NM: \$469

Class will provide seated and standing options with accommodations for varying abilities and incorporates boxing exercises to improve balance, strength, and coordination.

Tue & Thu 11:00am with Margaret

INTRO TO HIT FIT

This class will introduce participants to such exercises as cleans, jerks, snatches, and deadlifts combined with high intensity cardio exercises such as rowing, burpees, and weighted carries for a full-body, heart pumping workout.

Sat: 1:00pm with Eddie

TEEN FITNESS

60 MIN | Ages 12-16

F: \$104 | M: \$144 | NM: \$218

TEEN SPORT CONDITIONING

No experience necessary, just a positive attitude and willingness to work hard.

Tue: 4:00pm with Steve

L.I.F.T.

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)



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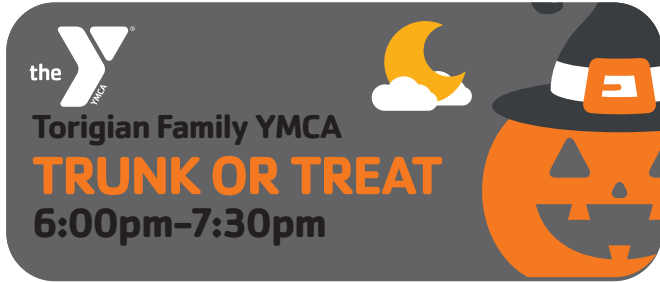
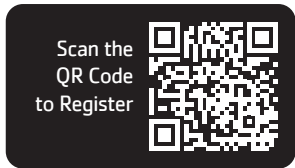


UPCOMING EVENTS

TORIGIAN FAMILY YMCA
259 Lynnfield Street Peabody, MA 01960
978-977-YMCA (9622) | ymcametronorth.org



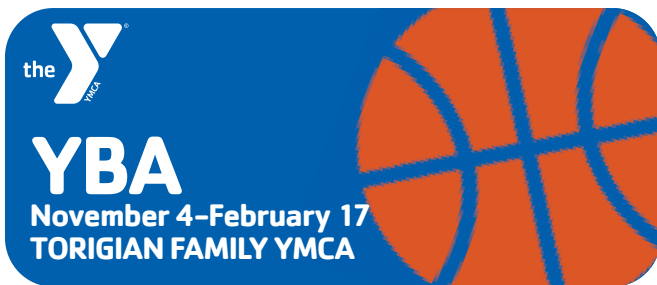
KIDS NIGHT OUT 5:30PM-8:30PM OCTOBER 27



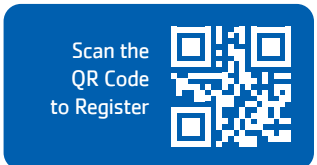
TRUNK OR TREAT OCT 26



LIVESTRONG 5K



YOUTH BASKETBALL ASSOCIATION



Super Sports with Nick

