

Winter Session:
January 2 - February 18

Registration Dates:
Member Registration: **December 4**
Non-Member Registration: **December 11**

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

PRESCHOOL SWIM

F: \$93 M: \$136 NM: \$232

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.

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

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YOUTH SWIM

F: \$93 M: \$136 NM: \$232

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 | 11:20 am

Tue 5:00 pm

Wed 3:50 pm

Thu 5:35 pm

Fri 4:25 pm

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 5:00 pm

Tue 4:25 pm | 5:35 pm

Wed 3:50 pm | 5:00 pm

Thu 4:25 pm

Sat 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 | 11:20 am

Mon 5:00 pm

Tue 3:50 pm | 4:25 pm

Wed 3:50 pm | 5:35 pm

Thu 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 9:35 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 5:35 pm

Sat 9:00 am | 10:45 am

Swim Team Prep (Ages 7-14)

30 minutes

F \$168 M \$238 NM \$405

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 5:00 pm & Sat 11:20 am

Thu 5:00 pm & Sun 11:20 am

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$136 NM: \$232

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) | 7:00 pm

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

Youth 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 10:45 am

Mon 3:50 pm

Tue 3:15 pm

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

Thu 3:15 pm | 3:50 pm

Fri 3:50 pm | 4:25 pm | 5:35 pm

Sat 9:35 am

Adult Private Lessons (18+)

Mon 10:00 am | 11:30 am

Tue 10:00 am

Wed 10:30 am | 11:00 am

Thu 11:30 am

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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

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

Wed 11:00 am (Ages 3-5)
Sat 8:30 am (Ages 2.5-4) | 9:15 am (Ages 4-5)

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

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

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

Dodgeball (Ages 6-9)

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

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 4:15 pm | 5:15 pm
Thu 5:15 pm | 6:00 pm
Sat 10:15 am

Small Group Sports Training

1x Per Week - F: \$148 M: \$195 NM: \$250
2x Per Week - F: \$340 M: \$390 NM: \$500
For days and times contact Alex at abelluschi@metronorthymca.org.

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.

ENRICHMENT

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

Mini Monet's (Ages 3-5)

45 Minutes
Join us for a fun art class where children explore multiple forms of art through hands-on exploration. Parent/guardian participation may be required.
Thu 10:00 am

Healthy Kids Kitchen (Ages 3-5)

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 allergies or dietary restrictions.
Mon 4:30 pm

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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

B.Y.O.Team Training

Small Group Training

1x Per Week | M: \$139 NM: \$249
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!

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**

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

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 coordination and help relieve stress.

Wed 12:30 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 7:30 am

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 | 4:30 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 | 4:30 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

Martial Arts for Kids

FM: \$85 M: \$117 NM: \$198
45 Minutes

Learn the basics of Martial Arts; striking, kicking, defending and footwork. Kids will practice techniques with shadow boxing and through safe partner work with mits and defenses. No experience necessary.

Wed 3:30 pm

No Obstacle! (Ages 10-14)

F: \$78 M: \$105 NM: \$182
45 Minutes

This fun and engaging obstacle course program includes climbing, crawling and navigating a variety of obstacles. New challenges every week!

Mon 3:00 pm

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ADULT SPORTS

Adult Basketball League

M: \$53 MEMBERS ONLY

Whether you are looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active! For more information contact Alex Belluschi at abelluschi@metronorthymca.org.

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

Adult Volleyball League

M: \$53 NM: 166

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-monitored.

Tue 7:00 pm

Thu 7:00 pm

Beginner Pickleball I

M: \$102 NM: \$175

60 Minutes

In this class players will learn basic stroke mechanics, fundamental shots, rules, scoring, and etiquette and court positioning for doubles pickleball.

Tue 9:00am

Beginner Pickleball II

M: \$102 NM: \$175

60 Minutes

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

Tue 10:00 am

Pickleball Skills and Drills for Advanced Beginners

M: \$102 NM: \$175

60 Minutes

This class is for players who are interested in improving their consistency with the basic shots in pickleball to sustain longer rallies. The focus of this class will be to use specific drills for practicing serves, returns, dinks, volleys, and lobs. Footwork and partner positioning will also be addressed.

Thu 8:30 am

Pickleball Skills and Drills for Intermediates

M: \$102 NM: \$175

60 Minutes

This class is for players who are already having success in sustaining longer rallies and are interested in learning more about point strategy and construction, shot selection, speed-ups, and defensive and reset shots. The soft, dinking game will be a primary focus as well as footwork and partner positioning.

Thu 9:30 am