

Spring I Session:

7 Weeks | February 26 – April 14

Registration Dates

Member Registration: February 5
Non-Member Registration: February 12

Rate Guide

Family Member: \$93
Member: \$136
Non-Member: \$232

PARENT / CHILD SWIM

Parent / Child A (Ages 6–18 Months) | 30 Min

Sat: 9:00am | 10:10am
Sun: 10:10am

Parent / Child B (Ages 18–36 Months) | 30 min

Mon: 10:20am
Tue: 11:00am
Sat: 9:35am
Sun: 9:00am | 9:35am

PRESCHOOL SWIM

Stage 1 | Ages 3–6

30 Minutes

Mon: 9:40am | 3:15pm | 3:50pm | 6:10pm
Tue: 9:40am | 3:50pm | 4:25pm
Wed: 4:25pm | 5:35pm | 6:10pm
Thu: 5:00pm | 6:10pm
Fri: 4:25pm | 5:00pm | 5:35pm
Sat: 9:00am | 10:10am | 11:20am | 11:55pm
Sun: 9:00am | 10:10am | 11:20am

Stage 2 | Ages 3–6

30 Minutes

Mon: 11:00am | 5:00pm
Tue: 10:20am | 3:15pm | 4:25pm
Wed: 5:00pm | 5:35pm
Thu: 3:50pm | 6:10pm
Fri: 11:00am | 3:15pm | 5:00pm | 6:10pm
Sat: 9:00am | 10:10am | 10:45am | 11:20am | 11:55am
Sun: 10:45am | 11:20am

Stage 3 | Ages 3–6

30 Minutes

Mon: 3:50pm
Tue: 9:00am | 3:15pm | 5:00pm
Wed: 4:25pm
Thu: 3:50pm
Fri: 3:50pm | 5:00pm
Sat: 9:00am | 10:10am | 10:45am
Sun: 9:35am | 11:55am

Stage 4 | Ages 3–6

30 Minutes

Mon: 4:25pm
Tue: 5:00pm
Thu: 4:25pm
Fri: 5:00pm
Sat: 9:00am
Sun: 10:45am

YOUTH SWIM

Stage 1 | Ages 6–18 30 Minutes

Tue: 5:35pm
Wed: 4:25pm | 5:00pm
Thu: 5:35pm | 6:10pm
Fri: 4:25pm | 6:10pm
Sat: 9:35am | 11:55am
Sun: 10:10am | 10:45am

Stage 2 | Ages 6–13 30 Minutes

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

Stage 3 | Ages 6–18 30 Minutes

Tue: 3:50pm | 4:25pm
Wed: 3:50pm | 4:25pm
Thu: 3:50pm | 5:00pm
Fri: 4:25pm | 6:10pm
Sat: 9:35am | 10:45am | 11:20am
Sun: 9:00am | 10:10am

Stage 4 | Ages 6–18 30 Minutes

Mon: 5:00pm
Tue: 6:10pm
Wed: 5:00pm
Thu: 4:25pm | 5:00pm
Fri: 3:50pm | 6:10pm
Sat: 9:35am | 10:10am | 11:55am
Sun: 9:35am | 11:20am

Stage 5 | Ages 6–18 30 Minutes

Tue: 6:10pm
Wed: 5:35pm
Fri: 4:25pm | 5:35pm
Sat: 11:20am
Sun: 11:20am

Stage 6 | Ages 6–18 30 Minutes

Mon: 5:35pm
Fri: 5:35pm
Sat: 11:55am
Sun: 11:55am

ADULT SWIM

Adult Beginner Swim 30 Minutes

Mon: 5:35pm
Wed: 5:00pm | 5:35pm
Sun: 11:55am | 12:30pm

Adult Intermediate Swim 30 Minutes

Mon: 6:10pm
Wed: 6:10pm
Sun: 12:30pm

GYM & SWIM

90 minutes | F: \$114 | M: \$166 | N: \$268

Parent / Child (Ages 2–6 Years)

Wed: 9:00am
Fri: 9:00am

COMPETITIVE SWIM TEAM PREP

30 Minutes | F: \$168 | M: \$238 | N: \$405
Tue: & Thu: 5:35pm

PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Drew, at dsidell@metronorthymca.org



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SWIM CLASS DESCRIPTIONS

PARENT CHILD SWIM

Parent/Child A (6-18 mo)

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Parent/Child B (18-36 mo)

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

PRESCHOOL SWIM

Stage 1 (3-6)

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.

Stage 2 (3-6)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (3-6)

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 using the deep end of the pool.

Stage 4 (3-6)

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.

YOUTH SWIM

Stage 1 (6-18)

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.

Stage 2 (6-18)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (6-18)

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 using the deep end of the pool.

Stage 4 (6-18)

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.

Stage 5 (6-18)

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.

Stage 6 (6-18)

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

GYM & SWIM

Parent/Child (2-4 years)

90 minutes

Participants will be introduced to instructor led games and activities to maximize movement during a 45-minute class, with a 15-minute break to change. Followed by a 30-minute swim lesson that will focus on kicking, pulling, and submerging. Parents will learn pool safety, while each child will gain independence.

COMPETITIVE SWIM TEAM PREP

30 minutes 2x per week

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.

ADULT SWIM

Adult Beginner Swim

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 17+ yrs.

Adult Intermediate Swim

30 minutes

Introduction to strokes and lap swimming. Please bring goggles to class. Ages 17+ yrs.

SWIM TESTING

Safety is our First Priority at the Y! All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 yrs of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD). Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers. Not sure what stage to sign your child up for? Please contact our Welcome Center at (781)-842-8811 or email Drew Sidell at dsidell@metronorthymca.org

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Rate Guide

Member: **\$112**
Non-Member: **\$235**

ADULT FITNESS

60 minutes | M: \$112 | N: \$235

Y WEIGHT LOSS

Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! This beginner friendly class will keep you motivated, hold you accountable, and teach you everything you need to know to continue your weight loss journey.

Mon: 6:30pm with Christian

Tue: 8:30am with Christian

Tue: 6:00pm with Jovani

Wed: 9:00am with Christian

Sat: 10:00am with Andrew

LIFT LEAN

Build strength and lean muscle with the use of free weights. A personal Trainer will guide you through a progressive strength training regimen to aid you in replacing fat with muscle. This class is great for those looking to start strength training with consistency and accountability.

Mon: 5:30pm with Christian

Tue: 9:30am with Christian

Tue: 7:00pm with Jovani

Wed: 8:00am with Christian

Fri: 6:00pm with Jovani

Sat: 9:00am with Christian

BOXING BASICS

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

Mon: 6:30pm with Jovani

Wed: 6:30pm with Jovani

TRAIN FOR 70 – GOLF TRAINING

60 minutes 2x per week | M: \$202 | N: \$423

Start this golf season off right! Our qualified personal trainers will work on building your power while also focusing on injury prevention. Get ready to feel your best on the course this season!

Mon & Wed: 9:00am

UPPER BODY PREHAB/REHAB

45 minutes | M: \$101 | N: \$208

Injuries can be devastating to your training routine. By focusing on corrective movements, our trainers will give you the tools needed to stay healthy and keep going no matter what life throws at you.

Tue: 5:45pm

Sat: 9:00am

LOWER BODY PREHAB/REHAB

45 minutes | M: \$101 | N: \$208

Injuries can be devastating to your training routine. By focusing on corrective movements, our trainers will give you the tools needed to stay healthy and keep going no matter what life throws at you.

Tue: 5:00pm

Sat: 9:45am

PERSONAL TRAINING

Reach your goals faster with the guidance of our team of certified personal trainers! With affordable training packages, we can get you the results you need. Our trainers have flexible scheduling and are ready when you are. Visit www.ymcametronorth.org/personal-training/ to connect with a trainer or scan below.

CANCELLATION POLICY

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Scan the
QR Code
to set up
your first
session
FREE!



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Registration Dates

Member Registration: **February 5**

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Rate Guide

Family Member: **\$95**

Member: **\$130**

Non-Member: **\$208**

TEEN FITNESS

60 minutes | F: \$95 | M: \$130 | N: \$208

TEEN BOXING (AGES 12-16)

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

Mon: 5:30pm with Jovani

Wed: 5:30pm with Jovani

L.I.F.T (AGES 12-16)

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 with a focus on safety in the fitness center.

Mon: 4:30pm with Christian

Wed: 5:30pm with Christian

Sat: 10:00am with Christian

YOUTH FITNESS

45 minutes | F: \$85 | M: \$117 | N: \$198

YOUTH CIRCUIT TRAINING (AGES 8-11)

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Mon: 3:30pm with Chris

Sat: 9:00am with Andrew



HEALTHY FAMILIES FOR LIFE

Physical activity and Exercise is crucial for a healthy and happy lifestyle. The Y is dedicated to providing safe and accessible options to you and your family. Whether it's in Sports, Ninja Warrior, or one of our Youth and Teen Fitness classes, our staff are here to make sure your family is set up for success.

All of our Youth and Teen classes are designed to introduce healthy physical activity and develop a love for movement. Whether it's their first time taking a class, or they've been with us session after session, there is always something to learn!

Scan to Register



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Spring I Session:**7 Weeks | February 26 – April 14****Registration Dates**Member Registration: **February 5**Non-Member Registration: **February 12****Rate Guide**Family Member: **\$79**Member: **\$106**Non-Member: **\$175****YOUTH SPORTS****45 minutes | F: \$79 | M: \$106 | N: \$175****BASKETBALL SKILLS AND DRILLS**

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Wed: 5:00 pm (Ages 4-6)**Wed: 5:45 pm (Ages 7-10)****Wed: 6:30 pm (Ages 11-15)****Sat: 9:00 am (Ages 4-6)****Sat: 10:00 am (Ages 7-10)****Sat: 11:00 am (Ages 11-15)****GYM & SWIM****90 minutes | F: \$114 | M: \$166 | N: \$268**

Participants will be introduced to instructor led games and activities to maximize movement followed by a swim lesson that will focus on kicking, pulling, and submerging. Parents will learn pool safety, while each child will gain independence.

Wed: 9:00 am (Ages 2-6)**Fri: 9:00 am (Ages 2-6)****MASH-UP MANIA**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

Mon: 4:00 pm (Ages 6-8)**Mon: 5:00 pm (Ages 8-10)****VOLLEYBALL SKILLS AND DRILLS**

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Mon: 6:00 pm (Ages 7-10)**Mon: 7:00 pm (Ages 11-15)****TRACK SKILLS AND DRILLS**

Challenge yourself to beat your personal best time each week. Learn the skills of proper running and breathing techniques for long and short distance track events.

Fri: 5:45pm (Ages 5-10)**Sat: 11:45am (Ages 5-10)****DODGEBALL**

Teams will follow official dodge ball rules, double elimination. Let off some steam while ducking, dodging and taking aim at your opponent.

Fri: 5:00 pm (Ages 7-11)**MINI ALL STARS**

This class will offer a new sport each week both traditional and nontraditional! A great class to see what sports your child naturally gravitates towards.

Tue: 10:30 am (Ages 3-5)**YOUTH ADVENTURE ZONE****45 minutes | F: \$85 | M: \$117 | N: \$198****NINJA WARRIORS (AGES 6-11)**

Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

Mon: 4:30pm (ages 6-8)**Mon: 5:30pm (ages 9-11)****Tue: 5:00pm (ages 9-11)****Thu: 4:30pm (ages 6-8)****Sun: 10:00am (ages 6-10)****LIL NINJAS (AGES 4-5)**

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn age appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

Mon: 3:30pm**Sun: 9:00am****Sun: 11:00am****CANCELLATION POLICY**

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

Tue: 5:30pm**Pickleball Lessons – Beginner II**

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: 6:30pm**Pickleball Lessons – Intermediate**

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

Tue: 7:30pm**Pickleball League – Competitive****2 Hours | M: \$79 | N: \$249**

Come with a partner or by yourself 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.

Thur: 6:00pm – 8:00pm**Pickleball League – Women****2 Hours | M: \$79 | N: \$249**

Come with a partner or by yourself and play in our pickleball league in this women only 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.

Mon: 10:15am – 12:30pm**CANCELLATION POLICY**

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Member: **\$106**
Non-Member: **\$175**

YOUTH PROGRAMS

45 minutes | F: \$79 | M: \$106 | N: \$175

COMIC CREATORS

This class will teach and guide your child through creating their very own comic book. Each child will build out characters and storylines and will finish the session with a project that reflects their story.

Tue: 4:00 pm (Ages 7-12)

CROCHET

1 hour | F: \$88 | M: \$117 | N: \$184

Crochet is a 100s year old practice for all ages to enjoy. Come learn how to Crochet and make different items throughout the program.

Wed: 4:00pm (Ages 7-12)

Wed: 5:00pm (Ages 13-18)



INTRO TO CREATIVE WRITING

This class will lead children through different writing prompts and allow them to put their imagination onto paper! They can create a world of excitement and adventure!

Tue: 5:00 pm (Ages 7-12)

INTRO TO VIDEO PRODUCTION

This class will teach and guide your child through the basics of broadcasting and video production. They will be introduced to what happens on screen and behind the camera.

Thu: 5:00 pm (Ages 7-12)

HEALTHY KIDS KITCHEN

Children will create a simple dish each week that they could make at home. Deliciousness is just a few chops away!

Sat: 12:15 pm (Ages 7-12)

LYNNLAB: SCIENCE FOR EVERYONE

Explore different elements of STEM learning by conducting different experiments each week in this program hosted by our friends at LynnLab. This program will also include a field trip to the Marine Science Center in Nahant. Transportation not provided.

Wed: 4:00 pm (Ages 11-15)

LITTLE SCIENTIST

Children will explore the world of science around them through fun, interactive activities and experiments.

Fri: 10:30 am (Ages 4-6)

MESSY PLAY

Children will explore the world of science around them through fun, interactive activities and experiments.

Tue: 9:30 am (Ages 3-5)

KIDS NIGHT OUT

3 hours | M: \$20 | N: \$25

Hang out with your friends at the YMCA, and enjoy a fun night filled with excitement! We will have games, crafts, and food!

Friday, February 2nd: 5:30pm-8:30pm

Friday, March 1st: 5:30pm-8:30pm

Friday, April 5th: 5:30pm-8:30pm

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