

Spring 1 Session
Feb. 26-April 14 | 7 Weeks

Registration Dates

Member Registration: **February 5**

Non-Member Registration: **February 12**

Rate Guide

Family Member: \$90
 Member: \$131
 Non-Member: \$223

AQUATICS

30 MIN

Parent / Child Swim: A Ages 6-18 months

Mon: 10:15am
 Tue: 10:15am
 Sat: 9:00am | 10:10am | 11:20am
 Sun: 8:15am

Parent / Child Swim: B Ages 18-36 months

Mon: 10:50am
 Tue: 10:50am
 Wed: 10:15am
 Sat: 9:35am | 10:45am

Preschool Swim: Stage 1 Ages 3-5

Mon: 11:25am | 4:30pm | 5:40pm
 Tue: 3:55pm | 4:30pm | 5:40pm
 Wed: 10:50am | 4:30pm | 5:40pm
 Thur: 3:55pm | 4:30pm | 5:40pm
 Fri: 3:55pm
 Sat: 9:00am | 10:45am | 11:20am
 Sun: 9:00am | 10:10am | 10:45am | 11:20am

Preschool Swim: Stage 2 Ages 3-5

Mon: 3:55pm | 4:30pm | 5:05pm | 6:15pm
 Tue: 11:25am | 3:55pm | 4:30pm | 5:05pm
 Wed: 3:55pm | 4:30pm | 5:05pm
 Thu: 3:55pm | 4:30pm | 5:05pm
 Fri: 4:30pm
 Sat: 9:35am | 11:20am
 Sun: 9:35am | 10:45am | 11:20am

Preschool Swim: Stage 3 Ages 3-5

Mon: 3:55pm | 4:30pm | 5:40pm
 Tue: 3:55pm | 4:30pm | 5:40pm
 Wed: 3:55pm | 4:30pm | 5:40pm
 Thu: 3:55pm | 4:30pm | 5:40pm
 Fri: 5:05pm
 Sat: 9:35am | 10:10am
 Sun: 9:35am | 10:10am

Preschool Swim: Stage 4 Ages 3-5

Mon: 3:55pm | 5:40pm
 Tue: 4:30pm | 6:15pm
 Wed: 4:30pm
 Thu: 4:30pm
 Fri: 3:55pm
 Sat: 9:00am
 Sun: 9:00am | 11:20am

Private Swim Lesson | Ages 4+

F: \$259 | M: \$301
 Available Upon Request

Youth Swim: Stage 1 Ages 6-13

Mon: 3:55pm | 4:30pm | 5:05pm
 Tue: 3:55pm | 4:30pm | 5:05pm
 Wed: 3:55pm | 4:30pm | 5:05pm | 6:15pm
 Thu: 3:55pm | 4:30pm | 5:05pm
 Fri: 4:30pm
 Sat: 9:00am | 10:10am | 11:55am
 Sun: 9:00am | 9:35am | 10:10am | 11:55am

Youth Swim: Stage 2 Ages 6-13

Mon: 4:30pm | 5:05pm | 5:40pm
 Tue: 5:05pm | 5:40pm
 Wed: 5:05pm | 5:40pm
 Thu: 5:05pm | 5:40pm | 6:15pm
 Fri: 5:05pm
 Sat: 9:00am | 10:45am | 11:55am
 Sun: 9:00am | 10:45am | 11:55am

Youth Swim: Stage 3 Ages 6-13

Mon: 5:05pm
 Tue: 5:05pm
 Wed: 3:55pm | 5:05pm
 Thu: 5:05pm
 Fri: 5:40pm
 Sat: 10:10am | 11:20am
 Sun: 9:00am | 10:10am | 11:20am

Youth Swim: Stage 4 Ages 6-13

Mon: 3:55pm | 5:40pm
 Tue: 3:55pm | 5:40pm
 Wed: 3:55pm | 5:40pm
 Thu: 3:55pm | 5:40pm
 Fri: 5:40pm
 Sat: 9:35am | 10:45am | 11:55am
 Sun: 9:35am | 10:45am | 11:55am

Youth Swim: Stage 5 Ages 6-13

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

Youth Swim: Stage 6 | Ages 6-13

Mon: 5:40pm
 Tue: 5:40pm
 Wed: 5:40pm
 Thu: 5:40pm
 Sat: 9:35am | 10:45am | 11:55am
 Sun: 9:35am | 10:45am | 11:55am

Competitive Swim Team Prep

45 MIN | Ages 6-13 | *TWO DAY MINIMUM*

F: \$180 | M: \$254 | NM: \$410

Mon: 6:15pm
 Tue: 6:15pm
 Wed: 6:15pm
 Thu: 6:15pm
 Fri: 5:45pm
 Sat: 11:55am
 Sun: 11:55am

Adult & Teen Beginner | Ages 14+

Fri: 6:15pm
 Sat: 8:15am

Adult & Teen Intermediate | Ages 14+

Sun: 12:00pm

Beginner Springboard Diving

45 MIN | Ages 6-18 | F: \$100 | M: \$145 | NM: \$234

Sat: 8:15am | 11:15am

Intermediate Springboard Diving

60 MIN | Ages 6-18 | F: \$110 | M: \$160 | NM: \$258

Sat: 9:05am

Advanced Springboard Diving

60 MIN | Ages 6-18 | F: \$110 | M: \$160 | NM: \$258

Sat: 10:10am



CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

Spring 1 Session
Feb. 26–April 14 | 7 Weeks

Registration DatesMember Registration: **February 5**Non-Member Registration: **February 12****Rate Guide**

Family Member: \$79

Member: \$106

Non-Member: \$175

Homeschool PE**Ages 5–12 | \$176**

Mon: 10:00am–1:00pm

Homeschool PE with Swim Lesson**Ages 5–12 | \$255**

Mon: 10:00am–1:00pm

Boys Basketball

Mon: 4:00pm | Ages 6–8

Mon: 5:00pm | Ages 9–12

Wed: 4:00pm | Ages 6–8

Sat: 10:15am | Ages 6–8

Girls Basketball

Tue: 4:00pm Ages 6–8

Super Sports | Ages 3–12

Mon: 4:00pm | Ages 9–12

Tue: 10:00am | Ages 3–5

Tue: 5:00pm | Ages 6–8

Fri: 4:00pm | Ages 3–5

Nerf Blasters | Ages 6–12

Tue: 4:00pm

Wed: 5:00pm

Running Club | Ages 6–10

Thu: 4:00pm

Flag Football | Ages 6–8

Thu: 5:00pm

Dodgeball | Ages 6–10

Thu: 4:00pm

**Youth Fitness & Self-Defense
with Larry Leavitt**

Sun: 11:00am Ages 5–7

Sun: 12:00pm Ages 8–12

**Pickleball Lessons: Beginner 1
45 Minutes**

Wed: 4:00pm–4:45pm Ages 8–12

**Pickleball League: Casual-Fun
(Beginner) | 18+****M: \$79 | NM: \$249**

Mon: 6:00pm–8:00pm

**Pickleball League:
Competitive/Advanced | 18+****M: \$79 | NM: \$249**

Wed: 6:00pm–8:00pm

Pickleball League: All Levels | 18+**M: \$79 | NM: \$249**

Sat: 8:00am–10:00am

**Pickleball Lessons: Skills & Drills
Advanced Beginner | 60 Minutes
with Sarah Caliento****M: \$98 | NM: \$168**

Thu: 11:00am

**Pickleball Lessons:
Beginner 1 | 60 Minutes | with Vin Grifoni****M: \$98 | NM: \$168**

Wed: 11:00am

**Pickleball Lessons: Beginner 1
60 Minutes with Sarah Caliento****M: \$98 | NM: \$168**

Fri: 5:00pm & 6:00pm

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Scan the
QR CODE
to Register
for Fall II
Programs

Spring I Session:
Feb 26 | April 14 | 7 Weeks

Registration Dates

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

Rate Guide

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

WOMEN ON WEIGHTS

M: \$102 | NM: \$214

This program brings participants through moderate to heavy lifts with both dumbbells and barbells.

Mon: 9:30am with Melissa—Starts 3/4
Fri: 9:00am with Melissa—Starts 3/9

Y CIRCUIT

During this 60-minute class, a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups.

Mon: 5:00pm with Steve
Wed: 5:00pm with Steve

HIIT CIRCUIT TRAINING

M: \$112 | NM: \$235

Get the attention and program planning you need while working in a small group! This format allows you to get a total body workout using high intensity intervals to get your heart rate up while circuit training.

Wed: 6:00pm with LeAnn

NUTRITION COACHING GROUP

This group will provide education on key components of healthy eating and nutrition and provide coaching to participants as they set goals, track their progress, and work towards healthier eating habits.

Mon: 6:00pm with LeAnn

Y WEIGHT

A certified personal trainer will bring you through a total body workout focusing on heavy lifts such as Presses, Squats and Deadlifts and auxiliary exercises to compliment your heavy work.

Mon: 7:00pm with Emily
Tue: 5:15am with Emily
Wed: 7:00pm with Emily

IYENGAR YOGA WITH LUBA

Iyengar yoga focuses on form and alignment through yoga asanas, utilizing various props to make it friendly to any participant.

Sat: 10:30am

INTRO TO METABOLIC CONDITIONING WITH CHUCK

For those newer to exercise, join this once-per-week group training sessions with body composition tests, nutrition plans, and strength and cardio plans.

Fri: 10:30am

METABOLIC CONDITIONING | 2X WEEKLY

M: \$202 | NM: \$423

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 with Chuck
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

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

Thu: 11:00am with Margaret

INTRO TO HIT FIT

This class introduces participants to exercises such 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: \$95 | M: \$130 | NM: \$208

TEEN SPORT CONDITIONING

Functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more!

Tue: 4:00pm with Steve

L.I.F.T.

This introductory class guides teens through proper form and function of primary lifts and teaches them how to build their own routines.

Thu Advanced: 4:00pm with Steve
Fri Beginner: 4:00pm with Steve

KIDS' FITNESS | 60 MINUTES | AGES 8-11

F: \$161 | M: \$220 | NM: \$353

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

Tue & Thu 3:30pm



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UPCOMING EVENTS

TORIGIAN FAMILY YMCA

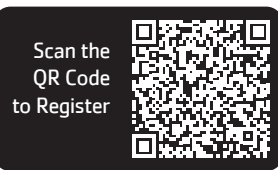
259 Lynnfield Street Peabody, MA 01960
978-977-YMCA (9622) | ymcametronorth.org



KIDS NIGHT OUT

5:30PM-8:30PM

FEBRUARY 23



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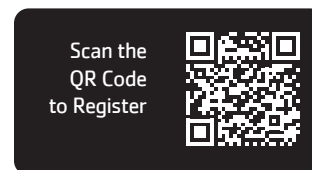
FEBRUARY BREAK SUPER SPORTS WITH NICK

FEBRUARY 20-22 | F: \$26 | M: \$36 | NM: \$55

Join us for a three-day sports clinic at the Y during school vacation, led by our Sports Director Nick Guido. Each session will run for three hours and include skills and drills for various sports such as basketball, dodgeball, and soccer, team building activities, gameplay, and plenty of fun. Please pack a snack and water for each session and have children wear sneakers and comfortable attire. 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 9-12
WED: 1:00PM-4:00PM | AGES 9-12
THU: 1:00PM-4:00PM | AGES 9-12



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3-ON-3 BASKETBALL TOURNAMENT BOYS AND GIRLS DIVISION



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