

Spring I Session:
February 26 – April 14

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

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.

Wed 11:00 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

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 10:30 am | 3:50 pm | 4:25 pm | 5:00 pm

Wed 3:50 pm | 5:00 pm | 5:35 pm

Thu 11:00 am | 3:50 pm | 4:25 pm | 5:35 pm

Fri 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 11:30 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm

Tue 11:00 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 3:15 pm | 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 | 10:10 am

Mon 3:15 pm | 4:25 pm | 5:35 pm

Tue 11:30 am | 3:15 pm | 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 | 9:35 am

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

Sun 10:45 am
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

Adult Advanced

30 Minutes

This program is designed for those wishing to perfect their swimming technique and build endurance in the water. We will focus on flip turns, lap swimming, and breaststroke, as well as perfecting the front crawl and backstroke.

Sun 8:00 am

Cross Fit with Roubins

M: \$151 NM: \$244

45 Minutes

A medium-intensity fitness program, incorporating different types of exercises in the water.

Tue 6:15pm

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

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 3:50 pm

Tue 3:15 pm

Wed 3:15 pm | 3:50 pm

Thu 3:15 pm | 3:50 pm

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

Sat 9:00 am

Adult Private Lessons (18+)

Mon 10:00 am

Tue 10:00 am

Wed 10:30 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 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

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 6-9) Advanced**

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

Floor Hockey (Ages 7-10)

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 5:15 pm

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 4:15 pm (Beginner/Advanced)

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 | 6:00 pm

Thu 5:15 pm

Fri 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
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

Tue 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.

Thu 10:00 am

Kids Yoga and Dance (Ages 2-5)

F: \$79 M: \$106 NM: \$175
45 Minutes
Learn the basics of yoga and dance through fun and engaging music. This class will teach yoga poses, meditation and mindfulness, all while keeping your little one moving and expressing their own creativity.

Thu 10:45 am

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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

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!

Tue 12:00 pm

Thu 12:00 pm

Fri 12:00 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 transitions, BRicks and even super sprint event! You will also learn what a BRick is!

Sat 7:30 am

Countering Computer Posture

Workshop

M: FREE NM: \$45

45 Minutes

Join Mia Melendez, our Nationally Certified Pilates Teacher, for a workshop concentrated on countering computer posture. Extended sitting at computer workstations can lead to forward head, rounded and elevated shoulders, and slumped upper back postures leading to chronic pain. This workshop will provide recommendations for workstation adjustments, exercise microbreaks using bands and your desk chair. Our goal will be to improve posture and help counter stresses associated with extended computer work.

Sun, Feb 11 at 4pm

Thur, Feb 29 at 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 | 4:30 pm

Intro to Weight Training (Ages 10-14)

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 (Ages 8-14)

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 mitts and defenses. No experience necessary.

Sat 12:45 pm

No Obstacle! (Ages 10-14)

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

45 Minutes

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

Mon 3:30 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.

Thu 5:45pm–8:45pm

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 | 10:30am