



# EVENTS AT THE Y



EVENTS ARE FREE UNLESS OTHERWISE MARKED *\*PAID EVENT*

## MARCH

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- 1 Kids Night Out**  
5:30pm-8:30pm | Demakes Family YMCA
- March Madness Group Ex Kick Off!**  
March 1-31 | YMCA of Metro North
- 8 Lobby Auction**  
Melrose Family YMCA
- 11 Lucky to Have You Week**  
March 11-17 | All YMCA of Metro North Branches
- Craft Sale and Easter Raffle**  
March 11-17 | Demakes Family YMCA
- Senior Social**  
12:00pm-1:30pm | Demakes Family YMCA
- Pot of Gold Raffle**  
Melrose Family YMCA
- Auction, Raffle, and Calendar Sale**  
March 11-17 | Torigian Family YMCA
- 12 Demakes \$1K in a Day**  
5:00am-9:00pm | Demakes Family YMCA
- Melrose \$1K in a Day**  
5:00am-9:00pm | Melrose Family YMCA
- Torigian \$5K in a Day**  
5:00am-9:00pm | Demakes Family YMCA
- Demakes Zumbathon**  
6:00pm-7:30pm | Demakes Family YMCA
- 13 Trike-A-Thon Fundraiser**  
2:00pm-5:00pm | Torigian Family YMCA
- Inbody Machine**  
8:00am-9:00am | Melrose Family YMCA

- 14 Member Appreciation**  
8:00am-5:00pm | Torigian Family YMCA
- 15 Duck Races**  
7:00pm-8:00pm | Torigian Family YMCA
- Kids Night Out**  
5:30pm-8:30pm | Melrose Family YMCA
- 16 Pickleball Tournament**  
12:00pm-4:00pm | Melrose Family YMCA
- Mission in Motion**  
7:30am-10:00am | Melrose Family YMCA
- Half Day Yoga Retreat**  
11:00am-3:00pm | Torigian Family YMCA
- 17 Pickleball Tournament**  
Saugus, Torigian, and Lynn Family YMCA
- Happy St. Patrick's Day**  
From the YMCA of Metro North
- 18 Lobby Auction**  
5:00am-9:00am | Melrose Family YMCA
- 22 Kids Night Out**  
5:30pm-8:30pm | Torigian Family YMCA
- 25 Member Appreciation Day**  
Demakes Family YMCA
- 30 Photos with the Easter Bunny**  
12:00pm-1:30pm | Torigian Family YMCA
- Pool Easter Egg Hunt**  
12:45pm-1:30pm | Torigian Family YMCA
- 31 Happy Easter**  
From the YMCA of Metro North



STAY TUNED FOR APRIL EVENTS

Scan the  
QR Code  
to Register  
for Events



YMCA of METRO NORTH | [www.ymcametronorth.org](http://www.ymcametronorth.org)