

Spring II Session
April 22-June 16 | 8 Weeks

Registration Dates
 Member Registration: **April 1**
 Non-Member Registration: **April 8**

Rate Guide
 Family Member: \$103
 Member: \$152
 Non-Member: \$247

Parent / Child Swim: A
Ages 6-18 months

Mon: 10:15am
 Tue: 10:15am
 Thu: 10:15am
 Sat: 9:35am | 10:45am
 Sun: 8:15am

Parent / Child Swim: B
Ages 18-36 months

Mon: 10:50am
 Tue: 10:50am
 Wed: 10:15am
 Thu: 10:50am
 Sat: 9:00am | 10:10am | 11:20am
 Sun: 11:55am

Preschool Swim: Stage 1 | Ages 3-5

Mon: 11:25am | 4:30pm | 5:40pm
 Tue: 3:55pm | 5:05pm
 Wed: 10:50am | 4:30pm | 5:40pm
 Thu: 3:55pm | 5:05pm
 Fri: 3:55pm
 Sat: 9:00am | 9:35am | 10:10am | 11:20am
 Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am

Preschool Swim: Stage 2 | Ages 3-5

Mon: 3:55pm | 4:30pm
 Tue: 11:25am | 4:30pm | 5:05pm
 Wed: 3:55pm | 4:30pm
 Thu: 11:25am | 4:30pm | 5:05pm
 Sat: 9:00am | 9:35am | 10:45am | 11:20am
 Sun: 9:00am | 9:35am | 10:45am

Preschool Swim: Stage 3 | Ages 3-5

Mon: 3:55pm | 5:05pm
 Tue: 4:30pm | 5:40pm
 Wed: 3:55pm | 5:05pm
 Thu: 4:30pm | 5:40pm
 Fri: 3:55pm
 Sat: 9:35am | 10:10am | 11:20am
 Sun: 9:00am | 9:35am | 10:45am

Preschool Swim: Stage 4 | Ages 3-5

Mon: 3:55pm
 Tue: 4:30pm
 Wed: 3:55pm
 Thu: 4:30pm
 Sat: 9:00am | 10:45am
 Sun: 9:00am | 11:20am

Private Swim Lesson | 4+
F: \$296 | M: \$344

Mon: 6:15pm
 Tue: 6:15pm
 Wed: 6:15pm
 Thu: 6:15pm
 Sat: 9:00am | 10:10am | 11:55am
 Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

Youth Swim: Stage 1 | Ages 6-13

Mon: 4:30pm | 5:40pm
 Tue: 3:55pm | 5:05pm
 Wed: 4:30pm | 5:40pm
 Thu: 3:55pm | 5:05pm
 Fri: 4:30pm
 Sat: 10:10am | 11:20am | 11:55am
 Sun: 10:10am | 11:20am

Youth Swim: Stage 2 | Ages 6-13

Mon: 4:30pm | 5:05pm
 Tue: 3:55pm | 5:40pm
 Wed: 4:30pm | 5:05pm
 Thu: 3:55pm | 5:40pm
 Fri: 5:05pm
 Sat: 9:00am | 10:45am | 11:55am
 Sun: 9:00am | 10:10am | 11:55am

Youth Swim: Stage 3 | Ages 6-13

Mon: 5:05pm
 Tue: 3:55pm | 5:40pm
 Wed: 5:05pm
 Thu: 3:55pm | 5:40pm
 Fri: 4:30pm
 Sat: 9:35am | 10:45am | 11:55am
 Sun: 9:35am | 10:10am | 11:20am

Youth Swim: Stage 4 | Ages 6-13

Mon: 3:55pm | 5:40pm
 Tue: 4:30pm | 5:40pm
 Wed: 3:55pm | 5:40pm
 Thu: 4:30pm | 5:40pm
 Fri: 5:40pm
 Sat: 10:45am | 11:20am
 Sun: 9:35am | 10:45am | 11:55am

Youth Swim: Stage 5 | Ages 6-13

Mon: 5:05pm
 Tue: 5:40pm
 Wed: 5:05pm
 Thu: 5:40pm
 Fri: 5:05pm
 Sat: 9:35am
 Sun: 10:10am | 11:20am

Youth Swim: Stage 6 | Ages 6-13

Mon: 5:40pm
 Tue: 5:05pm
 Wed: 5:40pm
 Thu: 5:05pm
 Sat: 10:45am
 Sun: 10:45am

Master's Swim
M:\$378 | NM:\$549 | 3X Weekly

Tue: 6:30am-8:00am
 Thu: 6:30am-8:00am
 Sun: 7:00am-8:00am

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.

Competitive Swim Team Prep
45 MIN | Ages 6-13

F: \$206 | M: \$295 | NM: \$480

2 DAY MINIMUM

Mon: 6:15pm
 Tue: 6:15pm
 Wed: 6:15pm
 Thu: 6:15pm
 Fri: 5:40pm
 Sat: 11:55am
 Sun: 11:55am

Adult & Teen Beginner | Ages 14+

Mon: 10:15am
 Fri: 6:15pm
 Sat: 8:15am

Adult & Teen Intermediate Ages 14+

Sat: 11:55pm

Beginner Springboard Diving
45 Min | Ages 6 - 18

F: \$114 | M: \$168 | NM: \$275

Sat: 8:15am | 11:15am
 Sun: 10:00am

Intermediate Springboard Diving
60 Min | Ages 6-18

F: \$126 | M: \$185 | NM: \$302

Sat: 9:05am
 Sun: 10:50am

Advanced Springboard Diving
60 Min | Ages 6 - 18

F: \$126 | M: \$185 | NM: \$302

Sat: 10:10am



Scan the QR code to Register for Spring II Programs

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 Member Registration: **April 1**
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Rate Guide
 Family Member: \$86
 Member: \$117
 Non-Member: \$192

Homeschool PE | Ages 5-12

F:\$176
 Mon: 10:00am-1:00pm

**Homeschool PE with
 Swim Lesson | Ages 5-12**

F:\$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
 Sun: 12:15pm | Ages 6-8

Girls Basketball

Tue: 4:00pm | Ages 6-8

Archery

Wed: 4:00pm | Ages 7-12
 Fri: 4:00pm | Ages 7-12

Super Sports

Ages 3-5 | Ages 6-8 | Ages 9-12

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

Soccer

Wed: 5:00pm | Ages 9-12
 Thu: 5:00pm | Ages 6-8

Flag Football | Ages 6-8

Thu: 4:00pm

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

Sun: 11:00am | Ages 6-10

**Pickleball League: Casual-Fun
 (Beginner)-Experience Required | 18+**

F: \$90 | NM: \$266
 Mon: 6:00pm-8:00pm

**Pickleball League:
 Competitive/Advanced | 18+**

F: \$96 | NM: \$294
 Wed: 6:00pm-8:00pm

Pickleball League: All Levels | 18+

F: \$96 | NM: \$294
 Sat: 8:00am-10:00am

**Pickleball Lessons:
 Skills & Drills Intermediate and Advanced
 60 Minutes | with Sarah Caliento**

F: \$112 | NM: \$196
 Thu: 11:00am

**Pickleball Lessons:
 Beginner 1 | 60 Minutes | with Vin Grifoni**

F: \$112 | NM: \$196
 Wed: 11:00am

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 Non-Member: \$260

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. This class is open to all levels and will challenge you through exercises using bodyweight, TRX, dumbbells, kettlebells, and more.

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

Y WEIGHT

During this class, a certified personal trainer will bring you through a total body workout focusing on heavy lifts such as Presses, Squats, and Deadlifts along with auxiliary exercises to complement your heavy work.

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

METABOLIC CONDITIONING

2x Weekly | M: \$223 | NM: \$469

Everything you need to kickstart your fitness goals! This program includes two 60-minute small group training sessions per week, body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of seasoned certified personal trainer and all this support, your goals are within reach!

Tue: 9:00am with Chuck
Fri: 9:30am with Chuck

INTRO TO METABOLIC CONDITIONING WITH CHUCK

For those interested in our original Metabolic Conditioning class, but newer to exercise. This program meets in small group training sessions one per week and includes body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of seasoned certified personal trainer and all this support, your goals are within reach!

Fri: 10:30am

LIFTING WITH LEANN

Start truly building strength with this lift-focused, all-levels class centered around barbells and dumbbells.

Thu: 7:00am

GETTING INTO RUNNING

Get the coaching you need to get into running – whether you are brand new to it, getting back into it, or looking to run your first 5K. 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

A fun, safe boxing class just for seniors that will provide seated and standing options with accommodations for varying abilities and will incorporate boxing exercises to improve balance, strength, and coordination.

Thu: 11:00am with Brandon

FUNCTIONAL TRAINING

Train for everyday life! This class will focus on exercises to strengthen your muscles, improve your balance, mobility, and flexibility to help you avoid injury and live your best life.

Wed: 9:00am with Kayla
Thu: 9:00am with Kayla

TEEN FITNESS

60 MIN | Ages 12 – 16 | F: \$104 | M: \$144 | NM: \$218

TEEN SPORT CONDITIONING

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.

Tue: 4:00pm with Steve

L.I.F.T.

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. No experience necessary, just a positive attitude and willingness to work hard.

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

KIDS' FITNESS | 60 MINUTES | AGES 8-11

F: \$177 | M: \$245 | NM: \$371

Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning. No experience is necessary, just a positive attitude and willingness to work hard.

Tue & Thu: 3:30pm



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UPCOMING EVENTS

TORIGIAN FAMILY YMCA

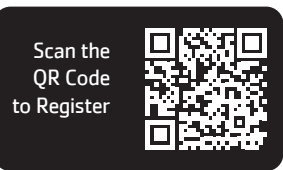
259 Lynnfield Street Peabody, MA 01960
978-977-YMCA (9622) | ymcametronorth.org



KIDS NIGHT OUT

5:30PM-8:30PM

APRIL 26



Scan the QR Code to Register



APRIL BREAK CLINIC

SUPER SPORTS WITH NICK | 3 HOURS | APRIL 16-18

APRIL 16-18 | F: \$24 | M: \$33 | NM: \$60

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, soccer, team building activities, gameplay, and plenty of fun. We will also use our outdoor space for activities. Register for one, two, or all three days. Please pack a snack and water for each session and have children wear sneakers and comfortable attire. Contact Nick at nguido@metro-northymca.org for more information.

TUE: 9:00AM-12:00PM | AGES 6-8

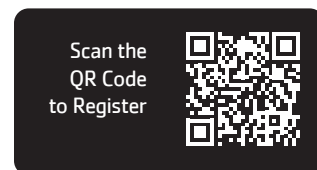
WED: 9:00AM-12:00PM | AGES 6-8

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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