

Spring II Session:
April 22 – June 16

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

Rate Guide:
Family Member: F
Member: M
Non-Member: NM

PRESCHOOL SWIM

F: \$103 M: \$152 NM: \$247

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 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm

Tue 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm

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

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

Tue 11:00 am | 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 3:50 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

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

Spring II Session:
April 22 – June 16

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

Rate Guide:
Family Member: F
Member: M
Non-Member: NM

YOUTH SWIM

F: \$103 M: \$152 NM: \$247

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
Mon 5:35 pm
Tue 5:00 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 | 10:45 am | 11:20 am
Mon 3:50 pm | 5:00 pm
Tue 3:50 pm | 4:25 pm
Wed 3:50 pm
Thu 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 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
Tue 5:00 pm
Wed 3:50 pm | 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 \$185 M \$265 NM \$432

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

Spring II Session:
April 22 - June 16

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

Rate Guide:
Family Member: F
Member: M
Non-Member: NM

ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$152 NM: \$247

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 8:30 am

Water Exercise

M: FREE NM: \$170

60 minutes

Join us for a full body workout! A combination of cardio respiratory endurance, muscle conditioning and interval training.

Mon 8:30 am | 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: \$170

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: \$296 M: \$344 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 10:30 am | 3:15 pm

Wed 10:30 am | 3:15 pm | 3:50 pm

Thu 11:30 | 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

**Spring II Session:
April 22 – June 16**

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

Rate Guide:
Family Member: F
Member: M
Non Member: NM

SPORTS

F: \$86 M: \$117 NM: \$192

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

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 3-5)

Thu 4:15 pm (Ages 6-9)

T-Ball League (Ages 3-5)

F: \$140 M: \$174 NM: \$215

60 Minutes

Outdoor field will be Roosevelt School. If rained out, games will be held at Melrose YMCA. Parents/guardians are asked to stay for the game and assist their child in following coaches' directions. All participants will receive shirt and hat.

Sat 10:30 am

ENRICHMENT

F: FREE M: \$117 NM: \$192

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: \$86 M: \$117 NM: \$192

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

Jump and Play (Ages 2-5)

F: \$86 M: \$117 NM: \$192

45 Minutes

Join our morning Jump & Play for parents with young children. Play alongside Coach Alex and other families to help your children with early social skills and friendship building. Parents are required to stay with their children throughout the class.

Tue 11:15 am

NEW!

**Spring II Session:
April 22 – June 16**

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

Rate Guide:
Family Member: F
Member: M
Non Member: NM

SPORTS

F: \$86 M: \$117 NM: \$192

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 5:15 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

Flag Football (Ages 9-12)

45 Minutes

This class is geared towards boys and girls who want to learn how to play football, tactics, and most importantly - have fun! Participants should anticipate a challenging but instructional program.

Tue 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)

Youth Volleyball (Ages 8-10)

45 Minutes

Learn the basics of volleyball. Work on skills and drills and introduction to passing, setting, serving. Offensive and defensive techniques will be introduced. Scrimmages will be held to develop confidence on the court and work on implementing new skills. This class is coed and for beginners/intermediates.

Mon 3:15 pm

Youth Volleyball (Ages 11-15)

45 Minutes

Bump, set and spike your way to fun with our advanced volleyball program. The more you play, the more you improve. Make new friends and learn valuable lessons about teamwork, communication on and off the court in the fun, fast-paced sport.

Mon 4:00 pm

Strength & Conditioning with Coach Alex (Ages 10-13)

F: \$94 M: \$130 NM: \$207

45 Minutes

For young athletes who want to learn how to gain strength and improve their conditioning level.

Wed 3:15 pm

One on One Sports Training (Ages 7-18)

F: \$192 M: \$248 NM: \$344

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

Fri 4:00 pm

Batting Cage Session Rental

F: \$255 M: \$255 MEMBERS ONLY

60 Minutes

Adult required. 2 person limit.

Tue 3:15 pm | 4:15 pm

Wed 3:15 pm | 4:15 pm

Thu 4:15 pm

NEW!

Spring II Session: April 22 - June 16

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

Rate Guide:
Family Member: F
Member: M
Non Member: NM

ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$223 NM: \$469
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: \$80
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

Stay Fit

F: FREE M: FREE NM: \$99
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

Self Defense Strategies for Women

F: \$140 M: \$140 NM: \$293
60 Minutes

In this 6-week class women will learn how to lower risk of assault and acquire practical methods to defend oneself in the event of a real life attack.

Fri 5:00 pm

Triathlon Club

M: \$124 NM: \$260
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.

Thu, Apr 25 at 6:30pm

YOUTH FITNESS

Teen Strength and Conditioning (Ages 11-14)

F: \$94 M: \$130 NM: \$207
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: \$94 M: \$130 NM: \$207
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: \$94 M: \$130 NM: \$207
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)

F: \$94 M: \$130 NM: \$207
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

Adaptive Weightlifting with Danny (Ages 11-18)

F: \$94 M: \$130 NM: \$207
45 Minutes

This program is for individuals with intellectual or physical disabilities. It is a great opportunity to participate in small group exercise with modifications that meet individual needs.

Sat 11:00 am

NEW!

NEW!

**Spring II Session:
April 22 – June 16**

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

Rate Guide:
Family Member: F
Member: M
Non Member: NM

ADULT SPORTS

Adult Basketball League

M: \$56 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: \$56 NM: \$184

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. One time slot per participant.

Thu 6:00 pm–7:15 pm

Thu 7:30 pm–8:45 pm

Beginner Pickleball I

M: \$112 NM: \$196

60 Minutes

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

Tue 9:00 am

Beginner Pickleball II

M: \$112 NM: \$196

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 Beginner II

M: \$112 NM: \$196

60 Minutes

This class is for players who are interested in improving their consistency with the basic fundamental shots in order to sustain longer rallies. The focus of this class will be to use specific drills for practicing footwork, serves, returns, drops/dinks, volleys, and lobs. Some point strategy will be discussed.

Thu 8:30 am

Pickleball Skills and Drills for Low Intermediates

M: \$112 NM: \$196

60 Minutes This class is for players who are already having success in sustaining rallies of 4+ shots. Players will continue to improve on skills introduced in Skills and Drills for Beginner II. Focus will be on shots used to get more successfully to the "kitchen" line, footwork, and defensive and reset shots. Drills for starting the soft, dinking game will be introduced.

Thu 9:30 am

Pickleball Skills and Drills for Mid-High Intermediates

M: \$112 NM: \$196

60 Minutes

This class is for players who are having success in sustaining rallies of 6+ shots and are attempting to get to the NVZ line with their partner. Players will continue to level up their playing through drills related to point strategy and construction, improved footwork, and defense. The soft, dinking game will be a primary focus as well as court coverage and partner positioning. (Players must be able to consistently "feed" balls to a partner for drills.)

Thu 10:30 am

Pickleball League - Casual Fun and Challenging Competitive (2 Courts)

M: \$96 NM: \$294

120 Minutes

Register as an individual to be paired systematically with a new partner for each round robin game every week. One court will be designated for Casual Fun and one court for Challenging Competitive play with a maximum of 8 players per court each week. Ongoing individual scores will be tallied each week for standings for a final week mini tournament.

Fri 5:00 pm

Pickleball - Private Lessons

F: \$480 M: \$480 MEMBERS ONLY

60 Minutes

Are you or your friends or family interested in one-on-one or small group private lessons to improve your pickleball game? Sign up as an individual or with 2-4 total players for more individualized attention. Focus will be on paddle grip, footwork, and basic stroke mechanics with emphasis on point strategy and breakdown, shot selection, and basic foundations for improving in pickleball. Work with a ball machine is also available.

Wed 9:00 am | 10:00 am