

**SUMMER SESSION**  
**JUNE 24 - AUGUST 25 | 9 WEEKS**

**Registration Dates**  
Member Registration: **June 3**  
Non-Member Registration: **June 10**

**Rate Guide**  
Member: \$148  
Non-Member: \$172

### PRIVATE SWIM LESSONS | 30 MINUTES

**M: \$148 | NM: \$172 | \*ALL SWIM LESSONS ARE HELD IN THE BACK POOL**

#### June 24-June 27

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### July 8 - July 11

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### July 15 - July 18

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### July 22 - July 25

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### July 29 - Aug 1

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### Aug 5- Aug 8

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### Aug 12- Aug 15

##### SWIM LESSONS

Mon: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Tue: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Wed: 12:45pm | 1:20pm | 1:55pm | 2:30pm  
Thu: 12:45pm | 1:20pm | 1:55pm | 2:30pm

#### JUNE 24-JULY 11

##### PRIVATE SWIM LESSONS

Sat: 11:10am - 11:40am

#### JULY 22- AUGUST 12

##### PRIVATE SWIM LESSONS

Sat: 11:10am - 11:40am



#### 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.

Scan the QR code to Register



**SUMMER SESSION**  
**JUNE 24 - AUGUST 25 | 9 WEEKS**

**Registration Dates**  
Member Registration: **June 3**  
Non-Member Registration: **June 10**

**Rate Guide**  
Family: \$111  
Member: \$164  
Non-Member: \$267

## AQUATICS

**F: \$111 | M: \$164 | NM: \$267 | \*ALL SWIM LESSONS ARE HELD IN THE BACK POOL**

### PARENT / CHILD SWIM AGES 18 MONTHS-3 YEARS

Sat: 10:25am

### PRESCHOOL 1

Mon: 3:05pm | 4:50pm

Tue: 3:05pm | 4:50pm

Sat: 9:50am

### PRESCHOOL 2

Mon: 1:55pm | 3:40pm

Tue: 1:55pm | 3:40pm

Sat: 9:15am

### PRESCHOOL 3

Mon: 1:20pm | 4:15pm

Tue: 1:20pm | 4:15pm

Sat: 9:15am

### YOUTH 1

Mon: 1:20pm | 4:15pm | 4:50pm

Tue: 1:20pm | 4:15pm | 4:50pm

### YOUTH 2

Mon: 1:55pm | 3:40pm

Tue: 1:55pm | 3:40pm

### YOUTH 3

Mon: 2:30pm | 3:05pm

Tue: 2:30pm | 3:05pm

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**SUMMER SESSION:**  
**June 24– August 25 | 8 Weeks**

**Registration Dates:**  
Member Registration: **June 3**  
Non-Member Registration: **June 10**

**Rate Guide:**  
**Family Member: FM**  
**Member: M**  
**Non Member: NM**

Any questions on sports classes, rates, times or accommodations over the summer please reach out to Lauren Garchinsky at:  
lgarchinsky@metronorthymca.org

## YOUTH SPORTS

**45 Minutes | FM: \$86 | M: \$117 | NM: \$192**

### BASKETBALL SKILLS & DRILLS

**45 Minutes | Ages 4–6**

Your child will learn the basic skills of basketball i.e. dribbling, passing and shooting along with learning the format of a real game!

**Tue: 4:00pm – 4:45pm**

**Sat: 9:00am – 9:45am**

### BASKETBALL SKILLS & DRILLS

**45 Minutes | Ages 6–9**

Your child will learn the basic skills of basketball i.e. dribbling, passing and shooting along with learning the format of a real game!

**Tue: 5:00pm – 5:45pm**

**Sat: 10:00am – 10:45am**

### BASKETBALL SKILLS & DRILLS

**45 Minutes | Ages 9–13**

Your child will learn the basic skills of basketball i.e. dribbling, passing and shooting along with learning the format of a real game!

**Sat: 11:00am – 11:45am**

### SOCCER SKILLS & DRILLS

**45 Minutes | Ages 3–5**

Have your child come socialize while learning the basic skills of soccer i.e. dribbling, passing and scoring!

**Thu: 4:00pm–4:45pm**

**Sat: 10:00am – 10:45am**

### SOCCER SKILLS & DRILLS

**45 minutes | Ages 6–10**

Have your child come socialize while learning the basic skills of soccer i.e. dribbling, passing and scoring!

**Thu: 5:00pm – 5:45pm**

**Sat: 11:00am – 11:45am**

### ARCHERY

**45 Minutes | Ages 7–10**

Students will learn the basics of shooting technique along with how to be responsible and safe on an archery range.

**Tue: 5:00pm – 5:45pm**

**Thu: 4:00pm–4:45pm**

**Sat: 11:00am – 11:45am**

### ARCHERY

**45 Minutes | Ages 11–14**

Students will learn the basics of shooting technique along with how to be responsible and safe on an archery range.

**Tue: 4:00pm–4:45pm**

**Thu: 5:00pm–5:45pm**

**Sat: 12:00pm–12:45pm**

## ENRICHMENT

### NERF BLASTERS

**45 Minutes | Ages 6–8**

Come have your child work on their aim with this class of Nerf blasters! They'll have target practice, play tag and other engaging games using Nerf guns!

**Wed: 4:00pm–4:45pm**

### NERF BLASTERS

**45 minutes | Ages 9–12**

Come have your child work on their aim with this class of Nerf blasters! They'll have target practice, play tag and other engaging games using Nerf guns!

**Wed: 5:00pm – 5:45pm**

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to register



### SUMMER SESSION

**June 24– August 25 | 8 Weeks**

#### Registration Dates:

Member Registration: **June 3**

Non-Member Registration: **June 10**

#### Rate Guide:

**Family Member: FM**

**Member: M**

**Non Member: NM**

## ADULT SPORTS

**60mins | 8 Weeks**

**FM: \$108 | M: \$108 | NM: \$188**

### BEGINNER PICKLEBALL I LESSONS

**60 Minutes | Ages 18+**

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

**Fri 9:00am–10:00am**

### BEGINNER PICKLEBALL II LESSONS

**60 Minutes | Ages 18+**

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.

**Fri: 10:00am–11:00am**

### INTERMEDIATE

### PICKLEBALL LESSONS

**60 Minutes | Ages 18+**

This class will focus on intentionality and consistency through skills and drills of the fundamental shots. Players should already have the ability to sustain a rally for more than 4 shots (serve, return, 3rd shot, and 4th shot) with consistency. Topics covered will include point construction, shot selection, footwork, court awareness, and partner positioning.

**Fri: 11:00am–12:00pm**

### NO SPORTS LEAGUES IN THE SUMMER

**Any questions about Pickleball classes, or what level you may be please, reach out to Jenn Toussaint at**

**[jtousaint@metronorthyca.org](mailto:jtousaint@metronorthyca.org)**

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