

Summer Session:
June 24 - August 25

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

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

PRESCHOOL SWIM

F: \$116 M: \$171 NM: \$278

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.

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 5:35 pm

Tue 10:40 am

Wed 5:00 pm | 5:35 pm

Thu 10:40 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 | 10:45 am | 11:20 am

Mon 10:10 am | 3:50 pm | 4:25 pm

Tue 9:40 am | 3:50 pm | 5:00 pm | 5:35 pm

Wed 10:10 am | 3:50 pm | 5:00 pm

Thu 9:40 am | 3:15 pm | 3:50 pm | 5:00 pm | 5:35 pm

Fri 5:00 pm

Sat 9:00 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

Mon 10:40 am | 3:15 pm | 3:50 pm | 5:00 pm | 5:35 pm

Tue 10:10 am | 3:50 pm | 5:00 pm

Wed 3:15 pm | 3:50 pm

Thu 10:10 am | 3:50 pm | 5:35 pm

Fri 5:35 pm

Sat 9:00 am | 9:35 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.

Mon 3:15 pm | 4:25 pm

Tue 3:15 pm

Wed 10:40 am

Thu 3:50 pm

Sat 9:00 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 10:45 am

Tue 4:25 pm

Thu 5:00 pm

Sat 10:10 am

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YOUTH SWIM

F: \$116 M: \$171 NM: \$278

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

Tue 5:00 pm
Wed 3:50 pm
Thu 5:00 pm
Sat 9:35 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
Wed 5:00 pm
Sat 10:45 am

Swim Team Prep (Ages 7-14)

30 minutes

F \$197 M \$283 NM \$459

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.

Thu 5:35 pm & Sun 11:20 am

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$171 NM: \$278

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 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: \$180

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: \$180

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: \$333 M: \$387 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 9:40 am | 3:50 pm | 5:00 pm

Tue 3:15 pm

Wed 9:40 am | 3:15 pm | 4:25 pm

Thu 3:15 pm

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

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SPORTS

F: \$97 M: \$132 NM: \$215

Mini All Stars (Ages 3-5)

45 Minutes

This program offers different sports and games each week. Adult participation may be required.

Sat 8:30 am

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

Fri 4:30 pm

Basketball Academy (Ages 6-9)

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

Tue 4:30 pm (Beginner/Intermediate)

Youth Volleyball (Ages 8-10)

45 Minutes

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

Mon 4:30 pm (Beginner/Intermediate)
Mon 5:15 pm (Advanced)

Strength & Conditioning w/ Coach Alex (Ages 10-13)

F: \$105 M: \$146 NM: \$233

45 Minutes

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

Wed 4:30 pm

One on One Sports Training (Ages 7-18)

F: \$198 M: \$261 NM: \$369

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

Sat 9:15 am

ENRICHMENT

F: FREE M: \$132 NM: \$215

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

Kids Yoga and Dance (Ages 2-5)

F: FREE M: \$65 NM: \$104

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.

4-Week Mini Session Runs August 1 – August 22

Thu 10:45 am

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ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$251 NM: \$527

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

Mon & Wed 6:00 pm

Adult Basketball League

M: \$59 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: \$59 NM: \$198

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. All levels of experience are welcome and games are self-monitored. One time slot per participant.

Thu 6:45 pm–8:45pm

Stay Fit

F: FREE M: FREE NM: \$59

60 Minutes

Join long-time instructor, Kay Danieli as she leads an hour-long, low-impact aerobics class geared towards seniors! NO CLASS DURING THE MONTH OF AUGUST!

Tue 12:00 pm

Thu 12:00 pm

Fri 12:00 pm

Healthy Heart Maintenance

M: FREE NM: \$90

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

CONTINUED ON BACK

YOUTH FITNESS

F: \$105 M: \$146 NM: \$233

Tween Strength and Conditioning (Ages 10-14)

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.

Tue 11:30 am

Intro to Weight Training (Ages 10-14)

45 Minutes

This class is designed for youths interested in various forms of weight training including weightlifting, power lifting and lifting for strength.

Tue 10:30 am

Boxing (Ages 8-14)

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 10-14)

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 @ Pine Banks (Ages 10-14)

45 Minutes

This fun and engaging obstacle course program includes climbing, crawling and navigating a variety of obstacles in an outdoor environment. New challenges every week! In the event of inclement weather the class will meet in the gymnasium at the Y.

Tue 10:30 am

Adaptive Weightlifting with Danny (Ages 11-18)

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.

Thu 10:30 am

Sat 11:00 am | 11:45 am

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ADULT FITNESS 5-WEEK MINI SESSIONS

July 22–August 25

Stretch and Foam Rolling for Recovery

45 Minutes

Class focused on stretching and foam rolling to recover from hard training or to relax at the end of a stressful day!

Mon & Wed 5:30pm

Strength and Conditioning for College Athletes

60 Minutes

This twice weekly class is led by former college athlete and certified personal trainer Haley Mate. Stay on top of your conditioning during your summer break without losing in-season gains and conditioning.

Tue & Thu 4:45 pm