

Fall I Session:
8 Weeks | Sept. 3-Oct. 27

Registration Dates:
Member Registration: **August 12**
Non-Member Registration: **August 19**

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

PICKLEBALL LESSONS

60 mins | FM: \$112 | M: \$112 | NM: \$196

BEGINNER PICKLEBALL 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.

Tue: 12:00pm-1:00pm

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.

Tue: 1:00pm-2:00pm

Thu: 5:00pm-6:00pm

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

PICKLEBALL LEAGUES

120 mins | FM: \$96 | M: \$96 | NM: \$294 S

PICKLEBALL LEAGUE (CASUAL-FUN)

120 minutes (Ages 18+)

Come with a partner and play in our pickleball league! This will be weekly and will be games throughout the league with a tournament at the end! If you come in as a solo, a partner will be provided.

Thu: 6:00pm-8:00pm

(Level 2.0-3.0+ : Need to have taken beginner 1 lessons.)

PICKLEBALL LEAGUE (COMPETITIVE)

120 minutes (Ages 18+)

Come with a partner and play in our pickleball league! This will be weekly and will be games throughout the league with a tournament at the end! If you come in as a solo, a partner will be provided.

Tues: 6:00pm-8:00pm

(Level 3.0-4.0+ :Need to have taken beginner 1 + 2 lessons.)

WOMEN'S LEAGUE

120 minutes (Ages 50+)

The women's league is where we will have some competitive fun in a series of matches against one another! This will be round robin style where we will switch up partners and keep a personal best record

Wed: 12:00pm-2:00pm

Any questions about pickleball classes, or what level you may be, you can reach out to Jenn. *One-on-one's offered as well! Please reach out to Jenn at: jtoussaint@metronorthymca.org



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YOUTH SPORTS

45 mins | FM: \$86 | Y: \$117 | NM: \$192

BASKETBALL SKILLS & DRILLS

45 minutes (Ages 4-6years)

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 6-9years)

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 9-13years)

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

MINI ALL STARS

45 minutes (Ages 3-5years)

Your child will love participating in a variety of sports such as basketball, soccer, t-ball etc. And learn the basic skills of these sports!

Wed: 4:00pm-4:45pm

SOCCER SKILLS & DRILLS

45 minutes (Ages 3-5years)

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

Wed: 5:00pm-5:45pm

Sat: 9:00am-9:45am

SOCCER SKILLS & DRILLS

45 minutes (Ages 6-8years)

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

Sat: 10:00am-10:45am

VALLEYBALL

45 minutes (Ages 7-12years) Have your child come learn the beginning skills of volleyball and work their way up to playing real games!

Wed: 6:00pm-6:45pm

INTRO TO PICKLEBALL FOR YOUTH

45 minutes (Ages 8-14years)

Come have your child learn the basics of pickleball! We will go over certain shots, scoring and basic rules!

Thu: 4:00pm-4:45pm

ADVENTURE WARRIORS

45 minutes (Ages 6-8years)

Come explore all the Y has to offer! Playing ice breaker games each week, using our ropes course, archery, the tire course and more! (This class will be predominately outside, so weather permitting.)

Tue: 4:00pm-4:45pm

ADVENTURE WARRIORS

45 minutes (Ages 9-12years)

Come explore all the Y has to offer! Playing ice breaker games each week, using our ropes course, archery, the tire course and more! (This class will be predominately outside, so weather permitting.)

Tue: 5:00pm-5:45pm

ONE-ON-ONE SPORTS TRAINING

45 minutes (Ages 7+years)

Get your child to the next level of play on their favorite sports! This will be a one-on-one lesson with Coach Jenn! Days and times are flexible!

Email Jenn for more details at jtoussaint@metronorthymca.org



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ENRICHMENT PROGRAMS

45 mins | FM: \$86 | Y: \$117 | NM: \$192

PAINT NIGHT

45 minutes (Ages 6-10 years)

Is your child creative? Do they love to draw or paint?? Come have them use their imagination with an array of teacher directed art projects!

Tue: 5:00pm-5:45pm

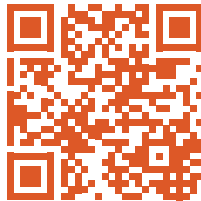
NERF BLASTERS

45 minutes (Ages 6-12years)

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!

Sat: 11:00am-11:45am

SCAN THE
QR CODE
TO REGISTER
FOR FALL
PROGRAMS



FAMILY EVENTS AND FUN

EVENTS

Check our website for the latest event schedule across the YMCA of Metro North association.



SCAN THE
QR CODE
FOR FAMILY
FUN

MEMBER PERKS (FREE)

Save on tickets to theme parks and attractions as part of our YMN Perks program! Your YMCA of Metro North membership is a tremendous value. As a member, you will enjoy access to state-of-the-art fitness facilities, quality classes, innovative programs, free family events, and so much more. Register for the YMN Perks program, and you will receive an exclusive code to start saving today.



SCAN THE
QR CODE
FOR
MEMBERS
PERKS





Fire Up Fridays WITH CECILY



Start your day strong with this sixty minute full-body, circuit style strength training class. Sessions will include a combination of weights, cardio and core work to help you feel and look strong, confident and healthy!

Fridays 7:30-8:30am | Sept 6th - Oct 25th

Scan the
QR Code
to Sign Up



Or visit our website
www.ymcametronorth.org/programs/

Member Price
\$124.00
Non-Member Price
\$260.00

Saugus Family YMCA
298 Main Street, Saugus, MA 01906
781-233-YMCA (9622)