

**Fall II Session**  
**Oct. 28-Dec. 22 | 8 Weeks\***

**Registration Dates**

Member Registration: **October 7**

Non-Member Registration: **October 14**

**Rate Guide**

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

**Parent / Child Swim: A**  
**Ages 6-18 months**

Tue: 10:15am  
 Sat: 9:35am | 10:45am

**Parent / Child Swim: B**  
**Ages 18-36 months**

Mon: 10:50am  
 Wed: 10:15am  
 Sat: 9:00am | 10:10am | 11:20am  
 Sun: 8:15am

**Preschool Swim: Stage 1 | Ages 3-5**

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

**Preschool Swim: Stage 2 | Ages 3-5**

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

**Preschool Swim: Stage 3 | Ages 3-5**

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

Tue: 6:15pm  
 Wed: 4:30pm  
 Thu: 6:15pm  
 Sat: 10:10am | 11:20am | 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  
 Wed: 4:30pm  
 Thu: 5:05pm  
 Fri: 4:30pm  
 Sat: 10:10am | 11:20am  
 Sun: 9:00am | 10:10am

**Youth Swim: Stage 2 | Ages 6-13**

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

**\*PRORATED PROGRAM RATES**

Thursday programs and leagues will be prorated to 7-weeks due to the Thanksgiving.

**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.

**Adult & Teen Beginner | Ages 14+**

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

**Adult & Teen Intermediate Ages 14+**

Sun: 11:55pm

**Competitive Swim Team Prep**  
**45 MIN | Ages 6-13**

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

Mon: 6:15pm  
 Tue: 6:15pm  
 Wed: 6:15pm  
 Thu: 6:15pm  
 Fri: 5:40pm  
 Sat: 8:40am  
 Sun: 11:55am

**Beginner Springboard Diving**  
**45 Min | Ages 6-18**

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

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

**Master's Swim Program**  
**90 Min | Ages 18+**

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

Tue: 6:30pm  
 Sat: 6:30pm  
 Sat: 7:00am



Scan the QR code to Register for Fall II Programs

**Fall II Session**  
**Oct. 28-Dec. 22 | 8 Weeks\***

**Registration Dates**  
Member Registration: **October 7**  
Non-Member Registration: **October 14**

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

## Homeschool PE with Swim Lesson

**F: \$277**

Join us for a dynamic 3-hour session at the Y, featuring: • Physical Education • Swimming • Fun Activities. Discover hands-on learning that boosts student development and social interaction. Don't miss out on this exciting opportunity for growth and engagement!

Mon: 10:00am-1:00pm | Ages 5-12

## Boys Basketball

A dynamic warm-up, brief skill training, and lots of game play with **Coach Chris Munnell**, Passionate & Accomplished Athlete

Mon: 4:00pm | Ages 6-8

Tue: 4:00pm | Ages 9-12

## Sports Sampler

Get excited for sports fun! Kids will dive into basketball, soccer, floor hockey, dodgeball, and more— all in a lively, supportive setting. Classes are held in the Y Gymnasium and outdoors.

**Coach Aidan Chane**, Varsity Athlete

Wed: 4:00pm | Ages 6-8

Wed: 5:00pm | Ages 9-12

## Nerf Blasters

Gear up for epic battles! Grab your blaster, unleash your skills, and let the fun begin! **Coach Aidan Chane**, Varsity Athlete

Thu: 5:00pm | Ages 6-12

## Run Kid Run – NEW!

Join our spin-off running club—now even better! Improve your running technique while having a blast. Our goal is to prepare you to complete a 5K by focusing on proper warm-up routines, stretching, and core conditioning. Lace up your running shoes and join us outdoors! Plus, enjoy a discount on our Live Strong 5K race! **Coaches Chris Munnell and Chris Morales**, Passionate & Accomplished Athletes

Wed: 4:15pm | Ages 9-14

## Youth Fitness & Self-Defense

Boost fitness and master self-defense while having a blast! Join us for active fun and build confidence with every move!

**Coach Larry Leavitt**, 6th Degree Black Belt, with 50+ years of martial arts experience.

Sun: 11:00am | Ages 6-11

## Junior Celtics at the Y



**NOVEMBER 11, 2024 – FEBRUARY 16, 2025**

As a league participant, your child will receive an official Jr. Celtics Academy jersey, a kickoff event; Draft Day where players get exposed to what it is like to be a professional for the Boston Celtics, 12 plus training and game sessions, along with other fun Celtics events.

### Ages 5-6

Sat 8:00am – 9:00am

### Ages 7-8

Mon 5:00pm – 6:00pm or Wed 5:00pm – 6:00pm

### Ages 9-10

Thu 5:00pm – 6:00pm and Fri 5:00pm – 6:00pm

Thu 6:00pm – 7:00pm and Fri 6:00pm – 7:00pm

### Ages 11-13

Tue 5:00pm – 6:00pm and Fri 7:00pm – 8:00pm

Tue 6:00pm – 7:00pm and Fri 8:00pm – 9:00pm

Ages 5-8

Play 1x per week

30 min. practice & 30 min games

FM: \$153 Y: \$189 NM: \$269

Ages 9-13

Play 2x per week

60 min. practice & 60 min games

FM: \$214 Y: \$265 NM: \$377

## Become a Volunteer Coach

We are looking for positive and healthy volunteer coaches to join us on the court. 12-week program includes: Coaches Training, Coaches Curriculum, JCA Coaching Shirt, Tour of Celtics Headquarters, and Gift.



Register and  
Volunteer for  
Junior Celtics



Register  
for Fall II  
Programs

**Fall II Session**  
**Oct. 28-Dec. 22 | 8 Weeks\***

**Registration Dates**  
Member Registration: **October 7**  
Non-Member Registration: **October 14**

**Get in the Game at  
the YMCA**

## Pickleball Leagues at the Y

**Pickleball League: Casual-Fun  
(Beginner)-Experience Required | 18+**  
F: \$96 | NM: \$294 | 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

**Beginner 1 | 60 Minutes | with Vin Grifoni, PPR Certified Pickleball Instructor**

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

**F: \$112 | NM: \$196**

Wed: 10:00am

Thu: 11:00am

### Pickleball Lessons

**Beginner 2 | 60 Minutes | with Vin Grifoni, PPR Certified Pickleball Instructor**

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.

**F: \$112 | NM: \$196**

Wed: 11:00am

Thu: 10:00am

#### **CANCELLATION POLICY**

A request cancellation form must be filled out online through the contact form before the start of the 2nd class to be eligible for a refund or credit.

#### **\*PRORATED PROGRAM RATES**

Thursday programs and leagues will be prorated to 7-weeks due to the Thanksgiving holiday.



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**Fall II Session**  
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**Registration Dates**  
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**Rate Guide**  
 Member: \$124  
 Non-Member: \$260

## WOMEN ON WEIGHTS

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells, bodyweight exercises will also be incorporated into the workout. Studies have shown that lifting moderate to heavy weights is a better way to burn fat and build lean muscle without adding bulk.

**Sun: 8:30am with Ghia**  
**Mon: 8:00am with Ghia**  
**Mon: 9:00am with Ghia**  
**Tue: 6:30pm with Ghia**  
**Fri: 8:00am with Ghia**  
**Fri: 9:00am with Ghia**

## 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**  
**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 & Fri: 9:30am with Chuck**

## INTRO TO METABOLIC CONDITIONING

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 with Chuck**

## LIFTING WITH LEANN

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

**Thu: 7:00am**

## CORE STRENGTH AND STABILITY

This class will help you build a stronger core utilizing kettlebells, cables, body weight exercises and free weights.

**Fri: 10:00am with Ghia**

## 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**

## BOXING FOR WOMEN

Ladies, learn to box from the first woman to qualify for Golden Gloves in New York State! Join Stacy in this supportive, empowering environment to learn proper form and technique, punches, and combos. Class will include work with both the bag and partners.

**Tue: 5:30pm with Stacy**

## 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 | AGES 8-11

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: 3:30pm**

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### CANCELLATION POLICY

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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**

**FRIDAY, OCTOBER 18**

Scan the  
QR Code  
to Register



## COMING SOON JUNIOR CELTICS LEAGUES NOVEMBER 2024 - FEBRUARY 2025

