

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 | 10:10am | 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 | 5:05pm
 Sat: 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: 6:30am
 Thu: 6:30am
 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



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Member Registration: **October 7**
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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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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



COMING SOON JUNIOR CELTICS LEAGUES NOVEMBER 2024 - FEBRUARY 2025

