

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

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

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: 5:00pm-6:00pm**

### 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.

**Thu: 5:00pm-6:00pm**

## 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**



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## YOUTH SPORTS

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

### 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**

### YOUTH PICKLEBALL

45 minutes (Ages 8-14years)

Join our exciting Youth Pickleball classes to learn the fundamentals of this fast-growing sport while building teamwork and confidence!

**Thu: 4:00pm-4:45pm**

## 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!

**Wed: 5:00pm-5:45pm**

### MESSY PLAY

45 minutes (Ages 3-5years)

Enjoy painting, watercolors, chalk, play dough, glitter and glue. Wear clothing you don't mind getting dirty.

**Wed: 4:00pm-4:45am**





# 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 | Nov 1st - Dec 20th**

Scan the  
QR Code  
to Sign Up



Or visit our website  
[www.ymcametronorth.org/programs/](http://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)