

**Spring II Session:
April 28th - June 15th**

Registration Dates:
Member Registration: **March 31st**
Non-Member Registration: **April 7th**

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

ENRICHMENT

F: FREE M: \$106 NM: \$175

Kids Yoga and Dance (Ages 2-6)

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.

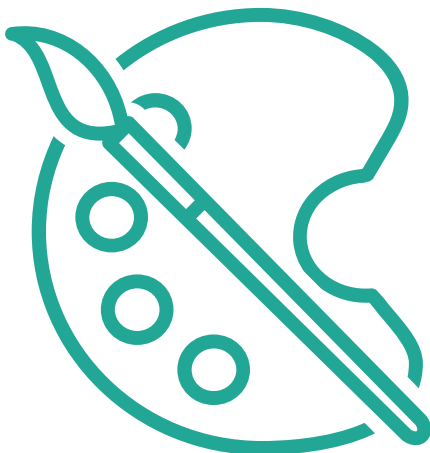
Mon 11:15am

Zumba Kids (Ages 6-11)

45 Minutes

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

Thu 3:30 pm



Messy & Crafting Play (Ages 3-5)

45 Minutes

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

Tue 10:00 am

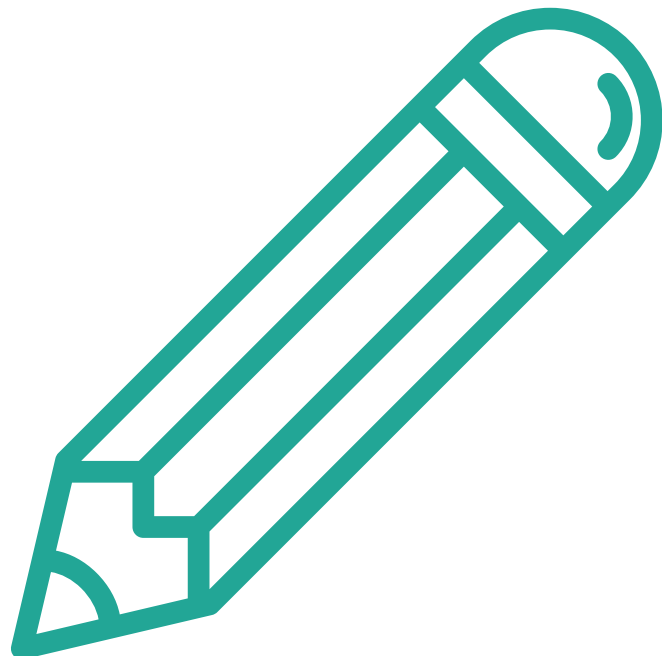
CARTOON & COMIC BOOK ILLUSTRATION (AGES 6-12)

45 Minutes

Introduction to illustrating cartoons and comic books. In this class, participants will learn the fundamentals of putting their imaginations onto paper with pencil.

Wed 4:00 pm

Wed 5:00pm



ALL ENRICHMENT CLASSES ARE FREE FOR FAMILY MEMBERS!

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SPORTS

F: \$79 M: \$106 NM: \$175

Mini All Stars (Ages 3-5)

45 Minutes

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

Wed 10:00am NEW!

Wed 4:00pm

Thu 11:00am NEW!

Sat 10:00am

Basketball Skills & Drills

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Mon 5:45pm (Ages 9-13)

Wed 5:00pm (Ages 4-6)

Wed 6:00pm (Ages 7-9)

Sat 8:00am (Ages 4-6)

Sat 8:00am (Ages 7-9)

Sat: 9:00am (Ages 9-13)

Soccer Skills & Drills

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Sat 10:00am (Ages 6-9)

NEW! Girls Got Game Flag Football (Ages 7-12)

45 Minutes

This program will encourage girls to play and find their place in sport. Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Tue 4:45pm

NEW! Girls Got Game Basketball (Ages 7-12)

45 Minutes

This program will encourage girls to play and find their place in sport. Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Thu 5pm

NEW! Floor Hockey Skills & Drills (Ages 6-9)

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Sat 9:00am

Flag Football Skills & Drills (Ages 6-9)

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Fri 4:00pm

Nerf Blasters (Ages 7-12)

45 Minutes

Speed, accuracy, and FUN! During this program participants will be split into teams and play various games. Nerf Blasters will be provided, but feel free to bring your own! All children will be required to wear protective eye wear provided by the Y.

Thu 4:00pm

NEW! Girls Got Game Softball (Ages 7-12)

45 Minutes

This program will encourage girls to play and find their place in sport. Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Fri 5pm

NEW! Dodgeball (Ages 7-10)

45 Minutes

Fun is the first objective for this program. After that we'll help develop throwing skills, team building skills and fitness.

Mon 4:45pm

Sat 11am

NEW! Archery

45 Minutes

Fun is the first objective for this program. After that we'll help develop throwing skills, team building skills and fitness.

Mon 4pm (Ages 7-10)

Mon 5pm (Ages 11-13)

Wed 4pm (Ages 7-10)

Wed 5pm (Ages 11-13)

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ADULT FITNESS PROGRAMS

Womens Strength Training

M: \$112 NM: \$235

This program is designed to help women strength train using Dumbbells, Barbells, Cables and Bodyweight exercises. You'll be given a 7 week, 2 days a week strength plan to follow on your own and have a coach assigned to you helping you stay on track. All participants will be invited to an initial virtual call to go over the program. For more information email Justin at jcammarata@metronorthymca.org

Next Level Strength Training

M: \$112 NM: \$235

This program is designed to help anyone who has experience strength training, take their workouts to the next level. Your assigned coach will setup a virtual call to discuss your current training then develop your 7 week, 3-4 days plan to perform on your own during times that work best for you. Weekly virtual check ins will also be included. For more information email Justin at jcammarata@metronorthymca.org

Maximum Glute Builder

M: \$112 NM: \$235

This program is designed to help anyone looking to strengthen and tone their glutes. Participants should be comfortable using barbells and with lifting heavy. Your assigned coach will setup a virtual call to discuss your current training then develop your 7 week, 3 days plan to perform on your own during times that work best for you. Weekly virtual check ins will also be included. For more information email Justin at jcammarata@metronorthymca.org

Spring Nutrition Tune Up

M: \$202 NM: \$423

This program is designed to help you lose weight by eating a balanced diet focused on Protein, Carbs and Fats. You'll be given Daily Nutrition goals to track through an app and have a coach assigned to you helping you stay on track. All participants will be invited to an initial virtual call to go over the program. For more information email Justin at jcammarata@metronorthymca.org

CUSTOM FITNESS PROGRAMS

8 weeks

M: \$223 NM: \$469

The Saugus Y now offers Custom 8 Week Fitness Programs delivered to your phone. Our Certified Coaches will develop a specific exercise program to help you meet your goals. This will include an initial consultation and goal setting following by weekly virtual check ins to keep you on track. For more information email Justin at jcammarata@metronorthymca.org

YOUTH FITNESS PROGRAMS

Y Fit Club (Ages 9-13)

45 Minutes

M: \$85 Y: \$117 NM: \$198

This program is designed to help youth and pre-teens learn the importance of fitness to help maintain physical and mental health. Each week the class will learn different ways to workout through strength, cardio and mind body training. Participants will be awarded colored wrist bands based on how they progress through the program similar to martial arts. Black Bands will be expected to co-lead class and help introduce Green Bands to the program. For more information email Justin at jcammarata@metronorthymca.org

Tu 4:00pm

Thu 4:00pm



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PICKLEBALL LEAGUES

120 min M:\$96 NM:\$294

PICKLEBALL LEAGUE (Intermediate)

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. (Level 3.0-3.5+ : Need to have taken lessons).

Tue 6:00pm

Women's League (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



Pickleball LEAGUE & LESSONS COMBO

M: \$172 NM: \$380

120 Minutes

This new program will provide one hour of lessons followed by one hour of Casual Fun League Play. Level 2.0-3.0+ or have taken beginner lessons here or at another facility.

Thu 6:00pm

NEW!Gym Class Hereos (Ages 18+)

M: \$112 NM: \$235

60min

Grab your friends for classic gym class games and some new ones. Each week we'll make new teams and play a different sport or game. Dodgeball, Kickball, Nerf Blasters, Floor Hockey and more! No experience necessary and all fitness levels welcomed.

Fri 6:00pm

