

Spring 2 Session
7 Weeks | April 28 - June 15
 Monday classes are prorated for Memorial Day*

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

Rate Guide
 Family Member: \$93
 Member: \$136
 Non-Member: \$232

Parent / Child Swim: A
Ages 6-18 months

Tue: 10:15am
 Wed: 10:15am
 Sat: 9:00am | 10:10am | 11:20am
 Sun: 9:00am | 10:10am | 11:20am

Parent / Child Swim: B
Ages 18-36 months

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

Preschool Swim: Stage 1 | Ages 3-5

Mon: 10:50am | 5:05pm
 Tue: 10:50am | 4:30pm
 Wed: 4:30pm | 5:40pm
 Thu: 3:55pm | 5:05pm
 Sat: 9:00am | 10:10am | 11:20am | 11:55am
 Sun: 9:00am | 9:35am | 10:45am | 11:55am

Preschool Swim: Stage 2 | Ages 3-5

Mon: 11:25am | 4:30pm | 5:40pm
 Tue: 11:25am | 3:55pm | 5:05pm
 Wed: 10:50am | 3:55pm | 5:05pm
 Thu: 3:55pm | 5:05pm
 Fri: 3:55pm
 Sat: 9:00am | 9:35am | 10:45am | 11:55am
 Sun: 9:35am | 10:45am | 11:55am

Preschool Swim: Stage 3 | Ages 3-5

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

Preschool Swim: Stage 4 | Ages 3-5

Mon: 3:55pm
 Tue: 4:30pm
 Wed: 3:55pm
 Thu: 4:30pm
 Sat: 9:00am | 11:20am
 Sun: 9:00am | 11:20am

Private Swim Lesson | 4+
F: \$296 | M: \$344

Tue: 6:15pm
 Wed: 4:30pm
 Thu: 6:15pm
 Fri: 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
 Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am
 11:55am | 12:30pm
 Sun: 11:20am | 11:55am

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.

Youth Swim: Stage 1 | Ages 6-13

Mon: 5:05pm
 Tue: 3:55pm | 5:05pm
 Wed: 5:05pm
 Thu: 3:55pm | 6:15pm
 Sat: 10:10am | 11:20am
 Sun: 10:10am | 11:55am

Youth Swim: Stage 2 | Ages 6-13

Mon: 4:30pm
 Tue: 5:05pm | 6:15pm
 Wed: 5:40pm
 Thu: 4:30pm | 5:40pm
 Sat: 9:35am | 10:45am
 Sun: 9:00am | 10:10am | 11:55am

Youth Swim: Stage 3 | Ages 6-13

Mon: 4:30pm | 5:40pm
 Tue: 3:55pm | 5:40pm
 Wed: 5:05pm
 Thu: 5:05pm | 6:15pm
 Fri: 4:30pm
 Sat: 9:00am | 10:10am | 11:55am
 Sun: 10:10am | 11:20am

Youth Swim: Stage 4 | Ages 6-13

Mon: 3:55pm | 5:40pm
 Tue: 4:30pm | 5:40pm
 Wed: 3:55pm | 6:15pm
 Thu: 4:30pm | 5:40pm
 Fri: 5:40pm
 Sat: 9:00am | 10:10am | 11:20am
 Sun: 9:35am | 10:45am

Youth Swim: Stage 5 | Ages 6-13

Mon: 4:30pm | 5:05pm
 Tue: 5:05pm | 6:15pm
 Wed: 5:05pm
 Thu: 3:55pm | 5:40pm
 Fri: 5:05pm
 Sat: 9:35am | 10:45am
 Sun: 9:00am | 10:10am

Youth Swim: Stage 6 | Ages 6-13

Mon: 5:40pm
 Tue: 5:40pm
 Wed: 4:30pm | 5:40pm
 Thu: 5:05pm
 Fri: 4:30pm
 Sat: 10:10am
 Sun: 11:20am

Competitive Swim Team Prep
45 MIN | Ages 6-13

F: \$104 | M: \$151 | NM: \$244

2 DAY MINIMUM

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

Adult & Teen Beginner | Ages 14+

Mon: 10:15am
 Fri: 6:30pm
 Sat: 8:15am
 Sun: 8:15am

Adult & Teen Intermediate Ages 14+

Sat: 8:15am
 Sun: 11:55am

Beginner Springboard Diving
45 Min | Ages 6 - 18

F: \$114 | M: \$168 | NM: \$302

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



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Spring 2 Session

7 Weeks | April 28 – June 15

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Registration Dates

Member Registration: **March 31**

Non-Member Registration: **April 7**

45-Minute Classes

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

BASKETBALL

Coach Kaylee Liberty – Passionate and Accomplished Athlete

A warm up, brief skill training, and game play for girls and boys!

Mon: 4:00pm–4:45pm | Ages 6–8

Mon: 5:00pm–5:45pm | Ages 9–12

FLAG FUN

Watch your kids set a new standard with sprints, hand-eye coordination, and teamwork using classics like flag football and capture the flag.

Thu: 4:15 pm– 5:00pm | Ages 6–12

NERF BLASTERS

FAN FAV!

Coach Jimmy Jennings – Varsity Athlete

Gear up for epic battles! Grab your blaster, unleash your skills and let the fun begin!

Thu: 5:00pm–5:45pm | Ages 6–12

RUNNING CLUB (OUTSIDE)

Coach Jimmy Jennings – Varsity Athlete

Join our Running Club! Improve your running technique while having a blast. We will participate in sprinting, distance drills, and play fun running games on our track. Your kids will be learning basics of calisthenics, endurance, pace, and proper running/stretching. **Mon: 4:00pm to 4:45pm | Ages 6–12**

ARCHERY (OUTSIDE)

IT'S BACK!

Coach Kaylee Liberty – Passionate and Accomplished Athlete

This beginner-friendly course is perfect for anyone interested in learning the fundamentals of archery. Whether you're starting from scratch or have some prior experience, this class will teach you the basics of safe and effective archery techniques. With expert guidance and hands-on practice, you'll learn how to properly handle a bow, aim, and shoot accurately, all while improving your focus, coordination, and control.

Tue: 4:00pm to 4:45pm | Ages 7–13

YOUTH SOCCER (OUTSIDE)

NEW!

Coach Lola Velic – Passionate and Experienced Athlete

Join us for an exciting outdoor soccer class where you'll improve your skills, teamwork, and fitness. Whether you're a beginner or looking to sharpen your game, this class offers fun drills and friendly matches to enhance your technique and boost your confidence.

Sat: 10:15am to 11:00am | Ages 3–5

Sat: 11:00am to 11:45am | Ages 6–9

60-Minute Classes

F: \$88 M: \$117 NM: \$184

VOLLEYBALL

Coach: Kaylee Liberty – Knowledgeable and Accomplished Athlete

Bump, set and spike! We will provide a brief warm up, enhance your volleyball skills, and game play!

Wed: 4:00pm–5:00pm | Ages 6–12 | Court A

YOUTH FITNESS & SELF DEFENSE

FAN FAV!

Coach: Larry Leavitt – 6th Degree Black Belt with 50+ Years of Martial Arts Experience!

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

Sun: 11:00am–12:00pm | Ages 6–11 | Mind & Body Studio

ENRICHMENT

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

LEGO CLUB

NEW!

Unleash creativity and problem-solving through LEGO building! Open to all ages, this engaging class has fun challenges, free-building, and teamwork. Whether you're a beginner or a LEGO pro, come build, play, and learn!

Sat: 9:15am–10:00am

LIL CHEFS

Join us for a fun and interactive program where children learn basic cooking skills, create simple and tasty dishes, and explore new ingredients.

Sat: 10:00am–10:45am | Ages 5–10

LIL ARTISTS

Instructor: Kaylee Liberty – Passionate and Knowledgeable

Join us for a fun art class where children explore different forms of art!

Tue: 10:00am–10:45am | Ages 3–5

HOMESCHOOL PE WITH SWIM LESSON | Ages 5–12

Monday: 10:00am–1:00pm

F: \$255

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

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SUPER STRETCH WITH LARRY LEAVITT | 30 MIN

M: \$78 NM: \$165

Ready to stretch, relax, and feel amazing? Join Larry Leavitt for a fun, energizing 30-minute stretching class that's perfect for all levels! Whether you're looking to release tension, improve flexibility, or just unwind, Larry's got you covered.

Thu: 10:30am-11:00am | Mind-Body Studio

PICKLEBALL LEAGUES

M: \$90 NM: \$266

Beginner Play: Monday 6:15pm-8:15pm

All Levels Play: Tuesday 6:15pm – 8:15pm

Advanced Play: Wednesday 6:15pm-8:15pm

All Levels Play: Saturday 9:15am-11:15am

****Each member may register for up to two leagues per session.*

*Please select the appropriate league level. Participants cannot enroll in both beginner and advanced leagues.****

PICKLEBALL LESSONS | Beginner 1

M: \$102 NM:\$157

Coach: Vin Grifoni – PPR Certified Pickleball Instructor

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

Wed: 9:00am-10:00am

PICKLEBALL LESSONS | Beginner 2

M: \$102 NM:\$157

Coach: Vin Grifoni – PPR Certified Pickleball Instructor

Players should have learned the rules and scoring for pickleball and focus on strategy. This class emphasizes better mechanics and consistency with serves/returns, dinks, volleys, footwork, and court positioning.

Wed: 10:00am-11:00am

Pickleball Skills and Drills for Advanced Beginners

M: \$102 NM:\$157

Coach: Vin Grifoni – PPR Certified Pickleball Instructor

This class is for players who are interested in improving their consistency with the basic shots in pickleball to sustain longer rallies. The focus of this class will be to use specific drills for practicing serves, returns, dinks, volleys, and lobs. Footwork and partner positioning will also be addressed.

Thu: 10:00am-11:00am

Pickleball Skills and Drills for Intermediates

M: \$102 NM:\$157

Coach: Vin Grifoni – PPR Certified Pickleball Instructor

Designed for players who can sustain longer rallies, this class covers point strategy, shot selection, speed-ups, and defensive/reset shots, with a primary focus on the soft, dinking game.

Wed: 11:00am-12:00pm

Thu: 11:00am-12:00pm



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Rate Guide
 Member: \$112
 Non-Member: \$235

(RE)BUILD YOUR PELVIC FLOOR & CORE **NEW!**

The strength and health of your pelvic floor and core muscles are key to your overall physical fitness and quality of life but it's an area many, many of us struggle with – whether it be from childbirth, injury, or another cause. This class, led by a personal trainer and pelvic floor specialist, will help you connect with your pelvic floor and begin to strengthen those muscles.

Thu: 4:00pm with Noelle

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 also include work with both the bag and partners.

Sun: 10:00am with Stacy

***INTERMEDIATE* BOXING FOR WOMEN**

Ladies, join Stacy in a supportive, empowering environment to learn proper form and technique in a boxing conditioning workshop for women of all ages. This is for participants with some boxing experience.

Tue: 5:30pm with Stacy

METABOLIC CONDITIONING

2x Weekly | M: \$202 | 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 with Chuck

Fri: 9:30am with Chuck

INTRO TO METABOLIC CONDITIONING WITH CHUCK

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

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

Mon: 9:00am with Noelle

Tue: 6:30pm with Ghia

Fri: 8:00am

Fri: 9:00am with Noelle

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

TEEN SPORT CONDITIONING: 60 MINUTES | AGES 12-16

F: \$95 | M: \$130 | NM: \$208

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.: 60 MINUTES | AGES 12-16

F: \$95 | M: \$130 | NM: \$208

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This 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.

Fri: 4:00pm with Steve

KIDS' FITNESS | 60 MINUTES | AGES 8-11

F: \$95 | M: \$130 | NM: \$208

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 with Madison



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APRIL BREAK CLINIC

SPORTSPLAY WITH OPEN SWIM WITH COACH KAYLEE LIBERTY



AT THE TORIGIAN FAMILY YMCA

4 HOURS | APRIL 22ND-25TH

Join us for a four-day sports clinic at the Y during school vacation, led by Sports Director Kaylee Liberty and help from Youth instructors. Each session will run for four hours and include skills and drills for various sports and one hour of open swim. Please pack a lunch, water, and swim attire for each session. Have children wear sneakers and comfortable attire for each day. Contact Kaylee Liberty at kliberty@metronorthymca.org for more information.

TUESDAY 22ND: 10:00AM-2:00PM
WEDNESDAY 23RD 10:00AM-2:00PM
THURSDAY 24TH: 10:00AM-2:00PM
FRIDAY 25TH: 10:00AM-2:00PM

APRIL SPORTS CLINIC PRICING - F:\$50/PER DAY M:\$65/PER DAY NM:\$80/PER DAY

