

## Summer Session:

**9 Weeks | June 23 - August 24**

## Registration Dates

Member Registration: **June 2**

Non-Member Registration: **June 9**

## Rate Guide

Family Member: **\$119**

Member: **\$171**

Non-Member: **\$278**

## PARENT / CHILD SWIM

**Parent | Child A  
(Ages 6-18 Months) | 30 Min**

Sat: 9:40am | 10:20am

Sun: 9:40am

**Parent / Child B  
(Ages 18-36 Months) | 30 min**

Sat: 9:40am

Sun: 9:00am

## PRESCHOOL SWIM

**Stage 0 | Age 3**

**30 Minutes**

Sat: 9:00am | 11:00am | 11:40am

Sun: 9:00am | 9:40am

**Stage 1 | Ages 3-6**

**30 Minutes**

Wed: 3:55pm | 5:55pm

Thu: 3:55pm | 5:55pm

Fri: 4:30pm | 5:40pm

Sat: 10:20am | 11:00am

Sun: 9:00am | 10:20am |

11:00am | 11:40am | 12:20pm

**Stage 2 | Ages 3-6**

**30 Minutes**

Tue: 3:15pm | 5:15pm

Wed: 3:15pm | 5:15pm | 6:35pm

Thu: 3:55pm

Fri: 5:10pm | 6:20pm

Sat: 9:00am | 10:20am

Sun: 11:00am | 11:40am | 12:20pm

**Stage 3 | Ages 3-6**

**30 Minutes**

Tue: 5:15pm

Wed: 4:35pm

Thu: 5:15pm

Sat: 9:00am | 10:20am

**Stage 4 | Ages 3-6**

**30 Minutes**

Sat: 9:00am

### 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 6-12**

**30 Minutes**

Tue: 5:55pm | 6:35pm

Wed: 5:55pm

Fri: 6:20pm

Sat: 9:00am | 9:40am | 12:20pm

Sun: 11:00am

**Stage 2 | Ages 6-12**

**30 Minutes**

Tue: 4:35pm

Wed: 3:55pm

Thu: 3:15pm

Fri: 3:50pm

Sat: 9:40am | 11:00am | 11:40am

**Stage 3 | Ages 6-12**

**30 Minutes**

Wed: 3:55pm

Thu: 4:35pm | 5:55pm

Fri: 4:30pm

Sat: 9:40am | 11:00am | 11:40am

**Stage 4 | Ages 6-12**

**30 Minutes**

Tue: 5:15pm

Wed: 5:15pm

Thu: 4:35pm

Fri: 3:50pm | 5:10pm

Sat: 9:40am

Sun: 11:00am | 11:40am

**Stage 5 | Ages 6-12**

**30 Minutes**

Fri: 5:40pm

Sat: 11:40am

Sun: 11:40am

**Stage 6 | Ages 6-12**

**30 Minutes**

Sat: 11:00am | 12:20pm

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## TEEN SWIM

**Teen Beginner Swim | Ages 13-17**

**30 Minutes**

Wed: 3:55pm

Fri: 3:15pm

**Teen Intermediate Swim | Ages 13-17**

**30 Minutes**

Wed: 4:35pm

Fri: 6:20pm

## ADULT SWIM

**Adult Beginner Swim | Ages 18+**

**30 Minutes**

Wed: 5:15pm | 5:55pm

Sun: 12:20pm | 1:00pm

**Adult Intermediate Swim | Ages 18+**

**30 Minutes**

Wed: 6:35pm

Thu: 6:35pm

**Master Swim | Ages 18+**

**60 Min | F: \$142 | M: \$208 | NM: \$340**

Mon: 3:00pm | 5:30pm

## PRIVATE SWIM LESSONS

**30 minutes | F: \$333 | M: \$387**

Wed: 3:15pm | 4:35pm | 5:15pm

Thu: 3:15pm | 3:55pm | 5:15pm

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# SWIM CLASS DESCRIPTIONS

**PARENT CHILD SWIM****Parent/Child A (6-18 mo)**

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

**Parent/Child B (18-36 mo)**

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

**PRESCHOOL SWIM****Stage 0 (Age 3)****30 minutes**

The YMCA Swim Lesson Level Zero is designed specifically for young children aged 3 years who are not yet ready to participate in independent swim classes. This introductory class focuses on building comfort in the water, developing basic swimming skills, and fostering a positive relationship with water through fun and engaging activities.

**Stage 1 (3-6)****30 minutes**

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Stage 2 (3-6)****30 minutes**

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

**Stage 3 (3-6)****30 minutes**

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

**Stage 4 (3-6)****30 minutes**

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**YOUTH SWIM****Stage 1 (6-12)****30 minutes**

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Stage 2 (6-12)****30 minutes**

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

**Stage 3 (6-12)****30 minutes**

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

**Stage 4 (6-12)****30 minutes**

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**Stage 5 (6-12)****30 minutes**

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**Stage 6 (6-12)****30 minutes**

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breaststroke, butterfly and tread water.

**TEEN SWIM****Teen Beginner Swim (13-17)****30 minutes**

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class.

**Teen Intermediate Swim (13-17)****30 minutes**

This level reinforces skills. This is for teens who are comfortable in the water. Introduction to stroke mechanics and development. Please bring goggles to class.

**ADULT SWIM****Adult Beginner Swim****30 minutes**

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 18+ yrs.

**Adult Intermediate Swim****30 minutes**

This level reinforces skills. This is for adults who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 18+ yrs.

**Master Swim (18+)****60 minutes**

Take your swimming to the next level! Designed for adults of all skill levels, this program offers structured workouts, technique improvement, and a supportive community. Whether training for a competition or staying fit, Masters Swim is perfect for you!

**SWIM TESTING**

Safety is our First Priority at the Y! All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 yrs of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD).

Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers. Not sure what stage to sign your child up for? Please contact our Welcome Center at (781)-842-8811 or email Ashley Alves: aalves@metronorthymca.org to set up a swim test!

**NEED TO MISS A CLASS THIS SUMMER?**

Make-up lessons are available upon request for families who can't attend their regularly scheduled class due to travel, illness, or other conflicts.

**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.

Scan to Register



## Summer Session: 9 Weeks | June 23 – August 24

### Registration Dates

Member Registration: [June 2](#)

Non-Member Registration: [June 9](#)

### ADULT FITNESS

60 minutes | M: \$140 NM: \$293

#### SUMMER SHAPEUP **NEW!**

Get ready and stay ready for beach season and the summer weather! Kickstart your weight loss goals in the circuit style class that will burn calories and torch body fat! A combination of cardio and strength exercises will slim your physique and tone the areas you need.

**Tue: 6:00pm with Jovani**

**Sat: 9:00am with Brandon**

#### WEIGHT LOSS CIRCUIT

Are you trying to lose weight? Make this the year you reach your goals! This small group training class is designed to help guide you in the right direction. Your Personal Trainer will guide you and a small group through workouts and will allow you to progress at your own level. Join us and put your goals in action!

**Tue: 8:30am with Christian**

#### STRENGTH TRAINING FOR WOMEN

A class designed with a women's body in mind. This will guide you through a full body strength workout to help you reach your goal strength and bodyweight.

**Thu: 5:30pm with Gentry**

#### BOXING BOOTCAMP

Bring your boxing skills to the next level while conditioning your full body. This faster paced class will help you hit goals and improve athleticism.

**Mon: 6:00pm with Jovani**

#### BOXING BASICS

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. Bring your own gloves and wraps or we can provide them.

**Wed: 6:30pm with Jovani**

#### MOBILITY MATRIX

Stretch and lengthen muscles while increasing active range of motion. Certified Stretch Coach and Personal Trainer Jovani will guide you through exercises designed to bring your body to peak mobility. This is great for all fitness levels.

**Mon: 7:00pm with Jovani**

#### PERSONAL TRAINING

Reach your goals faster with our team of certified personal trainers at the Y! Our affordable training packages are designed to deliver the results you need. Unsure of your goals? Book a free Jumpstart fitness orientation with a trainer to get on the right track. With flexible scheduling, we're ready when you are. Connect with the perfect trainer by booking online at [www.ymcametronorth.org/personal-training](http://www.ymcametronorth.org/personal-training)





## Summer Session: 9 Weeks | June 23 – August 24

## Registration Dates

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### TEEN FITNESS

60 minutes | F: \$117 | M: \$162 | N: \$246

#### L.I.F.T (AGES 12–16)

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 with a focus on safety in the fitness center.

**Tue: 5:00pm with Jovani**

**Sat: 10:00am with Brandon**

#### TEEN BOXING (AGES 12–16)

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

**Mon: 5:00pm with Jovani**

**Wed: 5:30pm with Jovani**



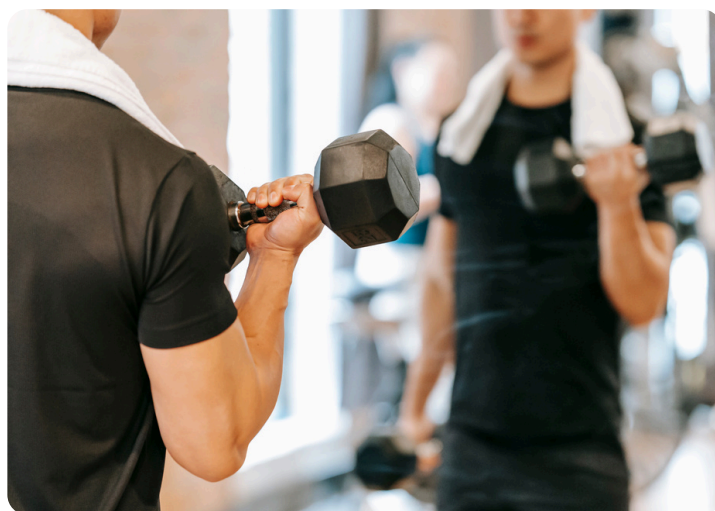
### YOUTH FITNESS

45 minutes | F: \$105 | M: \$146 | N: \$233

#### KID'S BOOTCAMP (AGES 8–11)\*

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

**Mon: 4:00pm with Jovani**



### HEALTHY FAMILIES FOR LIFE

Physical activity and Exercise is crucial for a healthy and happy lifestyle. The Y is dedicated to providing safe and accessible options to you and your family. Whether it's in Sports, Ninja Warrior, or one of our Youth and Teen Fitness classes, our staff are here to make sure your family is set up for success.

All of our Youth and Teen classes are designed to introduce healthy physical activity and develop a love for movement. Whether it's their first time taking a class, or they've been with us session after session, there is always something to learn!

#### 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.

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**Summer Session:**  
**9 Weeks | June 23 – August 24****Registration Dates**Member Registration: **June 2**Non-Member Registration: **June 9****YOUTH SPORTS****45 minutes | F: \$97 | M: \$132 | N: \$215****INDOOR SOCCER FUNDAMENTALS**

Our indoor soccer fundamentals class will work on basic skills such as dribbling, shooting and passing to help get players ready for their season.

**Wed: 10:00 am (Ages 4-6)****Wed: 11:00 am (Ages 7-10)****MINI ALLSTARS**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

**Sat: 10:00 am (Ages 4-6)****ALLSTARS**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

**Sat: 11:00 am (Ages 7-10)****VOLLEYBALL SKILLS & DRILLS**

This Volleyball class introduce young athletes to the exciting world of volleyball through fun drills & skill-building activities. Participants will learn the basics of passing, setting, serving and teamwork

**Mon: 5:00 pm (Ages 7-10)****Mon: 5:45 pm (Ages 11-13)****HIP HOP DANCE**

Get ready to express yourself through dance! This high-energy class teaches hip hop basics, boosts coordination, and builds confidence in a fun, supportive environment. All music and movement are age-appropriate.

**Sun: 10:00am (Ages 4-6)****Sun: 11:00am (Ages 7-10)****Track Skills & Drills**

Run, jump, and build confidence! This program focuses on track fundamentals and athletic skills in a fun, supportive environment. Great for all ability levels!

**Sat: 2:00pm (Ages 5-8)****BASKETBALL SKILLS AND DRILLS**

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

**Wed: 5:00 pm (Ages 4-5)****Wed: 6:00 pm (Ages 6-8)****Wed: 7:00 pm (Ages 9-12)****Sat: 9:00 am (Ages 4-5)****Sat: 10:00 am (Ages 6-8)****Sat: 11:00 am (Ages 9-12)****PRIVATE BASKETBALL COACHING****30 minutes | F: \$259 | M: \$301**

Elevate your game with personalized coaching! Focus on skill development, technique, and confidence-building through one-on-one instruction tailored to your goals. 45 minutes, one on one, scheduled on Saturday's after 12:00pm for ages 4-12.

**YOUTH ADVENTURE ZONE****45 minutes | F: \$105 | M: \$146 | N: \$233****LIL NINJAS (AGES 4-5)**

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn age appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

**Sat: 10:00am****Sun: 11:00am****NINJA WARRIORS (AGES 6-11)**

Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

**Mon: 4:30pm (ages 6-8)****Mon: 5:30pm (ages 9-11)****Tue: 5:00pm (ages 9-11)****Wed: 5:15pm (ages 6-8)****Wed: 6:05pm (ages 6-10)****Sat: 11:00am (ages 6-10)****Sun: 10:00am (ages 6-10)**

### Summer Session:

**9 Weeks | June 23 – August 24**

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Member Registration: **June 2**

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## YOUTH ENRICHMENT

**45 minutes | F: \$97 | M: \$132 | N: \$215**

### LITTLE PICASSOS

Each week, children will explore different art techniques, colors, and textures while creating their own masterpieces.

**Sat: 11:00am (Ages 8–10)**

**Sat: 12:00pm (Ages 4–7)**

### BRACELET MAKING

Spark your child's creativity with a fun and engaging bracelet-making class! Kids will explore color, design, and hands-on crafting as they create unique, wearable art. This class encourages self-expression, builds confidence, and introduces basic art techniques in a playful, supportive environment. No experience necessary—just bring your imagination!

**Mon: 3:30pm (Ages 4–8)**

## TEEN SIGNATURE PROGRAMS

### LEADERS CLUB

**60 minutes | Grades 6–12 | Free**

Leaders Club is a youth development program that builds character, leadership skills, and a spirit of service. Members volunteer, grow as community leaders, and embrace a healthy lifestyle in mind, body, and spirit.

**Tue: 1:00pm**

### THE BROTHERS

**2 hours | Ages 13–18 | Free**

Where competition meets connection! This is the ultimate hangout for teen guys who love to game, laugh, and level up together.

Whether you're doin trivia games, battling it out in classic board games, or go head-to-head in video game showdown.

**Thu: 6:00pm**

### THE GLOW UP GIRLS

**45 minutes | Ages 13–18 | Free**

The Glow Up Girls is the go-to spot for teen girls ages 13 to 18 to connect, vibe, and just be real. Whether we're diving into girl talk, we talk about life, confidence, & friendship & goals

**Tue: 4:00pm**

## SPECIAL EVENTS FOR MEMBERS

### KIDS NIGHT OUT 3 hours | M: \$20 NM: \$30

Hang out with your friends at the YMCA, and enjoy a fun night filled with excitement! We will have games, crafts, and food!

**Friday, June 6th: 5:30pm–8:30pm**

**Friday, July 14th: 5:30pm–8:30pm**

### KIDS DAY OUT 4 hours | M: \$35 NM: \$45

Join your friends at the YMCA for a fun-filled day with games, crafts, and great food!

**Saturday, June 14th: 10am to 2:00pm**

### SENIOR SOCIAL

Come hang out and chat about life.

**Friday, July 14th at 10:00am**

### BOUNCE HOUSE Free to Members | Non-Members: \$20

The Bounce House will be open for Families to enjoy!

**Wednesday, June 25th at 10:00 am**

### BIRTHDAY PARTIES

Make your celebration unforgettable at the Y! Parties are available on Saturdays and Sundays for two hours. Times and spaces are limited.

### CANCELLATION POLICY

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