

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
(Ages 6-2.11 Months) | 30 Min
Sat: 10:25am

PRESCHOOL SWIM

Stage 1 | Ages 3-5
30 Minutes

Mon: 3:05pm | 4:50pm
Tue: 3:05pm
Sat: 9:50am

Stage 2 | Ages 3-5
30 Minutes

Mon: 3:40pm
Tue: 3:40pm
Thu: 3:05pm | 4:50pm

Stage 2 and 3 | Ages 3-5
30 Minutes
Sat: 9:15am

Stage 3 | Ages 3-5
30 Minutes

Mon: 4:15pm
Tue: 4:15pm | 4:50pm
Thu: 3:05pm



Scan to
Register

YOUTH SWIM

Stage 1 | Ages 6-12
30 Minutes

Mon: 4:15pm | 4:50pm
Tue: 3:05pm
Thu: 3:40pm | 4:15pm

Stage 2 | Ages 6-12
30 Minutes

Mon: 3:40pm
Tue: 3:40pm | 4:15pm
Thu: 4:50pm

Stage 3 | Ages 6-12
30 Minutes

Mon: 3:05pm
Tue: 4:50pm
Thu: 3:40pm | 4:50pm

SWIM CLASS DESCRIPTIONS

PARENT CHILD SWIM

Parent/Child (6-2.11 mo)

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

PRESCHOOL SWIM (Ages 3-5)

YOUTH SWIM (Ages 6-12)

Stage 1

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

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

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.



PRIVATE SWIM LESSONS FOR BEGINNERS

30 minutes | F: \$148 | M: \$172
4 Lessons / Per 1 Week

Mon. 12:45p - 1:15p
-Thu 1:20p - 1:50p
1:55p - 2:25p
2:30p - 3:00p
5:25p - 5:55p

Private Lesson Weeks

June 23 - June 26
July 7 - July 10
July 28 - July 31
July 21- July 24
July 14 - July 17
Aug 4 - Aug 7
Aug 11 - 14

Rain date for all lessons is Friday of the lesson week.

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.

**Summer Session:
June 23rd – Aug 24th**

Registration Dates

Member Registration: **June 2nd**

Non-Member Registration: **June 9th**

Rate Guide:

Family Member: F

Member: M

Non Member: NM

ADULT FITNESS PROGRAMS

Womens Strength Training

M: \$140 NM: \$293

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: \$140 NM: \$293

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: \$140 NM: \$293

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

Nutrition Program

M: \$252 NM: \$527

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: \$105 Y: \$146 NM: \$233

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

Tue 4:00pm

Thu 4:00pm



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Rate Guide:

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Member: M

Non Member: NM

PICKLEBALL LEAGUES

120 min M:\$108 NM:\$317

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 6:00pm



Pickleball LEAGUE & LESSONS COMBO

M: \$190 NM: \$413

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

Private Pickleball Lessons

60 Minutes each

These lessons are ideal for someone who has never played and wants to learn the sport or for the beginner looking to advance their game. For specific questions email Coach Lauren at lgarchinsky@metronorthymca.org

YMCA of Metro North Members Only

4 - 60min Sessions \$240

6 - 60min Sessions \$360

8 - 60min Sessions \$480