

### Summer Session:

9 Weeks | June 23 - August 24

### Registration Dates

Member Registration: June 2

Non-Member Registration: June 9

### Rate Guide

Family Member: \$116

Member: \$171

Non-Member: \$278

#### Parent | Child A

(Ages 6-18 Months) | 30 Min

Tue: 10:15am

Wed: 10:15am

Fri: 10:15am

Sat: 9:00am | 10:10am | 11:20am

Sun: 9:00am | 10:10am

#### Parent | Child B

(Ages 18-36 Months) | 30 min

Tue: 10:15am

Wed: 10:15am

Fri: 10:15am

Sat: 9:35am | 10:10am | 11:20am

Sun: 9:00am | 10:10am | 11:20am

#### PRESCHOOL SWIM: Stage 1

Ages 3-5 | 30 Minutes

Mon: 10:50am | 5:05pm

Tue: 10:50am | 4:30pm | 5:05pm

Wed: 10:50am | 4:30pm | 5:40pm

Thu: 3:55pm | 5:05pm

Fri: 11:25am

Sat: 9:00am | 10:10am | 11:20am

Sun: 9:00am | 9:35am | 10:45am | 11:55am

#### PRESCHOOL SWIM: Stage 2

Ages 3-5 | 30 Minutes

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: 10:50am | 3:55pm

Sat: 9:00am | 9:35am | 10:45am | 11:55am

Sun: 9:00am | 9:35am | 10:45am

#### PRESCHOOL SWIM: Stage 3

Ages 3-5 | 30 Minutes

Mon: 10:50am | 3:55pm

Tue: 10:50am | 4:30pm | 5:40pm

Wed: 4:30pm

Thu: 4:30pm | 5:40pm

Fri: 11:25am | 5:40pm

Sat: 9:35am | 10:45am

Sun: 9:35am | 10:45am | 11:20am

#### PRESCHOOL SWIM: Stage 4

Ages 3-5 | 30 Minutes

Mon: 11:25am | 3:55pm

Tue: 11:25am | 4:30pm

Wed: 3:55pm | 4:30pm

Thu: 4:30pm

Fri: 10:50am

Sat: 9:00am | 11:20am

Sun: 9:00am | 11:20am

#### YOUTH SWIM: Stage 1

Ages 6-13 | 30 Minutes

Tue: 3:55pm

Wed: 5:05pm

Thu: 6:15pm

Fri: 4:30pm

Sat: 10:10am | 11:20am

Sun: 10:10am

#### YOUTH SWIM: Stage 2

Ages 6-13 | 30 Minutes

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 | 30 Minutes

Mon: 4:30pm | 5:40pm

Tue: 3:55pm | 5:40pm

Wed: 5:05pm

Thu: 5:05pm

Fri: 5:05pm

Sat: 9:00am | 10:10am | 11:55am

Sun: 10:10am | 11:20am

#### YOUTH SWIM: Stage 4

Ages 6-13 | 30 Minutes

Mon: 3:55pm | 5:40pm

Tue: 4:30pm | 5:40pm

Wed: 3:55pm | 5:40pm

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 | 30 Minutes

Mon: 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 | 30 Minutes

Mon: 5:40pm

Tue: 5:40pm

Wed: 5:40pm

Thu: 5:05pm

Fri: 4:30pm

Sat: 10:10am

Sun: 11:20am

#### ADULT & TEEN SWIM: Beginner

Ages 14+ | 30 Minutes

Mon: 10:15am

Fri: 10:15am | 6:30pm

Sat: 8:15am

Sun: 8:15am

#### ADULT & TEEN SWIM: Intermediate

Ages 14+ | 30 Minutes

Mon: 10:15am

Sat: 8:15am

Sun: 11:55am

#### SPRINGBOARD DIVING: BEGINNER

Ages 6-18 | 45 Min | F: \$129 M: \$190 NM: \$309

Tue: 7:00pm

Fri: 7:00pm

Sat: 8:15am | 10:10am

Sun: 10:00am

#### SPRINGBOARD DIVING: INTERMEDIATE

Ages 6-18 | 60 Min | F: \$142 M: \$208 NM: \$340

Sat: 9:05am

Sun: 10:50am

#### SPRINGBOARD DIVING: ADVANCED

Ages 6-18 | 60 Min | F: \$142 M: \$208 NM: \$340

Sat: 11:00am

#### COMPETITIVE SWIM TEAM PREP

Ages 6-13 | 45 minutes

F: \$129 M: \$190 NM: \$309

Mon: 6:15pm

Tue: 6:15pm

Wed: 6:15pm

Thu: 6:15pm

Fri: 5:40pm

Sat: 11:55am

Sun: 11:55am

#### PRIVATE SWIM LESSONS

Ages 4+ | 30 minutes | F: \$333 M: \$558

Mon: 10:50am | 11:25am | 3:55pm | 7:00pm

Tue: 10:50am | 11:25am | 3:55pm | 6:15pm

Wed: 10:15am | 3:55pm | 4:30pm | 7:00pm

Thu: 3:55pm | 6:15pm

Fri: 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm

Sat: 9am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm

Sun: 9am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm

Scan to Register



\*Friday classes prorated due to the 4<sup>th</sup> of July Holiday.

**Summer Session:****9 Weeks | June 23 – August 24****Registration Dates**Member Registration: **June 2**Non-Member Registration: **June 9**

# 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 1 (3-5)****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 (3-5)****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 (3-5)****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 (3-5)****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 (6-13)****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 (6-13)****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 (6-13)****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 (6-13)****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 (6-13)****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 (6-13)****30 minutes**

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

**SWIM****Adult & Teen Beginner Swim****30 minutes**

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 14+ yrs.

**Adult & Teen Intermediate Swim****30 minutes**

This level reinforces skills. This is for those who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 14+ yrs.

**Competitive Swim Team Prep****45 minutes**

A pre-swim team class designed for kids who are interested in joining the Triton Swim Team or preparing for the high school season. In this class, kids will increase their endurance and proficiency in the 4 competitive strokes, learn stroke drills, along with flip turns and dives. Swimmers must have passed Youth Stage 6 to be in this class.

**Private Swim Lessons (4+)**

Make a splash with one-on-one instruction tailored to your goals! Whether you're just starting out or looking to refine your stroke, our private lessons are open to all ages and skill levels. Work with a certified instructor to build confidence, improve technique, and reach your personal swimming milestones.

**Springboard Diving****Beginner Springboard Diving****45 minutes**

Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the pool side. Ages 6-18yrs.

**Intermediate Springboard Diving****60 minutes**

This is for those divers who have taken diving classes before, they can do forward and back dives, and are working towards learning new dives. Ages 6-18 yrs.

**Advanced Springboard Diving****60 minutes**

For divers who have been promoted from the Intermediate class or high school divers who want to perfect their advanced skills. Instructor recommendation required. Ages 6-18 yrs.

**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 I:

5 Weeks | June 23–July 27

## Registration Dates

Member Registration: June 2

Non-Member Registration: June 9

## ADULT FITNESS

60 minutes | M: \$83 N: \$173

## CREATIVE MINDFULNESS \*NEW\*

Creative Mindfulness is your invitation to take a break, breathe and curiously create. Imagine a space where artistic exploration meets meditation, relaxation and self-discovery! Whether you're looking to find a new way to meditate, ignite your creative spark or find a new stress-relief strategy, Creative Mindfulness is designed to help participants experience how calming curious exploration can be.

Tue: 4:00pm with Jacqui

## LIFTING WITH LEANN

Start truly building strength with this lift-focused, all-levels class centered around barbells and dumbbells

Tues &amp; Thu: 8:00am \*twice weekly M\$149 NM\$312

## 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.

Mon: 9:00am with Noelle

Fri: 9:00am with Noelle

Sun: 8:30am with Ghia

## CORE STRENGTH &amp; STABILITY

This class will help you build a stronger core utilizing kettlebells, cables, body weight exercises and free weights.

Fri: 10:00am with Ghia

## 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

Tue: 5:30pm \*Intermediate\* with Stacy

\*Friday classes prorated due to the 4<sup>th</sup> of July Holiday.

## 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



## (RE)BUILD YOUR PELVIC FLOOR &amp; CORE

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

Thu: 5:00pm 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

## METABOLIC CONDITIONING

Everything you need to kickstart your fitness goals! This program includes one 60-minute small group training sessions per week, body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of a seasoned certified personal trainer and all this support, your goals are within reach!

Tue: 9:00am with Chuck



**Summer I:**  
**5 Weeks | June 23–July 27**

## Registration Dates

Member Registration: **June 2**

Non-Member Registration: **June 9**

## TEEN FITNESS

**60 minutes | F: \$83 | M: \$103 | N: \$182**

### L.I.F.T (AGES 12–16)

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**

### TEEN SPORT CONDITIONING (AGES 12–16)

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**



## UPGRADE YOUR PERSONAL TRAINING! For only \$75 per month

Summer can be a busy time, but it doesn't have to keep you from reaching your fitness goals. Get two workouts per week customized for you by your trainer for you to do independently when scheduling that training session is just too challenging. Workouts come complete with instructions and tutorial videos. Now you can get even more out of personal training!

\*must have an existing personal training package on member account

[www.ymcametronorth.org/personal-training](http://www.ymcametronorth.org/personal-training)

## YOUTH FITNESS

**60 minutes | F: \$83 | M: \$103 | N: \$182**

### KIDS' FITNESS (AGES 8–11)

Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning. No experience necessary, just a positive attitude and willingness to work hard.

**Tue: 3:30pm with Madison**



## HEALTHY FAMILIES FOR LIFE

At the YMCA, we believe physical activity is key to a healthy, happy life—for every age and ability. From sports and personal training to private swim lessons and youth fitness classes, we offer safe, supportive programs for the whole family.

Our Youth & Teen classes are designed to spark a love for movement and build lifelong healthy habits. Whether your child is just starting out or a returning participant, there's always something new to learn and enjoy!

### CANCELLATION POLICY

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## Summer II: 4 Weeks | July 28-August 24

## Registration Dates

Member Registration: [June 2](#)

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

## ADULT FITNESS

60 minutes | M: \$66 N: \$139

### CREATIVE MINDFULNESS \*NEW\*

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**Tue: 4:00pm with Jacqui**

### LIFTING WITH LEANN

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**Tues & Thu: 8:00am \*twice weekly M \$119 NM \$249**

### 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.

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**Tue: 9:00am with Chuck**



### Summer II:

**4 Weeks | July 28–August 24**

### Registration Dates

Member Registration: **June 2**

Non-Member Registration: **June 9**

### TEEN FITNESS

**60 minutes | F: \$66 | M: \$86 | N: \$145**

#### L.I.F.T (AGES 12–16)

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.

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### YOUTH FITNESS

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#### KIDS' FITNESS (AGES 8–11)

Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning. No experience necessary, just a positive attitude and willingness to work hard.

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

## Registration Dates

Member Registration: **June 2**

Non-Member Registration: **June 9**

## ADULT SPORTS

60 minutes | M: \$108 | N: \$317

### PICKLEBALL LEAGUES (18+)

Competitive league for Advanced Pickleball players. Fast-paced matches, high-level strategy, and fierce competition await each week on the court.

### ALL LEVEL:

**Tue: 6:00pm – 8:00pm**

**Wed: 6:00pm – 8:00pm**

**Sat: 9:00am – 11:00am**

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