

**Fall I Session:**  
**September 2 – October 26**

**Registration Dates:**  
Member Registration: **August 11**  
Non-Member Registration: **August 18**

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

## PRESCHOOL SWIM

F: \$103 M: \$152 NM: \$247

### Parent|Child A (Ages 6m–18m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

**Sun 10:10 am**

**Wed 10:30 am**

**Sat 10:10 am | 11:20 am**

### Parent|Child B (Ages 19m–42m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

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

**Mon 5:35 pm**

**Wed 5:35 pm**

**Thu 10:30 am**

**Sat 9:35 am | 10:45 am**

### Preschool Stage 1 (Ages 3–5)

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

**Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**

**Mon 10:30 am | 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm**

**Tue 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Wed 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Thu 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm**

**Fri 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**

### Preschool Stage 2 (Ages 3–5)

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

**Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**

**Mon 11:30 am | 3:50 pm | 5:00 pm**

**Tue 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Wed 11:30 am | 3:15 pm | 4:25 pm | 5:35 pm**

**Thu 11:30 am | 4:25 pm | 5:00 pm | 5:35 pm**

**Fri 4:25 pm | 5:35 pm**

**Sat 9:00 am | 10:10 am | 10:45 am | 11:20 am**

### Preschool Stage 3 (Ages 4–5)

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 taught in the deep end of the pool. Please bring goggles to class.

**Sun 9:00 am | 9:35 am | 11:20 am**

**Mon 4:25 pm**

**Tue 11:30 am | 4:25 pm**

**Wed 4:25 pm | 5:00 pm**

**Thu 5:00 pm**

**Sat 9:00 am | 10:45 am**

### Preschool Stage 4 (Ages 4–5)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

**Sun 10:10 am**

**Sat 9:35 am**

**Fall I Session:**  
**September 2 - October 26**

**Registration Dates:**  
Member Registration: **August 11**  
Non-Member Registration: **August 18**

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

## YOUTH SWIM

F: \$103 M: \$152 NM: \$247

### Youth Stage 1 (Ages 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. Please bring goggles to class.

**Sun 9:35 am | 10:10 am**  
**Mon 3:15 pm | 5:35 pm**  
**Wed 3:50 pm | 5:00 pm**  
**Thu 3:15 pm**  
**Sat 9:35 am | 11:20 am**

### Youth Stage 2 (Ages 6-12)

30 minutes

Swimmers must swim 5 feet on their front and back without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

**Sun 10:45 am**  
**Mon 3:50 pm**  
**Tue 3:15 pm | 3:50 pm | 5:35 pm**  
**Wed 3:50 pm | 5:00 pm**  
**Thu 3:50 pm | 4:25 pm**  
**Fri 5:00 pm**  
**Sat 9:00 pm | 9:35 am | 10:45 am**

### Youth Stage 3 (Ages 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 taught in the deep end of the pool. Please bring goggles to class.

**Sun 9:00 am | 10:45 am**  
**Mon 5:00 pm**  
**Tue 5:00 pm**  
**Wed 3:50 pm | 4:25 pm | 5:35 pm**  
**Thu 3:50 pm | 4:25 pm | 5:00 pm**  
**Sat 9:00 am | 10:10 am | 10:45 am**

### Youth Stage 4 (Ages 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. This class will be taught in the deep end of the pool. Please bring goggles to class.

**Sun 9:00 am | 10:45 am**  
**Mon 3:15 pm | 4:25 pm**  
**Tue 3:50 pm | 5:00 pm**  
**Wed 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**  
**Thu 3:15 pm | 3:50 pm**  
**Sat 9:00 am | 9:35 am | 11:20 am**

### Youth Stage 5 (Ages 6-12)

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Please bring goggles to class.

**Sun 9:00 am | 9:35 am**  
**Mon 5:35 pm**  
**Tue 4:25 pm**  
**Wed 3:50 pm**  
**Thu 5:00 pm**  
**Sat 10:10 am**

### Youth Stage 6 (Ages 6-12)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

**Tue 5:35 pm**  
**Wed 5:00 pm**  
**Thu 5:35 pm**

### Competitive Swim Team Prep (Ages 7-14)

30 minutes

F: \$185 M: \$265 NM: \$432

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

**Wed 5:35 pm & Sat 11:20 am**  
**Thu 5:35 pm & Sun 11:20 am**

**Fall I Session:**  
September 2 – October 26

**Registration Dates:**  
Member Registration: August 11  
Non-Member Registration: August 18

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

## ADULT AND PRIVATE SWIM

### ADULT SWIM

M: \$152 NM: \$247

#### Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

**Sun 9:05 am**

**Sat 8:30 am | 9:05 am**

#### Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

**Sun 8:30 am**

#### Aquatic Stretch

M: FREE NM: \$160

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

**Tue 1:00 pm**

**Thu 1:00 pm**

### PRIVATE SWIM

#### Private Lessons

F: \$296 M: \$344 MEMBERS ONLY

30 minutes

Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

**Sun 11:20 am**

**Tue 10:30 am | 3:15 pm**

**Wed 10:00 am | 3:15 pm | 4:25 pm**

**Thu 9:30 am | 10:00 am | 3:15 pm**

**Fri 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm**

**Fall I Session:  
September 2 – October 26**

**Registration Dates:**  
Member Registration: **August 11**  
Non-Member Registration: **August 18**

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

## SPORTS

F: \$86 M: \$117 NM: \$192

### Mini All Stars (Ages 3-5)

45 Minutes

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

**Sat 8:30 am**

### Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

**Fri 3:15 pm**

### Youth Soccer League (Ages 3-5)

F: \$125 M: \$145 NM: \$205

60 Minutes

Outdoor field TBD. Parents/guardians are asked to stay for the game. All participants will receive shirt.

**Sat 10:00 am**

### Basketball Academy (Ages 6-9)

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

**Tue 3:15 pm (Beg/Int)**

**Tue 4:15 pm (Advanced)**

### Youth Soccer

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

**Wed 4:15 pm (Ages 3-5)**

**Wed 5:15 pm (Ages 6-9)**

### Youth Volleyball

45 Minutes

Bump, set and spike your way to fun with our volleyball program. The more you play, the more you improve. Make new friends and learn valuable lessons about teamwork and communication on and off the court in this fun and fast-paced sport.

**Thu 4:15 pm (Ages 8-11)**

**Thu 5:15 pm (Ages 12-14)**

### Girls Got Game (Ages 7-12)

45 Minutes

This class encourages elementary school aged girls to play and find a love for the game of basketball with friends. Attendees will learn new skills through drills and games. Participants are asked to bring their own basketball.

**Thu 3:15 pm (Beg/Int)**

**Thu 4:00 pm (Advanced)**

### Dodgeball (Ages 7-12)

45 Minutes

Enjoy, running, throwing and dodging while learning to work in a team setting.

**Fri 4:15 pm**

### One on One Sports Training (Ages 7-18)

F: \$192 M: \$248 NM: \$344

45 Minutes

With the help and support from Coach Alex, youth will learn proper technique and improving skills to get you to the next level.

**Tue 5:15 pm**

**Wed 4:00 pm | 4:45pm**

**Fri 5:00 pm**

### Girls Got Strength (Ages 9-13)

F: \$94 M: \$130 NM: \$207

45 Minutes

For young female athletes who want to learn how to gain strength and improve their conditioning level.

**Thu 5:00 pm**

**Fall I Session:  
September 2 - October 26**

**Registration Dates:**  
Member Registration: **August 11**  
Non-Member Registration: **August 18**

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

## ENRICHMENT

F: FREE M: \$117 NM: \$192

### Kids Yoga and Dance (Ages 2+)

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.

**Wed 1:00 pm**

### Art Medley (Ages 4-8)

45 Minutes

Allow your young learner to try something new every week with a variety of art materials! Children experiment in drawing, painting, collage, printmaking and more for unique and exciting creations.

**Tue 4:45 pm**

**Wed 4:45 pm**

### Build It Up! (Ages 6-10)

45 Minutes

Legos, recyclables, paper, and sticks! This class will allow kids to explore building basics with some STEAM-based activities.

**Tue 5:45 pm**

### The Study of Flowers (Ages 8-12)

45 Minutes

Each session we will explore one type of flower. The first few classes will start by examining the flower, dissecting it and looking at it through a microscope, drawing it in parts and as a whole. Finally, we will work together to create this type of flower in 3D, using paper and other found materials.

**NEW!**

**Fri 4:30 pm**

### Cartoon & Comic Book Illustrating

45 Minutes

In this class participants will learn the fundamentals of putting their imaginations onto paper with pencil.

**Wed 5:45 pm (Ages 6-10)**

**Thu 4:45 pm (Ages 6-10)**

**Thu 5:45 pm (Ages 9-14)**

### Hip Hop (Ages 8-11)

F: FREE M: \$130 NM: \$202

60 Minutes

Release energy in a fun and creative way. Youths will be guided through stretches, hip hop choreography and freestyle dance. A performance will be held during the last day of class. Please bring a water bottle to class.

**Tue 3:45 pm**

### Fall I Session: September 2 – October 26

Registration Dates  
Member Registration: **August 11**  
Non-Member Registration: **August 18**

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

## ADULT FITNESS

### Lift Heavy, Look Lean

2x Per Week | M: \$223 NM: \$469

60 Minutes

Get cut and lean with the use of free weights.

Improve your body composition and learn the secrets to replacing fat with muscle.

**Mon & Wed 6:00 pm | 7:00 pm**

**Tue & Thu 6:00 pm | 7:00 pm**

### Fitness for Menopause

M: \$112 NM: \$235

60 Minutes

This class will cover strength training for bone density, muscle mass, and metabolic well-being, as well as stress reduction methods, to help with fat loss.

*Please note: this is a 7-week session beginning on September 8.*

**Mon 10:00 am**

**Tue 6:00 pm**

**Thu 10:00 am**

**Thu 6:00pm**

### Build & Protect: Lifting for Bone Density

M: \$112 NM: \$235

60 Minutes

Build bone density and strength safely in this beginner-friendly class for women in menopause and beyond. Using evidence-based movement, Build and Protect focuses on posture, alignment, and gradual progression to support bone health and total-body strength. Great for those with osteoporosis, osteopenia, or anyone aiming to stay strong and mobile for life.

**NEW!**

**Mon 2:00 pm**

### Healthy Heart Maintenance

M: FREE NM: \$80

60 Minutes

For individuals who have experienced a cardiac event and successfully completed cardiac rehabilitation.

Doctor's clearance for exercise is required.

**Mon 8:00 am | 10:00am**

**Wed 8:00 am | 10:00am**

**Fri 8:00 am**

### Stay Fit

F: FREE M: FREE NM: \$99

60 Minutes

Join our instructor through an hour long, low impact aerobics class geared towards seniors.

**Tue 12:00 pm**

**Thu 12:00 pm**

## Reformer Pilates

M: \$200 NM: \$320

55 Minutes

Reformer Pilates is a full body workout, with an emphasis on stability, core strength, mind-body connection. Sessions are challenging and fun and designed to keep you moving the whole time! No prior reformer experience necessary.

**Mon 7:00 am | 12:30 pm | 5:45 pm**

**Tue 8:30 am | 12:00pm | 5:00 pm**

**Wed 8:30 am | 10:00 am**

**Thu 8:30 am | 12:00 pm | 4:00 pm | 5:00 pm**

**Fri 8:30 am | 12:00 pm**

## YOUTH FITNESS

### Strength and Conditioning (Ages 9-13)

F: \$94 M: \$130 NM: \$207

45 Minutes

This program will develop speed, footwork and jumping ability. Although all athletes can benefit, it is especially beneficial for sports that require small bursts of intermittent speed and footwork.

**Wed 3:15 pm (with Coach Alex)**

**Thu 3:30 pm | 4:30 pm (with Coach Kyle)**

### Girls Got Strength (Ages 9-13)

F: \$94 M: \$130 NM: \$207

45 Minutes

For young female athletes who want to learn how to gain strength and improve their conditioning level.

**Thu 5:00 pm**

### Intro to Weight Training (Ages 9-13)

F: \$94 M: \$130 NM: \$207

45 Minutes

This class is designed for youths interested in various forms of weight training including weightlifting, power lifting and lifting for strength.

**Tue 3:30 pm | 4:30 pm**

### Boxing (Ages 8-13)

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

45 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.

**Sat 12:00 pm**

**Fall I Session:  
September 2 – October 26**

**Registration Dates**  
Member Registration: **August 11**  
Non-Member Registration: **August 18**

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

## ADULT SPORTS

### Adult Basketball League

M: \$56 MEMBERS ONLY

Whether you are looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active!

For more information contact Alex Belluschi at [abelluschi@metronorthymca.org](mailto:abelluschi@metronorthymca.org).

**Mon & Wed 6:45 pm | 7:45 pm**

### Adult Volleyball League

M: \$56 NM: \$184

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-monitored.

**Thu 6:45 pm – 8:45 pm**

### Beginner Pickleball I

M: \$112 NM: \$196

60 Minutes

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

**Tue 9:00 am**

### Beginner Pickleball II

M: \$112 NM: \$196

60 Minutes

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

**Tue 10:00 am**

### Pickleball Skills and Drills for Beginner II

M: \$112 NM: \$196

60 Minutes

This class is for players who are interested in improving their consistency with the basic fundamental shots in order to sustain longer rallies. The focus of this class will be to use specific drills for practicing footwork, serves, returns, drops/dinks, volleys, and lobs. Some point strategy will be discussed.

**Thu 8:30 am**

### Pickleball Skills and Drills for Low Intermediates

M: \$112 NM: \$196

60 Minutes This class is for players who are already having success in sustaining rallies of 4+ shots. Players will continue to improve on skills introduced in Skills and Drills for Beginner II. Focus will be on shots used to get more successfully to the "kitchen" line, footwork, and defensive and reset shots. Drills for starting the soft, dinking game will be introduced.

**Thu 9:30 am**

### Pickleball Skills and Drills for Mid-High Intermediates

M: \$112 NM: \$196

60 Minutes

This class is for players who are having success in sustaining rallies of 6+ shots and are attempting to get to the NVZ line with their partner. Players will continue to level up their playing through drills related to point strategy and construction, improved footwork, and defense. The soft, dinking game will be a primary focus as well as court coverage and partner positioning. (Players must be able to consistently "feed" balls to a partner for drills.)

**Thu 10:30 am**