

**Fall 1 Session:**  
**Sept. 2nd – Oct. 26th**

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

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

## ENRICHMENT

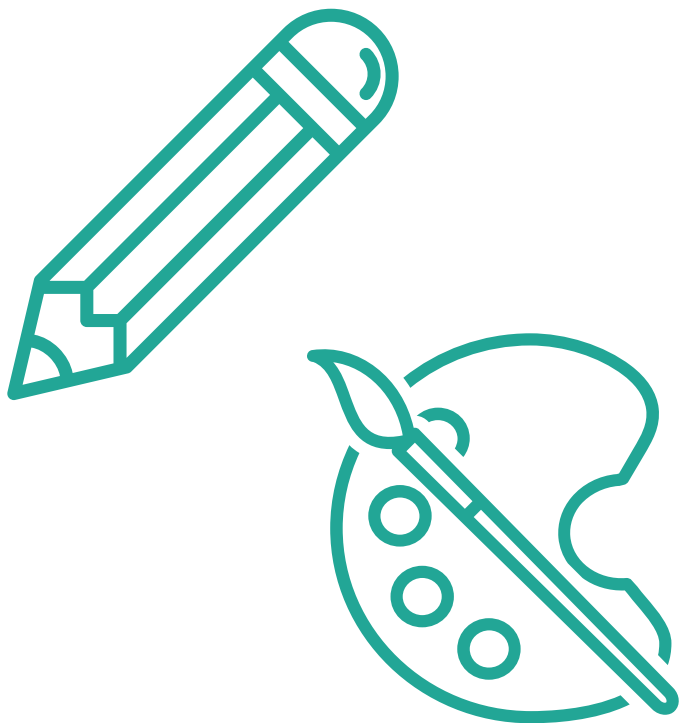
F: FREE M: \$117 NM: \$192

### Kids Yoga and Dance (Ages 2-6)

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.

**Mon 11:15am**



### Messy & Crafting Play (Ages 3-5)

45 Minutes

Enjoy painting, watercolors, chalk, play dough, glitter and glue. Wear clothing you don't mind getting dirty.

**Tue 10:00 am**

### CARTOON & COMIC BOOK ILLUSTRATION (AGES 6-12)

45 Minutes

Introduction to illustrating cartoons and comic books. In this class, participants will learn the fundamentals of putting their imaginations onto paper with pencil.

**Tue 5:00 pm**

**Thu 5:00pm**

**To Register  
Scan Here**



**ALL ENRICHMENT CLASSES ARE FREE FOR FAMILY MEMBERS!**

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## SPORTS

45 Min Classes F: \$86 M: \$117 NM: \$192

60 Min Classes F: \$96 M: \$130 NM: \$202

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

45 Minutes

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

**Wed 10:30am**

**Wed 4:00pm**

**Fri 9:30am NEW!**

**Sat 10:00am**

### Basketball Skills & Drills Level 1

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

**Mon 5:30pm (Ages 7-13)**

**Wed 5:30pm (Ages 4-6)**

**Wed 6:15 pm (Ages 7-13)**

**Sat 8:00am (Ages 4-6)**

**Sat: 9:00am (Ages 7-13)**

### Basketball Skills & Drills Level 2

45 minutes

Designed for players with basic knowledge, this class builds on foundations with advanced drills, gameplay, and a focus on teamwork and game awareness. It is recommended for those who have prior experience.

**Mon 5:30pm (Ages 7-13)**

**Wed 5:30pm (Ages 4-6)**

**Wed 6:15 pm (Ages 7-13)**

**Sat 8:00am (Ages 4-6)**

**Sat: 9:00am (Ages 7-13)**

### Girls Got Game Basketball (Ages 7-13)

45 Minutes

This program will encourage girls to play and find their place in sport. Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

**Thu 4:45pm**

**Sat 10am**

### Pickleball Skills & Drills Level 1

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development. Paddles will be provided or bring your own.

**Thu 4pm**

**Sat 11am**

### Floor Hockey Skills & Drills (Ages 6-9)

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

**Wed 4:45pm**

### Flag Football Skills & Drills (Ages 6-9) Level 1

45 Minutes

Participants will learn the rules and fundamentals of the sport as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

**Mon 4:00pm**

### Flag Football Skills & Drills (Ages 6-9) Level 2

45 Minutes

Designed for players with basic knowledge, this class builds on fundamentals with more advanced drills, position-specific skills and structured gameplay. Recommended for those who have prior experience.

**Mon 4:45pm**

### Nerf Blasters (Ages 7-13)

45 Minutes

Speed, accuracy, and FUN! During this program participants will be split into teams and play various games. Nerf Blasters will be provided, but feel free to bring your own! All children will be required to wear protective eye wear provided by the Y.

**Tue 4:00pm**

### Outdoor Laser Tag

45 Minutes

Players will take on fun, Fast-paced missions focused on teamwork, strategy, and active play. Each outdoor session includes a warm-up, skill games, and exciting team challenges.

**Thur 4:00**

### Archery (Ages 7-13) Level 1

60 Minutes

Safety and Fun are the top priorities in this program. Children will learn the skills required to find their inner Archer. All equipment will be provided.

**Tue 4pm**

### Archery (Ages 7-13) Level 2

60 Minutes

Designed for returning archers. This class focuses on improving technique, accuracy, and consistency through fun challenges.

**Tue 5pm**

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## ADULT FITNESS PROGRAMS

### Womens Strength Training

M: \$124 NM: \$260

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](mailto:jcammarata@metronorthymca.org)

### Next Level Strength Training

M: \$124 NM: \$260

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](mailto:jcammarata@metronorthymca.org)

### Maximum Glute Builder

M: \$124 NM: \$260

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](mailto:jcammarata@metronorthymca.org)

### Custom Nutrition Program

M: \$223 NM: \$469

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](mailto:jcammarata@metronorthymca.org)

## ADULT FITNESS PROGRAMS

### Women On Weights

60 Minutes

M: \$124 NM: \$260

This small group one-hour class for women will combine strength training and functional exercises to help participants build muscle and improve balance, coordination, and confidence! Taught in person by CPT Cecily McChalicher

**Mo 10:00 am**

## 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](mailto:jcammarata@metronorthymca.org)

## YOUTH FITNESS PROGRAMS

### Y Fit Club (Ages 8-13)

45 Minutes

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

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](mailto:jcammarata@metronorthymca.org)

**Tu 4:00pm**

**Thu 4:00pm**

**Fall 1 Session:  
Sept. 2nd – Oct. 26th**

**Registration Dates**

Member Registration: **March 31st**

Non-Member Registration: **April 7th**

**Rate Guide:**

Family Member: F

Member: M

Non Member: NM

## PICKLEBALL LEAGUES

120 min M:\$96 NM:\$294

### 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 12:00pm**

**To Register  
Scan Here**



## Pickleball LEAGUE & LESSONS COMBO

M: \$172 NM: \$380

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](mailto:lgarchinsky@metronorthymca.org)

YMCA of Metro North Members Only

4 - 60min Sessions \$240

6 - 60min Sessions \$360

8 - 60min Sessions \$480

