

Fall I Session: 8 Weeks | Sept 2 – Oct 26

Registration Dates

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

Rate Guide

Family Member: \$103
Member: \$152
Non-Member: \$247

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

Mon: 10:50am*
Tue: 10:15am
Wed: 10:15am
Sat: 9:35am | 10:45am
Sun: 9:00am | 10:10am | 11:20am

Parent | Child B (Ages 18–36 Months) | 30 min

Mon: 10:50am*
Tue: 10:15am
Wed: 10:15am
Sat: 9:35am | 10:45am
Sun: 11:55am

PRESCHOOL SWIM: Stage 1 Ages 3–5 | 30 Minutes

Mon: 11:25am* | 5:40pm*
Tue: 10:50am | 3:55pm
Wed: 10:50am | 4:30pm | 5:40pm
Thu: 3:55pm | 5:05pm
Fri: 3:55pm
Sat: 9:00am | 9:35am | 10:10am | 11:20am
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am

PRESCHOOL SWIM: Stage 2 Ages 3–5 | 30 Minutes

Mon: 4:30pm*
Tue: 11:25am | 5:05pm
Wed: 3:55pm | 4:30pm
Thu: 11:25am | 4:30pm | 5:05pm
Sat: 9:00am | 9:35am | 10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

PRESCHOOL SWIM: Stage 3 Ages 3–5 | 30 Minutes

Mon: 3:55pm* | 5:05pm*
Tue: 4:30pm
Wed: 3:55pm | 5:05pm
Thu: 4:30pm | 5:40pm
Sat: 9:35am | 10:10am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

PRESCHOOL SWIM: Stage 4 Ages 3–5 | 30 Minutes

Mon: 3:55pm*
Tue: 4:30pm
Wed: 3:55pm
Thu: 4:30pm
Sat: 9:00am | 10:45am
Sun: 9:00am | 11:20am

YOUTH SWIM: Stage 1 Ages 6–13 | 30 Minutes

Mon: 4:30pm*
Tue: 5:05pm
Wed: 4:30pm | 5:40pm
Thu: 3:55pm | 5:05pm
Fri: 4:30pm
Sat: 10:10am | 11:20am | 11:55am
Sun: 10:10am | 11:20am

YOUTH SWIM: Stage 2 Ages 6–13 | 30 Minutes

Tue: 3:55pm
Wed: 5:05pm
Thu: 3:55pm | 5:40pm
Fri: 5:05pm
Sat: 9:00am | 10:45am | 11:55am
Sun: 9:00am | 10:10am | 11:55am

YOUTH SWIM: Stage 3 Ages 6–13 | 30 Minutes

Mon: 5:05pm*
Tue: 5:40pm
Wed: 5:05pm
Thu: 3:55pm | 5:40pm
Fri: 4:30pm
Sat: 9:35am | 10:45am | 11:55am
Sun: 9:35am | 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: 10:45am | 11:20am
Sun: 9:35am | 10:45am | 11:55am

YOUTH SWIM: Stage 5 Ages 6–13 | 30 Minutes

Mon: 5:05pm*
Tue: 5:40pm
Wed: 5:05pm
Thu: 5:40pm
Sat: 9:35am
Sun: 10:10am | 11:20am

YOUTH SWIM: Stage 6 Ages 6–13 | 30 Minutes

Mon: 5:40pm*
Tue: 5:05pm
Wed: 5:40pm
Thu: 5:05pm
Sat: 10:45am
Sun: 10:45am

ADULT & TEEN SWIM: Beginner Ages 14+ | 30 Minutes

Mon: 10:15am*
Fri: 6:15pm
Sat: 8:15am

ADULT & TEEN SWIM: Intermediate Ages 14+ | 30 Minutes

Mon: 10:15am*
Sat: 11:55am

SPRINGBOARD DIVING: BEGINNER Ages 6–18 | 45 Min | F: \$114 M: \$168 NM: \$275

Tue: 7:00pm
Sat: 8:15am | 10:10am
Sun: 10:00am

SPRINGBOARD DIVING: INTERMEDIATE Ages 6–18 | 45 Min | F: \$114 M: \$168 NM: \$275

Sat: 9:05am
Sun: 10:50am

COMPETITIVE SWIM TEAM PREP

Ages 6–13 | 45 minutes
F: \$114 M: \$168 NM: \$275

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: \$296 M: \$344

Mon: 6:15pm
Tue: 6:15pm
Wed: 6:15pm
Thu: 6:15pm
Fri: 3:55pm | 5:05pm
Sat: 9:00am | 10:10am | 11:55am
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

*Please Note: Monday classes will be prorated to reflect a 7-week session due to Labor Day (Sept 1st.)

NEED TO MISS A CLASS THIS FALL I?

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.

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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 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.

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Family Member: **\$86**

Member: **\$117**

Non-Member: **\$192**

BASKETBALL

A dynamic warm up, brief skill training, and game play for girls and boys with **Dan Deming Nike NCA program Representative**.

Wed: 4:15pm–5:00pm (Ages 6–8)

Wed: 5:00pm–5:45pm (Ages 9–12)

RUNNING CLUB | OUTSIDE

Join our Running Club with **Coach Bill a Personal Trainer and experienced runner!** Improve your running technique while having a blast. We will participate in sprinting, distance drills, and play fun running games on our track. Your kids will be learning basics of calisthenics, endurance, pace, and proper running/stretching techniques.

Tue: 4:00pm–4:45pm

YOUTH SOCCER | OUTSIDE

Join us for an exciting outdoor soccer class where you'll improve your skills, teamwork, and fitness. Whether you're a beginner or looking to sharpen your game, this class offers fun drills and friendly matches to enhance your technique and boost your confidence on the field with **Coach Kaylee a passionate, knowledgeable, and accomplished athlete!**

Mon: 4:15pm–5:00pm (Ages 3–5)*

Mon: 5:00pm–5:45pm (Ages 6–9)*

ARCHERY | OUTSIDE

This beginner-friendly course is perfect for anyone interested in learning the fundamentals of archery. Whether you're starting from scratch or have some prior experience, this class will teach you the basics of safe and effective archery techniques. With expert guidance and hands-on practice, you'll learn how to properly handle a bow, aim, and shoot accurately, all while improving your focus, coordination, and control.

Tue: 4:00pm–4:45pm (Ages 7–13)

Thu: 4:00pm–4:45pm (Ages 7–13)

PICKLEBALL FOR TEENS

A fun, fast-paced program designed just for teens with **Coach Kaylee a passionate, knowledgeable, and accomplished athlete!** Learn the basics of pickleball or sharpen your skills with guided instruction, teamwork, and exciting gameplay. Perfect for all skill levels—come for the action, stay for the friends!

Tue: 5:15pm–6:00pm (Ages 13–17)

VOLLEYBALL

Bump, set and spike for 60 minutes! We will provide a brief warm up, enhance your volleyball skills, and game play with **Coach Kaylee a passionate, knowledgeable, and accomplished athlete!**

Wed: 4:00pm–5:00pm (Ages 6–12)

KIDFIT

A high-energy 60 minute class for kids that promotes healthy habits through fun games, exercises, and team activities. Kids build strength, coordination, and confidence while staying active and having a great time with **Coach Bill a Personal Trainer!**

Thu: 4:00pm–5:00pm (Ages 6–12)

YOUTH FITNESS & SELF DEFENSE

Boost fitness and master self-defense while having a blast! Join us for active fun and build confidence for 60 minutes with **Coach Larry Leavitt a 6th Degree Black Belt with 50+ Years of Martial Arts Experience!**

Sun: 11am–12pm (Ages 6–11)



Homeschool PE with Swim Lesson

Ages 5–12 | \$255

Join us for a dynamic 3-hour session at the Y, featuring:
• Physical Education • Swimming • Fun Activities

Discover hands-on learning that boosts student development and social interaction. Don't miss out on this exciting opportunity for growth and engagement!

Mon: 10:00am–1:00pm with Kaylee*

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OPEN MEN'S BASKETBALL

Thursday from 7:00pm to 9:00pm

2 Hours | M: \$112 | N: \$270

Join us for the weekly full-court 5v5 basketball—no team needed. Sign up solo and get matched with a group each week. It's a fun, competitive way to stay active, meet new players, and enjoy the game. All skill levels welcome!



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PICKLEBALL LEAGUES AT THE Y

2 Hours | M: \$96 | N: \$294

* Please create a section that specifies each member is only allowed to sign up for two leagues per session. Ensure that members select their appropriate league level, as no one should be enrolled in both the beginner and advanced leagues. *

PICKLEBALL LEAGUES: BEGINNER PLAY

Mon: 6:00pm–8:00pm (Ages 18+)*

PICKLEBALL LEAGUES: ADVANCED PLAY

Wed: 6:00pm–8:00pm (Ages 18+)

PICKLEBALL LEAGUES: ALL LEVELS PLAY

Tue: 6:00pm–8:00pm (Ages 18+)

Sat: 9:00am–11:00am (Ages 18+)



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PICKLEBALL LESSON AT THE Y

60 Minutes | M: \$101 | N: \$196

PICKLEBALL LESSONS | Beginner 1

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Minimal to No experience Necessary

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

Wed: 9:00am–10:00am (Ages 18+)

PICKLEBALL LESSONS | Beginner 2

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Completion of Beginner 1 Lesson or 3 to 6 months experience of pickleball

Players should have learned the rules and scoring for pickleball and focus on strategy. This class emphasizes better mechanics and consistency with serves/returns, dinks, volleys, footwork, and court positioning.

Wed: 10:00am–11:00am (Ages 18+)

PICKLEBALL SKILLS AND DRILLS FOR ADVANCED BEGINNERS

Coach: Sarah Caliento – PPR Certified Pickleball Instructor
Level: Completion of Beginner 2 Lesson or 3 to 6 months' experience of pickleball

This class is for players who are interested in improving their consistency with the basic shots in pickleball to sustain longer rallies. The focus of this class will be to use specific drills for practicing serves, returns, dinks, volleys, and lobs. Footwork and partner positioning will also be addressed.

Thu: 10:00am–11:00am (Ages 18+)

PICKLEBALL SKILLS AND DRILLS FOR INTERMEDIATE BEGINNERS

Level: Completion of Advanced Beginner Lesson or at least 1 year of experience.

Designed for players who can sustain longer rallies, this class covers point strategy, shot selection, speed-ups, and defensive/reset shots, with a primary focus on the soft, dinking game.

Wed: 11:00am–12:00pm (Ages 18+) w/ Vin Grifoni

Thu: 11:00am–12:00pm (Ages 18+) w/ Sarah Caliento

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LEGO CLUB

This is a dynamic and engaging class that brings creativity and problem-solving to life through building with LEGO bricks. Open to all ages and skill levels, this class encourages participants to unleash their imagination while honing teamwork, engineering, and design skills. Each session offers exciting building challenges, free-building time, and collaborative projects, all designed to inspire creativity and a passion for construction and design. Whether you're new to building or a seasoned LEGO enthusiast, LEGO Club provides a fun and interactive space to build, play, and learn.

Sat: 10:00am to 10:45am

LIL ARTISTS

Join us for a fun art class where children explore different forms of art with Coach Kaylee!

Tue: 11:00am to 11:45am (Ages 3-5)

CANCELLATION POLICY

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Rate Guide

Member: **\$124**

Non-Member: **\$260**

HALF MARATHON TRAINING CLUB ^{*NEW*}

This is a 12-week program | M: \$168 | NM: \$353

Want to run your first Half Marathon? Join our running coaches Bill and Bob to perfect your form, improve your endurance, and get yourself into running shape to complete your first Half Marathon! Registration for this class includes a free registration for our LiveStrong Half Marathon in November, a free running assessment, access to a free private Strava running group, and one coached session per week plus independent running and workout assignments to make sure you are ready to join us for our Half Marathon on November 22nd.

Thu: 6:00pm

FAN FAV!

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: 9:00am with Ghia

CORE STRENGTH & STABILITY

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

Fri: 10:00am with Ghia

FAN FAV!

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

INTRO TO METABOLIC CONDITIONING

For those interested in our original Metabolic Conditioning class, but newer to exercise. This program meets in small group training sessions once per week and includes 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!

Fri: 10:00am with Chuck

Scan to Register



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CANCELLATION POLICY

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(RE)BUILD YOUR PELVIC FLOOR & 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 your 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 ^{FAN FAV!}

This runs 2x per week | M: \$223 | NM: \$469

Everything you need to kickstart your fitness goals! This program includes two 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 & Fri: 9:00am with Chuck



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TEEN FITNESS

60 minutes | F: \$104 | M: \$144 | NM: \$218

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

Fall can be a busy time, but it doesn't have to keep you from reaching your fitness goals. Get two workouts per week for one month 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

YOUTH FITNESS

60 minutes | F: \$104 | M: \$144 | NM: \$218

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!

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