

Fall I Session: 8 Weeks | Sept 1 - 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 SWIM

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

Sat: 9:40am | 10:20am

Sun: 9:40am

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

Sat: 9:40am

Sun: 9:00am

PRESCHOOL SWIM

Stage 0 | Age 3

30 Minutes

Sat: 9:00am | 11:00am | 11:40am

Sun: 9:00am | 9:40am

Stage 1 | Ages 3-6

30 Minutes

Wed: 3:55pm | 5:55pm

Thu: 3:55pm | 5:55pm

Fri: 4:30pm | 5:40pm

Sat: 10:20am | 11:00am

Sun: 9:00am | 10:20am |
11:00am | 11:40am | 12:20pm

Stage 2 | Ages 3-6

30 Minutes

Tue: 3:15pm | 5:15pm

Wed: 3:15pm | 5:15pm | 6:35pm

Thu: 3:55pm

Fri: 5:10pm | 6:20pm

Sat: 9:00am | 10:20am

Sun: 11:00am | 11:40am | 12:20pm

Stage 3 | Ages 3-6

30 Minutes

Tue: 5:15pm

Wed: 4:35pm

Thu: 5:15pm

Sat: 9:00am | 10:20am

Stage 4 | Ages 3-6

30 Minutes

Sat: 9:00am

Scan to Register



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.

YOUTH SWIM

Stage 1 | Ages 6-12 30 Minutes

Tue: 5:55pm | 6:35pm

Wed: 5:55pm

Fri: 6:20pm

Sat: 9:00am | 9:40am | 12:20pm

Sun: 11:00am

Stage 2 | Ages 6-12

30 Minutes

Tue: 4:35pm

Wed: 3:55pm

Thu: 3:15pm

Fri: 3:50pm

Sat: 9:40am | 11:00am | 11:40am

Stage 3 | Ages 6-12

30 Minutes

Wed: 3:55pm

Thu: 4:35pm | 5:55pm

Fri: 4:30pm

Sat: 9:40am | 11:00am | 11:40am

Stage 4 | Ages 6-12

30 Minutes

Tue: 5:15pm

Wed: 5:15pm

Thu: 4:35pm

Fri: 3:50pm | 5:10pm

Sat: 9:40am

Sun: 11:00am | 11:40am

Stage 5 | Ages 6-12

30 Minutes

Fri: 5:40pm

Sat: 11:40am

Sun: 11:40am

Stage 6 | Ages 6-12

30 Minutes

Sat: 11:00am | 12:20pm



TEEN SWIM

Teen Beginner Swim | Ages 13-17 30 Minutes

Wed: 3:55pm

Fri: 3:15pm

Teen Intermediate Swim | Ages 13-17 30 Minutes

Wed: 4:35pm

Fri: 6:20pm

ADULT SWIM

Adult Beginner Swim | Ages 18+ 30 Minutes

Wed: 5:15pm | 5:55pm

Sun: 12:20pm | 1:00pm

Adult Intermediate Swim | Ages 18+ 30 Minutes

Wed: 6:35pm

Thu: 6:35pm

Master Swim | Ages 18+

60 Min | F: \$126 | M: \$185 | NM: \$302

Mon: 3:00pm* | 5:30pm*

PRIVATE SWIM LESSONS

30 minutes | F: \$333 | M: \$387

Wed: 3:15pm | 4:35pm | 5:15pm

Thu: 3:15pm | 3:55pm | 5:15pm

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Rate Guide
Family Member: **\$119**
Member: **\$171**
Non-Member: **\$278**

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 0 (Age 3)

30 minutes

The YMCA Swim Lesson Level Zero is designed specifically for young children aged 3 years who are not yet ready to participate in independent swim classes. This introductory class focuses on building comfort in the water, developing basic swimming skills, and fostering a positive relationship with water through fun and engaging activities.

Stage 1 (3-6)

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 (3-6)

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 (3-6)

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 (3-6)

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 watering and elementary backstroke.

YOUTH SWIM

Stage 1 (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.

Stage 2 (6-12)

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 (6-12)

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 using the deep end of the pool.

Stage 4 (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 watering and elementary backstroke.

Stage 5 (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.

Stage 6 (6-12)

30 minutes

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

TEEN SWIM

Teen Beginner Swim (13-17)

30 minutes

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

Teen Intermediate Swim (13-17)

30 minutes

This level reinforces skills. This is for teens who are comfortable in the water. Introduction to stroke mechanics and development. Please bring goggles to class.

ADULT SWIM

Adult Beginner Swim

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 18+ yrs.

Adult Intermediate Swim

30 minutes

This level reinforces skills. This is for adults who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 18+ yrs.

Master Swim (18+)

60 minutes

Take your swimming to the next level! Designed for adults of all skill levels, this program offers structured workouts, technique improvement, and a supportive community. Whether training for a competition or staying fit, Masters Swim is perfect for you!

SWIM TESTING

Safety is our First Priority at the Y! All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 yrs of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD).

Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers. Not sure what stage to sign your child up for? Please contact our Welcome Center at (781)-842-8811 or email Ashley Alves: aalves@metronorthymca.org to set up a swim test!

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.

Scan to Register



Fall I Session:**8 Weeks | Sept 1 – Oct 26****Registration Dates**Member Registration: **August 11**Non-Member Registration: **August 18****YOUTH SPORTS****45 minutes | F: \$86 | M: \$117 | NM: \$192****INDOOR SOCCER FUNDAMENTALS**

Our indoor soccer fundamentals class will work on basic skills such as dribbling, shooting and passing to help get players ready for their season.

Thu: 5:00 pm (Ages 4-6)**Thu: 6:00 pm (Ages 7-10)****MINI ALLSTARS**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

Sat: 10:00 am (Ages 4-6)**ALLSTARS**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

Sat: 11:00 am (Ages 7-10)**HIP HOP DANCE**

Get ready to express yourself through dance! This high-energy class teaches hip hop basics, boosts coordination, and builds confidence in a fun, supportive environment. All music and movement are age-appropriate.

Sun: 10:00am (Ages 4-6)**Track Skills & Drills**

Run, jump, and build confidence! This program focuses on track fundamentals and athletic skills in a fun, supportive environment. Great for all ability levels!

Sat: 2:00pm (Ages 5-8)**BASKETBALL SKILLS AND DRILLS**

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Wed: 5:00 pm (Ages 4-5)**Wed: 6:00 pm (Ages 6-8)****Wed: 7:00 pm (Ages 9-12)****Sat: 9:00 am (Ages 4-5)****Sat: 10:00 am (Ages 6-8)****Sat: 11:00 am (Ages 9-12)****3V3 BASKETBALL LEAGUE**

With a few Player on the court, each child gets more touches on the ball, more opportunities to develop their skills, and a chance to build confident. Fundamentals, strategy, & having fun 3v3 games.

Sat: 2:15pm (Ages 7-10)**PRIVATE BASKETBALL COACHING****30 minutes | F: \$296 | M: \$344**

Elevate your game with personalized coaching! Focus on skill development, technique, and confidence-building through one-on-one instruction tailored to your goals. 45 minutes, one on one, scheduled on Saturdays after 12PM.

PRIVATE ATHLETE TRAINING**30 minutes | F: \$296 | M: \$344**

Unlock your full potential with Private Athlete Training at the YMCA. Designed for youth and teen athletes across all sports—including basketball, soccer, football, track, and more—this one-on-one program focuses on building strength, speed, agility, endurance, and sport-specific skills.

PRIVATE SOCCER COACHING**45 minutes | F: \$296 | M: \$344**

Looking to take your child's soccer skills to the next level? Our Private Soccer Training sessions offer one-on-one coaching tailored to your child's individual needs and goals. Whether they're just starting out or looking to sharpen their technique, our experienced coaches will focus on developing fundamentals, improving confidence, and enhancing game strategy.

YOUTH ADVENTURE ZONE**45 minutes | F: \$86 | M: \$117 | NM: 192****LIL NINJAS (AGES 4-5)**

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn age appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

Sun: 11:00am**NINJA WARRIORS (AGES 6-11)**

Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

Mon: 4:30pm (ages 6-8)***Mon: 5:30pm (ages 9-11)*****Tue: 5:15pm (ages 4-5)****Wed: 5:15pm (ages 4-5)****Wed: 6:05pm (ages 8-12)****Sat: 10:00am (ages 4-5)****Sat: 11:00am (ages 6-10)****Sun: 10:00am (ages 6-10)****CANCELLATION POLICY**

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ADULT SPORTS

45 minutes | F: \$86 | M: \$117 | NM: 192

PICKLEBALL SKILLS & DRILLS – INTERMEDIATES

Players in this class should have already learned the rules and scoring for pickleball. Players will work towards better mechanics and consistency. For ages 18+

Tue: 6:00pm

PICKLEBALL SKILLS & DRILLS – BEGINNERS

Players in this class should have already learned the rules and scoring for pickleball. Players will work towards better mechanics and consistency. For ages 18+

Tue: 5:00pm



PRIVATE BASKETBALL COACHING

30 minutes | F: \$296 | M: \$344

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ADULT FITNESS

60 minutes | M: \$124 NM: \$260

SUNRISE CIRCUIT **NEW!**

Wake up and put in the work before you start your day! Join Jovani for this circuit style workout including full body strength and cardio that will burn calories and sculpt your physique!

Wed: 6:00am with Jovani

WEIGHT LOSS CIRCUIT

Are you trying to lose weight? Make this the year you reach your goals! This small group training class is designed to help guide you in the right direction. Your Personal Trainer will guide you and a small group through workouts and will allow you to progress at your own level. Join us and put your goals in action!

Tue: 8:30am with Christian

BOXING BOOTCAMP

Bring your boxing skills to the next level while conditioning your full body. This faster paced class will help you hit goals and improve athleticism.

Mon: 6:30pm with Jovani*

STRENGTH TRAINING FOR WOMEN

A class designed with a women's body in mind. This will guide you through a full body strength workout to help you reach your goal strength and bodyweight.

Thu: 5:30pm with Gentry



HIIT YOUR GOALS **NEW!**

Transform your physique utilizing a combination of High Intensity Interval Training and full body strength exercises.

Wed: 6:00pm with Chris

Thu: 10:00am with Chris

MOBILITY MATRIX

Stretch and lengthen muscles while increasing active range of motion. Certified Stretch Coach and Personal Trainer Jovani will guide you through exercises designed to bring your body to peak mobility. This is great for all fitness levels.

Wed: 7:00pm with Jovani

MOTION MASTERY **NEW!**

(P)rehab your body, get stronger, and prevent any future injuries in this inclusive group class. Andrew is a Personal Trainer and Licensed Physical Therapy Assistant who will guide you through a supportive workout designed for joint health and strong movement for your daily life.

Sat: 11:00am with Andrew

PERSONAL TRAINING

Reach your goals faster with our team of certified personal trainers at the Y! Our affordable training packages are designed to deliver the results you need. Unsure of your goals? Book a free Jumpstart fitness orientation with a trainer to get on the right track. With flexible scheduling, we're ready when you are. Connect with the perfect trainer for you by visiting:

www.ymcametronorth.org/personal-training

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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 introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines with a focus on safety in the fitness center.

Tue: 5:00pm with Jovani

Sat: 10:00am with Andrew

TEEN BOXING (AGES 12–16)

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

Mon: 5:30pm with Jovani*



YOUTH FITNESS

45 minutes | F: \$94 | M: \$130 | NM: \$207

KID'S BOOTCAMP (AGES 8–11)

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Mon: 4:30pm with Jovani*

Sat: 9:00am with Andrew



HEALTHY FAMILIES FOR LIFE

Physical activity and Exercise is crucial for a healthy and happy lifestyle. The Y is dedicated to providing safe and accessible options to you and your family. Whether it's in Sports, Ninja Warrior, or one of our Youth and Teen Fitness classes, our staff are here to make sure your family is set up for success.

All of our Youth and Teen classes are designed to introduce healthy physical activity and develop a love for movement. Whether it's their first time taking a class, or they've been with us session after session, there is always something to learn!

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YOUTH ENRICHMENT

45 minutes | F: \$86 | M: \$117 | N: \$192

BRACELET MAKING

Spark your child's creativity with a fun and engaging bracelet-making class! Kids will explore color, design, and hands-on crafting as they create unique, wearable art. This class encourages self-expression, builds confidence, and introduces basic art techniques in a playful, supportive environment. No experience necessary—just bring your imagination!

Mon: 3:30pm (Ages 4-8)*

LITTLE PICASSOS

Each week, children will explore different art techniques, colors, and textures while creating their own masterpieces.

Sat: 11:00am (Ages 8-10)

Sat: 12:00pm (Ages 4-7)

CREATIVE ARTS

Inspire your child's creativity through painting, crafting, and fun hands-on projects. This class builds confidence and a love for art—no experience needed!

Mon: 4:30pm (Ages 4-8)*

TEEN SIGNATURE PROGRAMS

LEADERS CLUB

60 minutes | Grades 6-12 | Free

Leaders Club is a youth development program that builds character, leadership skills, and a spirit of service. Members volunteer, grow as community leaders, and embrace a healthy lifestyle in mind, body, and spirit.

Thu: 4:00pm

THE BROTHERS

2 hours | Ages 13-18 | Free

Where competition meets connection! This is the ultimate hangout for teen guys who love to game, laugh, and level up together. Whether you're doing trivia games, battling it out in classic board games, or go head-to-head in video game showdown.

Thu: 6:00pm

THE GLOW UP GIRLS

45 minutes | Ages 13-18 | Free

The Glow Up Girls is the go-to spot for teen girls ages 13 to 18 to connect, vibe, and just be real. Whether we're diving into girl talk, we talk about life, confidence, & friendship & goals

Tue: 4:00pm

KIDS NIGHT OUT – AUGUST 8TH

Hang out with your friends at the YMCA, and enjoy a fun night filled with excitement! We will have games, crafts, and food!

5:30pm-8:30pm | M: \$20 | NM: \$30

KIDS NIGHT OUT – SEPTEMBER 12TH

Hang out with your friends at the YMCA, and enjoy a fun night filled with excitement! We will have games, crafts, and food!

5:30pm-8:30pm | M: \$20 | NM: \$30

SENIOR SOCIAL – SEPTEMBER 15TH

12pm-1pm | Free

Scan to Register



BIRTHDAY PARTIES

Make your celebration unforgettable at the Y! Parties are available on Saturdays and Sundays for two hours. Times and spaces are limited.

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