

### Fall II Session: 8 Weeks | Oct 27 - Dec 21

### Registration Dates

Member Registration: October 6

Non-Member Registration: October 13

### 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 | 12:20pm Fri: 4:00pm

### Stage 4 | Ages 3-6

30 Minutes

Sat: 9:00am | 12:20pm

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

**NEW!**

### Stroke & Turn | Ages 12+

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

**NEW!**

### Swim Team Conditioning | Ages 12+

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

Fri: 5:00pm



## 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

**NEW!**

### Lifeguard Endurance Training | Ages 14+ 60 Min | F: \$126 | M: \$185 | NM: \$302

Mon: 4:00pm

## 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

Wed: 5:00pm

## PRIVATE SWIM LESSONS

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

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

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

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

Fri: 3:15pm | 3:55pm | 5:15pm

Sat: 11:40am | 12:20pm

Sun: 9:40am | 10:20am

Please note: Thursday classes will be prorated to reflect a 7-week session due to Thanksgiving (Nov. 27)

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

# 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 water 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 water 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.

### Stroke & Turn (12+) | 60 minutes

This class improves stroke technique and introduces competitive swimming skills. Encourages swimmers to progress in a friendly, non-competitive environment. Goggles required.

### Swim Team Conditioning (12+) | 60 min

This class focuses on refining strokes, starts, turns, and finishes, as well as learning the rules and regulations of competitive swimming. There is an emphasis on proper technique and endurance over speed. Suitable for strong swimmers who could benefit from endurance training and proper technique. Goggles required.

### Lifeguard Endurance Conditioning (14+) | 60 min

Interested in becoming a Lifeguard? Learn swim techniques and endurance needed to take a Lifeguard Certification Course. Build stamina and confidence to help prepare you for the Pre-Requisite Swim Tests in order to train to become a Lifeguard. \*\*Certification not included in this class (Swim Endurance and Preparation Training Only)\*\*

## TEEN SWIM

### Teen Beginner Swim (13-17) | 30 min

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

### Teen Intermediate Swim (13-17) | 30 min

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 Min

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

### Adult Intermediate Swim | 30 Min

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 Min

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:** Thursday classes will be prorated to reflect a 7-week session due to Thanksgiving.

### 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 II Session:**  
**8 Weeks | Oct 27 – Dec 21****Registration Dates**Member Registration: **October 6**Non-Member Registration: **October 13****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: 5:45 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: 9:00 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.

**Wed: 3:30pm (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)****Sat: 3:00pm (Ages 9-13)****CANCELLATION POLICY**

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**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. Contact the Coach at the front desk to schedule a day and time that works best for you.

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

Take your child's game to the next level with one-on-one basketball coaching at the YMCA! Our private sessions focus on building fundamental skills such as dribbling, shooting, passing, and defense while also developing confidence, discipline, and love for the game. Each session is tailored to your child's age and skill level, providing personalized attention to help them improve faster and reach their goals. Contact the Coach at the front desk to schedule a day and time that works best for you.

**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. Contact the Coach at the front desk to schedule a day and time that works best for you.

**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.

**Sat: 10:00am****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 4-6)****Mon: 5:30pm (ages 7-11)****Tue: 5:15pm (ages 4-6)****Wed: 5:15pm (ages 4-6)****Wed: 6:05pm (ages 7-12)****Sat: 11:00am (ages 6-10)****Sun: 10:00am (ages 6-10)**



**Fall II Session:**  
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This class emphasizes better mechanics and consistency with serves/returns, dinks, volleys, footwork, and court positioning. Players will work towards better mechanics and consistency. For ages 18+

**Fri: 11:00am****PICKLEBALL SKILLS & DRILLS – INTERMEDIATES**

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. For ages 18+

**Fri: 10:00am****PICKLEBALL ADVANCED LEAGUE****2 Hours | M: \$50 | NM: \$75**

Join us for our 8-week Pickleball League at the YMCA! Whether you're a seasoned player or new to the game, this league offers friendly competition, great exercise, and an opportunity to connect with others who love the sport. Matches will be scheduled weekly, and all skill levels are welcome. Come sharpen your skills, stay active, and enjoy the fastest-growing sport in the country—Pickleball at the Y!

**Thu: 6:30pm****PRIVATE BASKETBALL COACHING****45 minutes | F: \$296 | M: \$344**

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### ADULT FITNESS

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

#### TREAD AND SHRED **NEW!**

Combine your cardio and strength training in one great class! This will include timed intervals between walking or running on the treadmill with full both strength training.

**Tue: 6:00pm with Jovani**

#### 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**

#### 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**

#### HIIT YOUR GOALS

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**

#### TRANSFORM TOGETHER **NEW!**

Make this the year you reach your goals! Your Personal Trainer will guide you and a small group through a combo of strength and cardio workouts and speed you towards better health. Join us and put your goals in action!

**Tue: 8:30am with Christian**

### FIT & FIERCE FOR WOMEN **NEW!**

A class designed with a women's body in mind. Work on your goals and feel good while doing it. This class incorporates strength training into your routine to build a strong lean physique but move towards better health.

**Thu: 5:30pm with Gentry**

#### GLUTE CAMP **NEW!**

45 minutes | M: \$101 NM: \$212

Glute camp has arrived! Squat, thrust and lunge your way to your best lower body. You'll improve your physique, build lean muscle and increase strength in a way you never have before. Let's hit the weights and build that BOOTY!

**Thu: 6:30pm with Gentry**



### 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](http://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 Christian**

#### 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**



### 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

### PARENT & CHILD COOKING CLASS

Join us for a fun, hands-on cooking experience where parents and children cook side by side! In this one-hour class, families will learn simple recipes, practice teamwork in the kitchen, and enjoy creating delicious memories together. Aprons and chef hats will be provided — just bring your appetite and excitement!

**Wed: 4:30pm (Ages 4+)**

### 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 WRITING & STORYTELLING

Kids will explore their imagination through poetry, short stories, and fun performance readings. This program encourages self-expression, builds confidence in sharing ideas, and helps develop strong communication skills. Whether writing for fun or performing in front of others, participants will discover the power of their own voice and creativity.

**Sat: 12:00pm (Ages 4-8)**

### CREATIVE ARTS

Let your child creativity shine in this fun and hands-on bracelet making class! Designed for young crafters, this class introduce simple techniques using colorful beads, strings, and charms. Kids will explore patterns, colors, and fine motor skills while creating their own unique jewelry to take home each week.

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

## TEEN SIGNATURE PROGRAMS LEADERS CLUB

**60 minutes | Ages 11-18 | Free | Tuesday at 5pm**

Teen Leaders Club will focus on social-emotional learning alongside leadership skills. Teens will practice self-awareness, communication, teamwork, and empathy through interactive activities and group projects. Participants who complete the session will earn a special incentive to celebrate their growth and commitment.

### 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 doin 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**

## DEMAKES UPCOMING EVENTS

### MONSTAH MASH KIDS NIGHT OUT

**Friday, October 3<sup>rd</sup> | 5:30pm-8:30pm**

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

**Price - M: \$10 | NM: \$20**

### SENIOR SOCIAL

**Monday, November 10<sup>th</sup> | 12:00pm-1:00pm**

Hang out with your friends at the YMCA, enjoy some lunch while you socialize with fellow members.

**Price - Free**

### CANNED FOOD DRIVE

**All November Month Long**

Bring in canned goods and nonperishable items to help us support families in need this season. Every donation makes a difference and goes directly to local food pantries, ensuring our community.

### DOGMAN + PADDLE KIDS NIGHT OUT

**Friday, November 7<sup>th</sup> | 5:30pm-8:30pm**

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

**Price - M: \$10 | NM: \$20**

### 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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# JR. CELTICS LEAGUES

PRESENTED BY  new balance



## NOVEMBER 17–FEBRUARY 15 (12 WEEKS)

## DEMAKES FAMILY YMCA

 **Exclusive Raffle! Junior Celtics families who register by Oct. 20 are entered to win a pair of tickets to the Celtics Home Opener on Oct. 22!** 

### League for Ages 5–6      League for Ages 7–8

Wednesday: 5:00pm to 6:00pm      Wednesday: 6:15pm–7:15pm

### League for Ages 9–10

Friday 5:00pm to 6:00pm and Saturday 11:00am–12:00pm

### League for Ages 11–13

Friday 6:15pm–7:15pm and Saturday 12:15pm–1:15pm

The Junior Celtics program, in partnership with the Boston Celtics, offers professional coaching and skill development for boys and girls of all skill levels, from beginners to advanced players. Your child will have the chance to learn from experienced coaches, participate in skill-building drills, and enjoy friendly competition in a safe and structured setting.

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#### Ages 5–8

**Play 1x per week  
30 min. practice & 30 min games**

**F: \$175. Y: 211 N: \$294**

#### Ages 9–13

**Play 2x per week 60 min.  
practice & 60 min game days**

**F: \$240 Y: \$291. N: \$392**

Scan the  
code to  
register  
today!



**Get Registration Information: [www.ymcametronorth.org/jr-celtics](http://www.ymcametronorth.org/jr-celtics)**