

Fall 2 Session:
Oct. 27th – Dec. 21st

Registration Dates:
Member Registration: **October 6th**
Non-Member Registration: **October 13th**

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

ENRICHMENT

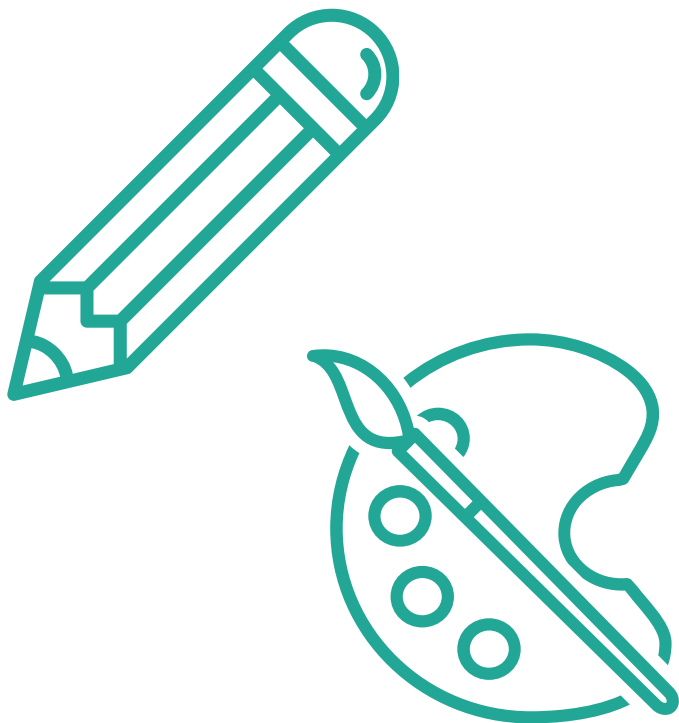
F: FREE M: \$117 NM: \$192

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)

Tue 9:00am NEW!

Wed 10:30am

Wed 4:00pm

Fri 9:30am NEW!

Sat 10:00am

Jr. Celtics

Ages 5-8 FM: \$153 Y: \$189 NM: \$269

Ages 9-13 FM: \$214 M: \$265 NM: \$377

The Junior Celtics program, in partnership with the Boston Celtics, offers professional coaching skills and skill development for boys and girls of all skill levels, from beginners to advance 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.

Ages 5-6

Play 1x per week

30 min. practice & 30 min games

Wed 5:30pm

Sat 8:00am

Ages 7-8

Play 1x per week

30 min. practice & 30 min games

Wed 6:15pm

Sat: 9:00am

Ages 9-13

60 minutes

Play 2x per week

60 minute practice & 60 minute games.

Mon 5:30pm

Wed 7:00pm

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 4pm

Sat 10am

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

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.

Wed 4:45pm

Thurs 4pm

Sat 11am

Indoor Laser Tag (7-13)

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.

Thu 4:45pm

Indoor 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

Indoor 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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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

YMCA of Metro North Members Only

4 - 60min Sessions \$240

6 - 60min Sessions \$360

8 - 60min Sessions \$480

