

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 A (Ages 6-18 Months) | 30 Min

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

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

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

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

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

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

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

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

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

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

Mon: 5:05pm
Tue: 3:55pm
Wed: 5:05pm
Thu: 3:55pm* | 5:05pm* | 6:15pm*
Fri: 4:30pm
Sat: 9:35am | 10:45am
Sun: 10:10am | 11:55am

YOUTH SWIM: Stage 4 Ages 6-13 | 30 Minutes

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

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

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

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

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

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

Mon: 10:15am
Fri: 6:30pm
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

Sat: 8:15am | 10:10am
Sun: 10:00am

SPRINGBOARD DIVING: INTERMEDIATE Ages 6-18 | 45 Min | F: \$126 M: \$185 NM: \$302

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

COMPETITIVE SWIM TEAM PREP Ages 6-13 | 45 minutes | 2 Day Minimum F: \$206 M: \$295 NM: \$480

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

Tue: 3:55pm | 6:15pm
Wed: 4:30pm
Thu: 3:55pm | 6:15pm
Fri: 3:55pm | 4:30pm | 5:05pm | 5:40pm
Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

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

NEED TO MISS A CLASS THIS FALL II?

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 II Session:**8 Weeks | Oct 27 - Dec 21****Registration Dates**Member Registration: **October 6**Non-Member Registration: **October 13**

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.

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

NEED TO MISS A CLASS THIS FALL II?

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 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

GIRLS BASKETBALL

A dynamic warm up, brief skill training, and game play for Girls!

Thu: 4:15pm–5:00pm (Ages 10–14)*

RUNNING CLUB | OUTSIDE/INDOOR TRACK

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 (Ages 6–12)

INDOOR YOUTH SOCCER SKILLS AND DRILLS

Join us for an exciting Indoor 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.

Mon: 4:15pm–5:00pm (Ages 6–12)

Sun: 11:15am–12:00pm (Ages 3–5)

FLOOR HOCKEY NEW!

Learn the fundamentals of floor hockey in a fun and active environment! Players will build skills in passing, shooting, teamwork, and game play while staying active and engaged.

Thu: 5:00pm–5:45pm (Ages 6–12)*



Homeschool PE with Swim Lesson

Ages 5–12 | \$277

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 with **Coach Kaylee**. Don't miss out on this exciting opportunity for growth and engagement!

Mon: 10:00am–1:00pm



YOUTH SPORTS

60 minutes | F: \$96 | M: \$130 | NM: \$202

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!

Tue: 4:00pm–5:00pm (Ages 6–12)

YOUTH FITNESS & SELF DEFENSE FAN FAN!

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)

LIL CHEF ENRICHMENT!

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

A hands-on culinary class designed for ages 3–5 to discover new foods and practice making their own little creations with **Coach Kaylee** our Sports and Enrichment Director!

Tue: 11:00am–11:45am (Ages 3–5)

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

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****Open Men's Basketball League****2 Hours | M: \$101 | NM: \$236**

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!

Thu: 7:00pm–9:00pm (Ages 18+)***Pickleball Leagues at the Y****2 Hours | M: \$96 | NM: \$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: 6:15pm–8:15pm (Ages 18+)****PICKLEBALL LEAGUES: ADVANCED PLAY****Wed: 6:15pm–8:15pm (Ages 18+)****PICKLEBALL LEAGUES: ALL LEVELS PLAY****Tue: 6:45pm–8:45pm (Ages 18+)****Sat: 10:15am–12:15pm (Ages 18+)**

Scan to Register



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

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.

Pickleball Leagues at the Y**60 Minutes | M: \$112 | NM: \$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: Vin Grifoni – 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.

Wed: 11:00am–12:00pm (Ages 18+)**PICKLEBALL ADVANCED DRILL SESSION**

Coach: Sarah Caliento– IPTPA Certified Pickleball Instructor
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: 12:00pm–1:00pm (Ages 18+)

Fall II Session:

8 Weeks | Oct 27 – Dec 21

Registration Dates

Member Registration: **October 6**

Non-Member Registration: **October 13**

Rate Guide

Member: **\$124**

Non-Member: **\$260**

WOMEN ON WEIGHTS

FAN FAV!

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

INTERMEDIATE WOMEN ON WEIGHTS

NEW!

So, you know the lifts; now it's time to build your strength. This class will focus on the progressive overload and auxiliary exercises needed to increase your strength and improve your lifts.

Wed: 9:00am with Marissa

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

BOXING FOR WOMEN

FAN FAV!

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: 10:30am with Stacy

Tue: 5:30pm (Intermediate) with Stacy

(RE)BUILD YOUR PELVIC FLOOR & CORE

M: \$112 | NM: \$196

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*

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

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



DYNAMIC CORE MOBILITY

NEW!

A 60-minute small group class that builds core strength while improving flexibility and mobility. Using exercises like planks, bridges, rotations, and dynamic stretches, participants enhance stability, posture, and overall functional movement.

Mon: 6:00pm 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

INTRO TO METABOLIC CONDITIONING

For those interested in our 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 & 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

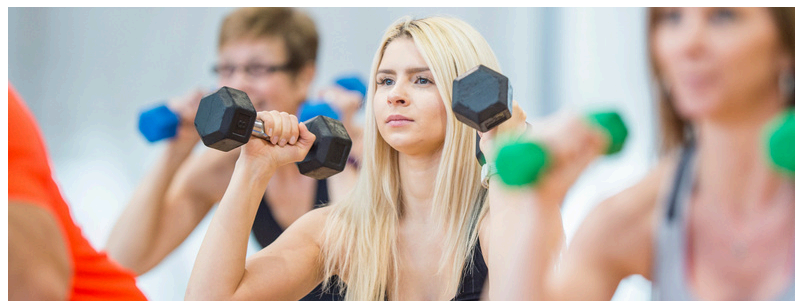
METABOLIC CONDITIONING

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



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

Registration Dates

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

TEEN FITNESS

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

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

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



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



ENRICHMENT! LIL CHEF

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

A hands-on culinary class designed for ages 3-5 to discover new foods and practice making their own little creations with **Coach Kaylee our Sports and Enrichment Director!**

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

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!

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



JR. CELTICS LEAGUES

PRESENTED BY  new balance



NOVEMBER 17–FEBRUARY 15 (12 WEEKS)

TORIGIAN FAMILY YMCA

 **Exclusive Raffle!** Junior Celtics families who register by Oct. 20 at 3:30pm are entered to win a pair of tickets to the Celtics Home Opener on Oct. 22! 

League for Ages 7–8

Monday: 5:00pm to 6:00pm
and
Wednesday: 5:00pm to 6:00pm

League for Ages 9–12

Tuesday: 5:30pm to 6:30pm
and
Friday: 5:30pm to 6:30pm

League for Ages 5–6

Saturday: 9:00am to
10:00am

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.

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