

Winter Session: 7 Weeks | Jan 3- Feb 15*

Registration Dates

Member Registration: [December 1](#)
Non-Member Registration: [December 8](#)

7-Week Rate

Family: **\$94**
Member: **\$137**
Non-Member: **\$234**

6-Week Rate

Family: **\$85**
Member: **\$120**
Non-Member: **\$211**

PARENT / CHILD SWIM

Parent | Child A

(Ages 6-18 Months) | 30 Min

Fri: 3:15pm
Sat: 9:40am | 10:20am
Sun: 9:40am

Parent / Child B

(Ages 18-36 Months) | 30 min

Fri: 3:50pm
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

Stage 4 | Ages 3-6

30 Minutes

Sat: 9:00am | 12:20pm

Scan to Register



CANCELLATION POLICY

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PRIVATE SWIM LESSONS

30 minutes | F: \$229 | M: \$266

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
*30 minutes | F: \$267 | M: \$310
Sat: *11:40am | *12:20pm
Sun: *9:40am | *10:20am

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

Lifeguard Endurance Training | Ages 14+

*6 Weeks | 60 Minutes | F: \$104 | M: \$147 | NM:\$244
Mon: 4:00pm

Stroke & Turn | Ages 12+

*6 Weeks | 60 Minutes | F: \$104 | M: \$147 | NM:\$244
Fri: 4:00pm

Swim Team Conditioning | Ages 12+

*6 Weeks | 60 Minutes | F: \$104 | M: \$147 | NM:\$244
Fri: 5:00pm

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+

*6 Weeks | 60 Minutes | F: 104 | M: \$147 | NM:\$244
Mon: 3:00pm | 5:30pm
Wed: 5:00pm

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7-Week Rate

Family: **\$94**
Member: **\$137**
Non-Member: **\$234**

6-Week Rate

Family: **\$85**
Member: **\$120**
Non-Member: **\$211**

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!

Scan to Register



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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.

Winter Session:**7 Weeks | Jan 3– Feb 15*****Registration Dates**Member Registration: **December 1**Non-Member Registration: **December 8****7-Week Rate**Family: **\$83**
Member: **\$111**
Non-Member: **\$183****6-Week Rate**Family: **\$74**
Member: **\$99**
Non-Member: **\$163****YOUTH SPORTS****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.

Sun: 11:00 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.

Sun: 12:00 pm (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: \$267 | M: \$434**

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: \$267 | M: \$434**

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: \$267 | M: \$434**

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**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: 3:00pm (ages 4–6)****Tue: 5:15pm (ages 7–11)****Wed: 5:15pm (ages 4–6)****Wed: 6:05pm (ages 7–12)****Sat: 11:00am (ages 6–10)****Sun: 10:00am (ages 6–10)**

Winter Session:**7 Weeks | Jan 3 – Feb 15*****Registration Dates**Member Registration: **December 1**Non-Member Registration: **December 8****ADULT SPORTS****60 minutes | F: \$112 | M: \$112 | NM: \$196****PICKLEBALL SKILLS & DRILLS – BEGINNERS**

This fun, social program is perfect for anyone new to the game. Participants will learn the basics of pickleball — including rules, scoring, proper grip, serving, and court movement — all in a welcoming and encouraging environment. Our instructors will guide you through drills and friendly games to help you build confidence and improve your skills each week. Whether you're looking for a new way to stay active or meet new people, this class is the perfect place to start your pickleball journey!

Fri: 10:00am**PICKLEBALL SKILLS & DRILLS – ADVANCE BEGINNERS**

Take your pickleball skills to the next level! This class is designed for players who already know the basics—serving, scoring, and rallying—and are ready to improve their game. Participants will focus on refining technique, learning shot placement, improving consistency, and developing doubles strategy. With fun drills and active play, you'll build confidence and get game-ready for recreational or competitive play.

thu: 5:30pm**PICKLEBALL ADVANCED LEAGUE****2 Hours | M: \$90 | NM: \$235**

Come with a partner or by yourself 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 for you.

Thu: 6:30pm**PRIVATE BASKETBALL COACHING****45 minutes | F: \$267 | M: \$434**

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.

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7 Weeks | Jan 3- Feb 15*

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Member Registration: **December 1**

Non-Member Registration: **December 8**

7-Week Rate

Member: **\$121**

Non-Member: **\$254**

6-Week Rate

Member: **\$107**

Non-Member: **\$225**

ADULT FITNESS

RESOLUTION SOLUTION

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!

Mon: 7:30pm with Jovani

Tue: 8:30am with Christian

Wed: 6:00pm with Chris

Sat: 11:00am with Christian



TREAD AND SHRED **Fan Fav!**

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



FIT & FIERCE FOR WOMEN

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

45 minutes | M: \$96 NM: \$202

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

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TEEN FITNESS

7 Weeks | 60 Min | F: \$99 | M: \$136 | NM: \$218

***6 Weeks | 60 Min | F: \$91 | M: \$123 | NM: \$201**

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

6 Weeks | 45 Min | F: \$82 | M: \$111 | NM: \$191

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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ENRICHMENT & EVENTS



DEMAKES FAMILY YMCA

40 Neptune Blvd. Lynn, MA 01902

781-842-8811 | ymcametronorth.org

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7 Weeks | Jan 3– Feb 15*

Registration Dates

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7-Week Rate

Family: \$83

Member: \$111

Non-Member: \$183

6-Week Rate

Family: \$74

Member: \$99

Non-Member: \$163

YOUTH ENRICHMENT

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!

Sat: 11:30am (Ages 4+)

CREATIVE ARTS

Unleash your child's imagination through painting, crafting, and hands-on projects that inspire creativity and self-expression. This fun and engaging class introduces young artists to a variety of art techniques while fostering confidence and a love for the arts. No experience needed—just bring your creativity!

Mon: 3:30pm (Ages 4–8)

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 8–13)

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)

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

NO WASTE XMAS KIDS NIGHT OUT

Friday, December 5th | 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: \$20 | NM: \$25

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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FROZEN ADVENTURE KIDS NIGHT OUT

Friday, January 2nd | 5:30pm–8:30pm

Enjoy a fun night filled with excitement complete with a movie screening of Frozen, pizza dinner, and exciting Frozen-themed games and crafts.

Price – M: \$20 | NM: \$25

SENIOR SOCIAL

Monday, January 12th | 12:00pm–1:00pm

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

Price – Free

FREE Studio Sampler Session:
For Two Weeks
December 9th – December 20th

REGISTER ONLINE NOW:
Secure your spot
today, scan the QR
code to RSVP!



YOUTH & TEEN MUSIC SESSIONS

RHYTHM SAFARI (AGES 3-6)

Focus Areas: Listening • Rhythm • Motor Coordination

Get ready to drum, stomp, and shake your way through the wild! Kids become explorers on a rhythmic journey through the "musical jungle," mimicking animal sounds and movements as they build coordination, listening skills, and imagination. Every beat brings the jungle to life!

Wed (12/10) 11:00am
Sat (12/13) 9:30am
Wed (12/17) 11:00am
Sat (12/20) 9:30am

INSTRUMENT PETTING ZOO (AGES 3-6)

Focus Areas: Exploration • Sound Recognition • Curiosity

Discover the magic of music—hands-on! Kids get to see, hear, and gently try real instruments, from drums and keyboards to shakers and strings. They'll explore new sounds, guess what they hear, and spark a lifelong curiosity for music and creativity.

Fri (12/12) 11:00am
Sat (12/13) 10:15am
Fri (12/19) 11:00am
Sat (12/20) 10:15am

REMIX YOUR FAVORITE SONGS (AGES 7-12)

Focus Areas: Creativity • Sound Design • Self-Expression

This workshop lets kids step into the producer's chair and mix their own beats. They'll experiment with digital tools, layer sounds, and create their own track—then build a mini brand with a name, logo, and vibe that matches their sound. It's where creativity meets rhythm, and every kid becomes the artist.

Thu (12/11) 4:45pm (Ages 7-12)
Fri (12/12) 4:45pm (Ages 13-18)
Thu (12/18) 4:45pm (Ages 7-12)
Fri (12/19) 4:45pm (Ages 13-18)

SUPERSTAR WORKSHOP (AGES 7-18)

Focus Areas: Exploration • Creativity • Collaboration

This hands-on session lets kids dive into the world of music creation! They'll explore drums and keyboards to guitars and digital beats and then build their own artist brand, choose a genre, design a logo, and perform as their new musical persona. A perfect mix of creativity, collaboration, and self-expression.

Tue (12/09) 4:45pm (Ages 7-12)
Wed (12/10) 4:45pm (Ages 13-18)
Sat (12/13) 11:00am (Ages 7-12)
Sat (12/13) 1:00pm (Ages 13-18)
Tue (12/16) 4:45pm (Ages 7-12)
Wed (12/17) 4:45pm (Ages 13-18)
Sat (12/20) 11:00am (Ages 7-12)
Sat (12/20) 1:00pm (Ages 13-18)

OPEN MIC/KARAOKE (AGES 7-12)

Focus Areas: Expression • Connection • Public Confidence

Step up, speak out, and shine! This welcoming community event invites performers of all ages to share their talents—songs, poetry, or comedy—in a supportive, feel-good atmosphere. Whether you're trying the mic for the first time or fine-tuning your stage presence, this is your moment to connect, express, and inspire.

Sat (12/13) 2:00pm | 3:15pm
Sat (12/20) 2:00pm | 3:15pm

TEEN KARAOKE (AGES 13-18)

Focus Areas: Expression • Confidence • Connection

Grab the mic and own the spotlight! This fun, no-pressure workshop gives teens a chance to sing their favorite songs, cheer on friends, and build stage confidence in a supportive, upbeat atmosphere. Whether you're a first-time performer or a natural showstopper, this is your moment to shine.

Fri (12/12) 6:00pm | 7:00pm
Fri (12/19) 6:00pm | 7:00pm

BEAT MAKING FOR TEENS (AGES 13-18)

Focus Areas: Creativity • Rhythm • Digital Music Production

Step into the world of music production and create your own sound. Using easy, interactive digital tools, teens will learn how to layer beats, mix loops, and shape their own tracks from start to finish.

Wed (12/10) 7:00pm
Wed (12/17) 7:00pm

ADULT MUSIC SESSIONS

DRUMMING FOR WELLNESS (AGES 18+)

Focus Areas: Rhythm • Coordination • Mindfulness

Discover the healing power of rhythm! This energizing group class uses drums and percussion to reduce stress, boost mood, and build connection through the joy of music. No experience required—just bring your energy and an open mind.

Tue (12/09) 11:00am
Thu (12/11) 11:00am
Tue (12/16) 11:00am
Thu (12/18) 11:00am

**Take a Tour*

Explore our brand-new creative spaces—each designed to inspire imagination, confidence, and connection. From the first strum of a guitar to the final bow on stage, the Music & Performing Arts Center invites young people across greater Lynn to discover music, theater, digital production, and more. Learn more: www.ymcametronorth.org/music-arts-center



Demakes Family YMCA

TOUR THE NEW MUSIC & PERFORMING ARTS CENTER!



FREE!

YOU'RE INVITED!

Music & Performing Arts Center Community Open House

Lynn's newest space for art and culture

Saturday, Dec. 6, 2025 | 2:00-4:00pm

Featuring a live performance by Lynn music legend
Amanda Mena

Secure your spot
today, scan the QR
code to RSVP!





SPORTSPRAY WINTER BREAK CLINIC

DECEMBER 29TH, 30TH, & 31ST
5 HOURS | 9:00AM-2:00PM

Join us for three days of active fun at our Winter Break Sports Clinic! This program is designed for children ages 5–12 and features a mix of high-energy games and skill-building activities. Each day, participants will rotate through a variety of sports, including basketball, dodgeball, soccer, and kickball, along with team-building challenges that promote cooperation, confidence, and sportsmanship.

For more information, contact Klaus at kalexis@metronorthymca.org.

- Monday 9:00 am- 2:00pm | Ages 5-12
- Tuesday: 9:00 am- 2:00pm | Ages 5-12
- Wednesday: 9:00 am- 2:00pm | Ages 5-12

PRICING PER DAY: F:\$40 | M:\$55 | NM:\$100
WWW.YMCAMETRONORTH.ORG/PROGRAMS

