

Winter Session: Jan. 3rd – Feb. 15th

Registration Dates

Member Registration: **December 1st**

Non-Member Registration: **December 8th**

Rate Guide:

Family Member: F

Member: M

Non Member: NM

ADULT FITNESS PROGRAMS

Womens Strength Training

M: \$134 NM: \$273

This program is designed to help women strength train using Dumbbells, Barbells, Cables and Bodyweight exercises. You'll be given an 8 week, 2 days a week strength plan to follow on your own, delivered to your phone, and have a coach assigned to you helping you stay on track. All participants will be invited to an initial virtual call to go over the program. For more information email Justin at jcammarata@metronorthymca.org

Custom Nutrition Program

M: \$241 NM: \$492

This program is designed to help you lose weight by eating a balanced diet focused on Protein, Carbs and Fats. You'll be given Daily Nutrition goals to track through an app and have a coach assigned to you helping you stay on track. All participants will be invited to an initial virtual call to go over the program. For more information email Justin at jcammarata@metronorthymca.org

CUSTOM FITNESS PROGRAMS

M: \$241 NM: \$492

The Saugus Y now offers Custom 8 Week Fitness Programs delivered to your phone. Our Certified Coaches will develop a specific exercise program to help you meet your goals. This will include an initial consultation and goal setting following by weekly virtual check ins to keep you on track. For more information email Justin at jcammarata@metronorthymca.org

Women On Weights

60 Minutes

M: \$121 NM: \$254

This small group one-hour class for women will combine strength training and functional exercises to help participants build muscle, increase bone density, improve balance, improve coordination, and confidence!

Mon 10:00 am

Sat 8:00am

Sun 8:00am

***Please note: Monday, Tuesday, Wednesday, Thursday, and Friday programs and leagues will be prorated to 6-weeks due to the holidays.**

**To Register
Scan Here**



ERG Power Lab NEW!

M: \$109 NM: \$229 45 Minutes

This new class combines all four Concept 2 Ergometers for a unique and challenging class that you will not find anywhere else on the North Shore. Participants will use the Row, Bike, Ski, and NEW Strength Ergs to improve their fitness. Our coaches will be ready to push you to find new limits in an encouraging and fun atmosphere.

Mon 9:00 am Thu 10:00 am

Tue 4:00pm Wed 5:30pm

Accountability Coaching NEW!

M: \$94 NM: \$191

Do you have goals that you want to accomplish? Do you know what you have to do but struggle doing it? Your accountability coach will help you fine-tune one to two goals, ensuring they are attainable and clear. Your goals will be listed in our Fitness App, allowing you to check them off as completed. Your coach will monitor your progress, provide support and encouragement through the app. This is an 8 week program.

For more info email jcammarata@metronorthymca.org

YOUTH FITNESS PROGRAMS

Y Fit Club (Ages 7-12)

45 Minutes

M: \$89 Y: \$122 NM: \$207

This program is designed to help youth and pre-teens learn the importance of fitness to help maintain physical and mental health. Each week the class will learn different ways to workout through strength, cardio and mind body training. Participants will be awarded colored wrist bands based on how they progress through the program similar to martial arts. Black Bands will be expected to co-lead class and help introduce Green Bands to the program. For more information email Justin at jcammarata@metronorthymca.org

Tue 4:00pm

Thu 4:00pm

Sat 10:00am

Sun 9:15am

Strong Girls (Ages 7-12)

45 Minutes

M: \$89 Y: \$122 NM: \$207

This class will introduce girls to strength training and general fitness. All levels are welcome.

Sat 9:15am

Sun 10:00am

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ENRICHMENT

F: FREE M: \$111 NM: \$183

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)

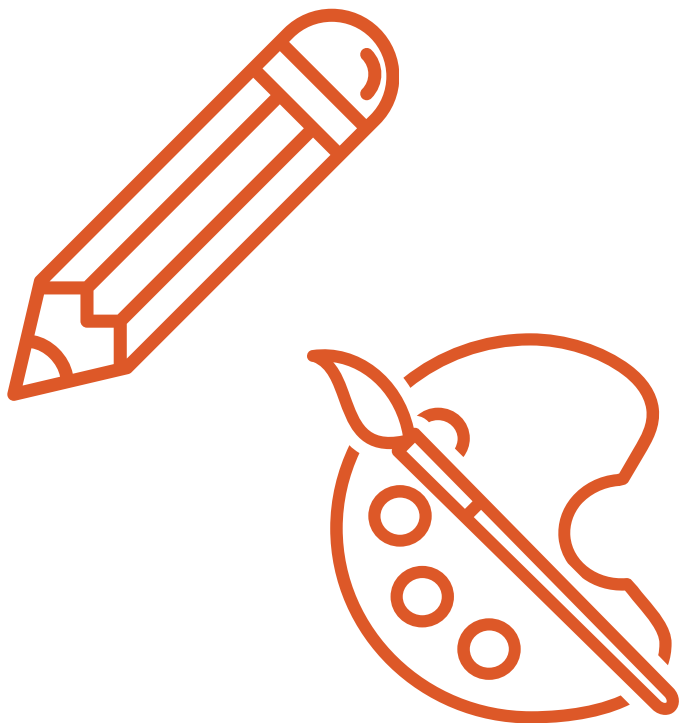
45 Minutes

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

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ALL ENRICHMENT CLASSES ARE FREE FOR FAMILY MEMBERS!

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SPORTS

45 Min Classes F: \$83 M: \$111 NM: \$183

60 Min Classes F: \$92 M: \$123 NM: \$193

Mini All Stars (Ages 3-5)

45 minutes

This program offers different sports and games each week. Adult participation may be required.

Wed 10:30am

Wed 4:00pm

Fri 9:30am NEW!

Sat 10:00am

Flag Football Skills & Drills (Ages 6-9)

All Levels

45 Minutes

Players will learn and build on the fundamentals of flag football through fun drills, teamwork, and gameplay. Each week focuses on passing, catching, defense, and strategy—helping new players gain confidence and returning players sharpen their skills.

Mon 4pm

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

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be prorated to 6-weeks due to the holidays.**

Soccer 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

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.

Tue 5pm

Sat 11am

Indoor Laser Tag (Ages 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)

All Levels

60 Minutes

Safety and fun come first as participants learn and build on the fundamentals of archery. Each class focuses on proper form, aim, and accuracy through guided drills and target practice. All equipment is provided, and all experience levels are welcome!

All equipment will be provided.

Tue 4pm

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PICKLEBALL LEAGUES

120 min M:\$105 NM:\$266

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

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Serve & Social Pickleball League

M: \$105 NM: \$266

120 Minutes

A fun, low-pressure pickleball league for beginners and social players! Each week includes rotating partners, friendly games, and plenty of court time to build confidence and improve your skills. Meet new people, enjoy great rallies, and have fun on and off the court — come serve, rally, and socialize!

Thu 6:30pm

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

