

Spring I Session: 8 Weeks* | Feb 23 - Apr 19

Registration Dates

Member Registration: **February 2**
Non-Member Registration: **February 9**

8-Week Rate

Family: **\$104**
Member: **\$153**
Non-Member: **\$250**

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

Tue: 11:00am
Wed: 3:55pm | 5:55pm
Thu: 11:00am | 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: 11:30am | 3:15pm | 5:15pm
Wed: 3:15pm | 5:15pm | 6:35pm
Thu: 11:30am | 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: \$305 | M: \$354

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

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+
60 Minutes | F: \$127 | M: \$187 | NM: \$306

Mon: 4:00pm

Stroke & Turn | Ages 12+
60 Minutes | F: \$127 | M: \$187 | NM: \$306

Fri: 4:00pm

Swim Team Conditioning | Ages 12+
60 Minutes | F: \$127 | M: \$187 | NM: \$306

Fri: 5:00pm

ADULT SWIM

Adult Beginner Swim | Ages 18+
30 Minutes

Wed: 5:15pm | 5:55pm | 6:35pm
Thu: 6:35pm
Sun: 12:20pm | 1:00pm

Adult Intermediate Swim | Ages 18+
30 Minutes

Wed: 6:35pm
Thu: 6:35pm

Master Swim | Ages 18+
60 Minutes | F: \$127 | M: \$187 | NM: \$306

Mon: 3:00pm | 5:30pm
Wed: 5:00pm

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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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Family Member: F
Member: M
Non Member: NM

YOUTH SPORTS

45 MINUTES | F: \$91 | M: \$123 | NM: \$202

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: 5:00pm (Ages 4-6)

Thu: 5:45pm (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: 12:00pm (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: 1:00 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!

Sun: 2:00pm (Ages 5-8)

Sun: 3:00pm (Ages 9-13)

BASKETBALL SKILLS & DRILLS

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

Wed: 5:00pm (Ages 4-5)

Wed: 6:00pm (Ages 6-8)

Wed: 7:00pm (Ages 8-12)

Sat: 9:00am (Ages 4-5)

Sat: 10:00am (Ages 6-8)

Sat: 11:00am (Ages 8-12)

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PRIVATE ATHLETE TRAINING

30 minutes | F: \$305 | M: \$354 | NM: \$496

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: \$305 | M: \$354 | NM: \$496

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: \$305 | M: \$354 | NM: \$496

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 4-6)

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.

Mon: 4:30pm

Tue: 3:00pm

Wed: 11:20am

Wed: 5:15pm

Thu: 11:20am

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: 5:30pm (ages 7-11)

Tue: 4:00pm (ages 7-11)

Wed: 4:15pm (ages 7-11)

Sat: 11:00am (ages 6-10)

Sun: 10:00am (ages 6-10)

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ADULT SPORTS

60 minutes | M: \$123 | NM: \$216

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!

Thu: 5:30pm

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: 6:30pm



PICKLEBALL LEAGUE INTERMEDIATE/ADVANCED

2 Hours | FM: \$105 | M: \$120 | NM: \$266

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.

Sun: 8:00am

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45 minutes | F: \$305 | M: \$354 | NM: \$496

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30 minutes | F: \$305 | M: \$354 | NM: \$496

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ADULT FITNESS**60 MINUTES | M: \$134 | NM: \$273****LIFT HEAVY, LOOK LEAN**

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Tue: 8:30am with Christian**Sat: 10:00am with Christian****HIIT YOUR GOALS****45 minutes | M: \$121 NM: \$246**

Transform your physique utilizing a combination of High Intensity Interval Training and full body strength exercises.

Thu: 5:00pm with Chris**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.

Wed: 6:30pm with Jovani**HIGHWAY TO HYROX**

Have you ever wanted to participate in a Hyrox competition or just increase your fitness and athleticism? This class will guide you through group workouts as a team to increase cardio efficiency, full body strength, and take you to your next level!

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

Combine traditional full body conditioning with fundamentals of athletic performance to reach your Prime Performance and Fitness!

Mon: 6:30pm with Brandon**RESOLUTION CATCHUP**

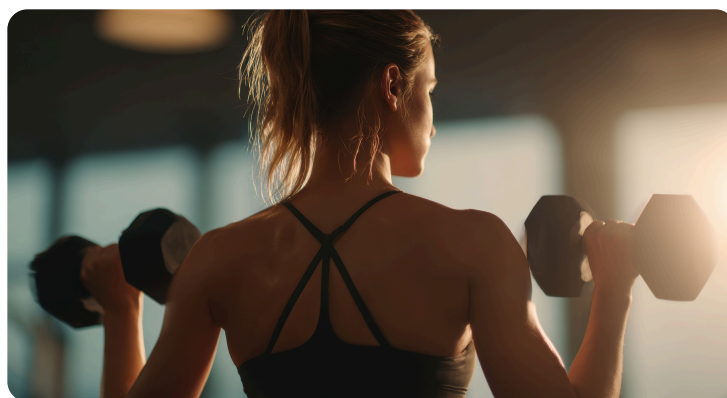
Empower yourself with knowledge and tools for a healthier lifestyle! Catch up on new years goals with a Wellness Coaching session, nutrition basics guide, individualized workout plan, and a session to guide you through that plan. For more information email Chris at ctognazzi@metronorthymca.org

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: \$121 NM: \$246**

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

60 minutes | F: \$109 | M: \$151 | NM: \$229

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

TEEN SPORTS CONDITIONING (AGES 12–16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, bodyweight exercise, and more to prepare teens for sports and athletic activities.

Mon: 5:30pm with Brandon

Thu: 5:00pm with Brandon

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.

Wed: 5:30pm with Jovani



YOUTH FITNESS

45 Min | F: \$98 | M: \$136 | NM: \$218

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.

Wed: 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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Price Guide:

Family Member: \$91

Member: \$123

Non Member: \$202

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!

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

LITTLE ARTIST STUDIO

Children explore creativity through painting, drawing, and simple crafts. This class helps develop fine motor skills, color recognition, and self-expression while encouraging creativity and confidence.

Wed: 10:00am (Ages 3-5)

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)

PAINT & PLAY STUDIO

This class blends creativity and fun as kids paint on canvas, experiment with techniques, and enjoy creating artwork they're proud to take home. Perfect for kids who love to create! Participants will paint on canvas, try new ideas, and express themselves through color and creativity.

Thu: 9:00am (Ages 3-5)

Sat: 11:00am (Ages 7-10)

MUSIC & MOVEMENT

A high-energy class combining songs, rhythm, dance, and simple instruments. Children build coordination, listening skills, and body awareness while having fun moving to music.

Thu: 9:00am (Ages 3-5)

TEEN SIGNATURE PROGRAMS

LEADERS CLUB

60 minutes | Ages 11-18 | Free | Wednesday at 4pm

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.

Tue: 3:30pm

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

Mon: 4:30pm

DEMAKES UPCOMING EVENTS

MEDITATION CLUB

February 26th & March 26th | Ages 13+ | 5pm

Join us for our MONTHLY YMCA Meditation Club, a 30-minute session to help you slow down, reset, and reconnect. Each meeting features guided meditation, simple breathing techniques, and quiet reflection in a welcoming, supportive environment.

KIDS NIGHT OUT: CREATE YOUR OWN BOOK

March 6th | Ages 5+ | 5:30pm

A Story to Tell. Create a story book of your own! Unveiling our New Bounce House. Screening Toy Story. Pizza dinner provided.

Price - M: \$20 | NM: \$25

SENIOR SOCIAL: ZUMBA GOLD

March 9th | 12pm to 1pm

Price - Free

BOUNCE HOUSE

Every Saturday from 2pm to 3pm

Price - Free

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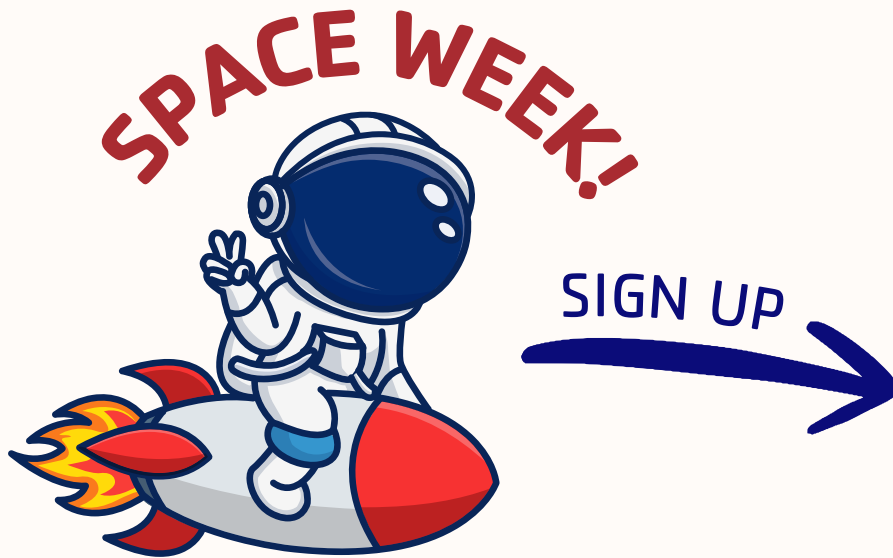


Spend Your February Vacation with Us!
AN ACTION-PACKED SPACE THEMED WEEK FOR KIDS!



MINI DISCOVERY

FEBRUARY 17-21, 2025



9:00am to 3:00pm | Ages 4-6 & 7-12

DAILY RATE GUIDE: FAMILY MEMBER: \$45 | MEMBER: \$55 | NON-MEMBER: \$75

No school? No problem! Spend your February vacation with us at the Demakes Family YMCA! We've got an exciting lineup of activities to keep your child safe, active, and having a blast all day long. From fun games and splash pad adventures to swimming, creative time in the kids' kitchen, and gymnasium play, there's something for everyone to enjoy!

ymcametronorth.org/events