

Spring I Session: February 23 – April 19

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

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

PRESCHOOL SWIM

F: \$104 M: \$153 NM: \$250

Parent|Child A (Ages 6m-18m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 10:10 am
Wed 10:30 am
Sat 10:10 am

Parent|Child B (Ages 19m-42m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 9:35 am | 10:45 am
Mon 5:35 pm
Wed 5:35 pm
Thu 10:30 am
Sat 9:35 am | 10:45 am

Preschool Stage 1 (Ages 3-5)

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am
Mon 10:00am | 11:00am | 3:15 pm | 5:00 pm
Tue 11:00 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Thu 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm
Fri 3:50 pm | 4:25 pm | 5:35 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am

Preschool Stage 2 (Ages 3-5)

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am
Mon 10:30 am | 11:30 am | 3:50 pm | 5:00 pm | 5:35 pm
Tue 10:30 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:30 am | 3:15 pm | 4:25 pm | 5:35 pm
Thu 11:30 am | 4:25 pm | 5:00 pm | 5:35 pm
Fri 4:25 pm | 5:00 pm
Sat 9:00 am | 10:10 am | 10:45 am | 11:20 am

Preschool Stage 3 (Ages 4-5)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 11:20 am
Mon 3:15 pm | 4:25 pm
Tue 11:30 am
Wed 4:25 pm
Thu 3:15 pm | 5:00 pm
Sat 9:00 am | 10:45 am

Preschool Stage 4 (Ages 4-5)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 10:10 am

Scan to Register



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YOUTH SWIM

F: \$104 M: \$153 NM: \$250

Youth Stage 1 (Ages 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. Please bring goggles to class.

Sun 10:10 am | 10:45 am

Mon 4:25 pm

Tue 3:15 pm

Wed 3:15 pm | 5:00 pm

Thu 3:15 pm

Sat 9:35 am

Youth Stage 2 (Ages 6-12)

30 minutes

Swimmers must swim 5 feet on their front and back without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 10:45 am | 11:20 am

Mon 3:15 pm | 3:50 pm

Tue 3:50 pm | 5:35 pm

Wed 3:50 pm | 4:25 pm | 5:00 pm

Thu 3:15 pm | 3:50 pm | 4:25 pm

Fri 4:25 pm | 5:35 pm

Sat 9:00 am | 9:35 am | 10:45 am | 11:20 am

Youth Stage 3 (Ages 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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 10:10 am | 10:45 am

Mon 3:50 pm | 4:25 pm | 5:00 pm

Tue 3:15 pm | 4:25 pm | 5:00 pm

Wed 3:50 pm | 4:25 pm

Thu 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm

Fri 3:50 pm | 5:00 pm

Sat 9:00 am | 10:10 am | 10:45 am | 11:20 am

Scan to Register



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Youth Stage 4 (Ages 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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 10:45 am | 11:20 am

Mon 3:15pm | 3:50 pm | 4:25 pm | 5:35 pm

Tue 3:50 pm | 5:00 pm

Wed 3:15 pm | 3:50 pm | 5:00 pm | 5:35 pm

Thu 3:15 pm | 3:50 pm | 4:25 pm

Fri 5:35 pm

Sat 9:00 am | 9:35 am | 10:10 am | 11:20 am

Youth Stage 5 (Ages 6-12)

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:45 am

Mon 5:35 pm

Tue 4:25 pm

Thu 3:50 pm | 5:00 pm

Fri 5:00 pm

Sat 9:35 am | 10:10 am

Youth Stage 6 (Ages 6-12)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

Sun 9:35 am

Mon 5:00 pm

Tue 5:35 pm

Wed 5:00 pm

Competitive Swim Team Prep (Ages 7-14)

30 minutes

F: \$187 M: \$268 NM: \$437

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

Wed 5:35 pm & Sat 11:20 am

Thu 5:35 pm & Sun 11:20 am

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$153 NM: \$250

Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun 9:05 am

Sat 8:30 am | 9:05 am

Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

Sun 8:30 am

Adult All Levels

30 Minutes

This class is open to swimmers of all abilities who want to improve their technique, build confidence, and work toward personal swimming goals. Instruction will take place in the shallow end, with access to full-length swimming as appropriate. Please bring goggles to class.

Wed 10:00 am

Thu 10:00 am

Aquatic Stretch

M: FREE NM: \$160

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue 1:00 pm

Thu 1:00 pm

PRIVATE SWIM

Private Lessons

F: \$305 M: \$354 MEMBERS ONLY

30 minutes

Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

Sun 11:20 am

Tue 3:15 pm

Wed 3:15 pm

Fri 3:50 pm

Sat 11:20 am

Scan to Register



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YOUTH DEVELOPMENT



MELROSE
FAMILY
YMCA

497 Main Street
Melrose, MA 02176
781-665-4360
ymcametronorth.org

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SPORTS

F: \$91 M: \$123 NM: \$202

Mini All Stars (Ages 3-5)

45 Minutes

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

Wed 11:00 am
Sat 8:30 am

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

Fri 3:15 pm

Basketball Academy

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

Tue 4:00 pm (Ages 10-12) Advanced

Sat 10:00 am (Ages 6-9) Beg/Int

Sat 11:00 am (Ages 6-9) Advanced

Youth Soccer

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

Wed 4:00 pm (Ages 3-5)

Wed 4:45 pm (Ages 6-9)

Nerf Blasters (Ages 6-9)

45 Minutes

Speed, accuracy, and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eye wear (goggles or sunglasses).

Wed 5:45 pm

Dodgeball (Ages 7-10)

45 Minutes

Enjoy, running, throwing and dodging while learning to work in a team setting.

Fri 4:00 pm

Girls Got Game (Ages 7-12)

45 Minutes

This class encourages elementary school aged girls to play and find a love for the game of basketball with friends. Attendees will learn new skills through drills and games. Participants are asked to bring their own basketball.

Thu 3:15pm

Girls Got Strength (Ages 7-12)

F: \$98 M: \$136 NM: \$218

45 Minutes

For young female athletes who want to learn how to gain strength and improve their conditioning level.

Thu 4:15 pm (Beg/Int)

Thu 5:00 pm (Advanced)

Youth Pickleball (Ages 9-11)

45 Minutes

Learn basic safety skills, rules, stroke mechanics, court positioning and scoring for doubles Pickleball play. Classes will consist of warm-up drills review of skills, practice of rules and gameplay. Please wear athletic footwear with appropriate gym attire.

Wed 3:15 pm

One on One Sports Training (Ages 7-18)

F: \$192 M: \$248 NM: \$344

45 Minutes

With the help and support from Coach Alex, youths will learn proper technique and improving skills to get you to the next level.

Wed 5:15 pm

Fri 4:45 pm

Sat 7:30 am | 9:15 am

ENRICHMENT

NEW!

Little Melodies & Masterpieces

F: FREE \$123 NM: \$202

45 Minutes

Children explore music and art through movement, rhythm, and creative projects. Activities support listening skills, creativity, fine motor development, and early learning, with art projects to take home each week.

Fri 9:30 am (Ages 1-2.9)

Fri 10:30 am (Ages 3-5)

Scan to Register



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ADULT AND YOUTH FITNESS



**MELROSE
FAMILY
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497 Main Street
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ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$241 NM: \$492

60 Minutes

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

Mon & Wed 5:30 pm | 6:30 pm | 7:30 pm

Tue & Thu 5:30 pm | 6:30 pm | 7:30 pm

Fitness for Menopause

M: \$135 NM: \$320

60 Minutes

This class will cover strength training for bone density, muscle mass, and metabolic well-being, as well as stress reduction methods, to help with fat loss.

Mon 10:00 am

Tue 10:00 am | 6:00 pm

Wed 12:30 pm

Thu 10:00 am | 6:00pm

Build & Protect: Lifting for Bone Density

M: \$134 NM: \$273

60 Minutes

Build bone density and strength safely in this beginner-friendly class for women in menopause and beyond. Great for those with osteoporosis or osteopenia

Mon 2:00 pm

Triathlon Club

M: \$134 NM: \$273

60 Minutes

Get ready for spring and summer triathlons! Includes weekly training plans, one coached workout, transition and BRick practice.

Sat 7:30 am

Healthy Heart Maintenance

M: FREE NM: \$80

60 Minutes

For individuals who have experienced a cardiac event and successfully completed cardiac rehabilitation. Doctor's clearance for exercise is required.

Mon 8:00 am | 10:00am

Wed 8:00 am | 10:00am

Fri 8:00 am

Stay Fit

F: FREE M: FREE NM: \$80

60 Minutes

Join our instructor through an hour long, low impact aerobics class geared towards seniors.

Tue 12:00 pm

Thu 12:00 pm

Fri 12:00 pm

Golf-Focused Strength & Mobility Training

M: \$121 NM: \$246

45 Minutes

Improve your swing speed, produce more force and become more flexible this offseason by training golf specific exercises that will translate to help your game on the course.

Sat 1:15 pm

Reformer Pilates

M: \$200 NM: \$320

55 Minutes

Reformer Pilates is a full body workout, with an emphasis on stability, core strength, mind-body connection. Sessions are challenging and fun and designed to keep you moving the whole time!

A: Advanced, AL: All Levels, B: Beginner, I: Intermediate

Mon 12:30 pm (AL) | 5:45 pm (AL)

Tue 10:30 am (AL) | 12:00pm (A) | 5:00 pm (AL)

Wed 8:30 am (AL) | 10:00 am (I) | 12:30 pm (AL) | 6:00 pm (AL)

Thu 8:30 am (AL) | 12:00 pm (A) | 5:00 pm (AL)

Fri 8:30 am (AL) | 12:00 pm (AL)

YOUTH FITNESS

Boxing & Teen Boxing

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

45 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.

Sun 11:00 am (Ages 8-13)

Sun 12:00 pm (Ages 14-18)

Strength and Conditioning (Ages 9-13)

F: \$98 M: \$136 NM: \$218

45 Minutes

This program will develop speed, footwork and jumping ability. Although all athletes can benefit, it is especially beneficial for sports that require small bursts of intermittent speed and footwork.

Wed 4:00 pm (with Coach Alex)

Thu 3:30 pm | 4:30 pm (with Coach Kyle)

Youth Strength, Quickness & Stability Training (Ages 9-13)

F: \$98 M: \$136 NM: \$218

45 Minutes

This class helps young athletes build power, endurance, agility, balance, and core strength to boost performance and prevent injury.

Fri 3:30 pm

Intro to Weight Training (Ages 9-13)

F: \$98 M: \$136 NM: \$218

45 Minutes

This class is designed for youths interested in various forms of weight training including weightlifting, power lifting and lifting for strength.

Tue 3:30 pm | 4:30 pm

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ADULT SPORTS

Adult Basketball League

M: \$75 MEMBERS ONLY

Whether you are looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active!

For more information contact

Alex Belluschi at abelluschi@metronorthymca.org.

Mon & Wed 6:45 pm | 7:45 pm

Adult Volleyball League

M: \$75 NM: \$120

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-monitored.

Tue 6:45 pm-8:45pm

Thu 6:45 pm-8:45pm

Beginner Pickleball I

M: \$123 NM: \$216

60 Minutes

In this class players will learn basic stroke mechanics, fundamental shots, rules, scoring, and etiquette and court positioning for doubles pickleball.

Tue 9:00 am

Beginner Pickleball II

M: \$123 NM: \$216

60 Minutes

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

Tue 10:00 am

Pickleball Skills and Drills for Beginner II

M: \$123 NM: \$216

60 Minutes

This class is for players who are interested in improving their consistency with the basic fundamental shots in order to sustain longer rallies. The focus of this class will be to use specific drills for practicing footwork, serves, returns, drops/dinks, volleys, and lobs. Some point strategy will be discussed.

Thu 8:30 am

Pickleball Skills and Drills for Low Intermediates

M: \$123 NM: \$216

60 Minutes This class is for players who are already having success in sustaining rallies of 4+ shots. Players will continue to improve on skills introduced in Skills and Drills for Beginner II. Focus will be on shots used to get more successfully to the "kitchen" line, footwork, and defensive and reset shots. Drills for starting the soft, dinking game will be introduced.

Thu 9:30 am

Pickleball Skills and Drills for Mid-High Intermediates

M: \$123 NM: \$216

60 Minutes

This class is for players who are having success in sustaining rallies of 6+ shots and are attempting to get to the NVZ line with their partner. Players will continue to level up their playing through drills related to point strategy and construction, improved footwork, and defense. The soft, dinking game will be a primary focus as well as court coverage and partner positioning. (Players must be able to consistently "feed" balls to a partner for drills.)

Thu 10:30 am

Scan to Register



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