

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

### Registration Dates

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

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

## ADULT FITNESS PROGRAMS

### Womens Strength Training

**60 minutes | 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](mailto: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](mailto: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](mailto:jcammarata@metronorthymca.org)

### Women On Weights

**60 minutes | M: \$134 | NM: \$273**

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**

**To Register  
Scan Here**



**\*Please note: Sunday programs and leagues will be prorated to 7-weeks due to the Easter holiday.**

### 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.

### **NEW!** ERG Power Lab

**45 minutes | M: \$121 | NM: \$246**

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**

### **NEW!** Family Run Program

**F: \$99 \*YMN Family Members Only**

Led by our Senior Program Director, Justin. This class will meet at Breakheart Reservation for a group run. All paces are welcome. Pricing is for 1-2 Parents and their children ages 8 and older. Kids should be comfortable exercising in cold weather and able to walk/run for up to 30min. This class is perfect prep for a 5k! Parent or Guardian must participate.

For more info email [jcammarata@metronorthymca.org](mailto:jcammarata@metronorthymca.org)  
**Sat 9:00am**

## YOUTH FITNESS PROGRAMS

### Y Fit Club (Ages 7-12)

**45 minutes | F: \$98 | M: \$136 | NM: \$218**

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. For more information email Justin at [jcammarata@metronorthymca.org](mailto:jcammarata@metronorthymca.org)

**Tue 4:00pm**   **Sat 10:00am**   **Sun 9:15am**

### Strong Girls (Ages 7-12)

**45 minutes | F: \$98 | M: \$136 | NM: \$218**

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: \$123 NM: 202

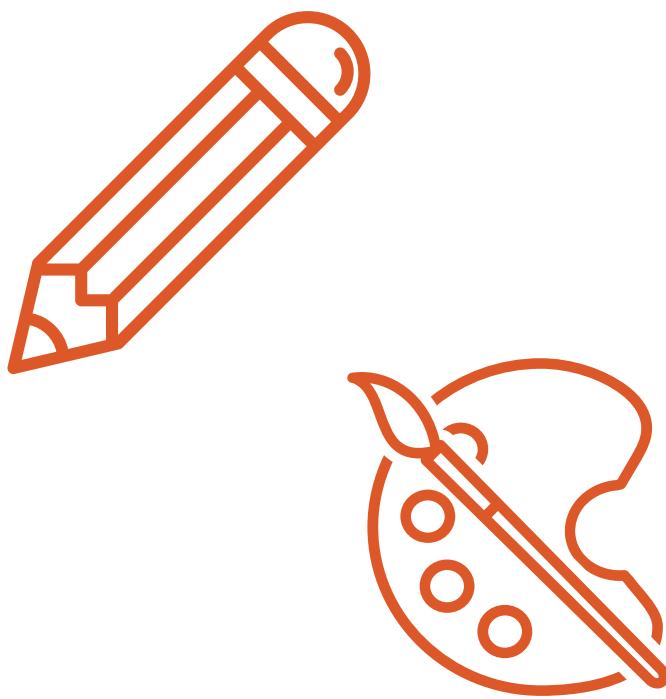
### CARTOON & COMIC BOOK ILLUSTRATION (AGES 6-12)

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**



### 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**

**To Register  
Scan Here**



**ALL ENRICHMENT CLASSES ARE FREE FOR FAMILY MEMBERS!**

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### YOUTH SPORTS

**45 MINUTES | F: \$91 | M: \$123 | NM: \$202**  
**60 MINUTES | F: \$101 | M: \$137 | NM: \$213**

### Speed & Endurance (Ages 8-12)

**45 minutes | F: \$91 | M: \$123 | NM: \$202**

In this class, kids will rotate between Speed/Agility Days and Endurance Days. Classes will be held inside in the gym or on treadmills. All levels are welcome.  
**Thu 4pm**

### Mini All Stars (Ages 3-5)

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

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

**Tue 4:00pm Fri 9:30am**

**Wed 4:00pm Sat 9:00am NEW!**

**Sat 10:00am**

### Flag Football Skills & Drills (Ages 6-9)

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

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**

### Basketball Skills & Drills

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

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.

**Mon 5pm (Ages 9-13)**

**Wed 5pm (Ages 4-6)**

**Wed 6pm (Ages 7-8)**

**Wed 7pm (Ages 9-13)**

**Sat 8:00am (Ages 4-6)**

**Sat: 9:00am (Ages 7-8)**

### Girls Got Game Basketball (Ages 7-13)

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

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**

### Soccer Skills & Drills (Ages 6-9)

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

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 4:00pm**

### Pickleball Skills & Drills Level 1

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

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

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 | F: \$101 | M: \$137 | NM: \$213**

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:\$120 NM:\$336

### PICKLEBALL LEAGUE (Intermediate)

Players will experience a mix of some competitive matchups and playing combinations throughout the session, all leading up to a fun end-of-session tournament. (Level 3.0–3.5+ with prior pickleball experience.)

**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**

**To Register  
Scan Here**



### Serve & Social Pickleball League

**M: \$120 NM: \$336**  
**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 6:00pm**

### 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](mailto:lgarchinsky@metronorthymca.org)

**YMCA of Metro North Members Only**  
**4 - 60min Sessions \$240**  
**6 - 60min Sessions \$360**  
**8 - 60min Sessions \$480**





SAUGUS FAMILY YMCA

# FEBRUARY VACATION MINI HILLSIDE

FEBRUARY 17<sup>TH</sup> TO 20<sup>TH</sup>  
5 HOURS | 9:00AM-2:00PM

Join us for a fun-filled four-day sports clinic at the Y, led by our energetic Camp Hillside counselors! Our February Vacation offers a fun and engaging experience with activities such as indoor archery, illustration, sports, and more!

For more information, contact Lauren at [lgarchinsky@metronorthymca.org](mailto:lgarchinsky@metronorthymca.org)

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

**PRICING PER DAY: F:\$40 | M:\$55 | NM:\$100**  
**[WWW.YMCA METRONORTH.ORG/PROGRAMS](http://WWW.YMCA METRONORTH.ORG/PROGRAMS)**

