

**Spring II Session:**  
**7 Weeks | Apr 27 – Jun 14**

### Registration Dates

Member Registration: **March 30**  
Non-Member Registration: **April 6**

### Rate Guide:

Family Member: F  
Member: M  
Non Member: NM

## 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**

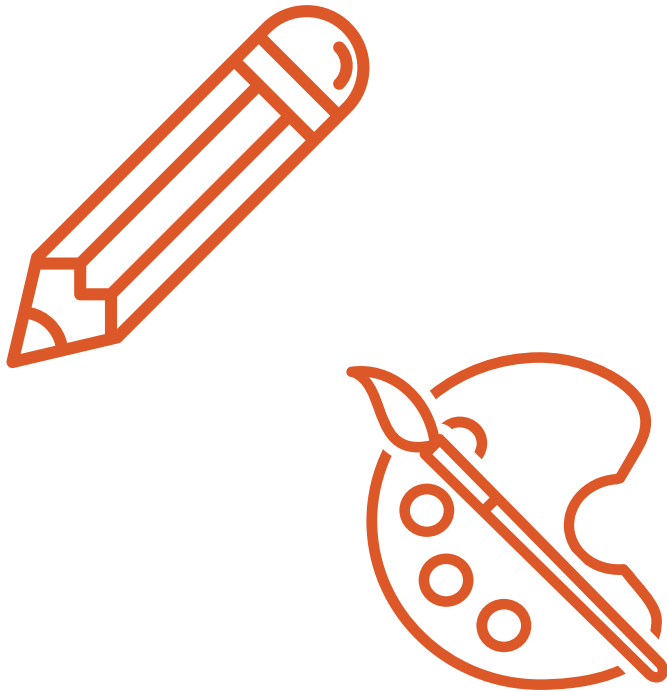
**Thu 5:00pm**

### 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: \$83 | M: \$111 | NM: \$183**

**60 MINUTES | F: \$92 | M: \$123 | NM: \$193**

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

**45 MINUTES | F: \$83 | M: \$111 | NM: \$183**

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: \$83 | M: \$111 | NM: \$183**

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**

### Martial Arts

This is a fun and engaging way for children to build confidence, coordination, and focus. Students learn age-appropriate self-defense skills in a safe, supportive environment, while developing respect and discipline. Each class is filled with exciting activities and games that keep kids active and motivated as they learn!

**Mon 3:45pm (Ages 4-6)**

**Wed 3:45pm (Ages 6-12)**

### Basketball Skills & Drills

**45 MINUTES | F: \$83 | M: \$111 | NM: \$183**

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 5 pm (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)**

*\*Please note:* Monday programs and leagues will be prorated to 6-weeks due to the Memorial Day.

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

**45 MINUTES | F: \$83 | M: \$111 | NM: \$183**

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: \$83 | M: \$111 | NM: \$183**

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: \$83 | M: \$111 | NM: \$183**

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: \$83 | M: \$111 | NM: \$183**

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**

### Archery (Ages 7-13) All Levels

**60 MINUTES | F: \$92 | M: \$123 | NM: \$193**

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





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## ADULT FITNESS PROGRAMS

### 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 10:00am**  
**Sat 8:00am**  
**Sun 8:00am**

**NEW!**

### ERG Power Lab

**45 minutes | M: \$109 | NM: \$229**

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.

**Thu 9:00am**  
**Thu 10:00am**

## YOUTH FITNESS PROGRAMS

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

**45 minutes | F: \$89 | M: \$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.

**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**

**To Register  
 Scan Here**



A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.



SAUGUS FAMILY YMCA

# APRIL VACATION MINI HILLSIDE

APRIL 21<sup>ST</sup> TO 24<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! This week 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.YMCAMETRONORTH.ORG/PROGRAMS](http://WWW.YMCAMETRONORTH.ORG/PROGRAMS)

