

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

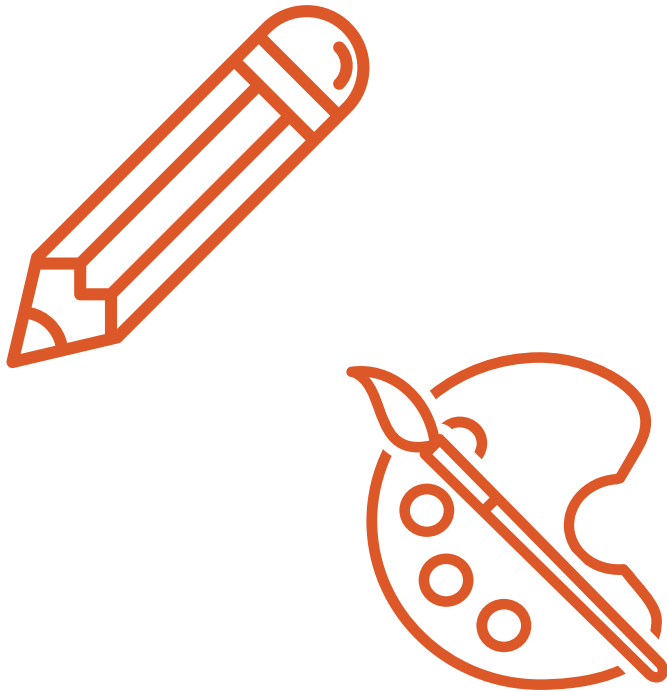
Thu 5:00pm

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

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

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 21ST TO 24TH
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

- 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

