

EVENTS AT THE Y



EVENTS ARE FREE UNLESS OTHERWISE MARKED *PAID EVENT

MAY

- 1 Kids Night Out: Jazz Night***
5:30pm-8:30pm | Demakes Family YMCA
- 2 Bounce House**
4:00pm-5:00pm | Demakes Family YMCA
- 6 Bounce House**
10:15am-11:30am | Saugus Family YMCA
- 8 Baby's First Sing Along**
11:15am-12:00pm | Demakes Family YMCA
- 9 Stride Along the Tide 5K***
Race Starts at 8:30am | Nahant Park
- 14 Member Appreciation Day**
TBD | All Branches
- 15 Kids Night Out: Gymnastics***
6:00pm-8:00pm | Saugus Family YMCA
- 15 Kids Night Out***
5:30pm-8:30pm | Torigian Family YMCA
- 18 Senior Social**
12pm-1pm | Demakes Family YMCA
- 20 Bounce House**
10:15am-11:30am | Saugus Family YMCA
- 22 Kids Night Out***
5:30pm-8:30pm | Melrose Family YMCA
- 21 Family Camp Night**
6pm-8pm | Torigian Family YMCA
- 18 Social Emotional Learning**
12:00pm-12:45pm | Demakes Family YMCA
- 28 Meditation Club**
1pm-1:30pm | Demakes Family YMCA
- 29 Family Night**
6:00pm-8:00pm | Saugus Family YMCA

JUNE



- 3 Bounce House**
10:15am-11:30am | Saugus Family YMCA
- 5 Kids Night Out***
5:30pm-8:30pm | Demakes Family YMCA
- 6 Bounce House**
4:00pm-5:00pm | Demakes Family YMCA
- 12 Kids Night Out***
5:30pm-8:30pm | Torigian Family YMCA
- 13 Bounce House**
4:00pm-5:00pm | Demakes Family YMCA
- 15-20 Demakes Expo Week (Try a Free Class)**
Sports Sampler | Swim Assessment | Fitness Sampler | Music Sampler *(times & days vary)*
- 14 Kids Day Out***
10am-2pm | Demakes Family YMCA
- 17 Bounce House**
10:15am-11:30am | Saugus Family YMCA
- 18 Baby's First Sing Along**
11:15am-12pm | Demakes Family YMCA
- 18 Member Appreciation Day**
TBD | Melrose Family YMCA
- 19 Bounce House**
4:00pm-5:00pm | Demakes Family YMCA
- 25 Meditation Club**
1pm-1:30pm | Demakes Family YMCA
- 26 Member Appreciation Day**
TBD | Torigian Family YMCA
- 27 Bounce House**
4:00pm-5:00pm | Demakes Family YMCA



Scan the QR Code to register for events!