

Summer Session:
10 Weeks | June 22 - August 30

Registration Dates
Member Registration: **June 1**
Non-Member Registration: **June 8**

Rate Guide (30 Min)
Family Member: **\$130**
Member: **\$191**
Non-Member: **\$312**

All classes take place outside in the Back Pool located behind to the Big Pool at Saugus Family YMCA.

PARENT / CHILD SWIM

Parent / Child Swim
(Ages 6-36 Months) | 30 min

Sat: 10:25am - 11:05am*
Sun: 10:25am - 11:05am

PRESCHOOL SWIM

Stage 1 | Ages 3-6
30 Minutes

Mon: 3:05pm-3:35pm
Mon: 4:50pm-5:20pm
Tue: 3:05pm-3:35pm
Wed: 3:05pm-3:35pm
Sat: 9:50am-10:20am*
Sun: 9:50am-10:20am

Stage 2 | Ages 3-6
30 Minutes

Mon: 3:40pm-4:10pm
Tue: 3:40pm-4:10pm
Wed: 3:40pm-4:10pm
Thu: 3:05pm-3:35pm
Thu: 4:50pm-5:20pm
Sat: 9:15am-9:45am*
Sun: 9:15am-9:45am

Stage 3 | Ages 3-6
30 Minutes

Mon: 4:15pm-4:45pm
Tue: 4:15pm-4:45pm
Tue: 4:50pm-5:20pm
Thu: 3:05pm-3:35pm
Sat: 9:15am-9:45am*
Sun: 9:15am-9:45am

YOUTH SWIM

Stage 1 | Ages 6-12
30 Minutes

Mon: 4:15pm-4:45pm
Mon: 4:50pm-5:20pm
Tue: 3:05pm-3:35pm
Wed: 4:15pm-4:45pm
Thu: 3:40pm-4:10pm
Thu: 4:15pm-4:45pm

Stage 2 | Ages 6-12
30 Minutes

Mon: 3:40pm-4:10pm
Tue: 3:40pm-4:10pm
Tue: 4:15pm-4:45pm
Wed: 4:50pm-5:20pm
Thu: 4:50pm-5:20pm

Stage 3 | Ages 6-12
30 Minutes

Mon: 3:05pm-3:35pm
Tue: 4:50pm-5:20pm
Thu: 3:40pm-4:10pm
Thu: 4:15pm-4:45pm

PRIVATE SWIM LESSONS

June 22 - August 30
4 Pack of Lessons (30 minutes each)

INQUIRE FOR PRICING

Mon: 5:25pm - 5:55pm
Tue: 5:25pm - 5:55pm
Wed: 5:25pm - 5:55pm
Thu: 5:25pm - 5:55pm
Sat: 11:10am - 11:40am*
Sun: 11:10am - 11:40am



Scan to Register



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.

*Please Note: Saturday programs and leagues will be prorated to 9-weeks due to the 4th of July.

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SWIM CLASS DESCRIPTIONS

All classes take place outside in the Back Pool located behind to the Big Pool at Saugus Family YMCA.

PARENT CHILD SWIM

Parent/Child A (6-36 months)

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn. Parent/Guardian must be in the pool with the child in class.

PRESCHOOL SWIM

Stage 0 (Age 3) | 30 minutes

The YMCA Swim Lesson Level Zero is designed specifically for young children aged 3 years who are not yet ready to participate in independent swim classes. This introductory class focuses on building comfort in the water, developing basic swimming skills, and fostering a positive relationship with water through fun and engaging activities. Parent/Guardian must be in the pool with the child in class.

Stage 1 (3-6) | 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. Goggles recommended.

Stage 2 (3-6) | 30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke. Goggles recommended.

Stage 3 (3-6) | 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 using the deep end of the pool. Goggles recommended.



YOUTH SWIM

Stage 1 (6-12) | 30 minutes

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This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke. Goggles recommended.

Stage 3 (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 using the deep end of the pool. Goggles recommended.

PRIVATE SWIM

Private Swim Lessons (Ages 3+) | 30 minutes

Private Swim Lessons at Saugus YMCA are available for children and adults ages 3 and up and provide personalized, one-on-one instruction with a qualified swim instructor for beginners. Designed for all skill levels, these lessons help participants build confidence in the water while developing skills such as kicking, floating, paddle stroke techniques, self-rescue abilities, and more. Lessons are held in the Back Pool.

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CANCELLATION POLICY

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***Please Note:** Saturday programs and leagues will be prorated to 9-weeks due to the 4th of July.



SCAN TO FILL OUT THE PRIVATE SWIM LESSONS REQUEST FORM

Summer I Session:
5 Weeks | June 22 - July 25

Registration Dates

Member Registration: June 1st
Non-Member Registration: June 8th

Rate Guide:

Family Member: F
Member: M
Non Member: NM

YOUTH SPORTS

45 MINUTES | F: \$61 | M: \$83 | NM: \$136

Mini All Stars (Ages 3-5)

45 MINUTES

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

Tue 5:00pm Sat 9:00am
Wed 5:00pm Sat 10:00am
Sat 11:00am ^{NEW!}



Indoor Laser Tag (Ages 7-13)

45 MINUTES

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 5:00pm



Martial Arts (Ages 6-12)

45 MINUTES

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!

Thu 5:30pm



Summer II Session:
4 Weeks | July 27 - August 23

Registration Dates
Member Registration: June 1st
Non-Member Registration: June 8th

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

YOUTH SPORTS

45 MINUTES | F: \$49 | M: \$68 | NM: \$109

Mini All Stars (Ages 3-5)

45 MINUTES

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

Tue 5:00pm Sat 9:00am
Wed 5:00pm Sat 10:00am
Sat 11:00am ^{NEW!}



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Summer I Session:
4 Weeks | June 22 - July 25

Registration Dates
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Non-Member Registration: **June 8th**

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Family Member: F
Member: M
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PICKLEBALL LEAGUES

120 min M: \$61 NM: \$166

Women's League (Ages 50+)



120 minutes

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 6:00pm

Serve & Social Pickleball League

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!

Tue 6:00pm

Private Pickleball Lessons

60 Minutes

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

Women's Pickup Basketball (Intermediate) **NEW!**

120 minutes M: \$38 NM: \$104

For players with prior basketball experience who are comfortable in organized, full-court 5v5 play at a steady recreational-to-competitive pace.

Thu 6:00pm



**To Register
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120 minutes

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 6:00pm



Women's Pickup Basketball (Intermediate) **NEW!**

120 minutes M: \$76 NM: \$208

For players with prior basketball experience who are comfortable in organized, full-court 5v5 play at a steady recreational-to-competitive pace.

Thu 6:00pm

Serve & Social Pickleball League

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!

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