

Fall I Session:
September 8 – October 25**Registration Dates:**
Member Registration: **August 10**
Non-Member Registration: **August 17****Rate Guide:**
Family Member: F
Member: M
Non-Member: NM**PRESCHOOL SWIM**

F: \$94 M: \$137 NM: \$234

Parent|Child A (Ages 6m–18m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 10:10 am
Wed 10:30 am
Sat 10:10 am**Parent|Child B (Ages 19m–42m)**

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 9:35 am | 10:45 am
Mon 5:35 pm
Wed 5:35 pm
Thu 10:30 am
Sat 9:35 am | 10:45 am**Preschool Stage 1 (Ages 3–5)**

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am
Mon 3:15 pm | 4:25 pm | 5:00 pm
Tue 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Thu 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm
Fri 4:25 pm | 5:00 pm | 5:35 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**Preschool Stage 2 (Ages 3–5)**

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am
Mon 3:50 pm | 5:00 pm
Tue 10:30 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:30 am | 3:15 pm | 4:25 pm | 5:35 pm
Thu 11:30 am | 4:25 pm | 5:00 pm | 5:35 pm
Fri 3:50 pm | 4:25 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**Preschool Stage 3 (Ages 4–5)**

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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:45 am | 11:20 am
Mon 4:25 pm
Tue 11:30 am | 4:25 pm
Wed 3:15 pm
Thu 5:00 pm
Sat 9:00 am | 10:45 am**Preschool Stage 4 (Ages 4–5)**

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 10:10 am
Mon 3:50 pm

Scan to Register

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

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YOUTH SWIM

F: \$94 M: \$137 NM: \$234

Youth Stage 1 (Ages 6-12)

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. Please bring goggles to class.

Sun 10:10 am | 11:20 am**Mon 5:35 pm****Tue 3:15 pm****Wed 3:50 pm | 5:00 pm****Thu 5:00 pm****Sat 9:35 am | 11:20 am****Youth Stage 2 (Ages 6-12)**

30 minutes

Swimmers must swim 5 feet on their front and back without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:45 am**Tue 3:50 pm | 5:35 pm****Wed 4:25 pm | 5:00 pm****Thu 3:50 pm | 4:25 pm****Fri 5:00 pm****Sat 9:00 am | 10:10 am | 10:45 am****Youth Stage 3 (Ages 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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 10:10 am | 10:45 am**Mon 3:50 pm****Tue 3:15 pm | 5:00 pm****Wed 3:50 pm | 4:25 pm****Thu 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm****Fri 5:35 pm****Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am**

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Youth Stage 4 (Ages 6-12)

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 10:45 am | 11:20 am**Mon 3:15 pm | 4:25 pm****Tue 3:50 pm****Wed 3:15 pm | 3:50 pm | 5:00 pm | 5:35 pm****Thu 3:15 pm | 3:50 pm | 4:25 pm****Fri 3:50 pm | 5:35 pm****Sat 9:00 am | 10:45 am****Youth Stage 5 (Ages 6-12)**

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Please bring goggles to class.

Sun 9:00 am | 9:35 am**Mon 5:35 pm****Tue 4:25 pm****Wed 4:25 pm****Thu 3:50 pm | 5:00 pm****Sat 9:35 am | 10:10 am | 11:20 am****Youth Stage 6 (Ages 6-12)**

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

Sun 9:35 am**Mon 5:00 pm****Tue 5:35 pm****Wed 5:00 pm****Sat 9:00 am****Competitive Swim Team Prep (Ages 7-14)**

30 minutes

F: \$170 M: \$240 NM: \$409

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

Wed 5:35 pm & Sat 11:20 am**Thu 5:35 pm & Sun 11:20 am**

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$137 NM: \$234

Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun 9:05 am

Sat 8:30 am | 9:05 am

Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

Sun 8:30 am

Aquatic Stretch

M: FREE NM: \$150

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue 1:00 pm

Thu 1:00 pm

PRIVATE SWIM

Private Lessons

F: \$267 M: \$310 MEMBERS ONLY

30 minutes

Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

Sun 11:20 am

Mon 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm

Tue 2:45 pm | 5:00 pm

Wed 10:00 am | 3:15 pm | 3:50 pm

Thu 10:00 am | 2:45 pm | 3:15 pm

Fri 3:50 pm | 4:25 pm | 5:00 pm



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SPORTS

F: \$83 M: \$111 NM: \$183

Mini All Stars (Ages 3-5)

45 Minutes

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

Sat 8:30 am

Wed 10:30 am

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

Fri 3:15 pm

Youth Soccer League (Ages 3-5)

F: \$140 M: \$174 NM: \$215

60 Minutes

Outdoor field will be Roosevelt School. If rained out, games will be held at Melrose YMCA. All participants will receive shirt.

Sat 10:00 am

Basketball Academy

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

Mon 3:15 pm (Ages 6-9) Beg/Int

Mon 4:15 pm (Ages 6-9) Advanced

Youth Soccer

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

Wed 4:15 pm (Ages 3-5)

Wed 5:15 pm (Ages 6-9)

Nerf Blasters (Ages 7-12)

45 Minutes

Speed, accuracy, and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eye wear (goggles or sunglasses).

Wed 5:30 pm

Speed and Agility (Ages 7-12)

45 Minutes

Participants will develop speed, quickness, footwork, coordination, and agility through engaging challenges, competitions, and skill-based drills in a fun environment.

Tue 3:15 pm (Beg/Int)

Tue 4:15 pm (Advanced)

Girls Got Sports (Ages 7-12)

45 Minutes

These classes encourage elementary school aged girls to play and find the love for sports with friends. Attendees will learn new skills through drills and games. Participants are asked to bring their own ball.

Thu 3:15 pm (Basketball)

Thu 4:15 pm (Soccer)

Badminton (Ages 7-12)

45 Minutes

Grab a racket and join the fun! This beginner-friendly class teaches the fundamentals of badminton through skill-building drills, games, and friendly matches that help players build confidence while having fun.

Fri 4:15 pm

Youth Volleyball

45 Minutes

Bump, set and spike your way to fun with our volleyball program. The more you play, the more you improve. Make new friends and learn valuable lessons about teamwork and communication on and off the court.

Thu 4:30 pm (Ages 8-11)

Thu 5:15 pm (Ages 12-14)

One on One Sports Training (Ages 7-18)

F: \$182 M: \$238 NM: \$329

45 Minutes

With the help and support from Coach Lyndsey, youth will learn proper technique and improving skills to get you to the next level.

Tue 11:00 am

Wed 3:15 pm

Fri 5:15 pm

Sat 3:15 pm | 4:15 pm

ENRICHMENT

F: FREE M: \$111 NM: \$183

Kids Yoga & Dance (Ages 2-5)

45 Minutes

Learn the basics of yoga and dance through fun and engaging music. This class will teach yoga poses, meditation and mindfulness, all while keeping your little one moving and expressing their own creativity.

Tue 10:45 am

Little Melodies & Masterpieces (Ages 3-5)

45 Minutes

Children explore music and art through movement, rhythm, and creative projects. Activities support listening skills, creativity, fine motor development, and early learning, with art projects to take home each week.

Fri 9:00 am

Mandarin Play & Learn (Ages 3-5)

45 Minutes

Learning a new language is fun! Children will explore Mandarin through simple conversations, everyday vocabulary, story time, nursery rhymes, and interactive games. Recommended for ages 3-5, with younger and older children welcome to participate.

Fri 10:00 am

Mindful Explorers (Ages 7-11)

45 Minutes

Mindful Explorers is a playful program where children can relax, move, create, and connect. Through yoga, mindfulness, breathing exercises, art, stories, games, journaling, and conversation, kids build emotional awareness, confidence, and creativity in a fun, supportive, and inclusive environment.

Mon 3:30 pm

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ADULT AND YOUTH FITNESS



**MELROSE
FAMILY
YMCA**

497 Main Street
Melrose, MA 02176
781-665-4360
ymcametronorth.org

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ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$218 NM: \$457

60 Minutes

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Mon & Wed 5:30 pm | 6:30 pm | 7:30 pm

Tue & Thu 7:00 am | 8:00 am | 5:30 pm | 6:30 pm | 7:30 pm

Fitness for Menopause

M: \$121 NM: \$254

60 Minutes

This class will cover strength training for bone density, muscle mass, and metabolic well-being, as well as stress reduction methods, to help with fat loss.

Mon 10:00 am

Tue 10:00 am | 6:00 pm

Wed 7:00 am | 5:30 pm

Thu 10:00 am | 6:00pm

Golf-Focused Strength & Mobility Training

M: \$109 NM: \$229

45 Minutes

Improve your swing speed, produce more force and become more flexible this offseason by training golf specific exercises that will translate to help your game on the course.

Wed 8:15 am

Sculpt Lab

M: \$107 NM: \$225

60 Minutes

If you want to learn to lift weights but are intimidated and don't know where to start this is the class for you. Curriculum includes nutritional support, building healthy habits, and how to lift for a sculpted body!

Mon 6:00 pm

Y-Rox

M: \$121 NM: \$254

60 Minutes

Open to anybody who wants to challenge themselves using the specific training styles and techniques used for the HYROX competition. The focus is high intensity combined with overall strength and increasing cardiovascular endurance.

Tue 6:00 am

Thu 6:00 am

Unhunch!

M: \$107 NM: \$225

60 Minutes

Designed to improve posture, mobility, and strength for a healthier, more comfortable spine. Participants will learn effective exercises to reduce upper back stiffness, build support through the upper body and core, and offset the strain of daily screen and desk work.

Mon 5:15 pm

Move Anywhere

M: \$121 NM: \$254

60 Minutes

Designed to help busy people build strength in realistic ways that fit into daily life. Through simple movements and short routines, participants learn how to turn small pockets of time throughout the day into effective opportunities for movement and strength.

Wed 12:00 pm

Fall Prevention and Balance

M: \$121 NM: \$254

60 Minutes

A 7-week program focused on building balance, strength, and control for everyday activities. Through simple exercises and practical drills, participants will improve stability and learn how to move more safely in real-life situations.

Thu 12:00 pm

Yoga for Pelvic Floor Health

M: \$121 NM: \$254

60 Minutes

This progressive yoga series supports pelvic floor health through mindful movement, breath, posture, and nervous system regulation. Each class builds on the last to help develop awareness, coordination, strength, and relaxation in an integrated, supportive way.

Wed 5:30 pm

Reformer Pilates

M: \$175 NM: \$280

55 Minutes

Reformer Pilates is a full body workout, with an emphasis on stability, core strength, mind-body connection. Sessions are challenging and fun and designed to keep you moving the whole time!

A: Advanced, AL: All Levels, B: Beginner, I: Intermediate

Mon 12:30 pm (AL) | 5:45 pm (AL)

Tue 10:30 am (AL) | 12:00pm (A) | 5:00 pm (AL)

Wed 8:30 am (AL) | 10:00 am (I) | 5:30 pm (AL) | 6:30 pm (I)

Thu 8:30 am (AL) | 12:00 pm (A) | 5:00 pm (AL)

Fri 8:30 am (AL) | 12:00 pm (AL)

YOUTH FITNESS

F: \$89 M: \$122 NM: \$207

Strength and Conditioning (Ages 9-13)

45 Minutes

This program will develop speed, footwork and jumping ability.

Although all athletes can benefit, it is especially beneficial for sports that require small bursts of intermittent speed and footwork.

Thu 3:30 pm | 4:30 pm

Intro to Weight Training (Ages 9-13)

45 Minutes

This class is designed for youths interested in various forms of weight training including weightlifting, power lifting and lifting for strength.

Tue 3:30 pm | 4:30 pm

Boxing & Teen Boxing

45 Minutes

Introduces boxing skills and techniques to kids in a small group setting.

Sun 11:00 am (Ages 8-11)

Sun 12:00 pm (Ages 12-16)

Girls Got Strength (Ages 9-13)

45 Minutes

For young female athletes who want to learn how to gain strength and improve their conditioning level.

Tue 5:15 pm (Beg/Int)

Thu 5:15 pm (Advanced)

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ADULT FITNESS

Healthy Heart Maintenance

M: FREE NM: \$70

60 Minutes

For individuals who have experienced a cardiac event and successfully completed cardiac rehabilitation.

Doctor's clearance for exercise is required.

Mon 8:00 am | 10:00am

Wed 8:00 am | 10:00am

Fri 8:00 am

Stay Fit

F: FREE M: FREE NM: \$70

60 Minutes

Join our instructor through an hour long, low impact aerobics class geared towards seniors.

Tue 12:00 pm

Thu 12:00 pm

Fri 12:00 pm

Build & Protect: Lifting for Bone Density

M: \$121 NM: \$254

60 Minutes

Build bone density and strength safely in this beginner-friendly class for women in menopause and beyond. Great for those with osteoporosis or osteopenia.

Wed 11:00 am

ADULT SPORTS

Adult Basketball League

M: \$65 MEMBERS ONLY

Whether you are looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active!

Mon & Wed 6:45 pm | 7:45 pm

Adult Volleyball League

M: \$65 NM: \$166

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-monitored.

Tue 6:45 pm-8:45pm

Thu 6:45 pm-8:45pm

Beginner Pickleball I

M: \$108 NM: \$185

60 Minutes

In this class players will learn basic stroke mechanics, fundamental shots, rules, scoring, and etiquette and court positioning for doubles pickleball.

Tue 9:00 am

Beginner Pickleball II

M: \$108 NM: \$185

60 Minutes

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

Tue 10:00 am

Pickleball Skills and Drills for Low Intermediates

M: \$108 NM: \$185

60 Minutes

This class is for players who are already having success in sustaining rallies of 4+ shots. Players will continue to improve on skills introduced in Skills and Drills for Beginner II. Focus will be on shots used to get more successfully to the "kitchen" line, footwork, and defensive and reset shots. Drills for starting the soft, dinking game will be introduced.

Thu 9:00 am

Pickleball Skills and Drills for Mid-High Intermediates

M: \$108 NM: \$185

60 Minutes

This class is for players who are having success in sustaining rallies of 6+ shots and are attempting to get to the NVZ line with their partner. Players will continue to level up their playing through drills related to point strategy and construction, improved footwork, and defense. The soft, dinking game will be a primary focus as well as court coverage and partner positioning. (Players must be able to consistently "feed" balls to a partner for drills.)

Thu 10:00 am

ADULT ENRICHMENT

Learn to Play Mahjongg

M: \$15 MEMBERS ONLY

90 Minutes

Learn the basics of American Mahjongg in a beginner friendly environment. This is a class for beginners who have little or no experience. Individuals that know how to play or have taken the class before can drop in for free-play without registration.

Tue 1:00 pm

NEW!

Scan to Register



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Fore the Kids
Golf Tournament



THE YMCA OF METRO NORTH NEEDS YOU!

Our two signature fundraising events

The Annual Gala and Golf Tournament

are fast approaching. Please consider supporting them to ensure that everyone is able to participate in program, membership and services at the Y as you do.

Ways To Support:

Attend The Event

Purchase tickets, tables, golf foursomes.

Invite friends, colleagues, family, neighbors, businesses to attend.

Auction Items

Experiences or special events that you (or someone you know) can donate.

Golf outings at private courses (who belongs to courses?), sporting/concert tickets, hot items that are unique or fun (Oura ring, Meta smart glasses, designer bags or luggage), hotel stays, fine wine or alcohol, airline points, getaways, etc.

Spread the Word

Share social media posts on your pages to encourage attending the event or purchasing raffle tickets.

Program Ads/Golf Tee Signs

Purchase an ad for the gala program book and/or a golf tee sign.

Opportunity for publicity for their business to thousands of people as distributed at the gala or seen at golf tournament and website.

Connections

Not comfortable asking? Share your connection with us and we will reach out.

Email: Mary Orne, Chief Development Officer, morne@metronorthymca.org.

For more information, please scan the QR Codes

GALA



GOLF

