

Fall I:
7 Weeks | Sept 8 – Oct 25

Registration Dates

Member Registration: **August 10**
Non-Member Registration: **August 17**

ADULT FITNESS

60 MINUTES | M: \$121 | N: \$254

LIFT HEAVY, LOOK LEAN

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

Wed: 7:00–8:00pm

METABOLIC CONDITIONING

Everything you need to kickstart your fitness goals! This program includes two 60-minute small group training sessions per week, body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of a seasoned certified personal trainer and all this support, your goals are within reach!

Wed: 7:00–8:00am

LEVEL UP: STRENGTH, ENDURANCE, AND CARDIO

Take your fitness to the next level with a dynamic mix of Olympic lifting, bodyweight exercises, and endurance training. Using kettlebells, barbells, dumbbells, wall balls, battle ropes, and more, you'll build strength, muscle, and stamina in a supportive environment. Every workout is scalable for all fitness levels, with weekly challenges that encourage healthy habits and continued progress.

Fri: 9:00–10:00am

LEGS AND CORE STRENGTH

This class will help you build a stronger core utilizing kettlebells, cables, body weight exercises and free weights.

Mon: 6:30–7:30am

Fri: 6:30–7:30am

WOMEN ON WEIGHTS

Increase your strength with a combination of moderate to heavy barbell and dumbbell lifts, complemented by bodyweight exercises. This program is designed to help you build lean muscle, improve endurance, and support fat loss while developing better movement and functional strength.

Wed: 9:00–10:00am

WOMEN ON WEIGHTS

2X PER WEEK | M: \$218 | NM: \$457

Tue & Thu 9:00–10:00am

TEEN FITNESS

60 MINUTES | F: \$99 | M: \$136 | N: \$218

Y FIT CLUB (AGES 7–14)

Build strength from the ground up in Y Fit, a total-body workout led by a certified personal trainer. You'll focus on powerful compound lifts like presses, squats, and deadlifts, complemented by functional exercises using TRX, dumbbells, bodyweight, and more. Whether you're new to strength training or looking to level up your workouts, this class is designed to challenge all fitness levels.

Wed: 4:30–5:30pm

Sat: 10:00–11:00am

YOUTH SPEED AND AGILITY (AGES 7–14)

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.

Mon: 4:00–5:00pm

INTRO TO POWERLIFTING (AGES 7–14)

2X PER WEEK | F: \$169 | M: \$231 | NM: \$371

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

Tue & Thu 4:30–5:30pm

PERSONAL TRAINING

Reach your goals faster with certified personal trainers at the Y. Our affordable packages are built for results, with flexible scheduling that works for you. Not sure where to start? Book a free Jumpstart fitness orientation with a trainer. Find your perfect trainer and book online at www.ymcametronorth.org/personal-training

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: Monday classes will be prorated to reflect a 6-week session due to Labor Day (Sept 7th)

Fall I Session:
7 Weeks | Sept 8 – Oct 25

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Rate Guide:

Family Member: F
Member: M
Non Member: NM

PICKLEBALL LEAGUES

120 MIN | M: \$105 | NM: \$266

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: 12:00pm



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!

Thu: 6:00pm

Pickleball League (Intermediate)

120 MINUTES

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+)

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

To Register Scan Here



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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

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

Tue: 4:00pm

Wed: 4:00pm

Fri: 10:00am

Sat: 10:00am

Outdoor Archery (Ages 7-13)

60 MINUTES

All participants will learn proper archery techniques while building confidence, accuracy, and consistency through engaging drills and fun challenges. Beginners will focus on learning the fundamentals, while returning archers refine their skills. All equipment is provided.

Tue: 4:00pm

Thu: 4:00pm

Indoor Laser Tag (Ages 7-13)

45 MINUTES

Join us for exciting laser tag games that encourage teamwork, strategy, and active play. Whether working together or competing in friendly challenges, participants are sure to have fun each week.

Thu: 5:00pm

Soccer Skills & Drills (Ages 6-9)

45 MINUTES

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.

Sat: 9:00am

Pickleball Skills & Drills Level 1

45 MINUTES

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.

Tue: 5:00pm (Ages 7-13)

Sat: 10:00am (Ages 7-13)

Flag Football Skills & Drills (Ages 7-13)

45 MINUTES

Participants will learn and develop the fundamentals of flag football while building good sportsmanship and teamwork. Each class includes a warm-up followed by drills focused on skill development. Beginners will learn the basic rules and core skills of the game, while returning players will continue to improve their technique, game knowledge, and overall performance through more advanced gameplay.

Mon: 6:00pm

Basketball Skills & Drills

45 MINUTES

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: 5:00pm (Ages 7-9)

Wed: 5:00pm (Ages 4-6)

Wed: 6:00pm (Ages 7-9)

Wed: 7:00pm (Ages 10-13)

Sat: 8:00am (Ages 4-6)

Sat: 9:00am (Ages 7-9)

Girls Got Game (Ages 7-12)

45 MINUTES

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: 4:00pm

Sat: 11:00am

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!

Wed: 4:45pm

MESSY & CRAFTING PLAY (AGES 3-5)

Tuesday from 10:00am to 10:45am

45 minutes | F: \$83 | M: \$111 | N: \$183

Enjoy painting, watercolors, chalk, play dough, glitter and glue. Wear clothing you don't mind getting dirty.



SAUGUS UPCOMING EVENTS

BOUNCE HOUSE

EVERY OTHER WEDNESDAY: 9/9 | 9/23 | 10/7 | 10/21
10:15AM - 11:30AM

Hang out with your friends at the YMCA, and enjoy some bounce house time in the gym!

Free to all Family Members

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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

