

Fall I Session:

7 Weeks* | Sept 8 - Oct 25

Registration Dates

Member Registration: August 10

Non-Member Registration: August 17

Rate Guide (30 Min)

Family Member: \$94
Member: \$137
Non-Member: \$234

Parent | Child A (Ages 6-18 Months) | 30 Min

Mon: 10:50am
Tue: 10:15am
Wed: 10:15am
Sat: 9:35am | 10:45am
Sun: 9:00am | 10:10am | 11:20am

Parent | Child B (Ages 18-36 Months) | 30 min

Mon: 10:50am
Tue: 10:15am
Wed: 10:15am
Sat: 9:35am | 10:45am
Sun: 11:55am

PRESCHOOL SWIM: Stage 1 Ages 3-5 | 30 Minutes

Mon: 11:25am | 5:40pm
Tue: 10:50am | 3:55pm
Wed: 10:50am | 4:30pm | 5:40pm
Thu: 3:55pm | 5:05pm
Fri: 3:55pm
Sat: 9:00am | 9:35am | 10:10am | 11:20am
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am

PRESCHOOL SWIM: Stage 2 Ages 3-5 | 30 Minutes

Mon: 4:30pm
Tue: 11:25am | 5:05pm
Wed: 10:50am | 3:55pm | 4:30pm
Thu: 11:25am | 4:30pm | 5:05pm
Sat: 9:00am | 9:35am | 10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

PRESCHOOL SWIM: Stage 3 Ages 3-5 | 30 Minutes

Mon: 3:55pm | 5:05pm
Tue: 4:30pm
Wed: 3:55pm | 5:05pm
Thu: 4:30pm | 5:40pm
Sat: 9:35am | 10:10am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

PRESCHOOL SWIM: Stage 4 Ages 3-5 | 30 Minutes

Mon: 3:55pm
Tue: 4:30pm
Wed: 3:55pm
Thu: 4:30pm
Sat: 9:00am | 10:45am
Sun: 9:00am | 11:20am

YOUTH SWIM: Stage 1 Ages 6-13 | 30 Minutes

Mon: 4:30pm
Tue: 5:05pm
Wed: 4:30pm | 5:40pm
Thu: 3:55pm | 5:05pm
Fri: 4:30pm
Sat: 10:10am | 11:20am | 11:55am
Sun: 10:10am | 11:20am

YOUTH SWIM: Stage 2 Ages 6-13 | 30 Minutes

Mon: 4:30pm
Tue: 3:55pm
Wed: 5:05pm
Thu: 3:55pm | 5:40pm
Fri: 5:05pm
Sat: 9:00am | 10:45am | 11:55am
Sun: 9:00am | 10:10am | 11:55am

YOUTH SWIM: Stage 3 Ages 6-13 | 30 Minutes

Mon: 5:05pm
Tue: 5:40pm
Wed: 5:05pm
Thu: 3:55pm | 5:40pm
Fri: 4:30pm
Sat: 9:35am | 10:45am | 11:55am
Sun: 9:35am | 10:10am | 11:20am

YOUTH SWIM: Stage 4 Ages 6-13 | 30 Minutes

Mon: 3:55pm | 5:40pm
Tue: 4:30pm | 5:40pm
Wed: 3:55pm | 5:40pm
Thu: 4:30pm | 5:40pm
Fri: 5:40pm
Sat: 10:45am | 11:20am
Sun: 9:35am | 10:45am | 11:55am

YOUTH SWIM: Stage 5 Ages 6-13 | 30 Minutes

Mon: 5:05pm
Tue: 5:40pm
Wed: 5:05pm
Thu: 5:40pm
Sat: 9:35am
Sun: 10:10am | 11:20am

YOUTH SWIM: Stage 6 Ages 6-13 | 30 Minutes

Mon: 5:40pm
Tue: 5:05pm
Wed: 5:40pm
Thu: 5:05pm
Sat: 10:45am
Sun: 10:45am

ADULT & TEEN SWIM: Beginner Ages 14+ | 30 Minutes

Mon: 10:15am
Fri: 6:15pm
Sat: 8:15am

ADULT & TEEN SWIM: Intermediate Ages 14+ | 30 Minutes

Sat: 11:55am

MASTER'S SWIM

Ages 18+ | 90 minutes | M: \$115 NM: \$172

Tue: 6:00am
Thu: 6:00am

PRIVATE SWIM LESSONS

Ages 4+ | 30 minutes | F: \$267 | M: \$310

Mon: 3:55pm | 4:30pm | 5:05pm
Tue: 6:15pm
Wed: 3:55pm | 4:30pm | 5:05pm
Thu: 6:15pm
Fri: 3:55pm | 5:05pm
Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

COMPETITIVE SWIM TEAM PREP

Ages 6-13 | 45 minutes

F: \$105 M: \$153 NM: \$246

Mon: 6:15pm
Tue: 6:15pm
Wed: 6:15pm
Thu: 6:15pm
Fri: 5:40pm
Sat: 11:55am
Sun: 11:55am

SPRINGBOARD DIVING: BEGINNER

Ages 6-18 | 45 Min | F: \$105 M: \$153 NM: \$246

Sat: 8:15am | 10:10am
Sun: 10:00am

SPRINGBOARD DIVING: INTERMEDIATE

Ages 6-18 | 60 Min | F: \$115 M: \$168 NM: \$271

Sat: 9:05am
Sun: 10:50am

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

NEED TO MISS A CLASS THIS SESSION?

Make-up lessons are available upon request for families who can't attend their regularly scheduled class due to travel, illness, or other conflicts.

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.

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SWIM CLASS DESCRIPTIONS

PARENT CHILD SWIM**Parent/Child A (6-18 mo)**

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Parent/Child B (18-36 mo)

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

PRESCHOOL SWIM**Stage 1 (3-5)****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.

Stage 2 (3-5)**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.

Stage 3 (3-5)**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 using the deep end of the pool.

Stage 4 (3-5)**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.

NEED TO MISS A CLASS THIS SUMMER?

Make-up lessons are available upon request for families who can't attend their regularly scheduled class due to travel, illness, or other conflicts.

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

YOUTH SWIM**Stage 1 (6-13)****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.

Stage 2 (6-13)**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.

Stage 3 (6-13)**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.

Stage 4 (6-13)**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.

Stage 5 (6-13)**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.

Stage 6 (6-13)**30 minutes**

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breaststroke, butterfly and tread water.

SWIM**Adult & Teen Beginner Swim****30 minutes**

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 14+ yrs.

Adult & Teen Intermediate Swim**30 minutes**

This level reinforces skills. This is for those who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 14+ yrs.

Competitive Swim Team Prep**45 minutes**

A pre-swim team class designed for kids who are interested in joining the Triton Swim Team or preparing for the high school season. In this class, kids will increase their endurance and proficiency in the 4 competitive strokes, learn stroke drills, along with flip turns and dives. Swimmers must have passed Youth Stage 6 to be in this class.

Private Swim Lessons (4+)

Make a splash with one-on-one instruction tailored to your goals! Whether you're just starting out or looking to refine your stroke, our private lessons are open to all ages and skill levels. Work with a certified instructor to build confidence, improve technique, and reach your personal swimming milestones.

Master Swim (18+)**60 minutes**

Take your swimming to the next level! Designed for adults of all skill levels, this program offers structured workouts, technique improvement, and a supportive community. Whether training for a competition or staying fit, Masters Swim is perfect for you!

Springboard Diving**Beginner Springboard Diving****45 minutes**

Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the pool side. Ages 6-18yrs.

Intermediate Springboard Diving**60 minutes**

This is for those divers who have taken diving classes before, they can do forward and back dives, and are working towards learning new dives. Ages 6-18 yrs.

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YOUTH SPORTS

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

BASKETBALL

A dynamic warm up, brief skill training, and game play for girls and boys!

Mon: 4:15pm–5:00pm (Ages 6–8)

Mon: 5:00pm–5:45pm (Ages 9–12)

RUNNING CLUB | OUTSIDE

Join our Running Club! Improve your running technique while having a blast. We will participate in sprinting, distance drills, and play fun running games on our track. Your kids will be learning basics of calisthenics, endurance, pace, and proper running/stretching techniques.

Tue: 4:00pm–4:45pm (Ages 6–12)

ARCHERY | OUTSIDE IT'S BACK!

This beginner-friendly course is perfect for anyone interested in learning the fundamentals of archery. Whether you're starting from scratch or have some prior experience, this class will teach you the basics of safe and effective archery techniques. With expert guidance and hands-on practice, you'll learn how to properly handle a bow, aim, and shoot accurately, all while improving your focus, coordination, and control.

Thu: 4:00pm–4:45pm (Ages 7–13)

YOUTH SOCCER | OUTSIDE

Join us for an exciting outdoor soccer class where you'll improve your skills, teamwork, and fitness. Whether you're a beginner or looking to sharpen your game, this class offers fun drills and friendly matches to enhance your technique and boost your confidence on the field.

Sat: 10:30am–11:15am (Ages 3–5)

Sat: 11:15am–12:00pm (Ages 6–9)

VOLLEYBALL

Bump, set and spike for 60 minutes! We will provide a brief warm up, enhance your volleyball skills, and game play.

Wed: 4:00pm–5:00pm (Ages 6–12)



FLAG FOOTBALL | OUTSIDE

Watch your kids set a new standard with sprints, hand-eye coordination, and teamwork using classics like flag football and capture the flag.

Thu: 4:00pm–4:45pm (Ages 6–12)

YOUTH FITNESS & SELF DEFENSE FAN FAV!

60 minutes | F: \$101 | M: \$137 | N: \$213

Boost fitness and master self-defense while having a blast! Join us for active fun and build confidence for 60 minutes with **Coach Larry Leavitt a 6th Degree Black Belt with 50+ Years of Martial Arts Experience!**

Sun: 11:00am–12:00pm (Ages 6–11)

Homeschool PE with Swim Lesson

Ages 5–12 | F:\$268 M: \$320 NM: \$425

Join us for a dynamic 3-hour session at the Y, featuring:

- Physical Education • Swimming • Fun Activities

Discover hands-on learning that boosts student development and social interaction. Don't miss out on this exciting opportunity for growth and engagement!

Mon: 10:00am–1:00pm

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Fall I Session:**7 Weeks | Sept 8 – Oct 25****Registration Dates**Member Registration: [August 10](#)Non-Member Registration: [August 17](#)**PICKLEBALL LEAGUES AT THE Y****2 Hours | M: \$105 | N: \$266**

Please create a section that specifies each member is only allowed to sign up for two leagues per session. Ensure that members select their appropriate league level, as no one should be enrolled in both the beginner and advanced leagues.

PICKLEBALL LEAGUES: BEGINNER PLAY**Mon: 6:15pm–8:15pm (Ages 18+)****PICKLEBALL LEAGUES: ADVANCED PLAY****Wed: 6:15pm–8:15pm (Ages 18+)****PICKLEBALL LEAGUES: ALL LEVELS PLAY****Tue: 6:15pm–8:15pm (Ages 18+)****Sat: 9:00am–11:00am (Ages 18+)****PICKLEBALL LESSON AT THE Y****60 Minutes | M: \$108 | N: \$185****PICKLEBALL LESSONS | Beginner 1**

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Minimal to No experience Necessary

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

Wed: 9:00am–10:00am (Ages 18+)**PICKLEBALL LESSONS | Beginner 2/Advanced Beginner**

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Completion of Beginner 1 Lesson or 3 to 6 months experience of pickleball

Players should have learned the rules and scoring for pickleball and focus on strategy. This class emphasizes better mechanics and consistency with serves/returns, dinks, volleys, footwork, and court positioning.

Wed: 10:00am–11:00am (Ages 18+)**PICKLEBALL ADVANCED DRILL SESSION**

Coach: Sarah Caliento – IPTA Certified Pickleball Instructor
Level: Completion of Beginner 2/Advanced Beginner Lesson or 3 to 6 months' experience of pickleball

Designed for players who can sustain longer rallies, this class covers point strategy, shot selection, speed-ups, and defensive/reset shots, with a primary focus on the soft, dinking game.

Wed: 11:00am–12:00pm (Ages 18+)**CANCELLATION POLICY**

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ADULT FITNESS

60 minutes | M: \$121 NM: \$254

LEVEL UP: STRENGTH, ENDURANCE, AND CARDIO

Whether you're a beginner or experienced, this is designed to help you level up your fitness. Sessions will mix Olympic lifting and bodyweight and endurance exercises to build muscle and stamina using kettlebells, barbells, dumbbells, wall balls, ropes, and more.

Tue: 7:00am with Bill

WOMEN ON WEIGHTS FAN FAV!

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells lifting moderate to heavy weights is a better way to burn fat and build lean muscle WITHOUT ADDING BULK.

Mon: 9:00am with Kayla

Tue: 6:30pm with Michelle

Thu: 9:00am with Kate

Fri: 9:00am with Emily

Sun: 9:00am with Kayla

Y CIRCUIT

During this 60-minute class a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups. This class is open to all levels and will challenge you through exercises using bodyweight, TRX, dumbbells, kettlebells and more.

Mon: 5:00pm with Steve

Wed: 5:00pm with Steve

Y WEIGHT

During this class, a certified personal trainer will bring you through a total body workout focusing on heavy lifts such as Presses, Squats and Deadlifts along with auxiliary exercises to complement your heavy work.

Mon: 6:00pm with Emily

Wed: 6:00pm with Emily

FUNCTIONAL STRENGTH & MOBILITY

Help make everyday activities easier and more efficient. This class improves joint stability, coordination, posture, balance, and overall functional fitness, helping you move with greater confidence in your daily life.

Thu: 10:00am with Kayla

STRENGTH & STABILITY

This program focuses on functional strength, core, and mobility to help you move with confidence in everyday life. All fitness levels are welcome!

Fri: 10:00am with Melissa

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Y-ROX TRAINING GROUP

Get race-day ready! This performance-driven workout designed to build the strength, endurance, and grit needed to tackle any fitness event. Whether you're training for your first HYROX or looking to improve your time, this class will help you develop power, stamina, and efficient movement under fatigue. Scalable for all fitness levels.

Sat: 9:30am with Eddie

LIFT & THRIVE

This class will help you build confidence under the bar and discover what you're truly capable of. Using progressive strength training, you'll safely challenge yourself to lift heavier, move better, and grow stronger week after week. Whether new or ready to level up your training, this class will empower you to push past limits and thrive.

Mon: 7:00am with Bill

BOXING FOR WOMEN FAN FAV!

Ladies, learn to box from the first woman to qualify for Golden Gloves in New York State! Join Stacy in this supportive, empowering environment to learn proper form and technique, punches, and combos. Class will also include work with both the bag and partners.

Sun: 10:00am with Stacy

Sun: 11:00am (Intermediate) with Stacy

INTRO TO BOXING

Join Stacy for a dynamic class where you'll master proper form, technique, punches, and combos, while getting hands-on practice with both bags and partner drills.

Wed: 8:30am with Stacy

INTRO TO METABOLIC CONDITIONING

This program meets once per week and includes body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of a certified personal trainer and all this support, your goals are within reach!

Fri: 10:00am with Chuck

BARBELL TRAINING (FORMERLY METABOLIC CONDITIONING)

This runs 2x per week | M: \$218 | NM: \$457

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

Tue & Fri: Tue at 9:00am with Chuck

Fri at 9:00am with Bill

HALF MARATHON TRAINING CLUB

This is a 12-week program | M: \$168 | NM: \$353

Want to run your first Half Marathon? Join us to perfect your form to complete your first Half Marathon! Livestrong Half Marathon race entry in November included, a free running assessment, access to a free private Strava running group, and one coached session per week and more!

Thu: 6:00pm with Bill & Bob

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TEEN FITNESS (AGES 12-16)

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

L.I.F.T (AGES 12-16)

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines. No experience necessary, just a positive attitude and willingness to work hard.

Fri: 4:00pm with Steve

TEEN SPORT CONDITIONING (AGES 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.

Tue: 4:00pm with Steve



HEALTHY FAMILIES FOR LIFE

At the YMCA, we believe physical activity is key to a healthy, happy life—for every age and ability. From sports and personal training to private swim lessons and youth fitness classes, we offer safe, supportive programs for the whole family.

Our Youth & Teen classes are designed to spark a love for movement and build lifelong healthy habits. Whether your child is just starting out or a returning participant, there's always something new to learn and enjoy!

UPGRADE YOUR PERSONAL TRAINING! For only \$75 per month

Fall can be a busy time, but it doesn't have to keep you from reaching your fitness goals. Get two workouts per week for one month customized for you by your trainer for you to do independently when scheduling that training session is just too challenging. Workouts come complete with instructions and tutorial videos. Now you can get even more out of personal training!

must have an existing personal training package on member account

www.ymcametronorth.org/personal-training



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

