

Summer II: 5 Weeks | July 27-August 30

Registration Dates

Member Registration: [June 1](#)

Non-Member Registration: [June 8](#)

ADULT FITNESS

60 minutes | M: \$89 N: \$187

WOMEN ON WEIGHTS

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells. Bodyweight exercises will also be incorporated into the workout. 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 Emma

Wed: 9:30am with Emma

Fri: 9:00am with Melissa

Sun: 9:00am

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. Every movement can be adjusted for any level athlete. We'll also add in some weekly challenges, such as a push up goal or hydration, focusing on important skills to support your fitness.

Tue: 7:00am with Bill

Y CIRCUIT

During this class a 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 of bodyweight, TRX, dumbbells, 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: 7:00am with Emily

Wed: 7:00am with Emily

CORE STRENGTH & STABILITY

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

Fri: 10:00am with Emma

LIFT & THRIVE

A strength-focused training class designed to 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 you're new to lifting or ready to level up your training, this supportive, motivating class will empower you to push past limits and thrive.

Fri: 7:00am with Bill

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

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FAN FAV!

ROAD RACE RUN CLUB

Looking to become a stronger, more confident runner? This friendly small group combines running workouts with strength and mobility exercises designed to boost endurance and prevent injury. Enjoy the motivation and accountability of training with others while working toward your goals together.

Thu: 6:00pm with Bill & Bob

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

FAN FAV!

BOXING FOR WOMEN

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 METABOLIC CONDITIONING

Interested in our original Metabolic Conditioning class, but newer to exercise? This program meets in small group training once per week and includes 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!

Fri: 7:00am with Bill

METABOLIC CONDITIONING

2X PER WEEK | M: \$160 NM: \$337

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!

Tue & Fri: 9:00am with Chuck (Tues) and Bill (Fri)

Summer II:
5 Weeks | July 27–August 30

Registration Dates

Member Registration: **June 1**

Non-Member Registration: **June 8**

TEEN FITNESS

60 minutes | F: \$87 | M: \$108 | N: \$191

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



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

Summer can be a busy time, but it doesn't have to keep you from reaching your fitness goals. Get two workouts per week 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



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!

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.

Scan to Register



Summer Session:

10 Weeks | June 22 - August 30

Registration Dates

Member Registration: **June 1**

Non-Member Registration: **June 8**

Rate Guide

Family Member: **\$130**

Member: **\$191**

Non-Member: **\$312**

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

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

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

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

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

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

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

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

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

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

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

Mon: 5:05pm
Tue: 3:55pm
Thu: 5:05pm
Sat: 10:10am | 11:20am
Sun: 11:20am

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

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

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

Mon: 4:30pm | 5:40pm
Tue: 5:40pm
Wed: 4:30pm | 5:05pm
Thu: 5:05pm | 6:15pm
Fri: 4:30pm
Sat: 10:10am | 11:55am
Sun: 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: 9am | 9:35am | 10:10am | 11:20am
Sun: 9:35am | 10:10am | 11:20am

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

Mon: 5:05pm
Tue: 5:05pm | 6:15pm
Wed: 5:05pm
Thu: 4:30pm | 5:40pm
Fri: 5:05pm
Sat: 9:35am | 11:20am
Sun: 9:35am | 10:10am | 11:20am

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

Mon: 5:40pm
Tue: 5:40pm
Wed: 5:40pm
Thu: 5:05pm
Sat: 9:00am | 10:45am
Sun: 10:45am

MASTER'S SWIM

Ages 18+ | 90 minutes | M: \$159 NM: \$457

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

ADULT SWIM: Beginner Ages 14+ | 30 Minutes

Mon: 10:15am
Fri: 6:30pm
Sat: 8:15am

TEEN SWIM: Beginner Ages 14+ | 30 Minutes

Wed: 11:20am
Thu: 3:55pm
Sun: 11:20am

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

Sat: 11:55am

SPRINGBOARD DIVING: BEGINNER

Ages 6-18 | 45 Min | F: \$144 M: \$213 NM: \$347

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

SPRINGBOARD DIVING: INTERMEDIATE Ages 6-18 | 60 Min | F: \$159 M: \$234 NM: \$381

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

SPRINGBOARD DIVING: ADVANCED Ages 6-18 | 60 Min | F: \$159 M: \$234 NM: \$381

Sat: 11:00am

COMPETITIVE SWIM TEAM PREP

Ages 6-13 | 45 minutes
F: \$156 M: \$192 NM: \$312

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

PRIVATE SWIM LESSONS

Ages 4+ | 30 minutes | F: \$381 M: \$443

Mon: 3:55pm | 5:40pm
Tue: 11:25am | 3:55pm | 4:30pm | 6:15pm | 6:45pm
Wed: 3:20pm | 3:55pm | 5:05pm | 5:40pm
Thu: 3:55pm | 6:15pm
Fri: 3:20pm | 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:30pm
Sat: 9am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm
Sun: 9am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am



Summer Session:**10 Weeks | June 22 – August 30****Registration Dates**Member Registration: **June 1**Non-Member Registration: **June 8**

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

YOUTH SWIM**Stage 1 (6-13)****30 minutes**

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Stage 2 (6-13)**30 minutes**

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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.

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 6-18 yrs.

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.

Intermediate Springboard Diving**60 minutes**

For divers who have been promoted from the Intermediate class or high school divers who want to perfect their advanced skills. Instructor recommendation required. Ages 6-18 yrs.

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ADULT SPORTS

2 Hours | M: \$144 | N: \$416

PICKLEBALL LEAGUES (18+)

Competitive league for Advanced Pickleball players. Fast-paced matches, high-level strategy, and fierce competition await each week on the court.

Mon (Beginner)

5:30pm – 7:30pm

Tue (Advanced Play)

5:30pm – 7:30pm

VOLLEYBALL LEAGUES (18+)

2 Hours | M: \$144 | N: \$416

Competitive league for advanced volleyball players. Fast-paced rallies, strong teamwork, and high-energy competition await each week on the court.

Thu

5:30pm – 7:30pm



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.

Scan to Register





STRONG PERSON COMPETITION

Charity Lift-Off Fundraiser

More than Muscle, It's Mission

Join us poolside for a charity weightlifting event that will (literally) raise the bar! Step up to the challenge in support of BeStrong, a powerful next step for adult cancer survivors who've completed our LiveStrong program.

We ask each participant to raise funds by sharing the link provided after registration to family, friends, and businesses to support the program.

Suggested minimum dollars raised is \$100 for each participant.



**REGISTER TO HELP PROVIDE HOPE TO
CANCER SURVIVORS IN OUR COMMUNITY:
WWW.YMCAMETRONORTH.ORG/STRONG-PERSON**



**Torigian Family YMCA
Outdoor Pool Deck**



Sunday, July 26, 2026



*LiveSTRONG offers cancer survivors
12-weeks of support after treatments.*



**WEIGHTED CARRY MEDLEY,
DEADLIFT (ALL LEVELS)**



**9:00 AM START TIME
8:00 AM CHECK IN AND WARM UP**



*BeSTRONG helps participants continue their
journey of hope and healing.*

**FOR MORE INFORMATION ABOUT LIVESTRONG & BESTRONG PROGRAM,
EMAIL MARISSA AT MDELACRUZ@METRONORTHYMCA.ORG**