

### 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 SWIM

### Parent / Child A

**(Ages 6-18 Months) | 30 Min**

Fri: 3:15pm

Sat: 9:40am | 10:20am

Sun: 9:40am

### Parent / Child B

**(Ages 18-36 Months) | 30 min**

Fri: 3:50pm

Sat: 9:40am

Sun: 9:00am

## PRESCHOOL SWIM

### Stage 0 | Age 3

**30 Minutes**

Sat: 9:00am | 11:00am | 11:40am

Sun: 9:00am | 9:40am

### Stage 1 | Ages 3-6

**30 Minutes**

Tue: 11:00am

Wed: 3:55pm | 5:55pm

Thu: 11:00am | 3:55pm | 5:55pm

Fri: 4:30pm | 5:40pm

Sat: 8:00am | 10:20am | 11:00am

Sun: 9:00am | 10:20am | 11:00am |  
11:40am | 12:20pm

### Stage 2 | Ages 3-6

**30 Minutes**

Tue: 11:30am | 3:15pm | 5:15pm

Wed: 3:15pm | 5:15pm | 6:35pm

Thu: 11:30am | 3:55pm

Fri: 5:10pm | 6:20pm

Sat: 8:00am | 9:00am | 10:20am

Sun: 11:00am | 11:40am | 12:20pm

### Stage 3 | Ages 3-6

**30 Minutes**

Tue: 5:15pm

Wed: 4:35pm

Thu: 5:15pm

Sat: 8:30am | 9:00am | 10:20am | 12:20pm

### Stage 4 | Ages 3-6

**30 Minutes**

Tue: 3:15pm | 3:55pm

Sat: 8:30am | 9:00am | 12:20pm

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 programs and leagues will be prorated to 6-weeks due to Labor Day.

## PRIVATE SWIM LESSONS

**30 minutes | F: \$267 | M: \$310**

Tue: 3:15pm | 4:35pm | 5:15pm

Wed: 3:15pm | 4:35pm | 5:15pm

Thu: 3:15pm | 3:55pm | 5:15pm

Fri: 3:15pm | 3:55pm | 5:15pm

Sat: 11:40am | 12:20pm

Sun: 9:40am | 10:20am

## YOUTH SWIM

### Stage 1 | Ages 6-12

**30 Minutes**

Tue: 5:55pm | 6:35pm

Wed: 5:55pm

Fri: 6:20pm

Sat: 9:00am | 9:40am | 12:20pm

Sun: 11:00am

### Stage 2 | Ages 6-12

**30 Minutes**

Tue: 4:35pm

Wed: 3:55pm

Thu: 3:15pm

Fri: 3:50pm

Sat: 9:40am | 11:00am | 11:40am

### Stage 3 | Ages 6-12

**30 Minutes**

Wed: 3:55pm

Thu: 4:35pm | 5:55pm

Fri: 4:30pm

Sat: 9:40am | 11:00am | 11:40am

### Stage 4 | Ages 6-12

**30 Minutes**

Tue: 5:15pm

Wed: 5:15pm

Thu: 4:35pm

Fri: 3:50pm | 5:10pm

Sat: 9:40am

Sun: 11:00am | 11:40am

### Stage 5 | Ages 6-12

**30 Minutes**

Tue: 5:55pm

Fri: 5:40pm

Sat: 11:40am

Sun: 11:40am

### Stage 6 | Ages 6-12

**30 Minutes**

Thu: 6:35pm

Sat: 11:00am | 12:20pm



## TEEN SWIM

### Teen Beginner Swim | Ages 13-17

**30 Minutes**

Wed: 3:55pm

Fri: 3:15pm

### Teen Intermediate Swim | Ages 13-17

**30 Minutes**

Wed: 4:35pm

Fri: 6:20pm

### Lifeguard Endurance Training | Ages 14+

**60 Minutes | F: \$104 | M: \$147 | NM: \$244**

Mon: 4:00pm\*

### Stroke & Turn | Ages 7+

**60 Minutes | F: \$115 | M: \$168 | NM: \$271**

Fri: 4:00pm

### Swim Team Conditioning | Ages 7+

**60 Minutes | F: \$115 | M: \$168 | NM: \$271**

Fri: 5:00pm

## ADULT SWIM

### Adult Beginner Swim | Ages 18+

**30 Minutes**

Tue: 12:00pm

Wed: 5:15pm | 5:55pm | 6:35pm

Thu: 12:00pm | 6:35pm

Sun: 12:20pm | 1:00pm

### Adult Intermediate Swim | Ages 18+

**30 Minutes**

Wed: 6:35pm

Thu: 6:35pm

### Master Swim | Ages 18+

**60 Minutes | F: \$115 | M: \$168 | NM: \$271**

Mon: 3:00pm\* | 5:30pm\*

Wed: 5:00pm

## Fall I Session

7 Weeks\* | Sept 8 – Oct 25

## Registration Dates

Member Registration: August 10

Non-Member Registration: August 17

## 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/Guardian must be in the pool with the child in class.

## 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. 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.

## Stage 4 (3-6) | 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 watering and elementary backstroke. Goggles required.

## YOUTH SWIM

## Stage 1 (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. Goggles recommended.

## Stage 2 (6-12) | 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 (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.

## Stage 4 (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 watering and elementary backstroke. Goggles required.

## Stage 5 (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. Goggles required.

## Stage 6 (6-12) | 30 minutes

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

## TEEN SWIM

## Teen Beginner Swim (13-17) | 30 min

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

## Teen Intermediate Swim (13-17) | 30 min

This level reinforces skills. This is for teens who are comfortable in the water. Introduction to stroke mechanics and development. Please bring goggles to class.

Scan to Register



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## 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.

## ADULT SWIM

## Adult Beginner Swim | 30 Min

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 18+ yrs.

## Adult Intermediate Swim | 30 Min

This level reinforces skills. This is for adults who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 18+ yrs.

## SPECIALTY CLASSES

## Stroke &amp; Turn (7+) | 60 minutes

This class improves stroke technique and introduces competitive swimming skills. Encourages swimmers to progress in a friendly, non-competitive environment. Goggles required.

## Swim Team Conditioning (7+) | 60 min

This class focuses on refining strokes, starts, turns, and finishes, as well as learning the rules and regulations of competitive swimming. There is an emphasis on proper technique and endurance over speed. Suitable for strong swimmers who could benefit from endurance training and proper technique. Goggles required.

## Lifeguard Endurance Training (14+) | 60 min

Interested in becoming a Lifeguard? Learn swim techniques and endurance needed to take a Lifeguard Certification Course. Build stamina and confidence to help prepare you for the Pre-Requisite Swim Tests in order to train to become a Lifeguard. Goggles required. Certification not included in this class (Swim Endurance and Preparation Training Only)

## Master Swim (18+) | 60 Min

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! Goggles required.

## SWIM TESTING

Safety is our First Priority at the Y! All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 yrs of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD).

Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers. Not sure what stage to sign your child up for? Please contact our Welcome Center at (781)-842-8811 or email Ashley Alves: aalves@metronorthymca.org to set up a swim test!

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Member Registration: August 10

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### ADULT FITNESS

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

**Mon: 6:00pm**

**Tue: 6:00am**

**Sat: 9:00am**

#### HIIT YOUR GOALS

Transform your physique utilizing a combination of High Intensity Interval Training and full body strength exercises. This class can be taken at any fitness level and will ensure your get the workout your looking for!

**Mon: 12:00pm**

**Tue: 7:00am**

**Wed: 6:00pm**

**Sat: 10:00am**

#### FIT & FIERCE FOR WOMEN

Designed with a women's body in mind. Work on your goals and feel good while doing it. This Incorporates strength training into your routine to build a strong lean physique but move towards better health.

**Thu: 5:30pm**

#### BOXING SKILLS & DRILLS

**NEW!**

Learn the basics of boxing and build on skills and technique. This class will take you from any skill level and push you further.

**Mon: 7:00pm**

#### BOXING BOOTCAMP

Bring your boxing skills to the next level while conditioning your full body. This faster paced class will help you hit goals and improve athleticism.

**Tue: 6:30pm**

### ADULT FITNESS

45 minutes | M: \$109 NM: \$229

#### GLUTE CAMP

Glute camp has arrived! Squat, thrust and lunge your way to your best lower body. You'll improve your physique, build lean muscle and increase strength in a way you never have before. Let's hit the weights and build that BOOTY!

**Tue: 5:30pm**

**Thu: 6:30pm**

#### Y-ROX TRAINING

Get race-day ready for any hybrid race event. This class blends functional strength training with high-intensity cardio intervals, simulating the demands of the race format. Scalable for all fitness levels.

**Fri: 6:00pm**

#### CORE AND MORE

**NEW!**

This class will utilize full body movements to develop a strong and healthy core to provide stability, balance, and pain-free movement for your body.

**Tue: 5:00pm**

**Wed: 7:00pm**

#### RUN FOR LIFE

**NEW!**

Lace up your shoes and hit the pavement! This program will build running form and endurance to keep you moving and build towards your goals.

**Wed: 6:00am**

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### 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. Book a free Jumpstart fitness orientation to get started! [www.ymcametronorth.org/personal-training](http://www.ymcametronorth.org/personal-training)

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## TEEN FITNESS (AGES 12-16)

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

### L.I.F.T

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines with a focus on safety in the fitness center.

**Mon: 5:00pm**

**Sat: 10:00am**

### TEEN BOXING

Build strength, confidence, and boxing skills in a fun, supportive environment. This class introduces teens to proper stance, footwork, punches, combinations, conditioning, and agility while providing a full-body workout. No prior boxing experience is needed to participate.

**Tue: 5:30pm**

## TEEN SPORTS CONDITIONING

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, bodyweight exercise, and more to prepare teens for sports and athletic activities.

**Wed: 5:00pm**



## YOUTH FITNESS (AGES 8-11)

**45 minutes | F: \$89 | M: \$122 | N: \$207**

### KID'S BOOTCAMP

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

**Tue: 4:30pm**

**Sat: 9:00am**



## HEALTHY FAMILIES FOR LIFE

Physical activity is key to a healthy, happy lifestyle, and the Y is here to make it safe, accessible, and fun for your family. From Sports and Ninja Warrior to Youth and Teen Fitness classes, our staff help kids and teens build confidence, learn new skills, and develop a lifelong love of movement.

### CANCELLATION POLICY

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**Fall I Session:****7 Weeks\* | Sept 8 – Oct 25****Registration Dates**

Member Registration: August 10

Non-Member Registration: August 17

**YOUTH SPORTS****45 minutes | F: \$83 | M: \$111 | N: \$183****INDOOR SOCCER FUNDAMENTALS**

Our indoor soccer fundamentals class will work on basic skills such as dribbling, shooting and passing to help get players ready for their season.

**Thu: 5:00 pm (Ages 4-6)****Thu: 5:45 pm (Ages 7-10)****MINI ALLSTARS**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

**Sun: 2:00 pm (Ages 4-6)****ALLSTARS**

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

**Sun: 3:00 pm (Ages 7-10)****BASKETBALL SKILLS AND DRILLS**

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

**Wed: 5:00 pm (Ages 4-5)****Wed: 6:00 pm (Ages 6-8)****Wed: 7:00 pm (Ages 9-12)****Sat: 9:00 am (Ages 4-5)****Sat: 10:00 am (Ages 6-8)****Sat: 11:00 am (Ages 9-12)****Track Skills & Drills**

Run, jump, and build confidence! This program focuses on track fundamentals and athletic skills in a fun, supportive environment. Great for all ability levels!

**Sun: 12:00pm (Ages 5-8) | 1:00pm (Ages 9-13)****INDOOR SOCCER GAMES ONLY**

Get ready for fast-paced indoor soccer action! Players will develop their dribbling, passing, shooting, and teamwork skills while competing in exciting games in a fun, supportive environment. Whether you're new to the sport or an experienced player, this program is a great way to stay active, build confidence, and enjoy the game with friends.

**TUE 5:00 pm (Ages 11-13)****BASKETBALL GAMES ONLY**

Get ready for fast-paced basketball action! Players will develop their dribbling, passing, shooting, defense, and teamwork skills while competing in exciting games in a fun, supportive environment. Whether you're new to the sport or an experienced player, this program is a great way to stay active, build confidence, and enjoy the game with friends.

**SAT: 12:00 pm (Ages 13 - 15)****YOUTH ADVENTURE ZONE****45 minutes | F: 91\$ | M: 123\$ | N: 202\$****LIL NINJAS (AGES 4-5)**

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn age appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

**Sun: 10:00am****Sun: 11:00am****NINJA WARRIORS (AGES 6-11)**

Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

**Mon: 4:30pm (ages 4-6) | 5:30pm (ages 7-11)****Tue: 3:30pm (ages 4-6) | 5:15pm (ages 4-6)****Wed: 11:20am (ages 4-6)****Wed: 5:15pm (ages 4-6) | 6:05pm (ages 7-12)****Thu: 11:20am (ages 4-6)****Sat: 11:00am (ages 6-10)****Sun: 10:00am (ages 6-10)**

# MORE SPORTS AND PRIVATE COACHING



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### HIP HOP DANCE

Get ready to express yourself through dance! This high-energy class teaches hip hop basics, boosts coordination, and builds confidence in a fun, supportive environment. All music and movement are age-appropriate.

**Wed: 3:30pm (Ages 4-7)**

### ADULT INDOOR SOCCER LEAGUE

Lace up your cleats and join the YMCA Adult Indoor Soccer League! Designed for players ages 18 and older of all skill levels, this league offers a fun, fast-paced, and competitive environment where teamwork, sportsmanship, and community come together. Whether you're looking to stay active, sharpen your skills, or enjoy the game with friends, our league is the perfect place to compete, meet new people, and have fun. Gather your team or register individually and get ready for an exciting season of indoor soccer at the YMCA!

**SAT 1:00pm (Ages 18+)**

### ADULT BASKETBALL LEAGUE

Looking for competitive basketball, a great workout, and a chance to connect with other players? Join the YMCA Adult Basketball League! Whether you're a former athlete or just love the game, our league offers a fun, organized, and competitive environment for adults of all skill levels. Teams will compete in weekly games, with certified officials, league standings, and an end-of-season championship. Build friendships, stay active, and enjoy the excitement of basketball in a positive and welcoming YMCA atmosphere.

**SAT 3:30pm (Ages 18+)**

### PRIVATE BASKETBALL COACHING

**30 minutes | F: \$305 | M: \$354 | NM: \$496**

Elevate your game with personalized coaching! Focus on skill development, technique, and confidence-building through one-on-one instruction tailored to your goals.

### PRIVATE ATHLETIC COACHING

**30 minutes | F: \$305 | M: \$354 | NM: \$496**

Unlock your full potential with Private Athlete Training at the YMCA. Designed for youth and teen athletes across all sports—including basketball, soccer, football, track, and more—this one-on-one program focuses on building strength, speed, agility, endurance, and sport-specific skills. Parents, please be prepared as you may be invited to join your child toward the end of class for a optional fun activity together. Contact the Coach at the front desk to schedule a day and time that works best for you.

### PRIVATE SOCCER COACHING

**30 minutes | F: \$305 | M: \$354 | NM: \$496**

Looking to take your child's soccer skills to the next level? Our Private Soccer Coaching sessions offer one-on-one coaching tailored to your child's individual needs and goals. Whether they're just starting out or looking to sharpen their technique, our experienced coaches will focus on developing fundamentals, improving confidence, and enhancing game strategy. Parents, please be prepared as you may be invited to join your child toward the end of class for a optional fun activity together. Contact the Coach at the front desk to schedule a day and time that works best for you.

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## YOUTH ENRICHMENT

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

### CREATIVE WRITING AND STORYTELLING

Every great writer starts somewhere. This is where your child's story begins. Through poetry, short stories, and performance readings, kids build the confidence to share their ideas and find their own voice. The session wraps up with a mini Author's Showcase, where participants can read a piece they've written to family and friends

Sat: 12:00Pm (Ages 8-13)

### LIL' ARTIST STUDIO (PRESCHOOL)

Children explore creativity through painting, drawing, and simple crafts. This class helps develop fine motor skills, color recognition, and self-expression while encouraging creativity and confidence.

Wed: 10:00am (Ages 3-5)

### LITTLE PICASSOS

New techniques, colors, and textures every week — young artists create their own masterpieces and have a blast doing it!

Sat: 11:00am (Ages 6-10)

12:00Pm (Ages 4-6)

## TEEN SIGNATURE PROGRAMS

### THE BROTHERS

2 hours | Ages 13-18 | Free

Where competition meets connection! This is the ultimate hangout for teen guys who love to game, laugh, and level up together. Whether you're doing trivia games, battling it out in classic board games, or go head-to-head in video game showdown.

Tue: 3:30pm

### THE GLOW UP GIRLS

45 minutes | Ages 13-18 | Free

The Glow Up Girls is the go-to spot for teen girls ages 13 to 18 to connect, vibe, and just be real. Whether we're diving into girl talk, we talk about life, confidence, & friendship & goals.

Mon: 4:15pm

## SPECIAL EVENTS FOR MEMBERS

### KIDS NIGHT OUT 3 hours | M: \$20 NM: \$30

Hang out with your friends at the YMCA, Smash brothers style! We will MAKE pizza, play dodgeball in the gym, and bounce in the House!

Fri, Sept 11: 5:30pm-8:30pm

### BOUNCE HOUSE Free to Members | Non-Members: \$20

The Bounce House will be open for Families to enjoy!

Saturday, SEP 12th at 4:00 pm

Saturday, SEP 26th at 4:00 pm

### Summer Fare Well Party

3 hours | M: FREE NM: \$20

Summer's winding down — let's send it off right. Join us on the rooftop garden for one last Y After Dark before the season closes, with music, games, photo ops, and good conversation under the evening sky. Come mingle, meet new people, laugh with friends, and toast to summer with like-minded adults in a relaxed, welcoming space.

Wed: Sept 23rd 7:00pm

### BIRTHDAY PARTY RENTALS

Make your celebration unforgettable at the Y! Parties are available on Saturdays and Sundays for two hours. Times and spaces are limited. See Welcome Center for details.

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## Price Guide:

Family Member: \$83

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### INTRO TO GUITAR

Beginner-friendly class that introduces the basics of playing guitar in a fun and supportive setting. Students learn proper posture, tuning, basic chords, simple strumming patterns, and how to play along with songs while building confidence and musical foundation. Perfect for new players who want to start their guitar journey and enjoy making music in a community-focused environment.

**Wed 5:15pm (Ages 7-12)**

**Wed 6:15pm (Ages 13-18)**

**Sat 1:00pm (Ages 7-12)**

**Sat 2:00pm (Ages 13-18)**

### INTRO TO DRUMMING

This is an energetic, beginner-friendly class that introduces participants to the fundamentals of drumming and rhythm. Students will learn basic drum techniques, simple beats, coordination, and timing while exploring how rhythm supports music across many styles. Perfect for new drummers who want to build confidence, develop groove, and have fun making music.

**Tue 5:15pm (Ages 7-12)**

**Tue 6:00pm (Ages 13-18)**

**Thu 5:15pm (Ages 7-12)**

**Thu 6:00pm (Ages 13-18)**

**Sat 1:00pm (Ages 7-12)**

**Sat 2:00pm (Ages 13-18)**

### BABY'S FIRST SING ALONG

A wonderful sing along with little ones and their grownups. Everyone can participate by singing and using percussive instruments. A first musical experience for our little members (Sign Ups are weekly under special events)

**Sat 9:30am (Ages 0-2+)**

### INTRO TO PIANO

Learn the basics of playing piano in a fun and supportive setting. Students explore proper posture, hand positioning, and note reading in a group or private setting, and how to play along with songs while building confidence and musical foundation. This class is perfect for new players of all ages who want to start their piano journey.

**Tue 5:15pm (Ages 7-12)**

**Tue 6:15pm (Ages 13-18)**

**Sat 1:15pm (Ages 7-12)**

**Sat 2:15pm (Ages 13-18)**



### INSTRUMENT PETTING ZOO

Discover the magic of music—hands-on! Kids get to gently try real instruments, from drums and keyboards to shakers and strings. They'll explore new sounds, guess what they hear, and spark a lifelong curiosity for music and creativity.

**Tue 12:15pm (Ages 3-6)**

**Sat 10:30am (Ages 3-6)**

### BEAT MAKING FOR TEENS

Step into the world of music production and create your own sound. Using easy, interactive digital tools, teens will learn how to layer beats, mix loops, and shape their own tracks from start to finish.

**Fri 5:00pm (Ages 13-18)**

### INTRO TO RECORDING

Participants learn to use microphones, audio interfaces, and recording software and explore basics like signal flow, levels, and sound quality. Perfect for aspiring musicians, podcasters, and creatives ready to confidently record their own projects.

**Fri 6:00pm (Ages 13-18)**

### DRUMMING FOR WELLNESS

Discover the healing power of rhythm! This energizing group class uses drums and percussion to reduce stress, boost mood, and build connection through the joy of music. (No experience required).

**Thu 11:15am (Ages 18+)**

### INTRO TO VIOLIN

Learn the basics of violin in a fun, supportive setting. Students build confidence while learning posture, bow hold, finger placement, note reading, and how to play simple songs. Perfect for new players of all ages.

**Wed 5:15pm (Ages 7-12) | 6:00pm (Ages 13-18)**

**Thu 5:15pm (Ages 7-12) | 6:00pm (Ages 13-18)**

### SUPERSTAR WORKSHOP

**PER-DAY PRICING | F: \$20 | M: \$20 | NM: \$30**

This hands-on session lets kids dive into the world of music creation! They'll explore drums and keyboards to guitars and digital beats and then build their own artist brand, choose a genre, design a logo, and perform as their new musical persona. A perfect mix of creativity, collaboration, and self-expression.

**Sat 9/12 11:30am-1:00pm (Ages 5-18)**

**Sat 9/19 11:30am-1:00pm (Ages 5-18)**

**Sat 9/26 11:30am-1:00pm (Ages 5-18)**

**Sat 10/3 11:30am-1:00pm (Ages 5-18)**

**Sat 10/10 11:30am-1:00pm (Ages 5-18)**

**Sat 10/17 11:30am-1:00pm (Ages 5-18)**