

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

Y-ROX STRENGTH

A performance-driven workout designed to build the strength, endurance, and grit needed to tackle any hybrid race event. This class blends functional strength training with high-intensity cardio intervals, simulating the demands of the race format. Whether you're training for your first event or looking to improve your time, this class will help you develop power, stamina, and efficient movement under fatigue. Get race-day ready for all fitness levels!

Mon: 7:00am

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.

Thu 9:15am

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.

Tue: 12:00pm

TEEN FITNESS

60 minutes | F: \$78 | M: \$97 | N: \$172

Y FIT CLUB

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 and support all fitness levels.

Wed: 4:30pm



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.

Summer II Session:
4 Weeks July 27 – August 23

Registration Dates

Member Registration: **June 1st**
Non-Member Registration: **June 8th**

Rate Guide:

Family Member: F
Member: M
Non Member: NM

YOUTH SPORTS

45 MINUTES | F: \$49 | M: \$68 | NM: \$109

Mini All Stars (Ages 3-5)

45 MINUTES

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

Tue 5:00pm Sat 9:00am
Wed 5:00pm Sat 10:00am
Sat 11:00am ^{NEW!}

Indoor Laser Tag (Ages 7-13)

45 MINUTES

Players will take on fun, Fast-paced missions focused on teamwork, strategy, and active play. Each outdoor session includes a warm-up, skill games, and exciting team challenges.

Thu 5:00pm

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!

Thu 5:30pm

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.

Wed 6:00pm (Ages 7-8)
Wed 7:00pm (Ages 9-13)
Sat 8:00am (Ages 4-6)



Summer II Session:
4 Weeks | July 27 - August 23

Registration Dates

Member Registration: **June 1st**
Non-Member Registration: **June 8th**

Rate Guide:

Family Member: F
Member: M
Non Member: NM

PICKLEBALL LEAGUES

120 min M: \$61 NM: \$166

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 6:00pm



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!

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

Women's Pickup Basketball (Intermediate) **NEW !**

120 minutes M: \$76 NM: \$208

For players with prior basketball experience who are comfortable in organized, full-court 5v5 play at a steady recreational-to-competitive pace.

Thu 6:00pm



**To Register
Scan Here**



Summer Session:
10 Weeks | June 22 – August 30

Registration Dates

Member Registration: **June 1**
Non-Member Registration: **June 8**

Rate Guide (30 Min)

Family Member: **\$130**
Member: **\$191**
Non-Member: **\$312**

All classes take place outside in the Back Pool located behind to the Big Pool at Saugus Family YMCA.

PARENT / CHILD SWIM

Parent / Child Swim
(Ages 6-36 Months) | 30 min

Sun: 10:25am – 11:05am

YOUTH SWIM

Stage 1 | Ages 6-12
30 Minutes

Mon: 4:15pm-4:45pm
Mon: 4:50pm-5:20pm
Tue: 3:05pm-3:35pm

PRIVATE SWIM LESSONS

June 22 – August 30
4 Pack of Lessons (30 minutes each)

INQUIRE FOR PRICING

Mon-Thurs: 5:25pm – 5:55pm
Sat: 11:10am – 11:40am*
Sun: 11:10am – 11:40am

PRESCHOOL SWIM

Stage 1 | Ages 3-6
30 Minutes

Mon: 3:05pm-3:35pm
Mon: 4:50pm-5:20pm
Tue: 3:05pm-3:35pm
Sun: 9:50am-10:20am

Stage 2 | Ages 6-12
30 Minutes

Mon: 3:40pm-4:10pm
Tue: 3:40pm-4:10pm
Tue: 4:15pm-4:45pm

Stage 2 | Ages 3-6
30 Minutes

Mon: 3:40pm-4:10pm
Tue: 3:40pm-4:10pm
Sun: 9:15am-9:45am

Stage 3 | Ages 6-12
30 Minutes

Mon: 3:05pm-3:35pm
Tue: 4:50pm-5:20pm

Stage 3 | Ages 3-6
30 Minutes

Mon: 4:15pm-4:45pm
Tue: 4:15pm-4:45pm
Tue: 4:50pm-5:20pm
Sun: 9:15am-9:45am



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

Summer Session:

10 Weeks | June 22 – August 30

Registration Dates

Member Registration: **June 1**

Non-Member Registration: **June 8**

Rate Guide (30 Min)

Family Member: **\$130**

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SWIM CLASS DESCRIPTIONS

All classes take place outside in the Back Pool located behind to the Big Pool at Saugus Family YMCA.

PARENT CHILD SWIM

Parent/Child A (6-36 months)

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.

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.



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.

PRIVATE SWIM

Private Swim Lessons (Ages 3+) | 30 minutes

Private Swim Lessons at Saugus YMCA are available for children and adults ages 3 and up and provide personalized, one-on-one instruction with a qualified swim instructor for beginners.

Private lessons during the weekdays are ran Monday through Thursday as a week by week session. Weekend classes run as a weekly option.

Designed for all skill levels, these lessons help participants build confidence in the water while developing skills such as kicking, floating, paddle stroke techniques, self-rescue abilities, and more. Lessons are held in the Back Pool.

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**SCAN TO FILL OUT THE PRIVATE
SWIM LESSONS REQUEST FORM**



SAUGUS FAMILY YMCA

SUMMER CARNIVAL & POOL PARTY

FRIDAY, JULY 24TH | 6PM-7:30PM

BOUNCE HOUSE, CARNIVAL GAMES,
PIZZA & POPCORN, AND RAFFLE PRIZES!

YMN MEMBERS PRICES:
INDIVIDUAL: \$20
PER PERSON

NON-MEMBERS PRICE:
INDIVIDUAL: \$40
PER PERSON



SCAN HERE

PROCEEDS GO TO SUPPORTING OUR ANNUAL GALA!
LEARN MORE AT WWW.YMCAMETRONORTH.ORG/EVENTS