

Fall II Session:
October 26 – December 20**Registration Dates:**
Member Registration: **October 5**
Non-Member Registration: **October 12****Rate Guide:**
Family Member: F
Member: M
Non-Member: NM**PRESCHOOL SWIM**

F: \$104 M: \$153 NM: \$250

Parent|Child A (Ages 6m–18m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 10:10 am
Thu 11:00am
Sat 10:10 am

Parent|Child B (Ages 19m–42m)

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Sun 9:35 am | 10:45 am
Mon 5:35 pm
Wed 5:35 pm
Thu 10:30 am
Sat 9:35 am | 10:45 am

Preschool Stage 1 (Ages 3–5)

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am
Mon 3:15 pm | 4:25 pm | 5:00 pm
Tue 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 10:30 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Thu 4:25 pm | 5:35 pm
Fri 3:50 pm | 5:00 pm | 5:35 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am

Preschool Stage 2 (Ages 3–5)

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:10 am | 10:45 am
Mon 5:00 pm
Tue 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:00 am | 3:15 pm | 4:25 pm | 5:00 pm | 5:35 pm
Thu 4:25 pm | 5:00 pm | 5:35 pm
Fri 3:50 pm | 4:25 pm | 5:00 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 am | 11:20 am

Preschool Stage 3 (Ages 4–5)

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 taught in the deep end of the pool. Please bring goggles to class.

Sun 9:35 am | 10:45 am | 11:20 am
Mon 4:25 pm
Tue 4:25 pm
Wed 3:15 pm
Thu 3:15 pm | 5:00 pm
Fri 5:35 pm
Sat 9:00 am | 10:10 am | 10:45 am

Preschool Stage 4 (Ages 4–5)

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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 10:10 am
Mon 3:50 pm | 5:00 pm
Tue 4:25 pm
Wed 5:00 pm
Fri 4:25 pm
Sat 11:20 am

Scan to Register



***Please note: Saturday programs and leagues will be prorated to 7-weeks due to Spooky Sprint.

Fall II Session:
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F: \$104 M: \$153 NM: \$250

Youth Stage 1 (Ages 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. Please bring goggles to class.

Sun 10:10 am | 10:45 am | 11:20 am**Tue 3:15 pm****Wed 5:00 pm****Thu 5:00 pm****Fri 4:25 pm****Sat 9:35 am | 11:20 am****Youth Stage 2 (Ages 6-12)**

30 minutes

Swimmers must swim 5 feet on their front and back without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 10:45 am | 11:20 am**Mon 4:25 pm****Tue 3:50 pm | 5:00 pm | 5:35 pm****Wed 3:50 pm | 4:25 pm****Thu 3:50 pm | 4:25 pm****Fri 4:25 pm****Sat 9:00 am | 10:10 am | 10:45 am | 11:20 am****Youth Stage 3 (Ages 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 taught in the deep end of the pool. Please bring goggles to class.

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

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Youth Stage 4 (Ages 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. This class will be taught in the deep end of the pool. Please bring goggles to class.

Sun 9:00 am | 10:10 am | 10:45 am | 11:20 am**Mon 4:25 pm | 5:35 pm****Tue 3:50 pm | 5:00 pm****Wed 3:50 pm | 5:00 pm | 5:35 pm****Thu 3:15 pm | 3:50 pm | 4:25 pm****Fri 3:15 pm | 5:00 pm****Sat 9:00 am | 10:10 am | 10:45 am****Youth Stage 5 (Ages 6-12)**

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Please bring goggles to class.

Sun 9:00 am | 9:35 am | 11:20 am**Mon 5:35 pm****Tue 4:25 pm****Wed 4:25 pm****Thu 3:50 pm | 5:00 pm****Fri: 5:35 pm****Sat 9:35 am****Youth Stage 6 (Ages 6-12)**

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

Sun 9:35 am**Mon 5:00 pm****Tue 5:35 pm****Wed 3:50 pm****Sat 9:00 am****Competitive Swim Team Prep (Ages 7-14)**

30 minutes

F: \$187 M: \$268 NM: \$437

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

Wed 5:35 pm & Sat 11:20 am**Thu 5:35 pm & Sun 11:20 am**

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: \$153 NM: \$250

Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

Sun 9:05 am

Sat 8:30 am | 9:05 am

Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

Sun 8:30 am

Aquatic Stretch

M: FREE NM: \$150

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

Tue 1:00 pm

Thu 1:00 pm

PRIVATE SWIM

Private Lessons

F: \$305 M: \$354 MEMBERS ONLY

30 minutes

Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

Sun 11:20 am

Mon 3:15 pm

Tue 3:15 pm

Wed 10:00 am | 11:30 am | 3:15 pm

Thu 10:00 am | 11:30 am | 3:15 pm

Fri 3:15 pm | 3:50 pm

Sat 11:20 am



Scan to Register



****Please note: Saturday programs and leagues will be prorated to 7-weeks due to Spooky Sprint.**

**Fall II Session:
October 25 – December 20**

Registration Dates:

Member Registration: **October 5**

Non-Member Registration: **October 12**

Rate Guide:

Family Member: F

Member: M

Non Member: NM

SPORTS

F: \$91 M: \$123 NM: \$202

Mini All Stars (Ages 3-5)

45 Minutes

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

Sat 8:30 am

Wed 10:30 am

Basketball for Beginners (Ages 3-5)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

Fri 3:15 pm

Youth Soccer (Ages 6-9)

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

Wed 5:15 pm

Nerf Blasters (Ages 7-12)

45 Minutes

Speed, accuracy, and teamwork will be taught to improve fitness. Must bring own nerf gun and protective eye wear (goggles or sunglasses).

Wed 5:30 pm

Girls Got Basketball (Ages 7-12)

45 Minutes

These classes encourage elementary school aged girls to play and find the love for basketball with friends. Attendees will learn new skills through drills and games. Participants are asked to bring their own ball.

Thu 3:15 pm

Badminton (Ages 7-12)

45 Minutes

Grab a racket and join the fun! This beginner-friendly class teaches the fundamentals of badminton through skill-building drills, games, and friendly matches that help players build confidence while having fun.

Thu 4:15 pm

One on One Sports Training (Ages 7-18)

F: \$182 M: \$238 NM: \$329

45 Minutes

With the help and support from Coach Lyndsey, youth will learn proper technique and improving skills to get you to the next level.

Wed 3:15 pm

Sat 3:30 pm

ENRICHMENT

F: FREE M: \$123 NM: \$202

Kids Yoga & Dance (Ages 2-5)

45 Minutes

Learn the basics of yoga and dance through fun and engaging music. This class will teach yoga poses, meditation and mindfulness, all while keeping your little one moving and expressing their own creativity.

Tue 10:45 am

Little Melodies & Masterpieces (Ages 3-5)

45 Minutes

Children explore music and art through movement, rhythm, and creative projects. Activities support listening skills, creativity, fine motor development, and early learning, with art projects to take home each week.

Fri 9:00 am

Mandarin Play & Learn (Ages 3-5)

45 Minutes

Learning a new language is fun! Children will explore Mandarin through simple conversations, everyday vocabulary, story time, nursery rhymes, and interactive games. Recommended for ages 3-5, with younger and older children welcome to participate.

Fri 10:00 am

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Member Registration: **October 5**

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ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$241 NM: \$492

60 Minutes

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

Mon & Wed 5:30 pm | 6:30 pm | 7:30 pm

Tue & Thu 7:00 am | 8:00 am | 5:30 pm | 6:30 pm | 7:30 pm

Fitness for Menopause

M: \$142 NM: \$299

60 Minutes

This class will cover strength training for bone density, muscle mass, and metabolic well-being, as well as stress reduction methods, to help with fat loss.

Mon 10:00 am

Tue 10:00 am | 6:00 pm

Wed 7:00 am | 5:30 pm

Thu 9:00 am | 6:00 pm

Golf-Focused Strength & Mobility Training

M: \$121 NM: \$246

45 Minutes

Improve your swing speed, produce more force and become more flexible this offseason by training golf specific exercises that will translate to help your game on the course.

Wed 8:15 am

Sculpt Lab

M: \$134 NM: \$273

60 Minutes

If you want to learn to lift weights but are intimidated and don't know where to start this is the class for you. Curriculum includes nutritional support, building healthy habits, and how to lift for a sculpted body!

Mon 6:00 pm

Y-Rox

M: \$226 NM: \$462

60 Minutes

Open to anybody who wants to challenge themselves using the specific training styles and techniques used for the HYROX competition. The focus is high intensity combined with overall strength and increasing cardiovascular endurance.

Tue & Thu 6:00 am

Unhunch!

M: \$134 NM: \$273

60 Minutes

Designed to improve posture, mobility, and strength for a healthier, more comfortable spine. Participants will learn effective exercises to reduce upper back stiffness, build support through the upper body and core, and offset the strain of daily screen and desk work.

Mon 5:15 pm

Fall Prevention and Balance

M: \$121 NM: \$254

60 Minutes

A 7-week program focused on building balance, strength, and control for everyday activities. Through simple exercises and practical drills, participants will improve stability and learn how to move more safely in real-life situations.

Thu 12:00 pm

Yoga for Pelvic Floor Health

M: \$134 NM: \$273

60 Minutes

This progressive yoga series supports pelvic floor health through mindful movement, breath, posture, and nervous system regulation. Each class builds on the last to help develop awareness, coordination, strength, and relaxation in an integrated, supportive way.

Wed 5:30 pm

Reformer Pilates

M: \$200 NM: \$320

50 Minutes

Reformer Pilates is a full body workout, with an emphasis on stability, core strength, mind-body connection. Sessions are challenging and fun and designed to keep you moving the whole time!

A: Advanced, AL: All Levels, B: Beginner, I: Intermediate

Mon 12:30 pm (AL) | 5:45 pm (AL)

Tue 10:30 am (AL) | 12:00 pm (A) | 5:00 pm (AL)

Wed 8:30 am (AL) | 10:00 am (I) | 5:30 pm (AL) | 6:30 pm (I)

Thu 8:30 am (AL) | 9:30 am (AL) | 12:00 pm (A) | 5:00 pm (AL)

Fri 8:30 am (AL) | 12:00 pm (AL)

YOUTH FITNESS

F: \$98 M: \$136 NM: \$218

Strength and Conditioning (Ages 9-13)

45 Minutes

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.

Thu 3:30 pm | 4:30 pm

Intro to Weight Training (Ages 9-13)

45 Minutes

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

Tue 3:30 pm | 4:30 pm

Boxing & Teen Boxing

45 Minutes

Introduces boxing skills and techniques to kids in a small group setting.

Sun 11:00 am (Ages 8-11)

Sun 12:00 pm (Ages 12-16)

Girls Got Strength (Ages 9-13)

45 Minutes

For young female athletes who want to learn how to gain strength and improve their conditioning level.

Thu 4:15 pm (Beg/Int)

Thu 5:00 pm (Advanced)

ADULT FITNESS AND ENRICHMENT



**MELROSE
FAMILY
YMCA**

497 Main Street
Melrose, MA 02176
781-665-4360
ymcametronorth.org

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October 26 – December 20**

Registration Dates

Member Registration: **October 5**

Non-Member Registration: **October 12**

Rate Guide:

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Member: M

Non Member: NM

ADULT FITNESS

Healthy Heart Maintenance

M: FREE NM: \$80

60 Minutes

For individuals who have experienced a cardiac event and successfully completed cardiac rehabilitation.

Doctor's clearance for exercise is required.

Mon 8:00 am | 10:00am

Wed 8:00 am | 10:00am

Fri 8:00 am

Stay Fit

F: FREE M: FREE NM: \$80

60 Minutes

Join our instructor through an hour long, low impact aerobics class geared towards seniors.

Tue 12:00 pm

Thu 12:00 pm

Build & Protect: Lifting for Bone Density

M: \$134 NM: \$273

60 Minutes

Build bone density and strength safely in this beginner-friendly class for women in menopause and beyond.

Great for those with osteoporosis or osteopenia.

Mon 11:30 am

ADULT SPORTS

Adult Basketball League

M: \$75 MEMBERS ONLY

Whether you are looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active!

Mon & Wed 6:45 pm | 7:45 pm

Adult Volleyball League

M: \$75 NM: \$210

This league is designed for adults with prior volleyball experience and offers two levels of play:

- Tuesday is more competitive and fast paced, with an emphasis on strong knowledge of volleyball rules, positioning, rotations, gameplay, teamwork, and good sportsmanship.
- Thursday offers a fun, welcoming, and moderately competitive environment where advanced skills are not required, with an emphasis on fun, teamwork, good sportsmanship, and meeting new friends.

Both leagues are self monitored.

Tue 6:45 pm-8:45pm

Thu 6:45 pm-8:45pm

Beginner Pickleball I

M: \$123 NM: \$216

60 Minutes

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

Tue 9:00 am

Beginner Pickleball II

M: \$123 NM: \$216

60 Minutes

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

Tue 10:00 am

Pickleball Skills and Drills for Low Intermediates

M: \$108 NM: \$185

60 Minutes

This class is for players who are already having success in sustaining rallies of 4+ shots. Players will continue to improve on skills introduced in Skills and Drills for Beginner II. Focus will be on shots used to get more successfully to the "kitchen" line, footwork, and defensive and reset shots. Drills for starting the soft, dinking game will be introduced.

Thu 9:00 am

Pickleball Skills and Drills for Mid-High Intermediates

M: \$108 NM: \$185

60 Minutes

This class is for players who are having success in sustaining rallies of 6+ shots and are attempting to get to the NVZ line with their partner. Players will continue to level up their playing through drills related to point strategy and construction, improved footwork, and defense. The soft, dinking game will be a primary focus as well as court coverage and partner positioning. (Players must be able to consistently "feed" balls to a partner for drills.)

Thu 10:00 am

ADULT ENRICHMENT

Learn to Play Mahjongg

M: \$15 MEMBERS ONLY

90 Minutes

Learn the basics of American Mahjongg in a beginner friendly environment. This is a class for beginners who have little or no experience. Individuals that know how to play or have taken the class before can drop in for free-play without registration.

Tue 1:00 pm

Scan to Register



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JR. CELTICS LEAGUES



PRESENTED BY  new balance

NOVEMBER 2 – FEBRUARY 14 (12 WEEKS)

MELROSE FAMILY YMCA

Member Registration: October 5
Non-Member Registration: October 12

League for Ages 5–6

Tuesday: 3:15pm–4:15pm

Tuesday: 4:15pm–5:15pm

League for Ages 7–8

Tuesday: 5:15pm–6:15pm

League for Ages 9–10

Wednesday 4:15pm–5:15pm & Saturday 9:30am–10:30am

Friday 4:15pm–5:15pm & Saturday 10:45am–11:45am

League for Ages 11–13

Friday 5:15pm–6:15pm & Saturday 12:00pm–1:00pm

The Junior Celtics program, in partnership with the Boston Celtics, offers professional coaching and skill development for boys and girls of all skill levels, from beginners to advanced players.

Your child will have the chance to learn from experienced coaches, participate in skill-building drills, and enjoy friendly competition in a safe and structured setting.

Ages 5–8

Play 1x per week

30 min practice & 30 min games

F: \$175 Y: 211 N: \$294

Ages 9–13

Play 2x per week

60 min practice & 60 min games

F: \$240 Y: \$291 N: \$392



SCAN QR CODE
FOR MORE INFO!

Get Registration Information: www.ymcametronorth.org/jr-celtics