

**Fall II:**  
**8 Weeks\* | Oct 26 – Dec 20**

## Registration Dates

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

## ADULT FITNESS

**60 MINUTES | M: \$134 | NM: \$273**  
**2X PER WEEK | M: \$241 | NM: \$492**

### 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.

**Tue & Thu: 7:00pm–8:00pm**

### 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.

**Mon: 5:30am–6:30am**

### 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.

**Tue & Thu: 9:00am–10:00am**

**Wed: 6:00pm–7:00pm**

### ERG LAB

This new class combines all four Concept 2 Ergometers for a unique and challenging class that you will not find anywhere else on the North Shore. Participants will use the Row, Bike, Ski, and NEW Strength Ergs to improve their fitness. Our coaches will be ready to push you to find new limits in an encouraging and fun atmosphere.

**Tue & Thu: 6:00am–7:00am**

**Wed: 12:00pm–1:00pm**



## TEEN FITNESS

**60 MINUTES | F: \$109 | M: \$151 | N: \$229**  
**2X PER WEEK | F: \$186 | M: \$257 | NM: \$390**

### Y FIT CLUB (AGES 7–14)

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 all fitness levels.

**Tue & Thu: 4:30pm–5:30pm**

**Wed: 4:30pm–5:30pm**

### YOUTH SPEED AND AGILITY (AGES 7–14)

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.

**Mon: 4:00–5:00pm**

## 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](http://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.

Please note: Thursday classes will be prorated to reflect a 7-week session due to Thanksgiving (Nov 26th)

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Family Member: F  
Member: M  
Non Member: NM

## PICKLEBALL LEAGUES

**2 HOURS | M: \$105 | NM: \$266**

### 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: 12:00pm**



### 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!

**Thu: 6:00pm**

### Pickleball League (Intermediate)

**120 MINUTES**

Players will experience a mix of some competitive matchups and playing combinations throughout the session, all leading up to a fun end-of-session tournament. (Level 3.0 + 3.5+)

**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](mailto:lgarchinsky@metronorthymca.org)

YMCA of Metro North Members Only

4 - 60 min Sessions \$240

6 - 60 min Sessions \$360

8 - 60 min Sessions \$480

**To Register Scan Here**



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# YOUTH SPORTS



**SAUGUS FAMILY YMCA**  
298 Main Street, Saugus, MA 01906  
781-233-9622 | ymcametronorth.org

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## YOUTH SPORTS

**45 MINUTES | F: \$91 | M: \$123 | NM: \$202**

**60 MINUTES | F: \$101 | M: \$137 | NM: \$213**

### Mini All Stars (Ages 3-5)

**45 MINUTES**

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

**Mon: 5:30pm**

**Tue: 5:00pm**

**Wed: 4:00pm**

**Fri: 9:30am**

### Youth Soccer (Ages 6-9)

**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.

**Fri: 3:30pm**

### Archery (Ages 7-12)

**60 MINUTES**

All participants will learn proper archery techniques while building confidence, accuracy, and consistency through engaging drills and fun challenges. Beginners will focus on learning the fundamentals, while returning archers refine their skills. All equipment is provided.

**Tue: 4:00pm**

**Thu: 4:00pm**

### Indoor Laser Tag (Ages 7-12)

**45 MINUTES**

Join us for exciting laser tag games that encourage teamwork, strategy, and active play. Whether working together or competing in friendly challenges, participants are sure to have fun each week.

**Fri: 4:30pm**

### Girls Got Game (Ages 7-12)

**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.

**Sat: 9:00am**

### Ready, Set, Move! (Ages 18 mon. – 3 years) **NEW!**

**45 MINUTES**

Little ones will move, play, and explore through fun games, obstacle courses, and activities that build balance, coordination, and confidence. Parent/guardian participation required.

**Thu: 9:00am**

**Sat: 12:00pm**

### Pickleball Skills & Drills (Ages 7-12)

**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. Paddles will be provided.

**Sat: 11:00am**

### Youth Lacrosse (Ages 6-9) **NEW!**

**45 MINUTES**

A fun introduction to lacrosse! Players will learn the basics of passing, catching, shooting, and stick handling through fun games and activities. No experience needed!

**Mon: 5:30pm**

**Sat: 10:00am**



### 1-on-1 Skills Training (Ages 7-12)

**30 MIN | 7-WEEKS | F: \$267 M: \$310 NM: \$434**

**30 MIN | 8-WEEKS | F: \$305 M: \$354 NM: \$496**

Individual instruction focused on building skills, strengthening fundamentals, and gaining confidence through one-on-one practice with a coach!

**Thu: 5:00pm**

**Sat: 12:00pm**

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# SPANISH 101 (AGES 6-12)



**Wednesday from 5:00pm to 5:45pm**

**Friday from 5:00pm to 5:45pm**

**45 minutes | F: Free | M: \$111 | N: \$183**

A fun introduction to Spanish!  
Participants will learn basic words and phrases through games, activities, and conversation. No previous Spanish experience is needed.

## SAUGUS UPCOMING EVENTS

# BOUNCE HOUSE

**THE FOLLOWING WEDNESDAYS**

**11/4, 11/18, 12/2 & 12/16**

**FROM 10:45AM – 11:45AM**

Hang out with your friends at the YMCA, and enjoy some bounce house time in the gym!

**Free to all Family Members**



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# JR. CELTICS LEAGUES

PRESENTED BY  new balance.



## NOVEMBER 2–FEBRUARY 13 (14 WEEKS)

## SAUGUS FAMILY YMCA

 Get ready to tip off the season at our Jr. Celtics Draft Day on Sunday, Nov 8! Families are invited to come by, meet the coaches, and get a sneak peek at the exciting season ahead. 

### League for Ages 5–6

Wednesday: 4:30pm–5:30pm

Saturday: 8:15am–9:15am

### League for Ages 7–8

Wednesday: 5:45pm–6:45pm

Saturday: 9:30am–10:30am

### League for Ages 9–13

Monday: 5:00pm–6:00pm & Wednesday: 7:00pm–8:00pm

Monday: 6:15pm–7:15pm & Saturday: 10:45am–11:45am

#### 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 game days

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

Scan the  
code to  
register  
today!



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.

**GET REGISTRATION INFORMATION: [WWW.YMCAMETRONORTH.ORG/JR-CELTICS](http://WWW.YMCAMETRONORTH.ORG/JR-CELTICS)**