

Fall II Session: 8 Weeks | Oct 26-Dec 19

Registration Dates

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

Rate Guide (30 Min)

Family Member: **\$104**
Member: **\$153**
Non-Member: **\$250**

Parent | Child A (Ages 6-18 Months) | 30 Min

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

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

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

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

Mon: 11:25am
Tue: 10:50am | 3:55pm | 5:40pm
Wed: 10:50am | 3:55pm | 4:30pm
Thu: 3:55pm | 5:05pm
Sat: 9:00am | 9:35am | 10:10am | 11:20am
Sun: 9:00am | 9:35am | 11:20am | 11:55am

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

Mon: 11:25am | 3:55pm | 4:30pm
Tue: 11:25am | 5:05pm
Wed: 10:50am | 4:30pm | 5:40pm
Thu: 4:30pm | 5:05pm
Fri: 3:55pm
Sat: 9:00am | 9:35am | 10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:45am | 11:55am

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

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

PRESCHOOL SWIM: Stage 4 Ages 3-5 | 30 Minutes

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

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

Mon: 5:05pm
Tue: 5:05pm
Wed: 4:30pm
Fri: 4:30pm
Sat: 10:10am | 11:20am
Sun: 9:00am | 10:10am

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

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

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

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

YOUTH SWIM: Stage 4 Ages 6-13 | 30 Minutes

Mon: 4:30pm | 5:40pm
Tue: 4:30pm | 5:40pm
Wed: 3:55pm | 5:40pm
Thu: 3:55pm | 4:30pm | 5:40pm
Fri: 5:40pm
Sat: 9:00am | 11:20am
Sun: 9:35am | 10:45am

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

Mon: 5:05pm
Tue: 3:55pm | 5:40pm
Wed: 5:05pm
Thu: 4:30pm | 5:40pm
Sat: 9:35am | 10:10am
Sun: 10:10am | 11:20am

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

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

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

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

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

Sat: 9:00am | 11:55am

MASTER'S SWIM

Ages 18+ | 90 minutes | M: \$127 NM: \$184

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

PRIVATE SWIM LESSONS

Ages 4+ | 30 minutes | F: \$305 | M: \$354

Mon: 3:55pm | 4:30pm | 5:05pm | 5:40pm
Tue: 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
Wed: 3:15pm | 3:55pm | 5:40pm
Thu: 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
Fri: 3:15pm | 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:30pm
Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

COMPETITIVE SWIM TEAM PREP

Ages 6-13 | 45 min | F: \$208 M: \$298 NM: \$486

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

SPRINGBOARD DIVING: BEGINNER

Ages 6-18 | 45 Min | F: \$116 M: \$170 NM: \$278

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

SPRINGBOARD DIVING: INTERMEDIATE Ages 6-18 | 60 Min | F: \$127 M: \$187 NM: \$306

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

SPRINGBOARD DIVING: ADVANCED Ages 6-18 | 60 Min | F: \$127 M: \$187 NM: \$306

Sat: 11:00am

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

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.

NEED TO MISS A CLASS THIS SESSION?

Make-up lessons are available upon request for families who can't attend their regularly scheduled class due to travel, illness, or other conflicts.

Scan to Register



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8 Weeks* | Oct 26 – Dec 20

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Member Registration: **October 5**
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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:** Thursday classes will be prorated to reflect a 7-week session due to Thanksgiving (Nov 26th)

YOUTH SWIM

Stage 1 (6-13)

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 (6-13)

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 (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.

Master Swim (18+)

60 minutes

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!

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 6-18yrs.

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.

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YOUTH SPORTS

45 minutes | F: \$91 M: \$123 NM: \$202

SPORTS SAMPLER

Try something new and have fun! Sports Sampler gives kids the chance to explore a variety of sports while building fundamental skills, teamwork, confidence, and a love for being active. Each session features a new sport and plenty of fun, high-energy activities!

Tue: 4:00pm–4:45pm (Ages 6–9)

FLAG FOOTBALL

Watch your kids set a new standard with sprints, hand-eye coordination, and teamwork using classics like flag football and capture the flag.

Thu: 4:00pm–4:45pm (Ages 6–12)

FLOOR HOCKEY

Get moving with Indoor Floor Hockey! Players will learn the fundamentals of stick-handling, passing, shooting, and teamwork through fun drills, skill-building activities, and exciting game play. A great way to stay active and have fun on the court!

Wed: 4:00pm–5:00pm (Ages 6–12)

NERF BLASTERS FAN FAV!

Gear up for epic battles! Grab your blaster, unleash your skills and let the fun begin!

Thu: 5:00pm–5:45pm (Ages 6–12)

RUNNING CLUB

Join our Running Club! Improve your running technique while having a blast. We will participate in sprinting, distance drills, and play fun running games on our track. Your kids will be learning basics of calisthenics, endurance, pace, and proper running/stretching techniques.

Tue: 4:00pm–4:45pm (Ages 6–12)

YOUTH FITNESS & SELF DEFENSE FAN FAV!

60 minutes | F: \$101 | M: \$137 | N: \$213

Boost fitness and master self-defense while having a blast! Join us for active fun and build confidence for 60 minutes with **Coach Larry Leavitt a 6th Degree Black Belt with 50+ Years of Martial Arts Experience!**

Sun: 11:00am–12:00pm (Ages 6–11)

Homeschool PE with Swim Lesson

Ages 5–12 | F: \$291 | M: \$348 | N: \$462

Join us for a dynamic 3-hour session at the Y, featuring:

• Physical Education • Swimming • Fun Activities

Discover hands-on learning that boosts student development and social interaction. Don't miss out on this exciting opportunity for growth and engagement!

Tue: 10:00am–1:00pm



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PICKLEBALL LEAGUES AT THE Y

2 Hours | M: \$120 | N: \$336

Please create a section that specifies each member is only allowed to sign up for two leagues per session. Ensure that members select their appropriate league level, as no one should be enrolled in both the beginner and advanced leagues.

PICKLEBALL LEAGUES: BEGINNER PLAY

Mon: 6:15pm–8:15pm (Ages 18+)

PICKLEBALL LEAGUES: ADVANCED PLAY

Wed: 6:15pm–8:15pm (Ages 18+)

PICKLEBALL LEAGUES: ALL LEVELS PLAY

Sat: 10:15am–12:15pm (Ages 18+)



PICKLEBALL LESSON AT THE Y

60 Minutes | M: \$123 | N: \$216

PICKLEBALL LESSONS | Beginner 1

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Minimal to No experience Necessary

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

Wed: 9:00am–10:00am (Ages 18+)

PICKLEBALL ADVANCED DRILL SESSION

Coach: Sarah Caliento – IPTA Certified Pickleball Instructor
Level: Completion of Beginner 2/Advanced Beginner Lesson or 3 to 6 months' experience of pickleball

Designed for players who can sustain longer rallies, this class covers point strategy, shot selection, speed-ups, and defensive/reset shots, with a primary focus on the soft, dinking game.

Wed: 11:00am–12:00pm (Ages 18+)

PICKLEBALL LESSONS | Advanced Beginner

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Completion of Beginner 1 Lesson or 3 to 6 months experience of pickleball

Players should have learned the rules and scoring for pickleball and focus on strategy. This class emphasizes better mechanics and consistency with serves/returns, dinks, volleys, footwork, and court positioning.

Wed: 10:00am–11:00am (Ages 18+)

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ADULT FITNESS

60 minutes | M: \$134 NM: \$273

LIFT & THRIVE

This class will 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 new or ready to level up your training, this class will empower you to push past limits and thrive.

Mon: 7:00am with Bill

WOMEN ON WEIGHTS ^{FAN FAVE!}

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells lifting moderate to heavy weights is a better way to burn fat and build lean muscle WITHOUT ADDING BULK.

Mon: 9:00am with Kayla

Mon: 6:00pm with Emily

Tue: 6:30pm with Michelle

Wed: 6:00pm with Emily

Fri: 9:00am with Melissa

Sun: 9:00am with Kayla

Y CIRCUIT

During this 60-minute class a certified personal 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 using bodyweight, TRX, dumbbells, kettlebells and more.

Mon: 5:00pm with Steve

Wed: 5:00pm with Steve

FUNCTIONAL STRENGTH & MOBILITY

Help make everyday activities easier and more efficient. This class improves joint stability, coordination, posture, balance, and overall functional fitness, helping you move with greater confidence in your daily life.

Thu: 10:00am with Kayla



HYBRID PERFORMANCE ^{NEW!}

Build strength, improve endurance, and take your fitness to the next level! Hybrid Performance combines strength training, cardio, and functional movements into one dynamic, full-body workout. Each class is designed to challenge you at your own pace while improving power, stability, mobility, and overall performance. All fitness levels are welcome!

Sat: 9:30am with Eddie

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

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

This program meets once per week and includes body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of a certified personal trainer and all this support, your goals are within reach!

Tue: 10:00am with Chuck

Fri: 10:00am with Bill

METABOLIC CONDITIONING

This program includes body composition monitoring, nutrition plans, strength, and cardio plans. With the guidance of a seasoned certified personal trainer and all this support, your goals are within reach!

Tue: 9:00am with Chuck

Fri: 9:00am with Bill

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.

Tue: 7:00am with Bill

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TEEN FITNESS (AGES 12-16)

60 minutes | F: \$109 | M: \$151 | N: \$229

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



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!

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

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



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ENRICHMENT

30 minutes | F: \$91 | M: \$123 | N: \$202

BABY EXPLORERS

AGES 6 WEEKS TO 14 MONTH

A caregiver-and-child enrichment program designed to build connection, support sensory development, encourage early communication, and introduce children to new experiences. *A caregiver must attend with the child.*

Tue: 11:15am–11:45am



SPECIAL EVENTS FOR MEMBERS

KIDS NIGHT OUT 3 hours | FM: \$20 M: \$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, October 23: 5:30pm–8:30pm

KIDS NIGHT OUT 3 hours | FM: \$20 M: \$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, November 27: 5:30pm–8:30pm



TORIGIAN FAMILY YMCA

TRUNK-OR-TREAT

THURSDAY, OCTOBER 29TH

6:00PM TO 7:30PM

Costume Contest for the top three winners:

- Best ELP Age Costume
- Best OST Age Costume
- Best Trunk



REGISTER ONLINE: WWW.YMCAMETRONORTH.ORG/EVENTS

JR. CELTICS LEAGUES

PRESENTED BY  new balance



NOVEMBER 2–FEBRUARY 13 (12 WEEKS)

TORIGIAN 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 4–6

Saturday: 9:00am–10:00am

League for Ages 7–8

Monday: 5:00pm–6:00pm
Wednesday: 5:00pm–6:00pm

League for Ages 9–12

Tuesday: 5:30pm–6:30pm & Friday: 5:30pm–6:30pm

Ages 4–8

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

TORIGIAN FAMILY YMCA

Livestrong at the Y 5K & Half Marathon

All proceeds will benefit the LiveStrong Program at the Torigian Family YMCA.

The YMCA of Metro North and the Torigian Family YMCA are excited to host our annual Livestrong at the Y 5K & Half Marathon this Fall. This road races benefits Livestrong at the Y, a 12-week program that helps cancer-survivors regain strength after treatment. Runners and walkers can enjoy a morning supporting the Y by signing up for the family-friendly 5K course. Registration includes post-race refreshments and awards for top runners in every age category.

REGISTER ONLINE!

www.ymcametronorth.org/road-races



SAT, NOV. 21st

Lt. Ross Memorial
Park 36 Johnson
Street Peabody, MA

RACE START TIME-8:30am