AQUATICS

DEMAKES FAMILY YMCA
40 Neptune Blvd. Lynn, MA 01902
781-842-8811 | ymcametronorth.org

Winter Session:
7 Weeks* | Jan 2- Feb 14

Registration Dates
Member Registration: November 30
Non-Member Registration: December 7

7-Week Rate
Family: $97
Member: $141
Non-Member: $241

6-Week Rate
Family: $88
Member: $124
Non-Member: $217

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

PRIVATE SWIM LESSONS
30 Min. | F: $267 | M: $310 | NM: $434

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

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CANCELLATION POLICY
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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: $115 | M: $168 | NM: $271
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

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6-Week Rate

Family:	$88
Member:	$124
Non-Member:	$217

SWIM CLASS DESCRIPTIONS

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 water 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 water 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.

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 & 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 floatation 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!

Scan to Register

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HEALTHY LIVING

DEMAKES FAMILY YMCA
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ADULT FITNESS
7 Weeks | 60 Minutes | M: $131 | N: $274
6 Weeks | 60 Minutes | M: $115 | N: $242

RESOLUTION SOLUTION
NEW!

Make 2027 your healthiest year yet! Jump start your fitness and wellness goals and stay on track with confidence. This class will mix cardio with strength for a full body workout with options to cater to your specific goals.

Mon:	**6:00pm**	**Wed:**	**4:00pm**
Tue:	**6:00am**	**Thu:**	**8:00am**
Wed:	**11:00am**	**Sat:**	**2:00pm**

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:	**5:00pm**	**Wed:**	**10:00am**
Tue:	**7:00am**	**Sat:**	**9:00am**

HIIT YOUR GOALS
Transform your physique using a combo of High Intensity Interval Training and full body strength. This class can be taken at any fitness level.

Mon:	**4:15pm**	**Thu:**	**9:00am**
Wed:	**6:00pm**	**Sat:**	**10:00am**

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

PRIME PERFORMANCE
NEW!

Combine traditional full body conditioning with fundamentals of athletic performance to reach your Prime Performance and Fitness!

Sat: 3:00pm

Scan to Register

Please Note: Monday-Friday programs will be prorated to 6-weeks.

FIT & FIERCE FOR WOMEN
Designed with a woman'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

ADULT FITNESS
45 Minutes | M: $104 | N: $218

LUNCHTIME LIFT
NEW!

Get away from your desk to get a lift in! A trainer will guide you through a basic full body strength training workout leaving you feeling accoplished and energized!

Tue: 12:00pm

GLUTE CAMP
Glute camp has arrived! Squat, thrust and lunge your way to your best lower body. Improve your physique, build lean muscle and increase strength. Let's hit the weights and build that BOOTY!

Thu: 6:30pm

NINJA BOOTCAMP
NEW!

The Ninja Course isn't just for kids! This class will give you a full body workout using the obstacles in the Adventure Zone. You'll have so much fun, you'll forget you're working out! No prior exp. needed.

Thu: 5:30pm

PERSONAL TRAINING
Reach your goals faster with certified personal trainers at the Y! A trainer will:

- Keep you consistent and accountable
- Design safe and effective workouts just for you
- Educate you on healthy lifestyle choices
- Help you find the fun in fitness!

Book a free Jumpstart fitness orientation to get started! www.ymcametronorth.org/personal-training

HEALTHY LIVING

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TEEN FITNESS (AGES 12-16)
7 Weeks | 60 minutes | F: $102 | M: $140 | N: $225
6 Weeks | 60 minutes | F: $94 | M: $127 | N: $207

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.

Tue: 3:30pm **Sat: 10:00am**
Wed: 5:00pm

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

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



YOUTH FITNESS (AGES 8-11)
7 Weeks | 45 min | F: $92 | M: $126 | N: $214
6 Weeks | 45 min | F: $85 | M: $114 | N: $197

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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Scan to Register

SPORTS

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7 Weeks* | Jan 2- Feb 14	Member Registration: November 30 Non-Member Registration: December 7	Family: $85 Member: $114 Non-Member: $189	Family: $76 Member: $102 Non-Member: $168

YOUTH SPORTS

SPORTS MANIA!!! NEW!

Get ready for Sports Mania! Each week, kids try a brand-new sport: basketball, soccer, floor hockey, dodgeball, and more. They'll learn the basics, build new skills, and discover new favorites, all while staying active, making friends, and having a blast!

Sun: 2:00pm (Ages 4-8)
Sun: 3:00pm (Ages 9 -13)

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 4-8)
Sun: 1:00pm (Ages 9 -13)

BASEBALL SKILLS & DRILLS NEW!

Hit, throw, catch, and run! Baseball Skills & Drills teaches young players the fundamentals of the game through fun, hands-on drills. Build skills, gain confidence, and get ready for game day!

Tue: 5:00pm (Ages 4-8)
Tue: 6:00pm (Ages 9-13)

ADULT SPORTS

BASKETBALL LEAGUE

Age 18+ | 2x a Week | M: $106 | NM: $280

Join the YMCA Adult Basketball League for weekly games, certified officials, and an end-of-season championship. All skill levels are welcome. Come play, compete, and connect!

Tues & Thurs: 6:30pm

PICKLEBALL LESSONS

Age 18+ | 60 Minutes | M: $114 | NM: $173

Learn the basics of America's fastest-growing sport! Beginner Pickleball Lessons cover rules, scoring, and key skills in a fun, welcoming setting. No experience needed, and paddles are provided!

Wed: 4:00pm

Scan to Register

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YOUTH ADVENTURE ZONE

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 speed, coordination, and balance on a variety of obstacles.

Tue: 10:00am
Tue: 4:45pm
Wed: 1:30pm
Sat: 10:00am
Sun: 11:00am

NINJA WARRIORS STAGE 1 NEW!

(Ages 6-10)

Build the foundations of movement and strength in this unique sport! This engaging class will teach kids to move and have fun while gaining strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

Mon: 4:30pm
Mon: 6:15pm
Tue: 5:45pm
Wed: 4:00pm
Wed: 5:45pm
Sun: 10:00am

NINJA WARRIORS STAGE 2 NEW!

(Ages 8-12)

Push beyond the basics and progress further in this sport! This class will move through more advanced drills and obstacles. Before taking this class, kids should complete Stage 1 and/or be comfortable moveing across monkey bars unassisted.

Mon: 5:15pm
Tue: 6:30pm
Wed: 4:45pm
Wed: 6:30pm
Sat: 11:00am

PRIVATE BASKETBALL COACHING

All Ages | 30 minutes | F: $267 | M: $310 | N: $434

Elevate your game with a 30 minute personalized coaching! Focus on skill development, technique, and confidence-building through one-on-one instruction tailored to your goals.

Sat: 10:00am
Sat: 11:00am
Sat: 1:00pm

ENRICHMENT & EVENTS

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PAINT & PLAY

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.

Sat: 11:00am (Ages 3-5)
Sat: 12:00pm (Ages 6-10)

TEEN ARTIST STUDIO

Create, express, and connect! In Teen Artist Club, teens explore drawing, painting, and mixed media through fun, hands-on projects. All skill levels are welcome. Just bring your imagination!

Wed: 4:00pm (Ages 12- 17)

SPECIAL EVENTS FOR MEMBERS

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

Taco Night! Learn to make tacos, watch the movie Coco, and play in the Adventure Zone. Vegetarian inlusive.

Friday, Jan 8th | 5:30-8:30pm

KIDS DAY OUT: **3 hours | M: $25 NM: $35**

Nerf Blasters! Grab your team because its head to head!

Sunday, Feb 7th | 1:00-4:00pm

BOUNCE HOUSE **Free to Members | Non-Members: $20**

The Bounce House will be open for Families to enjoy!

Saturday, Jan 2nd at 4:00 pm
Saturday, Feb 6th at 4:00 pm

SENIOR SOCIAL

Jan 11th | 12pm to 1pm
Price - Free

MEDITATION CLUB

Jan 8th & 22st | 1pm to 1:30pm
Feb 5th & 19th | 1pm to 1:30pm

Price - Free

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.

Scan to Register

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MUSIC LESSONS

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Family: $76
Member: $102
Non-Member: $168

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 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)
Wed: 5:15pm (Ages 7-12)
Wed: 6:00pm (Ages 13-18)
Sat: 1:15pm (Ages 7-12)
Sat: 2:15pm (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)



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 VOICE
Beginner-friendly class that introduces the basics of singing and voice in a fun and supportive setting. Students learn proper posture, vowel shapes, basic riffs, simple vocal warm ups, and how to sing along with songs while building confidence and musical foundation. Perfect for new singers or those who want to start their singing journey.

Thu: 5:00pm (Ages 7-12)
Thu: 5:30pm (Ages 13-18
Sat: 12:00pm (Ages 5-12)
Sat: 12:30pm (Ages 13-18)

Scan to Register

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To learn more about the space and rental rates email Jon Glasser, jglasser@metronorthymca.org

MUSIC LESSONS

the YMCA

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BABY & ME CLASS

BABY'S FIRST SING ALONG





EVERY SATURDAY
9:30AM-10:30AM

Per-Day Pricing | M: $15 NM: $25

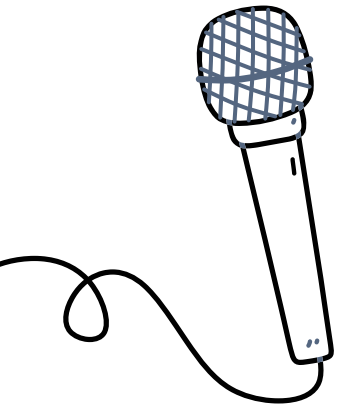
A wonderful sing-along with little ones and their grownups. Everyone can participate by singing and using percussive instruments. A first musical experience for our little members

Visit the Welcome Center to learn more or register at www.ymcametronorth.org/events



AGES 5 TO 18

SUPERSTAR WORKSHOP



EVERY SATURDAY
11:30AM-1:00PM

Per-Day Pricing | 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.

Scan to Register

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GROUP OR PARTY RENTALS

Make your celebration unforgettable at the Y! Parties or event rentals are available for up to two hours. Times and spaces are limited. See Welcome Center for details.

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DEMAKES FAMILY YMCA

BASKETBALL TOURNAMENT

ALL TEENS AGES 13-17



NOVEMBER- FEBRUARY
EVERY OTHER MONDAY
6:00PM- 8:00PM

Games played twice a month
November thru February!

See Welcome Center for Details & Team Sign Up

SCAN HERE TO REGISTER!

LEARN MORE AT YMCAMETRONORTH.ORG/EVENTS



THE DEMAKES FAMILY YMCA BABY & ME GROUP

BUILDING BONDS & FRIENDSHIPS

(FOR 0 MONTHS TO 36 MONTHS)

Demakes Family YMCA

Join us for a **FREE** play & support group where babies can play & learn, while caregivers explore, grow, & socialize together. Caregivers can also connect with one another, share experiences, & build a supportive community.



Every Other Week *(see Baby & Me Calendar)*

Little Ducklings (0 to 18 Months)
Friday's from 10:30am to 11:30am

Playful Pengiuns (18 to 36 Months)
Thursday's from 1:00pm to 2:00pm

Visit the Welcome Desk for More Info & to Sign-Up!