AQUATICS

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

Winter Session:
January 2 - February 14

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

Rate Guide:
Family Member: F
Member: M
Non-Member: NM

PRESCHOOL SWIM

F: $97 M: $141 NM: $241

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

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YOUTH SWIM

F: $97 M: $141 NM: $241

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

Competitve Swim Team Prep (Ages 7–14)

45 minutes

F: $97 M: $138 NM: $229

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 6 eligible and have director approval.

Tue 6:15 pm
Thu 6:15 pm

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ADULT AND PRIVATE SWIM

ADULT SWIM

M: $141 NM: $241

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

Masters Swim

30 Minutes
This program will provide swimmers with new, challenging workouts including focus on stroke tecnique, conditioning, endurance, speed and strength.

Sun 8:30 am

Aquatic Stretch

M: FREE NM: $60
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: $267 M: $310 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 | 3:50 pm
Tue 10:00 am | 3:15 pm
Wed 10:00 am | 11:30 am | 3:15 pm
Thu 10:00 am | 3:15 pm
Fri 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm
Sat 11:20 am



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YOUTH DEVELOPMENT

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SPORTS

F: $90 M: $121 NM: $200

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

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

Dodgeball (Ages 7-10)
45 Minutes
Enjoy, running, throwing and dodging while learning to work in a team setting.

Wed 4:15 pm

Youth Volleyball
45 Minutes
Bump, set and spike your way to fun with our volleyball program. The more you play, the more you improve. Make new friends and learn valuable lessons about teamwork and communication on and off the court in this fun and fast-paced sport.

Thu 4:30 pm (Ages 8-11)
Thu 5:15 pm (Ages 12-14)

Intro to Hockey (Ages 6-9) NEW!
45 Minutes
Grab a stick and get ready to play! In this beginner-friendly class, kids will be introduced to the fundamentals of hockey in a fun and active setting.Participants will learn basic stick handling, passing, shooting, and teamworkthrough fun drills, interactive games, and skill-building activities.

Wed 3:15 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. Reach out to Lyndsey Martins at lmartins@metronorthymca.org for additional availability.

Sat 3:30 pm

ENRICHMENT

F: FREE M: $121 NM: $200

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 Line Dancers (Ages 6-10) NEW!
45 Minutes
In this fun, beginner-friendly class, kids will learn the basics of line dancing, including simple steps, patterns, and combinations. Dancers will practice moving together in rows while learning fun, easy-to-follow dances set to music.

Sat 11:00 am

Mindful Explorers (Ages 7-11)
45 Minutes
Mindful Explorers is a playful program where children can relax, move, create, and connect. Through yoga, mindfulness, breathing exercises, art, stories, games, journaling, and conversation, kids build emotional awareness, confidence, and creativity in a fun, supportive, and inclusive environment.

Mon 3:30 pm

Lights, Camera, Create! (Ages 7-13) NEW!
F: FREE M: $120 NM: $187
60 Minutes
Students will learn the fundamentals of storytelling, storyboard design, filming techniques, and video editing as they create their very own short films. From writing and directing, to acting, and editing, kids will explore every step of the filmmaking process. By the end of the class, each student will have a short film of their own to share and celebrate!

Thu 4:30 pm

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ADULT AND YOUTH FITNESS

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ADULT FITNESS

Lift Heavy, Look Lean
2x Per Week | M: $208 NM: $436
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 5:30 pm | 6:30 pm | 7:30 pm

Fitness for Menopause
M: $123 NM: $259
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 | 8:00 am | 5:30 pm
Thu 9:00 am | 6:00pm

Golf-Focused Strength & Mobility Training
M: $118 NM: $247
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.

Sat 1:15 pm

Strength & Sculpt Lab
M: $115 NM: $242
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

Build & Protect: Lifting for Bone Density
M: $115 NM: $242
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 1:00 pm
Wed 1:00 pm

Unhunch!
M: $115 NM: $242
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

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Fourth Trimester Baby & Me Yoga
M: $115 NM: $242
60 Minutes
This class creates a welcoming space for new mothers and their newborns to connect, move and relax together. Enjoy a gentle yoga flow focused on core stability, releasing tension and using breathing techniques to support both mom and baby's nervous systems. Come as you are and join us for movement, relaxation and time to connect with other mothers.

Wed 4:30 pm

Yoga for Pelvic Floor Health
M: $115 NM: $242
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: $150 NM: $240
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) |12:00pm (A) | 5:00 pm (AL)
Wed 8:30 am (AL) | 10:00 am (I) | 5:30 pm (I) | 6:30 pm (AL)
Thu 8:30 am (AL) | 9:30 am (AL) | 12:00 pm (I) | 5:00 pm (AL)
Fri 8:30 am (AL) | 12:00 pm (AL)

YOUTH FITNESS

F: $85 M: $114 NM: $197

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
F: $92 M: $126 NM: $214
45 Minutes
Introduces boxing skills and techniques to kids in a small group setting.

Sun 11:00 am (Ages 8-11)
Sun 10:00 am (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 5:15 pm (Advanced)

ADULT FITNESS AND ENRICHMENT

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ADULT FITNESS

Fall Prevention and Balance
M: $115 NM: $242
60 Minutes
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.

Wed 11:30 am

Healthy Heart Maintenance
M: FREE NM: $60
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: $60
60 Minutes
Join our instructor through an hour long, low impact aerobics class geared towards seniors.

Tue 12:00 pm
Thu 12:00 pm

ADULT SPORTS

Adult Basketball League
M: $56 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: $56 NM: $147
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: $114 NM: $173
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: $114 NM: $173
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: $114 NM: $173
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: $114 NM: $173
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 beginngers 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

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