YOUTH SPORTS

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

Winter Session:	Registration Dates	7-Week Rate	6-Week Rate
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

MINI ALL STARS

45 MINUTES | AGES 3-5

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

Tue: 5:00pm
Thu: 10:30am
Fri: 10:00am

SPORTS PERFORMANCE CONDITIONING NEW!

45 MINUTES | AGES 7-13

This class helps young athletes build strength, stamina, and endurance through sports-inspired exercises and conditioning circuits. Each week features a different sport, with activities including bodyweight exercises, core workouts, balance challenges, and fitness stations designed to improve overall athletic performance.

Mon: 4:00pm
Wed: 3:15pm

YOUTH SOCCER

45 MINUTES | AGES 6-9

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

T-BALL

45 MINUTES | AGES 4-6

This class introduces children to the fundamentals of T-ball through fun games and age-appropriate activities. Participants will learn basic throwing, catching, fielding, and hitting skills while developing coordination, confidence, and teamwork in a positive and supportive environment. No experience necessary!

Thu: 5:30pm

LASER TAG

45 MINUTES | AGES 7-12

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: 5:30pm

READY, SET, MOVE! NEW!

45 MINUTES | AGES 18 MON. – 3 YEARS

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: 9:30am

PICKLEBALL SKILLS & DRILLS

45 MINUTES | AGES 7-12

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

BASEBALL & SOFTBALL SKILLS AND DRILLS

45 MINUTES | AGES 7-12

Get ready for the upcoming season! This program focuses on building essential baseball and softball skills through a variety of drills and activities. Participants will practice throwing, catching, fielding, and hitting techniques while improving their overall game fundamentals and building confidence on the field.

Fri: 4:30pm
Sat: 12:00pm



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

30 MIN | F: $267 M: $310 NM: $434

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

Tue: 4:00pm

Scan to Register

Please note: Monday-Friday classes will be prorated to reflect a 6-week session due to the New Year.

ADULT SPORTS

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

PICKLEBALL LEAGUES

6 WEEKS | 2 HOURS | M: $93 | N: $239



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**

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

YMCA of Metro North Members Only
- 4 - 60 min Sessions $240
- 6 - 60 min Sessions $360
- 8 - 60 min Sessions $480

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**

To Register Scan Here

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.

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HEALTH AND WELLNESS

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ADULT FITNESS

FITNESS FOR MENOPAUSE
60 MIN | M: $111 NM: $234
In Fitness for Menopause, you will learn how to properly lift weights for muscle mass, bone density, and metabolic well-being. Members will use dumbbells and barbells. This class will also cover a wide range of topics such as nutritional support, goal setting, and self-care.

Tue: 4:30pm–5:30pm
Wed: 10:30am–11:30am

LIFT HEAVY, LOOK LEAN
60 MIN | 2X A WEEK | M: $200 NM: $420
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

ERG LAB AND FUNCTIONAL TRAINING
60 MIN | 2X A WEEK | M: $200 NM: $420
Participants will use the Row, Bike, Ski, and NEW Strength Ergs to improve their fitness. Members can expect unique and functional movements with kettlebells, medicine balls, Bosu balls, and resistance bands as well as heavy lifts with HEX bars.

Mon & Wed: 9:00am–10:00am
Tue & Thu: 12:30pm–1:30pm
Tue & Thu: 6:00am–7:00am



WOMEN ON WEIGHTS
60 MIN | M: $111 NM: $234
60 MIN | 2X A WEEK | M: $200 NM: $420
Increase your strength with a combination of moderate to heavy barbell and dumbbell lifts. This program is designed to help you build lean muscle, improve endurance, and support fat loss while developing better movement and functional strength.

Mon & Wed: 6:00pm–7:00pm
Tue & Thu: 6:00pm–7:00pm
Tue: 9:00am–10:00am

HYROX TRAINING
7 WEEKS | 60 MIN | M: $126 NM: $264
6 WEEKS | 60 MIN | M: $111 NM: $234
Build strength, endurance, and overall performance! Hybrid Performance combines strength, cardio, and functional movements in a dynamic full-body workout. All fitness levels welcome!

Tue: 9:00am–10:00am
Sat: 9:00am–10:00am

NUTRITION PERFORMANCE LAB
Take a personalized approach to your health and wellness goals through one-on-one, partner, or small-group training sessions. Sessions are purchased individually at the same rate as personal training, offering focused guidance and support tailored to your needs.

Visit the Welcome Center to learn more!

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

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YOUTH & TEEN FITNESS

Y FIT CLUB (AGES 7-14)
60 Min | F: $102 M: $140 NM: $225
60 Min | 2x a week | F: $160 M: $215 NM: $352

Build strength from the ground up in 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.

Mon & Wed: 4:30pm-5:30pm
Tue & Thu: 4:30pm-5:30pm
Sat: 11:30am-12:30pm

TEEN POWERLIFTING (AGES 7-14)
60 Min | F: $160 M: $215 NM: $352

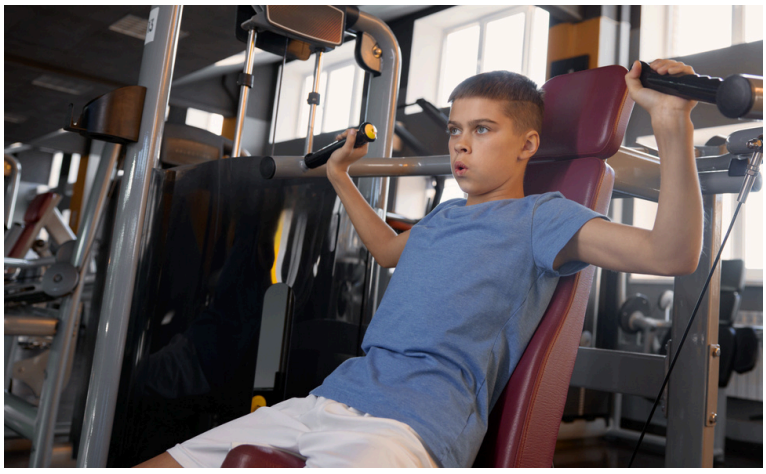
This program will develop speed, footwork and jumping ability. Although all athletes can benefit, it is especially beneficial for sports that require small bursts of intermittent speed and footwork.

Mon & Wed: 10:00am-11:00am

SPEED AND AGILITY (AGES 7-14)
60 Min | F: $102 M: $140 NM: $225

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.

Sat: 10:15am-11:15am





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 $50 per month

Winter 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

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

SPANISH 101 (AGES 6–12)

45 MIN | F: Free M: $102 NM: $168

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

Wed: 5:00pm to 5:45pm
Fri: 5:00pm to 5:45pm

MESSY & CRAFTING PLAY (AGES 3–5)

45 MIN | F: Free M: $102 NM: $168

Enjoy painting, watercolors, chalk, play dough, glitter and glue. Wear clothing you don't mind getting dirty.

Tue: 10:00am to 10:45am

BOUNCE HOUSE

THE FOLLOWING WEDNESDAYS 1/6, 1/20, 2/3 & 2/17 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



SAUGUS UPCOMING EVENTS

KIDS NIGHT OUT: GYMANSTICS

3 hours | M: $20 NM: $30

Join us at the gymnastics center some play and pizza while parents get the night off!
Jan ? | 5:30pm–8:30pm

KIDS NIGHT OUT

3 hours | M: $20 NM: $30

Join your friends at the Y for some pizza, sports, and play off some energy in the gym.
Feb ? | 5:00pm–8:00pm

MORNING MUG CLUB

We provide the coffee, you provide the conversation. Every third Friday of the month!

Jan 15th & Feb 19th | 9:00am–10:00am

BIRTHDAY PARTY RENTALS

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

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