AQUATICS

TORIGIAN FAMILY YMCA
259 Lynnfield St, Peabody, MA 01960
978-977-9622 | 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 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
Thu: 8:15am
Sat: 9:35am | 10:45am
Sun: 9:35am | 10:45am

PRESCHOOL SWIM: Stage 1 Ages 3–5 | 30 Minutes
Mon: 11:25am | 3:55pm | 4:30pm
Tue: 10:50am | 3:55pm | 5:40pm
Wed: 10:50am | 3:55pm | 4:30pm | 5:40pm
Thu: 8:15am | 3:55pm | 4:30pm | 5:05pm | 6:15pm
Fri: 3:55pm
Sat: 9:00am | 9:35am | 10:10am | 11:20am
Sun: 9:00am | 9:35am | 11:20am

PRESCHOOL SWIM: Stage 2 Ages 3–5 | 30 Minutes
Mon: 11:25am | 3:55pm | 4:30pm
Tue: 10:50am | 3:55pm | 5:05pm | 5:40pm
Wed: 10:50am | 3:55pm | 4:30pm | 5:40pm
Thu: 8:15am | 3:55pm | 4:30pm | 5:05pm | 6:15pm
Fri: 3:55pm
Sat: 9:00am | 9:35am | 10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

PRESCHOOL SWIM: Stage 3 Ages 3–5 | 30 Minutes
Mon: 3:55pm | 5:05pm
Tue: 10:50pm | 4:30pm
Wed: 10:50pm | 5:05pm
Thu: 5:40pm
Fri: 4:30pm
Sat: 9:35am | 10:10am
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 | 5:05pm
Sat: 9:35am | 10:10am
Sun: 9:35am | 10:45am | 11:20am

YOUTH SWIM: Stage 1 Ages 6–13 | 30 Minutes
Mon: 4:30pm
Tue: 4:30pm
Wed: 4:30pm
Thu: 3:55pm
Fri: 4:30pm
Sat: 9:00am | 10:10am
Sun: 10:10am

YOUTH SWIM: Stage 2 Ages 6–13 | 30 Minutes
Mon: 4:30pm
Tue: 4:30pm | 6:15pm
Wed: 4:30pm
Thu: 3:55pm
Fri: 4:30pm | 5:05pm
Sat: 9:00am | 10:10am | 11:55am
Sun: 9:35am | 10:10am

YOUTH SWIM: Stage 3 Ages 6–13 | 30 Minutes
Mon: 5:05pm
Tue: 3:55pm | 4:30pm | 6:15pm
Wed: 4:30pm | 5:40pm
Thu: 4:30pm | 6:15pm
Sat: 9:35am | 10:45am
Sun: 9:00am | 10:10am | 11:20am

YOUTH SWIM: Stage 4 Ages 6–13 | 30 Minutes
Mon: 3:55pm | 4:30pm | 5:40pm
Tue: 3:55pm | 4:30pm | 5:05pm | 5:40pm
Wed: 3:55pm | 5:40pm
Thu: 4:30pm | 5:40pm
Fri: 5:40pm
Sat: 9:00am | 10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

YOUTH SWIM: Stage 5 Ages 6–13 | 30 Minutes
Mon: 5:05pm
Tue: 4:30pm | 5:40pm
Wed: 5:05pm
Thu: 5:40pm
Fri: 5:05pm
Sat: 9:35am | 10:10am
Sun: 9:00am | 10:10am | 11:20am

YOUTH SWIM: Stage 6 Ages 6–13 | 30 Minutes
Mon: 4:30pm | 5:40pm
Tue: 5:05pm
Wed: 5:40pm
Thu: 5:05pm
Sat: 10:45am | 11:20am
Sun: 9:00am | 10:45am

ADULT & TEEN SWIM: Beginner Ages 14+ | 30 Minutes
Mon: 10:15am
Fri: 6:30pm
Sat: 8:15am

ADULT & TEEN SWIM: Intermediate Ages 14+ | 30 Minutes
Sat: 11:55am

MASTER'S SWIM
7 Weeks | Ages 18+ | 90 minutes | M: $119 NM: $176
6 Weeks | Ages 18+ | 90 minutes | M: $107 NM: $164
Tue: 6:00am
Thu: 6:00am

PRIVATE SWIM LESSONS
7 Weeks | Ages 4+ | 30 minutes | F: $267 | M: $310
6 Weeks | Ages 4+ | 30 minutes | F: $229 | M: $266
Mon: 3:15pm | 3:55pm | 4:30pm | 5:05pm | 5:40pm
Tue: 10:50am | 11:25am | 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
Wed: 3:15pm | 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
Thu: 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
Fri: 3:15pm | 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:15pm
Sat: 8:25am | 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am
Sun: 8:25am | 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

COMPETITIVE SWIM TEAM PREP
7 Weeks | Ages 6–13 | 45 minutes | F: $108 | M: $157 | NM: $254
6 Weeks | Ages 6–13 | 45 minutes | F: $97 | M: $138 | NM: $229
Mon: 6:15pm
Tue: 6:15pm
Wed: 6:15pm
Thu: 6:15pm
Fri: 5:40pm
Sat: 8:15am | 11:55am
Sun: 8:15am | 11:55am

SPRINGBOARD DIVING: BEGINNER
Ages 6–18 | 45 Min | F: $108 M: $157 NM: $254
Sat: 8:15am | 10:10am
Sun: 10:00am

SPRINGBOARD DIVING: INTERMEDIATE
Ages 6–18 | 60 Min | F: $119 M: $173 NM: $279
Sat: 9:05am
Sun: 10:50am

SPRINGBOARD DIVING: ADVANCED
Ages 6–18 | 60 Min | F: $119 M: $173 NM: $279
Sat: 11:00am

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

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

AQUATICS

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

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 watering 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.

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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.

Advanced Springboard Diving
60 minutes
This is for those looking to challenge themselves even further. Ages 6-18 yrs.

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YOUTH SPORTS

TORIGIAN FAMILY YMCA
259 Lynnfield St, Peabody, MA 01960
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Winter Session:
7 Weeks* | Jan 2-Feb 14

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

YOUTH SPORTS
7 Weeks | 45 min | F: $85 M: $114 NM: $189
6 Weeks | 45 min | F: $76 M: $102 NM: $168

SUPER SPORTS
Try something new and have fun! Super Sports 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! Some of the sports included are basketball, soccer, floor hockey, tee-ball, and more!

Tue: 4:15pm-5:00pm (Ages 4-6)

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. This class is ran by Sports Director Marc Navarro, a former high school varsity football player and youth coach!

Fri: 4:00pm-4:45pm (Ages 7-12)

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-4:45pm (Ages 8-12)

NERF BLASTERS FAN FAV!
Gear up for epic battles! Grab your blaster, unleash your skills and let the fun begin! (Bringing your own Nerf gun + ammo is encouraged!)

Thu: 5:15pm-6:00pm (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. The club is run by Bill McClory, a multi-time marathon and ultra-marathon runner!

Tue: 4:00pm-4:45pm (Ages 6-12)

1 ON 1 PRIVATE LESSONS
45 min | Ages 8-14 | F: $182 | M: $238 | N: $329
Take your skills to the next level with personalized one-to-one training. Each session is tailored to the player's goals. Our experienced instructor, Sports Director Marc Navarro will provide focused feedback and drills designed to build confidence, consistency, and technique. Soccer & Basketball ONLY.
Please reach out to Sports Director Marc Navarro for availability!

INDOOR LITTLE KICKERS NEW!
This parent & me style class will go over the fundamentals of soccer! It is a great way to be directly involved in your child learning sports! There will be minigames, drills, and lots of fun!

Sat: 12:45pm-1:30pm (Ages 3-5)

INDOOR SOCCER CLINIC
Our new soccer clinic will focus on skills, drills, and tactics to help with soccer development. There will be many different games played, with an emphasis on dribbling and shooting.

Sat: 1:45pm-2:30pm (Ages 7-12)

BASKETBALL CLINIC
Come play the most popular sport invented by the YMCA, basketball! In this clinic, there is a focus on ball handling, shooting, passing, rebounding, and defense that will help take talents to the next level!

Wed: 4:00pm-4:45pm (Ages 6-8)

BASKETBALL CLINIC
60 min | F: $84 M: $114 NM: $177
Come play the most popular sport invented by the YMCA, basketball! In this clinic, there is a focus on ball handling, shooting, passing, rebounding, and defense that will help take talents to the next level! This class is ran by Sports Director Marc Navarro, a former high school varsity basketball player and youth coach!

Thu: 4:00pm-5:00pm (Ages 8-12)

YOUTH FITNESS & SELF DEFENSE FAN FAV!
60 minutes | F: $95 | M: $127 | N: $199
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: $239 | M: $286 | N: $380
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 with Coach Marc. Don't miss out on this exciting opportunity for growth and engagement!

Tue: 10:00am-1:00pm

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SPORTS

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PICKLEBALL LESSON AT THE Y
7 Weeks | 60 Minutes | M: $128 | N: $196
6 Weeks | 60 Minutes | M: $114 | N: $173

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 LESSONS | Advanced Beg. 2

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+)

PICKLEBALL ADVANCED DRILL SESSION

Coach: Sarah Caliento– IPTPA 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+)

MEN'S BASKETBALL LEAGUE
IT'S BACK!

1 Hour | M: $56 | N: $147

Join us for the weekly full-court 5v5 basketball – no team needed. Sign up solo and get matched with a group each week. It's a fun, competitive way to stay active, meet new players, and enjoy the game. All skill levels welcome! This classic style of league will be open to adults that are 21+! (Two 20 minute halves with clock stoppage for the last minute of the 1st and 2nd halves. Two minute half-time.)

Thu: 6:15pm–7:15pm (Ages 21+)

PICKLEBALL LEAGUES AT THE Y
7 Weeks | 2 Hours | M: $109 | N: $270
6 Weeks | 2 Hours | M: $93 | N: $239

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: ALL LEVELS PLAY
Sat: 10:15am–12:15pm (Ages 18+)

PICKLEBALL LEAGUES: ADVANCED PLAY
Wed: 6:15pm–8:15pm (Ages 18+)



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HEALTH AND WELLNESS

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

LIFT & THRIVE
Build strength, confidence, and proper lifting techniques in this supportive small group training class. Through progressive strength training, you'll learn to challenge yourself, improve your form, and get stronger week after week. Whether you're just getting started or looking to take your lift to the next level, all experience levels are welcome!

Mon: 7:00am with Bill
Thu: 4:00pm with Bill

WOMEN ON WEIGHTS (FAN FAV!)
Build strength and confidence in this empowering small group workout designed for women! Using dumbbells, barbells, and bodyweight exercises, you'll learn proper lifting techniques, build lean muscle, and challenge yourself in a supportive environment. All fitness levels welcome!

Mon: 9:00am with Kayla
Mon: 6:00pm with Emily
Tue: 6:30pm with Michelle
Wed: 6:00pm with Emily
Fri: 9:00am with Emily
Sun: 9:00am with Kayla

Y CIRCUIT
Ready to get stronger? Join a certified personal trainer for a fun, challenging full-body workout using TRX, dumbbells, kettlebells, bodyweight exercises, and more! Build strength, boost confidence, and challenge yourself at your own pace. All fitness levels welcome!

Mon: 5:00pm with Steve
Wed: 5:00pm with Steve

RUN CLUB
Join this group designed to help you build endurance, improve your pace, and reach your running goals! Whether you're training for a race or simply looking to become a stronger, more confident runner, you'll enjoy guided workouts, motivation, and support in a fun, encouraging environment.

Tue: 7:00am with Bill & Bob

BETTER BALANCE CLUB (NEW!)
Small group training designed to improve balance, coordination, and overall strength. Participants will work on strengthening their core and lower body, improving stability and mobility, and building endurance through a variety of seated, standing, and movement-based exercises. The goal is to help participants feel stronger, more confident, and more balanced while making everyday activities easier.

Mon: 10:00am with Melinda

HILLS & CORE (NEW!)
This trainer-led small group training session combines progressive incline treadmill walking with dynamic core exercises to build cardiovascular endurance, strengthen the posterior chain, and improve overall stability. Participants will gradually increase treadmill incline and duration to challenge their strength and endurance.
Participants should be comfortable walking on a treadmill for 30 min
Thu: 9:30am with Melissa

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

HYBRID PERFORMANCE (FAN FAV!)
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

LEVEL UP: STRENGTH & ENDURANCE
Take your fitness to the next level with a mix of strength training, Olympic lifting, cardio, and endurance exercises. Using barbells, dumbbells, kettlebells, battle ropes, and more, workouts are designed to build strength, improve stamina, and challenge all fitness levels. Weekly challenges will keep you motivated, build healthy habits, and help you track your progress!

Tue: 7:00am with Bill

LIFT FOR LIFE: BONE HEALTH (NEW!)
A small-group program combining strength training and nutrition education to build strength, improve healthy habits, and support overall wellness. Learn how to fuel your body, move with confidence, and create sustainable lifestyle changes.

Thu: 10:00am with Kayla

METABOLIC CONDITIONING
This program focuses on building strength, improving cardiovascular fitness, and developing healthy exercise habits. Includes an InBody body composition scan to help track your progress, along with guidance and support from a certified personal trainer.

Tue: 9:00am with Chuck
Fri: 9:00am with Bill

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HEALTHY LIVING

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TEEN FITNESS (AGES 12–16)
6 Weeks | 60 minutes | F: $94 | M: $127 | N: $207

L.I.F.T (AGES 12–16)
Learn the fundamentals of strength training in a fun, supportive environment! Teens will develop confidence in the weight room while learning proper lifting techniques, safe equipment use, and how to build their own workouts. No experience necessary—just bring a positive attitude and a willingness to learn!

Fri: 4:00pm with Steve



TEEN SPORTS CONDITIONING (AGES 12–16)
Build strength, agility, balance, and endurance in this fun, dynamic sports conditioning class! Enjoy a mix of functional training, kettlebells, battle ropes, medicine balls, and more. All fitness levels are welcome—just bring a positive attitude and have fun challenging yourself!

Tue: 4:00pm with Steve



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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
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

ENRICHMENT & EVENTS

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SPECIAL EVENTS FOR MEMBERS

KIDS NIGHT OUT

3 hours | FM: $20 M: $30

Hang out with your friends at the YMCA, watch a movie! We will provide pizza, play sports in the gym, and bounce off some energy!

Friday, January 22nd 5:30pm–8:30pm
Friday, February 19th 5:30pm–8:30pm



WINTER CARNIVAL

Free to Members

Feel the excitement, as you have fun making your own snow cones, playing thrilling carnival games, and jumping in the huge bouncy house!

Saturday, January 30th 2:00PM–4:00PM



TORIGIAN FAMILY YMCA

Family Holiday Event

Join us for a crafts, snacks, and a Holiday movie!

DECEMBER 11th
6:30PM–8:00PM

Learn more at ymcametronorth.org/events



Surf and Turf at the Y

December 28
December 29
December 30

9AM – 2PM

Ages 5 to 12

Family Member $65 | Member $85 | Non-Member $115

Vacation Mode: ACTIVATED

School's out, and the fun is on!

Join us for three days of holiday fun packed with games, sports, swimming, and exciting activities at the Y.

Led by Sports Director Marc Navarro, with help from our energetic Camp Eastman counselors.



Please send your child with a lunch, water bottle, swimwear, and sneakers each day.

Scan to register!

For more information, contact Marc Navarro at mnavarro@metronorthymca.org

LEARN MORE AT WWW.YMCAMETRONORTH.ORG/EVENTS