

Fall Session: **Oct 29-Dec 23**  
2018

Registration Dates:  
Member Registration: **Oct 9**  
Non-Member Registration: **Oct 18**

For more information please  
contact **Nicole Hanlon** at  
[nhanlon@metronorthymca.org](mailto:nhanlon@metronorthymca.org)

## YOUTH SPORTS

### L.I.F.T.:

**Ages 12+ / 60 Minutes**

Learn proper techniques in the weight room. Various free weight exercises including squats, dead lifts, bench press and power cleans followed by flexibility are included.  
Wed: 4:00pm

### Teen Sports Conditioning:

**Ages 12-17 / 60 minutes**

Class includes; functional training, balance and agility, while working on improving your performance using power ropes, Bosu, medicine balls, kettle bells and body weight exercises.  
Mon: 4:00pm

### Zumba Kids:

**Ages 8-12 / 45 minutes**

Zumba Kids is the ultimate dance fitness party. Class features age appropriate music and moves that gets kids dancin' to the beat.  
Sun: 10:30am

### Mini All Stars:

**Ages 3-5 / 45 minutes**

Introduce your little athlete to a variety of sports including but not limited to basketball, soccer, and kickball!  
Tues: 9:00am  
Wed: 4:15pm

### Basketball Skills & Drills:

**Ages 7-12 / 45 minutes**

Participants will learn the rules and fundamentals of basketball as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills and scrimmages.  
Tues: 6:00pm

### Nerf Blasters:

**Ages 7-10 / 45 minutes**

Speed, accuracy, and teamwork will be taught to improve fitness. Goggles required. Bring your own nerf gun or use one of ours!  
Tues: 5:00pm

### Baby Ballerinas:

**Ages 3-5 / 45 minutes**

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.  
Tues: 4:00pm  
Sat: 11:45am

### Ballet:

**Ages 6-10 / 45 minutes**

Dancers will learn basic ballet skills in a structured class setting through flexibility, coordination, and creative expression.  
Sat: 12:35pm

### Hip Hop:

**Ages 6-12 / 45 minutes**

Dancers will learn the basics of hip hop dance and movement through a high energy class that promotes creativity, inspires individual style, and encourages showcasing their personality.  
Sat: 2:30pm

### Junior Jazz & Tap:

**Ages 6-10 / 45 minutes**

Your little dancers will develop coordination, listening skills, and flexibility through structured fundamentals.  
Tues: 3:00pm

### Kids' Yoga:

**Ages 8-12 / 45 minutes**

This beginner's yoga class will introduce basic yoga poses, stretching, and breathing to begin to build on each participant's yoga repertoire.  
Mon: 6:15pm  
Tues: 6:15pm

### Youth Basketball League:

**Ages 4-12 / 60 minutes / 13 Weeks**

Players will learn skills, teamwork, and sportsmanship through both drills and games. A series of evaluative practices and scrimmages will kick-off the season to teach all players the basic rules and regulations of play before starting games in mid-December. Every player will receive a team jersey.

Sat: 8:00am (ages 4-5)  
9:15am (ages 6-7)  
10:30am (ages 8-12)

## YOUTH ENRICHMENT

### Hop, Skip, Read:

**Ages 3-5 / 30 Minutes**

Each week the group will read a new story together. A fun, interactive, theme-related activity will follow where participants will hop, skip, run, and further develop gross motor skills.  
Wed: 10:00am

### Energy Express:

**Ages 3-5 / 30 Minutes**

Your young one has a TON of energy! This class is specially designed to allow your child to channel their high level of energy into fun fitness activities while also embracing essential learning concepts for this age including creativity, sharing, and functional thinking.  
Mon: 4:00pm

### Paint Night:

**Ages 6-12 / 45 Minutes**

Join us in a program designed to allow young artists to show their creativity and imagination through their passion for painting while learning basic paint techniques and creating their own masterpieces.  
Wed: 6:00pm

### Coding:

**Ages 7-12 / 45 Minutes**

Learn the basics of coding through this interactive class that will allow participants to design their own video games, complete puzzles, and design their own apps! Please bring your own laptop or tablet if able.  
Mon: 6:30pm

### Robotics:

**Ages 7-12 / 45 Minutes**

This class will introduce your young engineers to basic circuitry and engineering design through hands on activities and learning.  
Tues: 6:30pm

### Scrapbooking:

**Ages 6-12 / 45 Minutes**

Participants will brainstorm, plan, and create their own scrapbook collection with guided instruction and assistance from the class leader!  
Thur: 6:00pm

### Short Film Production:

**Ages 7-12 / 45 Minutes**

Group members will work together to write, design, and create their own piece of work over the course of the session while learning about planning, giving and receiving constructive feedback, and many more skills needed to successfully create a short film  
Wed: 6:00pm

### Little Scientists:

**Ages 3-5 / 30 Minutes**

Children will explore the world of science around them through fun, interactive activities and experiments.  
Mon 9:15am  
Wed: 9:15pm

### Messy Play:

**Ages 2-5 / 30 Minutes**

Introduce your child to the joys of messy hands through different mediums. Projects will be completed using pants, watercolors, chalk, goop, glitter, and glue in addition to other messy materials. Please bring an old shirt or smock to get dirty.  
Wed: 10:45am

### Kindermusic:

**Ages 3-5 / 30 Minutes**

Children will be immersed in music culture by listening and creating music as well as making their own instruments!  
Mon: 10:00am

### CANCELLATION POLICY

A request of cancellation form must be filled out at the Welcome Center before the start of the 2nd class to be eligible for a refund or credit.

Fall Session II: **Oct 29 – Dec 23**  
2018Registration Dates:  
Member Registration: **Oct 9**  
Non-Member Registration: **Oct 18**For more information please  
contact **Olga Arnold** at  
[oarnold@metronorthymca.org](mailto:oarnold@metronorthymca.org)**ADULT FITNESS****Salute to the Glutes:****60 minutes**

A results-driven small group training class takes you through a TOTAL lower-body workout. Designed and taught by a Personal Trainer, you and your peers will focus on working, defining and toning those hard to reach areas. Learn how to activate your glutes and strengthen your hamstrings in order to sculpt your lower body and define your core.

Tue: 9:30am  
Wed: 6:30pm  
Sun: 10:00am**Junk Yard Gym:**  
**60 minutes (per day)**

Get ready to blast fat away while increasing work capacity and strength with our Junk Yard Gym class. We will use high intensity circuits consisting of unconventional exercises such as flipping tires and swinging sledge hammers all while enjoying the fresh outdoor air!

Mon: 6:00pm  
Sat: 9:00am**30 Day Nutrition Reset:**

Get your health and vitality back with the support of a Clinical Nutritionist and your peers.

- Eliminate toxic foods that cause disease
- Learn which foods are nourishing
- Reduce inflammation
- Improve digestion
- Burn fat
- Lose weight
- Boost energy
- Regulate blood sugar
- Stabilize mood

Commit to making nutritional changes for 30 days - without cheating. Don't do it! It's not worth it!. By removing the foods that most commonly cause problems, you allow your body to rest and recover. Together, we will celebrate the successes together and guide you into a healthy eating plan for the future.

Mon: 9:45am  
Thursday: 6:30pm**Introduction to the Weight Room:****45 minutes**

Work with a personal trainer in a small group and take the fear out of working out with weights in the weight room environment. You know that weight training is a must for optimal body composition and health, but you are not sure where to start? This class is ideal for those who would like to learn how to lift weights but are intimidated by the whole process. Learn how to target all of the major muscles and get passed the fear of working out in the weight room in this 45-minute, small group training class.

Sat: 10:30am

**FREE FOR MEMBERS!****Nutrition for "Happy Weight" Seminar**

By Olga Arnold, Clinical Nutritionist

Learn the "back to basics" approach of eating foods that give you health and vitality while improving your body composition, increasing your energy and repairing your metabolism.

Sunday, November 4 at 10am

**Introductory Group Exercise Classes:**

Learn the basics of the following class formats. After attending one or more of the introductory seminars, you will be able to participate in the classes with confidence.

**Intro to TRX Training:** Sunday, Nov 4, 11:30am  
**Intro to Yoga:** Sunday, Nov 11, 11:30am  
**Intro to Zumba:** Sunday, Dec 2, 11:30am

**Fall into Fitness:****Fitness & Nutrition Challenge**

Take control of your nutrition and get into a solid fitness routine, with the support of your YMCA peers, a Personal Trainer and a Clinical Nutritionist. Develop new healthy habits and make them stick by committing to seven weeks of wellness.

Stop by the Welcome Center for more details on the dates and times of the program.

**PERSONAL TRAINING**

Get the motivation, accountability and guidance you need for success! You can purchase packages of 3, 6 or 10 sessions; or if you are interested in long term training, pay weekly to fit into your budget. It is convenient, and long-term training becomes more affordable!

For more information, please contact Olga Arnold at: [oarnold@metronorthymca.org](mailto:oarnold@metronorthymca.org)

**Individual Training:**

- Work one-on-one with a trainer for 30 minutes or 60 minutes per session.
- Excellent for members with injuries or limitations, or for individuals seeking an accelerated program.
- Individual attention provides a custom plan to suit your needs and to help you reach your fitness goals.

**Partner Training:**

- Limited to 2 people.
- Get the advantage of a trainer's guidance with the added benefit of peer accountability when you work out with a friend.

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