Spring 1 Session: February 26–April 15

Registration Dates:
Member Registration: February 5
Non-Member Registration: February 15

YOUTH SPORTS

Mini All Stars: Ages 3–5 | 30 Minutes
Introduce your little athlete to a variety of sports including but not limited to basketball, soccer, t-ball, and kickball! This is a great class to get your child active and interacting with other children.
Mon: 9:45am
Fri: 10:45am
Sat: 9:30am

All Star Sports Training: Ages 6–10 45 Minutes
Introduce your growing athlete to a variety of sports including but not limited to floor hockey, soccer, t-ball, and kickball! This is a great class to get your child active and interacting with other children.
Mon: 6:00pm
Sat: 9:00am

Basketball Skills & Drills: Ages 4–10 | 45 Minutes
Players will learn the rules and fundamentals of basketball as well as a sportmanship and teamwork. Each class will include a warm-up followed by drills and scrimmages.
Tue: 6:00pm – ages 6–10
Sat: 8:00am – ages 4–6
Sat: 10:30am – ages 6–10

Outdoor Adventure Club: Ages 7–12 45 Minutes
Participants will enjoy the tail end of the winter season by exploring the surrounding nature through hiking, fort building, snow building, and more! All participants should come dressed weather appropriate.
Tue: 4:00pm

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.
Tue: 3:15pm
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

Karate: Ages 4–12 | 45 Minutes
Participants will be introduced to the basics of karate through instruction and practice.
Sat: 1:30pm – ages 4–6
Sat: 2:30pm – ages 7–12

YOUTH ENRICHMENT

Junior Jazz & Tap: NEW!! Ages 3–5 | 45 Minutes
Your little dancers will develop coordination, listening skills, and flexibility through a structured fundamentals of jazz and tap dance class. Tap shoes are not provided.
Tue: 4:15pm

Hip Hop: NEW!! 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.
Tue: 5:15pm

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.
Mon: 10:45am
Fri: 9:15am

Messy Play: Ages 2–5 | 30 Minutes
Introduce your child to the joys of messy hands through different mediums. Projects will be completed using paints, watercolors, chalk, goop, glitter, glue and other messy materials. Please bring an old shirt of smock to get dirty.
Mon: 9:00am

Little Scientists: Ages 3–5 | 30 Minutes
Children will explore the work of science around them through fun, interactive activities and experiments.
Fri: 10:00am

Hola Amigo: NEW!! Ages 3–5 | 30 Minutes
Participants will learn the basics of the Spanish language through fun games and activities.
Fri: 11:30am

Coding: NEW!! Ages 6–12 | 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! Computers provided on site.
Fri: 11:30am

Kindermusic: NEW!! 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: 11:30am

Dramatic Play: NEW!! Ages 3–5 | 45 Minutes
Participants will do activities surrounding emotional expression and role playing while building peer relationships!
Sat: 9:30am

Lights, Camera, Action: NEW!! Ages 6–12 | 45 Minutes
Participants will engage in activities that promote growth in the areas of drama, improv, theater, and peer relationship building.
Sat: 6:00pm
Sat: 10:30am

Paint Nite 1: Ages 6–9 | 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.
Mon: 6:15pm

Paint Nite 2: Ages 6–9 | 45 Minutes
Aimed at being a continuation of Paint Nite 1, this class will focus on further development of more advanced painting skills and techniques.
Wed: 6:15pm

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

CANCELLATION POLICY
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Membership Guide:
F = Family Member
M = Member
N = Non-Member

*Due to a competition there will be no classes March 23, 24, 25. Make-up classes will be held April 20, 21, 22.

Fitness

L.I.F.T.:
Lifting Instruction for Teens
Ages 12+ | 60 Minutes
M: $49 N: $99
This weekly one-hour class will teach teens proper technique in weight lifting. Various free weight exercises including squats, dead lifts, bench press and power cleans followed by flexibility are included.

Thu: 5:00pm

Weight Lifting 101:
60 Minutes
M: $49 N: $99
Boost your metabolism, burns calories and keep your body lean and sculpted with this one time per week class. Learn proper weight lifting techniques while safely and effectively toning your entire body.

Sat: 8:00am

Beginner TRX Series:
60 Minutes
M: $FREE N: $60
Learn how easy and effective TRX strength training can be. Participants will learn basic pushing, pulling and rotational exercises using comfortable amounts of one’s own body weight as resistance. Exercises will cover upper body, core and leg strength and resultant toning improvements. Participants will also learn how to easily adjust strap length, put feet or heels in the foot straps, and quickly convert both handles to single-hand (or single-foot) mode. Most importantly, participants will learn how to safely vary their body weight resistance for each exercise, easily challenging and strengthening each muscle group. This class will prepare participants to join, and enjoy, regular TRX Strength, TRX Circuit or TRX Tabata classes. This class runs for 4 weeks.

Mon: 11:30am

21-Day Nutrition Reset:
60 Minutes | M: $60 N: $110
Reduce and eliminate the ongoing health issues that have been weighing you down. This program is designed to help you lose unwanted pounds, overcome chronic illness, resolve digestive problems, increase energy, improve your mental outlook and much more. Pre and post body composition testing is included. This program is run by Olga Arnold, MSACN, NTP, CGP.

Wed: 10:00am
Sat: 9:00am

Women’s Self Defense:
120 Minutes | M: $80 N: $130
This women’s self-defense course is designed to increase self-confidence through awareness and prevention. This is a program of realistic self-defense tactics and techniques for women. The comprehensive course begins with awareness, prevention, risk reduction, risk avoidance and personal safety tips while progressing on to the basics of hands-on defense training. This is a 4 week program beginning Saturday, March 3.

Sat: 10:30am

Women’s Basketball League:
120 Minutes | M: $55 N: $125
Our 8 week league is a great way to stay in shape and have fun with friends. Games are adapted to NCAA game rules, include two, 20 minute running halves and are officiated by two referees with live in game scorekeepers.

Tue: 7:00pm

Jump Start Orientations

Members receive 2 FREE sessions to learn how to use our fitness equipment. Visit our Welcome Center to make an appointment.

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!

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.
- Partner training sessions are a perfect fit for friends, workout buddies and couples that share similar health and fitness goals.

For more information, please contact Ernie Benard at ebenard@metronorthymca.org

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