YOUTH SPORTS

Mini All Stars: Ages 3-5 | 45 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
Sat: 10:00am

Basketball Skills & Drills: Ages 4-10 | 45 Minutes
Players will learn the rules and fundamentals of basketball as well as a sportsmanship 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: 9:00am - 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: 9:00am - ages 3-5
Tue: 5:00pm - ages 7-12

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

Junior Jazz & Tap: 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

Hop Hip: 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: 1:30pm

Itty Bitty Baseball: Ages 3-5 | 45 minutes
This class will introduce your young baseball players to the fundamentals and basic rules of the sport. Classes will be held outside (weather permitting).

Mon: 5:00pm

Soccer Skills & Drills: 45 minutes
Players will learn the rules and fundamentals of soccer through drills and scrimmages. This class will be held outdoors (weather permitting).

Mon: 6:00pm (ages 6-10),
Sat: 8:00 (ages 3-5) & 9:00am (ages 6-10)

Floor Hockey Skills & Drills: Ages 7-12 | 45 minutes
Participants will learn the fundamentals of hockey through drills and scrimmages.

Mon: 6:00pm

Superhero Track & Field: Ages 4-6 | 45 minutes
Your little athletes will build their skills in our age appropriate variations of traditional track and field events including running, throwing, hurdles, and long jump. The first 5 weeks will be practices leading up to our mock meet in week 6 and culminating in our Superhero final meet to end the session!

Sun: 10:15am

Archery: 45 minutes
This class is aimed towards learning the basics of archery. Participants will learn safety protocols and basic shooting techniques at our outdoor archery range.

Wed: 5:00pm (ages 6-12)
Sun: 10:00am (ages 5-10)

Energy Express Ages 2.9-5 | 45 Minutes
Your young one has a TON of energy! This class is specially designed to allow your child 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: 11:30am
Tue: 4:00pm

Private Basketball Lessons: All Ages | $25.00 | 30 minutes
Sign up for any available dates/times with our experienced instructors. Sessions can be focused on any aspect of the game including but not limited to dribbling, shooting, defense, post-moves, and basic conditioning.

Spring 2 Session Programs | 298 Main St. Saugus MA | 781-233-9622 | ymcametronorth.org
Spring 2 Session: April 23 – June 10
Registration Dates:
Member Registration: March 26
Non-Member Registration: April 5

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.
Mon: 10:45am

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

Coding: 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.
Thu: 6:30pm

Coding II: Ages 6-12 | 45 minutes
As a continuation course from Coding I, participants will continue to build on their foundational coding skills while creating more extensive and complex programming.
Thu: 6:30pm

Healthy Kids Kitchen: Ages 3-10 | 30 Minutes
Children will be introduced to age appropriate basic cooking skills such as measuring and mixing while creating and later enjoying a healthy snack.
Sat: 10:00am - ages 3-5
Sat: 10:35am - ages 6-10

Dramatic Play: 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: Ages 6-12 | 45 Minutes
Participants will engage in activities that promote growth in the areas of drama, improv, theater, and peer relationship building.
Tue: 6:00pm
Sat: 10:30am

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

Drawing: Ages 6-12 | 45 minutes
Participants will learn the fundamentals of drawing through this hands on class!
Mon: 6:15pm

Sculpting: Ages 6-12 | 45 minutes
Participants will learn the basics of sculpting through short and long term projects using both traditional art supplies as well as every day materials.
Wed: 6:15pm

Membership Guide:

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<th>Class Length</th>
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Notice:
Sunday and Monday classes will run one week longer to make up for no classes on Memorial Day and Easter.
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

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.

FITNESS

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.

Sat: 9:30am
Women’s Basketball League:
120 Minutes | M: $55 N: $125 | 5/8-6/26
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
Teen Sports Conditioning
60 minutes ages 12-17 | M: $45 N: $95
Looking to get in better shape for sports? Class includes functional training with a focus on balance and agility while increasing your overall strength and performance.

Mon: 4:00pm
Junk Yard Gym:
60 minutes | (per day) M: $70 N: $130
*10% off if you sign up for both days
Get ready to blast fat away while increasing work capacity and strength with our junkyard gym class. We will use high intensity circuits consisting of unconventional exercises such as flipping tires and swinging sledge hammers all while being outdoors!

Thur: 6:30pm
Sat: 9:00am
Tread and Shred:
60 minutes | M: $70 N: $130
A perfect combination of heart pumping and muscles toning in one 60 minute class. A personal trainer will guide you and your peers through a challenging 30 minute treadmill workout, immediately followed by a 30 minute stretch training that focuses on toning and sculpting the total body.

Sun: 9:00am
Strong to the Core:
30 minutes | M: $30 N: $60
*10% off if you sign up for both days
If you are looking for a fun and exciting way to achieve your fitness goals of tightening up your midsection and backside this class is for you. A comprehensive mix of traditional and new-age exercises sequenced to keep the fat burning and the muscles responding!

Mon: 6:30am
Wed: 6:30am
Ballet Fitness
45 minutes | M: $45 N: $90
*10% off if you sign up for both days
If you are looking for a fun and exciting way to achieve your fitness goals of tightening up your midsection and backside this class is for you. A comprehensive mix of traditional and new-age exercises sequenced to keep the fat burning and the muscles responding!

Mon: 6:30am
Wed: 6:30am
Tues: 5:15pm

2018 YMCA OF METRO NORTH ROAD RACE SERIES

The YMCA of Metro North Road Race Series brings together seven different communities to run for our cause. Five unique races are featured across our communities to motivate, inspire and promote the YMCA’s mission of youth development, healthy living and social responsibility. All proceeds from our Road Race Series fund the YMCA of Metro North’s Annual Campaign, which provides more than $1.2 million in financial assistance to individuals and families in the communities we serve.

Not a Walk in the Park 5K
Saugus Family YMCA
April 21, 2018

Stride Along the Tide 5K
Lynn YMCA
May 19, 2018

Dash & Splash 5K
Torigian Family YMCA
July 12, 2018

Spooky Sprint 5K
Torigian Family YMCA
July 12, 2018

REGISTER ONLINE AT ACTIVE.COM