

MONTHLY SWIM LESSONS | JULY & AUG

Learning to swim just got more convenient this summer!

Pick a day and time that fits your schedule and Our qualified instructors will evaluate your child and place him or her into the correct lesson based on his or her developmental milestones. Our swim lessons are based on the newest swim lesson curriculum from the Y of the USA: Safety Around Water. Through this approach to swim lessons, all ages can progress at their own pace, while building the confidence needed to become a successful swimmer.

PARENT / CHILD SWIM (Ages 6 months - 3 years)

30 Minutes

Accompanied by a parent or guardian, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents learn about water safety, drowning prevention, and the importance of supervision.

Tue: 8:25am

Sat: 9:00am | 9:35 am | 11:20am | 11:55am | 12:30pm

PRESCHOOL SWIM (Ages 3-6)

30 Minutes

In our preschool swim lessons, students learn personal water safety and achieve basic swimming competency. For those more familiar with the fundamentals, students will learn additional water safety skills and build stroke technique.

Tue: 8:25am

Fri: 3:15pm | 3:50pm | 4:25pm | 5:00pm | 5:35pm | 6:10pm

Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm

YOUTH SWIM (Ages 6-12)

30 Minutes

For those who have mastered the fundamentals, lessons will focus on learning additional water safety skills, building stroke technique, developing skills that prevent chronic disease, increasing social-emotional and cognitive well-being, and fostering a lifetime of physical activity.

Fri: 3:15pm | 3:50pm | 4:25pm | 5:00pm | 5:35pm | 6:10pm

Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm

ADULT SWIM (Ages 17+)

30 Minutes

Beginners learn personal water safety and achieve basic swimming competency by learning benchmark skills. For those who have mastered the fundamentals, lessons will focus on learning additional water safety skills, building stroke technique, developing skills that prevent chronic disease, increasing social-emotional and cognitive well-being, and fostering a lifetime of physical activity.

Mon: 4:25pm | 5:00pm | 5:35pm | 6:10pm

MONTHLY SWIM LESSONS | JULY & AUG

JULY

PARENT CHILD | PRESCHOOL | YOUTH | ADULT SWIM LESSONS

FRIDAYS | SATURDAYS

FAMILY: \$60 | MEMBER: \$80 | NON-MEMBER: \$142

MONDAYS | TUESDAYS

FAMILY: \$73 | MEMBER: \$99 | NON-MEMBER: \$176

July

S	M	T	W	T	F	S
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*No classes July 4th

AUGUST

PARENT CHILD | PRESCHOOL | YOUTH | ADULT SWIM LESSONS

MONDAYS | TUESDAYS | FRIDAYS

FAMILY: \$60 | MEMBER: \$80 | NON-MEMBER: \$142

SATURDAYS

FAMILY: \$73 | MEMBER: \$99 | NON-MEMBER: \$176

August

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MONTHLY FITNESS CLASSES | JULY & AUG

ADULT FITNESS | SMALL GROUP TRAINING

60 minutes

WEIGHT LOSS BASICS

Join this class if you are looking to lose weight! This is a beginner friendly class where a Trainer will guide you through an simple workout designed to help you lose weight in a healthy way.

Tue: 5:30pm with Gentry
Tue: 8:30am with Christian
Thu: 9:00am with Christian
Sat: 10:00am with Andrew

INTRO TO WEIGHT LIFTING

Learn the basics of lifting weights and strength training in this class! A Personal Trainer will teach you form and safety as well as a full routine to follow. You will build strength and muscle while being kept consistent and accountable.

Tue: 9:30am with Christian
Wed: 8:00am with Christian
Fri: 6:00pm with Jovani
Sat: 9:00am with Christian

BOXING BASICS

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. Bring your own gloves and wraps or we can provide them.

Mon: 6:30pm with Jovani
Wed: 6:30pm with Jovani
Thu: 10:00am with Jovani



STRENGTH TRAIN FOR WOMEN

A class designed with a women's body in mind. This will guide you through a full body strength workout to help you reach your goal strength and bodyweight.

Tue: 6:30pm with Gentry
Wed: 6:30pm with Gentry
Thu: 5:30pm with Gentry

TRAIN FOR 70 - GOLF TRAINING

45 minutes

Start this golf season off right! Our qualified personal trainers will work on building your power while also focusing on injury prevention. Get ready to feel your best on the course this season!

Mon & Wed: 9:00am with Christian
Wed & Fri 4:30pm with Jovani

PREHAB/REHAB

45 minutes

Injuries can be devastating to your training routine. By focusing on corrective movements, our trainers will give you the tools needed to stay healthy and keep going no matter what life throws at you.

Tue: 5:00pm Lower Body
Tue: 5:45pm Upper Body
Sat: 11:00am Upper Body
Sat: 11:45am Lower Body

PERSONAL TRAINING

Reach your goals faster with the guidance of our team of certified personal trainers! With affordable training packages, we can get you the results you need. Our trainers have flexible scheduling and are ready when you are. Visit www.ymcametronorth.org/personal-training/ to connect with a trainer or scan below.

Scan the
QR Code
to set up
your first
session
FREE!



MONTHLY FITNESS CLASSES | JULY & AUG

JULY

ADULT FITNESS | SMALL GROUP TRAINING

60 MINUTES

THURSDAY

MEMBER: \$50 | NON-MEMBERS: \$104

SUNDAYS | FRIDAYS | SATURDAYS

MEMBER: \$66 | NON-MEMBERS \$139

MONDAYS | TUESDAYS | WEDNESDAYS

MEMBER: \$83 | NON-MEMBERS: \$173

ADULT FITNESS | SMALL GROUP TRAINING

45 MINUTES

THURSDAY

MEMBER: \$45 | NON-MEMBERS: \$94

SUNDAYS | FRIDAYS | SATURDAYS

MEMBER: \$59 | NON-MEMBERS: \$125

MONDAYS | TUESDAYS | WEDNESDAYS

MEMBER: \$74 | NON-MEMBERS: \$156

July

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MONTHLY FITNESS CLASSES | JULY & AUG

TEEN FITNESS | SMALL GROUP TRAINING

60 minutes

TEEN BOXING (AGES 12-16)

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

Mon: 5:30pm with Jovani

Wed: 5:30pm with Jovani

L.I.F.T (AGES 12-16)

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines with a focus on safety in the fitness center.

Tue: 4:00pm

Wed: 3:30pm

Sat: 10:00am

YOUTH FITNESS | SMALL GROUP TRAINING

45 minutes

YOUTH CIRCUIT TRAINING (AGES 8-11)

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Mon: 3:30pm with Jovani

Sat: 9:00am with Andrew

HEALTHY FAMILIES FOR LIFE

Physical activity and Exercise is crucial for a healthy and happy lifestyle. The Y is dedicated to providing safe and accessible options to you and your family. Whether it's in Sports, Ninja Warrior, or one of our Youth and Teen Fitness classes, our staff are here to make sure your family is set up for success.

All of our Youth and Teen classes are designed to introduce healthy physical activity and develop a love for movement. Whether it's their first time taking a class, or they've been with us session after session, there is always something to learn!



MONTHLY FITNESS CLASSES | JULY & AUG

JULY

YOUTH FITNESS

45 MINUTES

THURSDAY

FAMILY: \$45 | MEMBER: \$58 | NON-MEMBER: \$98

SUNDAYS | FRIDAYS | SATURDAYS

FAMILY: \$59 | MEMBER: \$77 | NON-MEMBER: \$131

MONDAYS | TUESDAYS | WEDNESDAYS

FAMILY: \$74 | MEMBER: \$92 | NON-MEMBER: \$163

TEEN FITNESS

60 MINUTES

THURSDAY

FAMILY: \$50 | MEMBER: \$65 | NON-MEMBER: \$109

SUNDAYS | FRIDAYS | SATURDAYS

FAMILY: \$66 | MEMBER: \$86 | NON-MEMBER: \$145

MONDAYS | TUESDAYS | WEDNESDAYS

FAMILY: \$83 | MEMBER: \$103 | NON-MEMBER: \$182

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MONTHLY SPORTS CLASSES | JULY & AUG

SPORTS | YOUTH & TEENS

45 minutes

BASKETBALL SKILLS AND DRILLS

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

- Wed: 5:00 pm (Ages 4-6)**
- Wed: 5:45 pm (Ages 7-10)**
- Wed: 6:30 pm (Ages 11-15)**
- Sat: 9:00 am (Ages 4-6)**
- Sat: 10:00 am (Ages 7-10)**
- Sat: 11:00 am (Ages 11-15)**

ALL STAR SPORTS

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

- Mon: 5:00 pm (Ages 4-6)**
- Mon: 5:45 pm (Ages 7-10)**

VOLLEYBALL SKILLS AND DRILLS

In this program children will learn the basics of volleyball including setting, bumping, court positioning and working as a team.

- Thu: 5:00 pm (Ages 7-10)**
- Thu: 5:45 pm (Ages 11-13)**

TIK TOK DANCE

Practice your moves before your next post! Learn and practice the newest dances then choreograph your own dance! Will you be the next influencer?

- Wed: 4:00 pm (Ages 7-12)**

INDOOR SOCCER SKILLS

Our indoor soccer fundamentals class will work on basic skills such as dribbling, shooting and passing to help get players ready for their season.

- Fri: 5:00 pm (Ages 4-6)**
- Fri: 5:45 pm (Ages 7-10)**

SPORTS | ADVENTURE ZONE

45 minutes

NINJA WARRIORS (AGES 6-11)

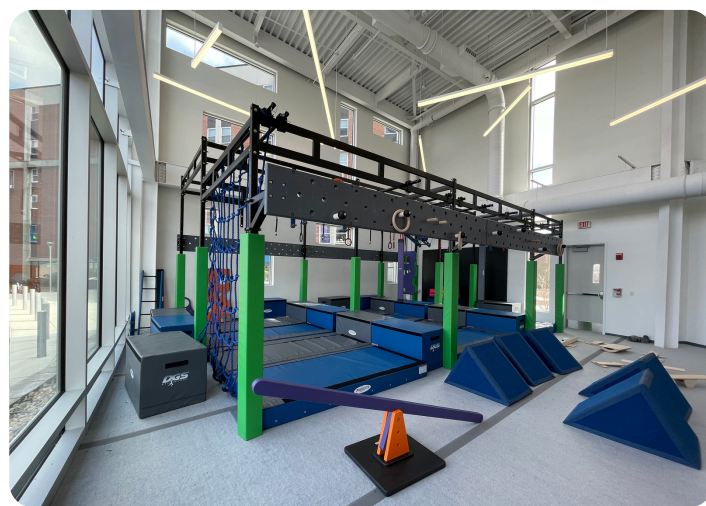
Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

- Mon: 4:30pm (ages 6-8)**
- Mon: 5:30pm (ages 9-11)**
- Tue: 5:00pm (ages 9-11)**
- Thu: 4:30pm (ages 6-8)**
- Sun: 10:00am (ages 6-10)**

LIL NINJAS (AGES 4-5)

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn age appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

- Mon: 3:30pm**
- Sun: 11:00am**



MONTHLY SPORTS CLASSES | JULY & AUG

JULY

YOUTH & TEEN SPORTS

45 MINUTES

THURSDAY

FAMILY: \$35 | MEMBER: \$51 | NON-MEMBER: \$78

SUNDAYS | FRIDAYS | SATURDAYS

FAMILY: \$47 | MEMBER: \$65 | NON-MEMBER: \$104

MONDAYS | TUESDAYS | WEDNESDAYS

FAMILY: \$59 | MEMBER: \$79 | NON-MEMBER: \$130

NINJA WARRIOR | LIL NINJA | TUMBLING

45 MINUTES

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NINJA WARRIOR | LIL NINJA | TUMBLING

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MONTHLY ENRICHMENT CLASSES | JULY & AUG

ENRICHMENT | CREATIVE ARTS PROGRAMS 45 MINUTES

PAINT NIGHTS

Get inspired to create a master piece in this weekly painting class. Our instructor will lead children through various forms and techniques of painting.

Tue: 5:30pm (Ages 7-12)



SCRAPBOOKING

Make this a summer you'll never forget! Take pictures throughout the week and then create a fun and memorable scrapbook to always remember the BEST SUMMER EVER!

Mon: 3:00 pm (Ages 7-12)

BOOK & CRAFT

Bring the story to life! This class will explore a new craft each week that is inspired by a story that inspires and teaches life lessons.

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



ENRICHMENT | TEEN LIFE SKILLS PROGRAMS 45 MINUTES | MEMBERS: \$35 / MONTH

RESUME BUILDING & INTERVIEW SKILLS

Whether you are looking for your first job or taking the next step in your career, this class will make sure your resume stands out and you feel confident when you land that big interview!

Wed: 5:00 pm (Ages 14-19)

PUBLIC SPEAKING

Find your voice and tell your story! Around 75% of people say that they have some fear around public speaking. Learn skills and techniques to captivate your audience.

Tue: 2:00 pm (Ages 14-19)

BUDGET BASICS

You work hard to earn your money. Now learn how to manage it! This class will teach the basics of money management and include experiential learning to put the lessons into practice.

Mon: 10:00 am (Ages 14-19)

ENRICHMENT | COOKING PROGRAMS 60 MINUTES

HEALTHY KIDS KITCHEN

Children will create a simple dish each week that they could recreate at home. Deliciousness is just a dash and a pinch away!

Wed: 4:00 pm (Ages 7-12)

Sat: 12:15 pm (Ages 7-12)

Sat: 1:15 pm (Ages 7-12)

MONTHLY ENRICHMENT CLASSES | JULY & AUG

JULY

CREATIVE ARTS

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COOKING PROGRAMS

60 MINUTES

SATURDAYS

FAMILY: \$52 | MEMBER: \$72 | NON-MEMBER: \$109

WEDNESDAYS

FAMILY: \$65 | MEMBER: \$88 | NON-MEMBER: \$137

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CREATIVE ARTS

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