

Spring 2 Session:

7 Weeks | April 28 – June 15

Monday classes are prorated for Memorial Day*

Registration Dates

Member Registration: **March 31**

Non-Member Registration: **April 7**

Rate Guide

Family Member: **\$93**

Member: **\$136**

Non-Member: **\$232**

PARENT / CHILD SWIM

**Parent | Child A
(Ages 6–18 Months) | 30 Min**

Sat: 9am | 9:40am | 10:20am

Sun: 9:40am

**Parent / Child B
(Ages 18–36 Months) | 30 min**

Sat: 9:40am

Sun: 9:00am

PRESCHOOL SWIM

Stage 0 | Age 3

30 Minutes

Sat: 9am | 11am | 11:40am

Sun: 9:00am | 9:40am

Stage 1 | Ages 3–6

30 Minutes

Wed: 3:55pm | 5:55pm

Thu: 3:55pm | 5:55pm

Fri: 4:30pm | 5:40pm

Sat: 10:20am | 11:00am

Sun: 9:00am | 10:20am |
11am | 11:40am | 12:20pm

Stage 2 | Ages 3–6

30 Minutes

Tue: 3:15pm | 5:15pm

Wed: 3:15pm | 5:15pm | 6:35pm

Thu: 3:55pm

Fri: 5:10pm | 6:20pm

Sat: 9:00am | 10:20am

Sun: 11:00am | 11:40am | 12:20pm

Stage 3 | Ages 3–6

30 Minutes

Tue: 5:15pm

Wed: 4:35pm

Thu: 5:15pm

Sat: 9:00am | 10:20am

Stage 4 | Ages 3–6

30 Minutes

Sat: 9:00am

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.

YOUTH SWIM

**Stage 1 | Ages 6–12
30 Minutes**

Tue: 5:55pm | 6:35pm

Wed: 5:55pm

Fri: 6:20pm

Sat: 9am | 9:40am | 12:20pm

Sun: 11am

Stage 2 | Ages 6–12

30 Minutes

Tue: 4:35pm

Wed: 3:55pm

Thu: 3:15pm

Fri: 3:50pm

Sat: 9:40am | 11am | 11:40am

Stage 3 | Ages 6–12

30 Minutes

Wed: 3:55pm

Thu: 4:35pm | 5:55pm

Fri: 4:30pm

Sat: 9:40am | 11am | 11:40am

Stage 4 | Ages 6–12

30 Minutes

Tue: 5:15pm

Wed: 5:15pm

Thu: 4:35pm

Fri: 3:50pm | 5:10pm

Sat: 9:40am

Sun: 11am | 11:40am

Stage 5 | Ages 6–12

30 Minutes

Fri: 5:40pm

Sat: 11:40am

Sun: 11:40am

Stage 6 | Ages 6–12

30 Minutes

Sat: 11am | 12:20pm



TEEN SWIM

**Teen Beginner Swim | Ages 13–17
30 Minutes**

Wed: 3:55pm

Fri: 3:15pm

**Teen Intermediate Swim | Ages 13–17
30 Minutes**

Wed: 4:35pm

Fri: 6:20pm

ADULT SWIM

**Adult Beginner Swim | Ages 18+
30 Minutes**

Wed: 5:15pm | 5:55pm

Sun: 12:20pm | 1:00pm

**Adult Intermediate Swim | Ages 18+
30 Minutes**

Wed: 6:35pm

Thu: 6:35pm

**Master Swim | Ages 18+
60 Minutes**

Mon: 3pm | 5:30pm

MONDAY CLASSES IN SPRING 2 ARE PRORATED*

60 minutes | F: \$80 | M: \$100 | N: \$150

PRIVATE SWIM LESSONS

30 minutes | F: \$259 | M: \$301

Wed: 3:15pm | 4:35pm | 5:15pm

Thu: 3:15pm | 3:55pm | 5:15pm

Spring 2 Session:

7 Weeks | April 28 - June 15

Monday classes are prorated for Memorial Day*

Registration Dates

Member Registration: **March 31**

Non-Member Registration: **April 7**

Rate Guide

Family Member: **\$93**

Member: **\$136**

Non-Member: **\$232**

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 0 (Age 3)

30 minutes

The YMCA Swim Lesson Level Zero is designed specifically for young children aged 3 years who are not yet ready to participate in independent swim classes. This introductory class focuses on building comfort in the water, developing basic swimming skills, and fostering a positive relationship with water through fun and engaging activities.

Stage 1 (3-6)

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 (3-6)

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 (3-6)

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 (3-6)

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.

YOUTH SWIM

Stage 1 (6-12)

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 (6-12)

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 (6-12)

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 (6-12)

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 (6-12)

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 (6-12)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breaststroke, butterfly and tread water.

TEEN SWIM

Teen Beginner Swim (13-17)

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class.

Teen Intermediate Swim (13-17)

30 minutes

This level reinforces skills. This is for teens who are comfortable in the water. Introduction to stroke mechanics and development. Please bring goggles to class.

ADULT SWIM

Adult Beginner Swim

30 minutes

Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 18+ yrs.

Adult Beginner Swim

30 minutes

This level reinforces skills. This is for adults who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 18+ yrs.

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!

SWIM TESTING

Safety is our First Priority at the Y! All swimmers under 18 need to be swim tested in order to use the deep end of the pool. Swim test includes swimming 25 yards in a horizontal position, jumping into deep water, and treading for 30 seconds. Swimmers who do not pass or choose not to take it must remain in the shallow end. Children under the age of 10 yrs of age or shorter than 50 inches must wear a U.S. Coast Guard personal flotation device (PFD).

Swimmers who are in the pool with parents at arm's length may be excused of using a PFD. Anyone under the age of 7, regardless of ability, must be within arm's reach of an adult at all times. Lifeguards have the right to retest swimmers. Not sure what stage to sign your child up for? Please contact our Welcome Center at (781)-842-8811 or email Ashley Alves: aalves@metronorthymca.org to set up a swim test!

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.

Spring 2 Session:
7 Weeks | April 28 - June 15
Monday classes are prorated for Memorial Day*

Registration Dates
Member Registration: **March 31**
Non-Member Registration: **April 7**

Rate Guide
Member: **\$112**
Non-Member: **\$235**

ADULT FITNESS

60 minutes

TRAIN FOR 70 - GOLF TRAINING

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!

Thu: 9:00am 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.

Thu: 5:30pm with Gentry

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.

Wed: 6:30pm with Jovani

Thu: 10:00am with Jovani

STRIKE ZONE

This Kickboxing focused workout will combine skills from boxing, conditioning, and kicks to add a full body workout.

Tue: 6:00pm with Jovani



WEIGHT LOSS CIRCUIT

Are you trying to lose weight? Make this the year you reach your goals! This small group training class is designed to help guide you in the right direction. Your Personal Trainer will guide you and a small group through workouts and will allow you to progress at your own level. Join us and put your goals in action!

Tue: 8:30am with Christian

LIFT HEAVY, LOOK LEAN

Get cut and lean with the use of free weights. Improve your body composition and learn the secrets to replacing fat with muscle.

Tue: 7:15pm with Jovani

Sat: 9:00am with Brandon

MONDAY CLASSES IN SPRING 2 ARE PRORATED*

60 minutes | **F: \$99 | M: \$99 | N: \$208**

BOXING BOOTCAMP*

Bring your boxing skills to the next level while conditioning your full body. This faster paced class will help you hit goals and improve athleticism.

Mon: 6:30pm with Jovani

MOBILITY MATRIX*

Stretch and lengthen muscles while increasing active range of motion. Certified Stretch Coach and Personal Trainer Jovani will guide you through exercises designed to bring your body to peak mobility. This is great for all fitness levels.

Mon: 7:30pm with Jovani

PERSONAL TRAINING

Reach your goals faster with our team of certified personal trainers at the Y! Our affordable training packages are designed to deliver the results you need. Unsure of your goals? Book a free Jumpstart fitness orientation with a trainer to get on the right track. With flexible scheduling, we're ready when you are. Connect with the perfect trainer by booking online at www.ymcametronorth.org/personal-training

Spring 2 Session:

7 Weeks | April 28 – June 15

Monday classes are prorated for Memorial Day*

Registration Dates

Member Registration: **March 31**

Non-Member Registration: **April 7**

TEEN FITNESS

60 minutes | F: \$95 | M: \$130 | N: \$208

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: 5:00pm with Jovani

Sat: 10:00am with Brandon

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

MONDAY CLASSES IN SPRING 2 ARE PRORATED*

60 minutes | F: \$87 | M: \$117 | N: \$191



YOUTH FITNESS

MONDAY CLASSES IN SPRING 2 ARE PRORATED*

45 minutes | F: \$78 | M: \$105 | N: \$182

KID'S BOOTCAMP (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: 4:00pm with Jovani*



HEALTHY FAMILIES FOR LIFE

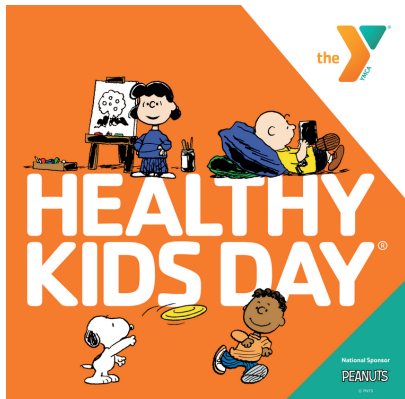
Physical activity and Exercise is crucial for a healthy and happy lifestyle. The Y is dedicated to providing safe and accessible options to you and your family. Whether it's in Sports, Ninja Warrior, or one of our Youth and Teen Fitness classes, our staff are here to make sure your family is set up for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

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.

Scan to Register



Healthy Kids Day

April 26, 2025

Join us for Healthy Kids Day at the Demakes Family YMCA on April 26! Enjoy a family resource fair, live animal encounters, ninja obstacle courses, sports challenges, fitness fun, and more. Don't miss this free, action-packed day—sign up below!

ymcametronorth.org/healthy-kids-day-2025

Spring 2 Session:

7 Weeks | April 28 – June 15

Monday classes are prorated for Memorial Day*

Registration Dates

Member Registration: [March 31](#)

Non-Member Registration: [April 7](#)

Rate Guide

Family Member: \$79
Member: \$106
Non-Member: \$175

YOUTH SPORTS

45 minutes | F: \$79 | M: \$106 | N: \$175

INDOOR SOCCER FUNDAMENTALS

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

Thu: 5:00 pm (Ages 4-6)

Thu: 5:45 pm (Ages 7-10)

MINI ALLSTARS

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.

Sat: 10:00 am (Ages 4-6)

ALLSTARS

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.

Sat: 11:00 am (Ages 7-10)

TBALL

Learn the basics of baseball, including hitting, throwing, and teamwork, in a fun and supportive environment. Perfect for beginners to build skills and confidence!

Sat: 11:00 am (Ages 5-8)

TRACK SKILLS & DRILLS

Run, jump, and build confidence! This program focuses on track fundamentals and athletic skills in a fun, supportive environment. Great for all ability levels!

Sat: 1:00pm

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.



HIP HOP DANCE

Get ready to express yourself through dance! This high-energy class teaches hip hop basics, boosts coordination, and builds confidence in a fun, supportive environment. All music and movement are age-appropriate.

Sun: 10:00am (Ages 4-6)

Sun: 11:00am (Ages 7-10)

3 vs 3 Basketball League

With a few Player on the court, each child gets more touches on the ball, more opportunities to develop their skills, and a chance to build confident. Fundamentals, strategy, & having fun 3v3 games

Sat: 2:15 pm (Ages 7-10)

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 4-5)

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

Wed: 7:00 pm (Ages 9-12)

Sat: 9:00 am (Ages 4-5)

Sat: 10:00 am (Ages 6-8)

Sat: 11:00 am (Ages 9-12)

PRIVATE BASKETBALL COACHING

30 minutes | F: \$259 | M: \$301

Elevate your game with personalized coaching! Focus on skill development, technique, and confidence-building through one-on-one instruction tailored to your goals.

For Ages 4-12

Spring 2 Session:

7 Weeks | April 28 – June 15

Monday classes are prorated for Memorial Day*

Registration Dates

Member Registration: **March 31**

Non-Member Registration: **April 7**



YOUTH ADVENTURE ZONE

45 minutes | F: \$85 | M: \$117 | N: \$198

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.

Sat: 10:00am

Sun: 11:00am

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)

Wed: 5:15pm (ages 6-8)

Wed: 6:05pm (ages 6-10)

Sat: 11:00am (ages 6-10)

Sun: 10:00am (ages 6-10)

MONDAY CLASSES IN SPRING 2 ARE PRORATED*

60 minutes | F: \$78 | M: \$105 | N: \$182

ADULT SPORTS

60 minutes | M: \$112 | N: \$196

Advance Men's Pickleball League (18+)

Competitive league for Advanced Pickleball players. Fast-paced matches, high-level strategy, and fierce competition await each week on the court.

Thu: 6:30pm

Adult Coed Basketball League (18+)

Teams will compete in weekly games, showcasing their skills in a structured yet fun and sportsmanship-focused environment. Playoffs last week of the session. This is a coed league for members ages 18 and up.

Sat: 9:00am

Adult Men's Basketball League (21+)

Teams will compete in weekly games, showcasing their skills in a structured yet fun and sportsmanship-focused environment. Playoffs last week of the session. This is a male only league for members ages 21 and up.

Sat: 11:30am



Healthy Kids Day

April 26, 2025

Join us for Healthy Kids Day at the Demakes Family YMCA on April 26! Enjoy a family resource fair, live animal encounters, ninja obstacle courses, sports challenges, fitness fun, and more. Don't miss this free, action-packed day—sign up below!

ymcametronorth.org/healthy-kids-day-2025

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.

Spring 2 Session:

7 Weeks | April 28 - June 15

Monday classes are prorated for Memorial Day*

Registration Dates

Member Registration: **March 31**

Non-Member Registration: **April 7**

Rate Guide

Family Member: **\$79**
Member: **\$106**
Non-Member: **\$175**

YOUTH ENRICHMENT

45 minutes | F: \$79 | M: \$106 | N: \$175

LITTLE PICASSOS

Each week, children will explore different art techniques, colors, and textures while creating their own masterpieces.

Sat: 11:00am (Ages 8-10)

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

CREATIVE ARTS

Unleash your child's imagination through painting, crafting, and hands-on projects that inspire creativity and self-expression. This fun and engaging class introduces young artists to a variety of art techniques while fostering confidence and a love for the arts. No experience needed—just bring your creativity!

Mon: 3:30pm (Ages 4-8)*

MONDAY CLASSES IN SPRING 2 ARE PRORATED*

45 minutes | F: \$70 | M: \$95 | N: \$156

TEEN SIGNATURE PROGRAMS

Young people actively engaged in teen programming receive a **FREE** teen membership.

LEADERS CLUB

60 minutes | Grades 6-12 | Free

Leaders Club is a character and leadership development program for young people. It is organized for the purpose of providing knowledge, training and experiences to young people. In this program, our young people become strong leaders in their communities, volunteer for causes they believe in, foster a spirit of service to others and shapes a healthy lifestyle in Mind, Body and Spirit.

Tue: 4:00pm

ACHIEVERS

60 minutes | Grades 7-12 | Free

A national YMCA program that helps young people discover, pursue higher education, and career goals by equipping them with the skills needed to succeed and be community role models. Our weekly meetings are intentionally led by mentors who inspire hope and a belief that a post-secondary degree/certificate is in all of our student's futures. Students are guided by staff and local professionals in fields they are interested in through Career Clusters and Life Skill Clusters.

Wed: 4:00pm

SPECIAL EVENTS FOR MEMBERS

KIDS NIGHT OUT 3 hours | M: \$20 N:\$25

Hang out with your friends at the YMCA, and enjoy a fun night filled with excitement! We will have games, crafts, and food!

Friday, May 2nd: 5:30pm-8:30pm

Friday, June 6th: 5:30pm-8:30pm

KIDS DAY OUT 4 hours | M: \$30 N:\$35

Join your friends at the YMCA for a fun-filled day with games, crafts, and great food!

Saturday, May 10th: 10am to 2pm

Saturday, June 14th: 10am to 2pm

FINGER PAINTING THURSDAY

Finger paint and take your artwork home or leave it on display for members to vote for a prize!

Thursday, June 10th at 5:00pm

BOUNCE HOUSE Free to Members | Non-Members:\$10

The Bounce House will be open for Families to enjoy!

Thursday, May 15th at 5:30pm

BIRTHDAY PARTIES

Make your celebration unforgettable at the Y! Parties are available on Saturdays and Sundays for two hours. Times and spaces are limited.

HEALTHY KIDS DAY

April 26, 2025

Join us for Healthy Kids Day at the Demakes Family YMCA on April 26! Enjoy a family resource fair, live animal encounters, ninja obstacle courses, sports challenges, fitness fun, and more. Don't miss this free, action-packed day—sign up below!

ymcametronorth.org/healthy-kids-day-2025





April Vacation Program

Daily | April 21 - April 25

Daily Rate Guide

Family Member:	\$45
Member:	\$55
Non-Member:	\$75

April Sports Clinic

Friday, April 18th | 9:00am-3:00pm (Ages 5-12)

Monday, April 21st | 9:00am-3:00pm (Ages 5-12)

Get Ready for Sports Fun!

Youth Sports Clinic designed to keep kids moving, learning, and having fun! This full-day clinic focuses on skill development in basketball, soccer, and ninja warrior, giving participants the chance to sharpen their techniques, build confidence, and enjoy friendly scrimmages.

SCAN THE QR CODE TO REGISTER OR VISIT:
YMCAMETRONORTH.ORG/PROGRAMS



April Vacation Program

Daily | April 21 - April 25

Daily Rate Guide

Family Member: \$45
 Member: \$55
 Non-Member: \$75

Spend Your April Vacation With Us! DISCOVER DEMAKES



SCHOOL VACATION PROGRAM

9:00AM - 3:00PM | AGES 4-6 & 7-12

April break is coming quicker than you think, and the Demakes Family YMCA has an action-packed plan to make this the best school vacation week ever! Spend your break with us, April 21-25, from 9:00 am to 3:00 pm. Fun and games, dashing through our splash pad, swimming in the pool, getting creative in the kids' kitchen, and running around the gymnasium. Register for one day or all five!

A DAY (OR WEEK) TO DISCOVER

Below is a snapshot of what you can expect a 'typical' day to look like. Times and activity order may vary based on the day and groups.

9:00AM	Drop Off Begins/Morning Activity
9:15AM	Morning Rally/Group Meeting
9:20AM	First Activity Period
10:00AM	Snack
10:20AM	Second Activity Period
11:00AM	Third Activity Period
11:55AM	Lunch
12:45PM	Swim
2:00PM	Fourth Activity Period
2:40PM	Closing Activity and Meeting
3:00PM	Pick Up

COME READY FOR SUCCESS!

DISCOVER DEMAKES IS ELECTRONIC FREE

Please DO NOT send your child with a phone, tablet, or any other toys that could be lost or damaged!

SWIMMING SCHEDULES

Every group swims every single day unless there is thunder and lightning. Pack a bathing suit and towel EVERY day!

DRESS IN WEATHER-APPROPRIATE GEAR

- Bring swim clothes and towels
- Label all personal belongings
- Remember to pack a water bottle
- Pack lunch and snacks
- Pack sunscreen! Just Incase!

LOOKING FOR FUN THIS SUMMER?



Visit ymcametronorth.org/summer-camp/ for more information!