



PROGRAM GUIDE

YMCA OF GREATER BOSTON

North Suburban

Spring I 2010

March 1 - April 18, 2010

Tuesday, February 9 - Family Member Drop Off / Mail In / Fax In

Wednesday, February 10 - Member Drop Off / Mail In / Fax In

Sunday, February 14 - Member Walk-In

Sunday, February 21 - Non-member Walk-In

No classes will be held April 19 - April 25

North Suburban

 **YMCA**
GREATER BOSTON
It's all inside the Y.

Membership Information

Our Mission

The North Suburban YMCA is dedicated to improving the health of mind, body, and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.



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Holiday Schedule

President's Day – Monday, February 15th

Easter – Sunday, April 4th

Regular Hours

4:00 – 7:00pm

No classes will be held during April vacation: April 19 – April 25

Registration Policies

1. The YMCA reserves the right to make schedule changes to adequately serve our members or to cancel due to low enrollment.
2. Dropped Off, faxed or e-mailed registrations do not guarantee enrollment in classes.
3. Registrations accepted through the second week of classes.
4. All Memberships **MUST** be current through the last day of the session to qualify for member rates and registration privilege.
5. Please note the time and day of your first class. Receipts from drop-off or fax registrations will be mailed back to members once processed. This is your confirmation.
6. In cases where classes are filled when we receive your registration, we will notify you to try to arrange an alternate class. Please make at least two choices for better availability.
7. Full payment must be made when you register. We cannot reserve spaces without full payment.

Program Credits & Refunds

1. Requests for Credits/Refunds must be made prior to the start of the 2nd week of classes. You will receive 100% less a \$5.00 processing charge.
2. All credits are in the form of a computer credit, which may be used at the North Suburban YMCA, for any programs offered and are good for one year.
3. If the YMCA must cancel a class due to chemical imbalances or contamination in the pool, a credit will be issued for the missed class. Credits will not be issued if the YMCA must cancel classes due to inclement weather (i.e. thunder / lightning or snow). The YMCA does not offer individual make-up classes.
4. Credits/Refunds will not be issued for missed classes due to illness or vacation.

Membership For All

Membership For All is the YMCA's income based scholarship program that enables individuals and families in need to receive reduced rates for membership and programs. For more information visit the Welcome Center Desk.



North Suburban YMCA Facebook address is <http://Facebook.com/NorthSuburbanYMCA>

Membership Information

Membership Rates

| TYPE | JOINING FEE | MONTHLY | ANNUAL |
|-----------------------------|-------------|---------|----------|
| PRESCHOOL (0-5 yrs) | N/A | N/A | \$110.00 |
| YOUTH (6-12 yrs) | N/A | N/A | \$110.00 |
| TEEN DOWNSTAIRS (13-17 yrs) | N/A | N/A | \$145.00 |
| YOUNG ADULT (13-24 yrs) | \$100 | \$48.50 | |
| ADULT (25-64 yrs) | \$100 | \$57.50 | |
| COUPLE (2 ADULTS) | \$100 | \$97.00 | |
| TWO-PARENT FAMILY | \$100 | \$97.00 | |
| ONE-PARENT FAMILY | \$100 | \$77.50 | |
| OLDER ADULT (65+ yrs) | \$100 | \$48.50 | |
| OLDER COUPLE (65+ yrs) | \$100 | \$82.00 | |

Family Services

Child Watch

The YMCA provides drop off care for your child in a stimulating and safe environment. Limit to 2 hours maximum per day. See Welcome Center Desk for hours. Please note: No food is allowed in the room.

Family Members: Free

Program Members: ChildWatch card must be purchased.

The Adventure Zone

Play in our indoor play space and climb on our rock wall. For family members only. Parental supervision is required. See Welcome Center Desk for hours.

The Play Zone (ages 5 and under)

Parental supervision is required. The Play Zone is for family members only. See Welcome Center Desk for hours.

Infant, Toddler, Pre-School, Pre-K, Kindergarten and Nursery School

For more information and a tour, call Julie Severance at 781-938-9622. Located at 100 Sylvan Road, the YMCA Children's Center is accredited through the National Association for the Education of Young Children and is part of the Universal Pre-Kindergarten Program. The Children's Center provides quality programs for children 6 weeks to 6 years old. A healthy lunch and nutritious snacks are provided every day. Drop-in care is available. Please contact the center 24 hours in advance to check space and availability.



School Age Child Care

The YMCA of Greater Boston is the largest provider of child care in Massachusetts. The North Suburban YMCA offers programs that serve Winchester, Woburn and Burlington schools. All programs focus on building core values: caring, honesty, respect and responsibility. Transportation provided from area schools to all of our sites. We offer 2, 3 and 5 day slots. All programs are open until 6:00 pm daily (except Goodyear/Clapp program), as well as on snow days and vacation days.

Plympton After School

Program for kindergarten through age 14
Serving all Woburn Public Schools
Director: Amy Luckiewicz
33 Plympton Street, Woburn, 781-938-5964

Burlington Extended Day

Program for kindergarten through age 14
Serving Francis Wyman, Fox Hill, Pine Glen, and Marshall Simonds
Director: Kathleen Baker
41 Terrace Hall Road, Burlington, 781-272-7750

Memorial After School Program

Program for kindergarten through fifth grade.
Serving the Memorial School
Director: Erinn Dionne
119 Winn Street, Burlington, 781-270-6869

YMCA at the Clapp/Goodyear

Program for kindergarten through 5th grade.
Open until 5:45pm
Director: Carly Wilson
40 Hudson St., 617-571-7270

Parties at the Y

Please call 781-935-3270 to book a birthday party. For specific questions regarding your party, please contact Sheri Kovalchek at skovalcheck@ymcaboston.org

Princess Parties

Parties include enchanted room, a Princess, tiaras, pink table cloths, balloons and 2 party coordinators. Limited to 12 guests.

M: \$260 N: \$300

Splash Parties

Parties include pool toys, lifeguard, party room, balloons and coordinator. Limited to 15 guests. Parents may be required to accompany child in the pool.

M: \$170 N: \$210

Gym Parties

Parties include sports equipment, coordinator, balloons, 1/2 the gymnasium and the bouncy house. Sport options include basketball, soccer, t-ball, and more! Limited to 15 guests.

M: \$192 N: \$234

Rock Climbing Parties

Use our indoor climbing wall while trained staff provide instruction. Party includes balloons, tables and chairs. Limited to 12 guests.

M: \$220 N: \$260

Tumbling Parties

Obstacle course, circle games, parachute games and much more! One hour in the Play Zone followed by 45 minutes in the party room. Parties include balloons, and all equipment located in the play zone. Limited to 12 guests.

M: \$170 N: \$210

Parent/Child Aquatics

All children in the Parent/Child swim program MUST wear swim diapers and rubber pants. Our Parent/Child swim lesson program is designed to acclimate you and your child to the pool, and to introduce basic skills and safety.

SKI – Shrimp, Kipper, Inia Ratio: 12 to 1

Ages: 6 to 18 months

| | | |
|-----|----------------|----------|
| Sun | 9:00-9:30 am | 02317-01 |
| Sun | 10:10-10:40 am | 02317-02 |
| Sun | 11:20-11:50 am | 02317-03 |
| Mon | 9:00-9:30 am | 02317-04 |
| Tue | 9:35-10:05 am | 02317-05 |
| Wed | 9:35-10:05 am | 02317-06 |
| Wed | 4:40-5:10 pm | 02317-07 |
| Thu | 9:35-10:05 am | 02317-08 |
| Fri | 9:00-9:35 am | 02317-09 |
| Sat | 9:00-9:30 am | 02317-10 |
| Sat | 10:45-11:15 am | 02317-11 |

F: \$49 M: \$72.50 N: \$96

Perch Ratio: 12 to 1

Ages: 19 to 36 months

| | | |
|-----|----------------|----------|
| Sun | 9:35-10:05 am | 02317-12 |
| Sun | 10:45-11:15 am | 02317-13 |
| Mon | 9:35-10:10 am | 02317-14 |
| Tue | 10:10-10:40 am | 02317-15 |
| Wed | 9:00-9:35 am | 02317-16 |
| Thu | 10:10-10:40 am | 02317-17 |
| Fri | 10:10-10:40 am | 02317-18 |
| Sat | 9:35-10:05 am | 02317-19 |
| Sat | 10:10-10:40 am | 02317-20 |

F: \$49 M: \$72.50 N: \$96

Sing And Splash (Ages 2-3 yrs)

Children and their parents will explore special movements in the water while listening to their favorite children's songs.

Thu 10:45-11:30am 02317-35

F:\$45 M:\$62.50 N:\$90

Parent/Child Aquatics

Seahorse w/Parent Ratio: 5 to 1

For the more timid child who is ready to learn to swim without the parent. Parents will begin each session in the water with the child. Each week the parent participation will be reduced. Ages: 2.5 years

| | | |
|-----|----------------|----------|
| Sun | 12:30-1:00 pm | 02317-21 |
| Mon | 9:35-10:05 am | 02317-22 |
| Tue | 9:00-9:30 am | 02317-23 |
| Wed | 10:10-10:40 am | 02317-24 |
| Thu | 9:00-9:30 am | 02317-25 |
| Fri | 9:35-10:05 am | 02317-26 |
| Sat | 11:20-11:50 am | 02317-27 |

F: \$60.20 M: \$89.25 N: \$118

Seahorse Ratio: 4 to 1

For the independent child who can swim with a floatation aid and is ready to begin swimming without a parent in the water. Ages: 2.5 years

| | | |
|-----|----------------|----------|
| Sun | 10:10-10:40 am | 02321-01 |
| Sun | 11:20-11:50 am | 02321-02 |
| Sun | 1:05-1:35 pm | 02321-03 |
| Mon | 10:10-10:40 am | 02321-04 |
| Mon | 1:30-2:00 pm | 02321-05 |
| Mon | 4:40-5:10 pm | 02321-06 |
| Tue | 2:30-3:00 pm | 02321-07 |
| Tue | 4:05-4:35 pm | 02321-08 |
| Wed | 2:00-2:30 pm | 02321-09 |

Seahorse (continued)

| | | |
|-----|----------------|----------|
| Wed | 4:05-4:40 pm | 02321-10 |
| Wed | 4:40-5:10 pm | 02321-11 |
| Thu | 1:30-2:00 pm | 02321-12 |
| Thu | 3:30-4:00 pm | 02321-13 |
| Thu | 4:40-5:10 pm | 02321-14 |
| Fri | 2:30-3:00 pm | 02321-15 |
| Fri | 3:30-4:00 pm | 02321-16 |
| Fri | 4:40-5:10 pm | 02321-17 |
| Sat | 9:00-9:30 am | 02321-18 |
| Sat | 10:10-10:40 am | 02321-19 |
| Sat | 11:20-11:50 am | 02321-20 |
| Sat | 1:05-1:35 pm | 02321-21 |

F: \$62.60 M: \$92.80 N: \$123

Pike w/Parent Ratio: 12 to 1

For children ages 3-5 who are not yet comfortable with parent separation. Parents teach their own children under the leadership of our instructors.

| | | |
|-----|-------------------|----------|
| Sun | 8:30-9:00 am | 02317-28 |
| Sun | 11:55 am-12:25 pm | 02317-29 |
| Sun | 1:05-1:35 pm | 02317-31 |
| Wed | 9:00-9:30 am | 02317-30 |
| Wed | 4:05-4:35 pm | 02317-32 |
| Sat | 8:30-9:00 am | 02317-33 |
| Sat | 11:55-12:25 pm | 02317-34 |

F: \$48 M: \$72.50 N: \$96

Preschool Aquatics

Pike Beginner Ratio: 4 to 1

Designed for the more timid child, we will practice swimming independently, kicking and paddling, and becoming comfortable in the water. Ages: 3 to 5 years

| | | |
|-----|----------------|----------|
| Sun | 9:35-10:05 am | 02322-01 |
| Sun | 10:45-11:15 am | 02322-02 |
| Sun | 11:20-11:50 am | 02322-03 |
| Sun | 12:30-1:00 pm | 02322-04 |
| Mon | 9:00-9:30 am | 02322-05 |
| Mon | 1:30-2:00 pm | 02322-06 |
| Mon | 3:30-4:00 pm | 02322-07 |
| Mon | 4:05-4:40 pm | 02322-08 |
| Mon | 4:40-5:10 pm | 02322-09 |
| Tue | 9:00-9:30 am | 02322-10 |
| Tue | 2:30-3:00 pm | 02322-11 |
| Tue | 3:30-4:00 pm | 02322-12 |
| Tue | 4:40-5:10 pm | 02322-13 |

Pike Beginner (continued)

| | | |
|-----|----------------|----------|
| Wed | 9:00-9:30 am | 02322-14 |
| Wed | 2:30-3:00 pm | 02322-15 |
| Wed | 3:30-4:00 pm | 02322-16 |
| Thu | 9:00-9:30 am | 02322-17 |
| Thu | 1:30-2:00 pm | 02322-18 |
| Thu | 3:30-4:00 pm | 02322-19 |
| Thu | 4:40-5:10 pm | 02322-20 |
| Fri | 9:00-9:30 am | 02322-21 |
| Fri | 2:30-3:00 pm | 02322-22 |
| Fri | 3:30-4:00 pm | 02322-23 |
| Fri | 4:40-5:10 pm | 02322-24 |
| Sat | 9:35-10:05 am | 02322-25 |
| Sat | 11:20-11:50 am | 02322-26 |
| Sat | 12:30-1:00 pm | 02322-27 |
| Sat | 1:05-1:35 pm | 02322-28 |

F: \$62.60 M: \$92.82 N: \$123

Preschool Aquatics

Pike Ratio: 6 to 1

Children must be out of diapers. We will work on becoming more comfortable jumping and submerging, and will focus on kicking, paddling, floating and swimming in a horizontal position. Ages: 3 to 5 years

| | | |
|-----|----------------|----------|
| Sun | 9:35-10:05 am | 02322-28 |
| Sun | 10:10-10:40 am | 02322-29 |
| Sun | 11:20-11:50 am | 02322-30 |
| Sun | 11:55-12:25 pm | 02322-31 |
| Sun | 12:30-1:00 pm | 02322-32 |
| Mon | 9:35-10:05 am | 02322-33 |
| Mon | 2:00-2:30 pm | 02322-34 |
| Mon | 3:30-4:00 pm | 02322-35 |
| Mon | 4:05-4:35 pm | 02322-36 |
| Tue | 9:35-10:05 am | 02322-37 |
| Tue | 2:00-2:30 pm | 02322-38 |
| Tue | 3:30-4:00 pm | 02322-39 |
| Tue | 4:05-4:35 pm | 02322-40 |
| Tue | 5:15-5:45 pm | 02322-41 |
| Wed | 9:35-10:05 am | 02322-42 |
| Wed | 2:30-3:00 pm | 02322-43 |
| Wed | 3:30-4:00 pm | 02322-44 |
| Wed | 4:40-5:10 pm | 02322-45 |
| Thu | 9:35-10:05 am | 02322-46 |
| Thu | 2:00-2:30 pm | 02322-47 |
| Thu | 3:30-4:00 pm | 02322-48 |
| Thu | 4:05-4:35 pm | 02322-49 |
| Fri | 9:35-10:05 am | 02322-50 |
| Fri | 1:30-2:00 pm | 02322-51 |
| Fri | 3:30-4:00 pm | 02322-52 |
| Fri | 4:05-4:35 pm | 02322-53 |
| Fri | 4:40-5:10 pm | 02322-54 |
| Sat | 9:00-9:30 am | 02322-55 |
| Sat | 10:10-10:40 am | 02322-56 |
| Sat | 12:30-1:00 pm | 02322-57 |
| Sat | 1:40-2:20 pm | 02322-58 |
| Sat | 3:00-3:30 pm | 02322-59 |

F: \$55.50 M: \$82.25 N: \$109

Eel Ratio: 6 to 1

Children must be able to jump from side without support, swim one length of the pool on front and back with two bubbles or less in a horizontal position; and be confident swimming in deep water and submerging. Ages: 3 to 5 years

| | | |
|------|-----------------|----------|
| Sun | 9:35-10:05 am | 02323-01 |
| Sun | 10:45-11:15am | 02323-02 |
| Sun | 11:55am-12:25pm | 02323-03 |
| Sun | 12:30-1:00 pm | 02323-04 |
| Mon | 9:00-9:30 am | 02323-05 |
| Mon | 9:35-10:05 am | 02323-06 |
| Mon | 2:00-2:30 pm | 02323-07 |
| Mon | 3:30-4:00 pm | 02323-08 |
| Mon | 4:05-4:35 pm | 02323-09 |
| Tues | 9:00-9:30 am | 02323-10 |
| Tues | 9:35-10:05 am | 02323-11 |
| Tues | 2:00-2:30 pm | 02323-12 |
| Tues | 3:30-4:00 pm | 02323-13 |
| Tues | 4:05-4:35 pm | 02323-14 |
| Tues | 4:40-5:10 pm | 02323-15 |
| Tues | 5:15-5:45 pm | 02323-16 |
| Wed | 9:35-10:05 am | 02323-17 |
| Wed | 1:30-2:00 pm | 02323-18 |
| Wed | 3:30-4:00 pm | 02323-19 |
| Wed | 4:05-4:35 pm | 02323-20 |
| Thu | 9:00-9:30 am | 02323-21 |
| Thu | 9:35-10:05 am | 02323-22 |
| Thu | 2:00-2:30 pm | 02323-23 |
| Thu | 3:30-4:00 pm | 02323-24 |
| Thu | 4:05-4:35 pm | 02323-25 |
| Fri | 9:00-9:30 am | 02323-26 |
| Fri | 9:35-10:05 am | 02323-27 |
| Fri | 1:30-2:00 pm | 02323-28 |
| Fri | 3:30-4:00 pm | 02323-29 |
| Fri | 4:05-4:35 pm | 02323-30 |
| Fri | 5:15-5:45 pm | 02323-31 |
| Sat | 9:00-9:30 am | 02323-32 |
| Sat | 9:35-10:05 am | 02323-33 |
| Sat | 10:10-10:40 am | 02323-34 |
| Sat | 10:45-11:15 am | 02323-35 |
| Sat | 11:20-11:50 am | 02323-36 |
| Sat | 12:20-1:00 pm | 02323-37 |
| Sat | 1:40-2:20 pm | 02323-38 |
| Sat | 3:00-3:30 pm | 02323-39 |

F: \$55.50 M: \$82.25 N: \$109

Preschool Aquatics

Ray Ratio: 6 to 1

Children must be able to swim one length of the pool with one bubble or less and swim 30 feet without a bubble on stomach and back, with horizontal body position, out of the water arm stroke, and consistent kick. Ages: 3 to 5 years

| | | |
|------|------------------|----------|
| Sun | 10:45-11:15 am | 02324-01 |
| Sun | 11:55am-12:25 pm | 02324-02 |
| Sun | 1:05-1:35 pm | 02324-03 |
| Mon | 10:10-10:40 am | 02324-04 |
| Mon | 2:30-3:00 pm | 02324-05 |
| Mon | 3:30-4:00 pm | 02324-06 |
| Mon | 4:40-5:10 pm | 02324-07 |
| Tues | 10:10-10:40 am | 02324-08 |
| Tues | 1:30-2:00 pm | 02324-09 |
| Tues | 4:05-4:35 pm | 02324-10 |
| Tues | 4:40-5:10 pm | 02324-11 |
| Wed | 10:10-10:40 am | 02324-12 |
| Wed | 1:30-2:00 pm | 02324-13 |
| Wed | 4:05-4:35 pm | 02324-14 |
| Thu | 10:10-10:40 am | 02324-15 |
| Thu | 2:30-3:00 pm | 02324-16 |
| Thu | 4:05-4:35 pm | 02324-17 |
| Thu | 4:40-5:10 pm | 02324-18 |
| Fri | 10:10-10:40 am | 02324-19 |
| Fri | 2:00-2:30 pm | 02324-20 |
| Fri | 4:05-4:35 pm | 02324-21 |
| Fri | 5:15-5:45 pm | 02324-22 |
| Sat | 9:35-10:05 am | 02324-23 |
| Sat | 10:45-11:15 am | 02324-24 |
| Sat | 11:55am-12:25 pm | 02324-25 |
| Sat | 2:25-2:55 pm | 02324-26 |

F: \$55.50 M: \$82.25 N: \$109

Starfish Ratio: 6 to 1

This is the most advanced of the preschool swimming programs. Children must be able to swim one length of the pool front crawl, and one length backstroke without floatation. Ages: 3 to 5 years

| | | |
|------|------------------|----------|
| Sun | 10:10-10:40 am | 02325-01 |
| Sun | 1:05-1:35 pm | 02325-02 |
| Mon | 2:30-3:00 pm | 02325-03 |
| Mon | 4:05-4:35 pm | 02325-04 |
| Tues | 10:10-10:40 am | 02325-05 |
| Tues | 1:30-2:00 pm | 02325-06 |
| Tues | 3:30-4:00 pm | 02325-07 |
| Wed | 10:10-10:40 am | 02325-08 |
| Wed | 2:00-2:30 pm | 02325-09 |
| Wed | 3:30-4:00 pm | 02325-10 |
| Thu | 10:10-10:40 am | 02325-11 |
| Thu | 2:00-2:30 pm | 02325-12 |
| Thu | 4:05-4:35 pm | 02325-13 |
| Fri | 10:10-10:40 am | 02325-14 |
| Fri | 2:00-2:30 pm | 02325-15 |
| Fri | 4:05-4:35 pm | 02325-16 |
| Fri | 5:15-5:45 pm | 02325-17 |
| Sat | 10:45- 11:15 am | 02325-18 |
| Sat | 11:55am-12:25 pm | 02325-21 |
| Sat | 2:25-2:55 pm | 02325-22 |

F: \$55.50 M: \$82.25 N: \$109

Looking to have your child evaluated for which level of lessons to sign up for? Come to our open evaluation days! Monday, February 1 to Friday, February 5 from 3:00-3:30pm and 5:00-5:30pm and February 6 and February 7 from 2:00-3:00pm. If these days and times do not work for you, please contact the Aquatics office at 781.305.2912.

Youth Aquatics

Our youth program is for participants at least 6 years of age. Those that do not meet the age requirement must have written permission from the Aquatics Director to register for youth classes.

Polliwog Ratio: 6 to 1

This is the beginner level for our Youth Programs. Children can wear floatation if needed. We will work on becoming comfortable swimming without any floatation, front and back paddle, jumping without support and submerging.

| | | |
|------|----------------|----------|
| Sun | 10:10-10:55 am | 02401-60 |
| Sun | 12:40-1:25 pm | 02401-02 |
| Mon | 3:30-4:15 pm | 02401-03 |
| Mon | 4:20-5:05 pm | 02401-04 |
| Tues | 3:30-4:15 pm | 02401-05 |

| | | |
|-----|----------------|----------|
| Wed | 3:30-4:15 pm | 02401-06 |
| Wed | 4:20-5:05 pm | 02401-07 |
| Thu | 3:30-4:15 pm | 02401-08 |
| Thu | 4:20-5:05 pm | 02401-09 |
| Fri | 3:30-4:15 pm | 02401-10 |
| Fri | 4:20-5:05 pm | 02401-11 |
| Fri | 5:50-6:35 pm | 02401-12 |
| Fri | 6:40-7:25 pm | 02401-13 |
| Sat | 10:10-10:55 am | 02401-14 |
| Sat | 12:40-1:25 pm | 02401-15 |

F: \$60.25 M: \$89.25 N: \$118

Youth Aquatics

Advanced Polliwog Ratio: 8 to 1

Children must be able to swim at least ½ of the pool (37 feet) with a bubble, and be able to jump from the side without support.

| | | |
|------|----------------|----------|
| Sun | 9:20-10:05 am | 02401-16 |
| Sun | 10:10-10:55 am | 02401-17 |
| Sun | 12:40-1:25 pm | 02401-18 |
| Mon | 3:30-4:15 pm | 02401-19 |
| Tues | 4:20-5:05 pm | 02401-20 |
| Wed | 3:30-4:15 pm | 02401-21 |
| Thu | 3:30-4:15 pm | 02401-22 |
| Fri | 3:30-4:15 pm | 02401-23 |
| Fri | 5:50-6:35 pm | 02401-30 |
| Fri | 6:40-7:25 pm | 02401-31 |
| Sat | 9:20-10:05 am | 02401-32 |
| Sat | 10:10-10:55 am | 02401-33 |
| Sat | 12:40-1:25 pm | 02401-34 |
| Sat | 2:20-3:05 pm | 02401-35 |

F: \$57.50 M: \$85.25 N: \$113

Guppy Ratio: 8 to 1

Participants must be able to jump without flotation, and swim one length of the pool on front and back with, consistent kick, and horizontal body position, and perform a sitting or kneeling dive.

| | | |
|------|---------------|----------|
| Sun | 9:20-10:05 am | 02402-01 |
| Sun | 1:30-2:15 pm | 02402-02 |
| Mon | 3:30-4:15 pm | 02402-03 |
| Tues | 3:30-4:15 pm | 02402-04 |
| Wed | 4:20-5:05 pm | 02402-05 |
| Thu | 4:20-5:05 pm | 02402-06 |
| Fri | 4:20-5:05 pm | 02402-07 |
| Fri | 5:50-6:35 pm | 02402-08 |
| Sat | 9:20-10:05 am | 02402-09 |
| Sat | 1:30-2:15 pm | 02402-10 |
| Sat | 2:20-3:05 pm | 02402-11 |

F: \$57.50 M: \$85.25 N: \$113

Minnow Ratio: 8 to 1

Children must be able to tread water for one minute, perform a standing dive, swim front crawl with rotary breathing, and swim backstroke for 75 yards.

| | | |
|------|----------------|----------|
| Sun | 11:00-11:45 am | 02403-01 |
| Sun | 1:30-2:15 pm | 02403-02 |
| Mon | 3:30-4:15 pm | 02403-03 |
| Tues | 4:20-5:05 pm | 02403-04 |
| Wed | 3:30-4:15 pm | 02403-05 |
| Thu | 3:30-4:15 pm | 02403-06 |
| Fri | 4:20-5:05 pm | 02403-07 |
| Fri | 6:40-7:25 pm | 02403-08 |
| Sat | 11:00-11:45 am | 02403-09 |
| Sat | 1:30-2:15 pm | 02403-10 |

F: \$57.50 M: \$85.25 N: \$113

Fish Ratio: 8 to 1

Participants must be able to tread water for two minutes, perform a standing dive, swim a minimum of 100 yards front crawl, 100 yards backstroke, and demonstrate proficient breast stroke kick.

| | | |
|------|----------------|----------|
| Sun | 11:00-11:45 am | 02404-01 |
| Mon | 4:20-5:05 pm | 02404-02 |
| Tues | 4:20-5:05 pm | 02404-03 |
| Wed | 3:30-4:15 pm | 02404-04 |
| Thu | 3:30-4:15 pm | 02404-05 |
| Fri | 4:20-5:05 pm | 02404-06 |
| Fri | 7:30-8:15 pm | 02404-07 |
| Sat | 11:00-11:45 am | 02404-08 |

F: \$57.50 M: \$85.25 N: \$113

Flying Fish Ratio: 8 to 1

Children must be able to tread water for four minutes, and perform a racing dive off the starting blocks. Must be proficient in all four competitive strokes and be able to swim 200 yards nonstop.

| | | |
|------|------------------|----------|
| Sun | 11:50am-12:35 pm | 02405-01 |
| Mon | 4:20-5:05 pm | 02405-02 |
| Tues | 3:30-4:15 pm | 02405-03 |
| Wed | 4:20-5:05 pm | 02405-04 |
| Thu | 4:20-5:05 pm | 02405-05 |
| Fri | 7:30-8:15 pm | 02405-06 |
| Sat | 11:50am-12:35 pm | 02405-07 |
| Sat | 3:10-3:55 pm | 02405-08 |

F: \$57.50 M: \$85.25 N: \$113

Shark Ratio: 8 to 1

This class will continue to refine all of the previously learned skills. Must be proficient in all four competitive strokes and must be able to swim 400 yards nonstop.

| | | |
|------|------------------|----------|
| Sun | 11:50am-12:35 pm | 02406-01 |
| Mon | 4:20-5:05 pm | 02406-02 |
| Tues | 3:30-4:15 pm | 02406-03 |
| Wed | 4:20-5:05 pm | 02406-04 |
| Thu | 4:20-5:05 pm | 02406-05 |
| Fri | 3:30-4:15 pm | 02406-06 |
| Fri | 7:30-8:15 pm | 02406-07 |
| Sat | 11:50am-12:35 pm | 02406-08 |
| Sat | 3:10-3:55 pm | 02406-09 |

F: \$57.50 M: \$85.25 N: \$113

Porpoise Ratio: 8 to 1

Must be able to tread water for ten minutes, and swim 400 yards nonstop. Must be proficient in all four competitive strokes, and be able to retrieve an object from a depth of at least nine feet. This class will also offer team building.

| | | |
|-----|-------------|----------|
| Fri | 3:30-4:15pm | 02407-01 |
|-----|-------------|----------|

F: \$57.50 M: \$85.25 N: \$113

Youth Aquatics

Intro to Snorkeling

Ages: 6 to 12 years
Learn how to clear your mask and snorkel and how to communicate with a dive buddy. All equipment will be provided by the YMCA.

Tues 4:20-5:05pm 02407-05
F:\$42 M:\$62 N:\$83

Swim Club

Ages: 7-16
The club requires less commitment than swim team. Must be able to swim 50 yards non-stop using front and back crawl. Choose three individual days or a 3-day package. Swimmers must commit to a day.

Mon 5:15-6:00pm 02600-24
Wed 5:15-6:00pm 02600-26
Thu 5:15-6:00pm 02600-27
Mon/Wed/Thu 5:15-6:00pm 02600-28
Price per Day: **F: \$21 M: \$ 41 N: \$61**
3 Days: **F: \$51 M: \$75.75 N: \$98.25**

Underwater Adventure Games!

Ages: 6 to 12 years. This class will offer a variety of games that will include both physical activity and creative thinking.

Thu 3:30-4:15pm 02407-06
F:\$42 M:\$62 N:\$83

Intro To Competitive Swimming

Ages 5-12 years. Must be able to swim 25 yards front crawl with rotary breathing. Must be familiar with breaststroke and backstroke. The class will cover competitive stroke techniques, starts, and finishes.

Sun 1:30-2:30pm 02600-21
F:\$58.50 M:\$86.25 N:\$114

Vikings Long Course

USA Swim Team

Ages: 11-18

March 29–August 12

This team will include the summer Vikings and spring and summer meets. Please note that there will be additional fees for meet entries. Please contact Rebekah at rtorresson@ymcaboston.org if you have any questions concerning eligibility.

Sun 5:00-7:00 Tues 7:15-8:45
Mon 7:00-8:45 Wed 7:00-8:30
02800-07

Y Members only: \$400 for the full season

Dry land for Swimmers

Ages: 12-18. Focus on flexibility, endurance, and strength training. The class will also discuss proper nutrition for swimmers and help to create a long term individual dry land plan for each swimmer.

Sun 4:00-5:00 02600-70
Wed 6:00-7:00 02600-56
F:\$58.50 M:\$86.25 N:\$114

Advanced Stroke and Turn I

Ages 8-11. Swimmers must have completed either Intro to Competitive Swimming, one year of swim team, Red Cross Level 6, or Shark.

Tue & Thu 6:00-7:00 02600-22
F: \$112 M: \$182 N:\$277

Advanced Stroke and Turn II

Ages: 12-18. Swimmers must be familiar with all four competitive strokes and basic turns for all strokes.

Tue & Thu 7:00-8:00 02600-23
F: \$112 M: \$182 N:\$277

Off the Wall: Starts and Finishes

Ages 6-14. Swimmers will work on technique for competitive starts and finishes. Swimmers must be able to jump comfortably off the block. This class is not recommended for swimmers who already have a strong competitive start.

Tue & Thu 7:00-8:00 02600-05
F: \$112 M: \$182 N:\$277

Distance Clinic

Ages: 8-18
Swimmers will discuss strategies for swimming the 200 free, 500 free, and 1000 free.

Mon & Wed 7:00-8:30 02600-54
F: \$112 M: \$182 N: \$277

Video Stroke Review

Ages: 8-18. Swimmers will be videotaped performing each of the major competitive strokes with starts and turns. The swimmers will be given immediate feedback from an experienced coach as they watch their video and then will return to the pool to work on the technique.

Clinic I – Feb. 24-March 17

Wed 7:00-8:30 02600-53

Clinic II – March 24-April 14

Wed 7:00-8:30 02600-56

F:\$58.50 M:\$86.25 N:\$114

Adult & Teen Aquatics

Teen Aquatics

Teen Swim Classes Ages: 11 to 17

This class will focus on front crawl, back floating, rotary breathing, and stroke technique.

Mon 6:00-6:45pm 02510-01

F: \$57.50 M: \$85.25 N: \$113

Adult Aquatics

Adult Beginner

For participants who are apprehensive around the water or are not able to perform front crawl or a back float. The class will focus on floating, rotary breathing, and personal safety.

Mon 7:00-7:45pm 02510-02

Thu 5:15-6:00pm 02510-04

F: \$57.50 M: \$85.25 N: \$113

Adult Intermediate

Participants must be able to swim one length of the pool nonstop. The class will focus on building endurance and stroke technique.

Mon 7:45-8:30pm 02520-01

F: \$57.50 M: \$85.25 N: \$113

Adult Stroke Advanced

This class will assess the participants stroke mechanics and provide advice, workout routines and a wellness program.

Mon 8:30-9:15pm 02510-03

F: \$57.50 M: \$85.25 N: \$113

Fitness Aquatics

These classes are for people of all ages and abilities who desire a change in their daily exercise routines. The ability to swim is not necessary to participate in water exercise classes.

Arthritis Aquatics

This is a recreational program that emphasizes joint flexibility and range of motion in the warmth and buoyancy of water.

Tues/ Thu 11:30am-12:15pm 02120-40

M: \$35 N: \$86

Mon/Wed/Fri 8:45-9:30am 02120-42

M: \$42 N: \$97

Aqua Aerobics

High intensity class is a great workout in a safe, non-weight bearing environment.

Mon/ Wed 6:15-7:00pm 02100-23

M: \$35 N: \$86

Sat 7:55-8:55am 02100-21

M: FREE N: \$46

Aqua Stretch and Tone

This low intensity class is designed to stretch and strengthen the entire body.

Tues/ Thu (deep water) 10:45-11:30am 02100-01

M: \$35 N: \$86

Mon/Wed/Fri (shallow) 10:45-11:30am 02100-02

M: \$42 N: \$97

Mon through Fri 10:45-11:30am 02100-03

M: \$62 N: \$122

Private And Semi Private Program

Private or Semi Private classes give you the option of having a one on one or small class with the instructor. To sign up please visit the Welcome Center Desk and fill out a form on the perspective student. We will contact you with an appropriate instructor, times and date options as soon as possible. Private lessons run for 6 ½-hour lessons or 3 one hour lessons.

Private Swim Lessons

This is for anyone who would gain from having a one-on-one lesson with one of our qualified instructors.

Youth 02900-01

Adult 02900-02

M: \$195 N: \$240

Semi-Private Swim Lessons

Semi-private lessons can be for 2-3 students at once. Students must sign up together and must be of comparable ability.

Youth 02900-03

Adult 02900-04

M: \$252 N: \$332

Aquatic Policies

- After the second week of classes is over, anyone wishing to switch the day and/or time of their classes must fill out a class switch form that needs to be approved by the Aquatics Director. Class switch forms are located at the front desk and in the Aquatics office.
- Parents are welcome to sit in the pool area to watch their children during Peek Week. During the weeks in between, we ask that all parents/guardians sit and watch their child's swim lesson from our viewing area.

Preschool Enrichment & Sports

Toddler Gymnastics

Come learn with Gymnastics and More, here at our facility! Very basic gymnastics skills will be taught. Parent participation is required.

Mon 9:00-9:45am (2.5-3.5 yrs) 03520-03
 Mon 10:00-10:45am (2.5-3.5 yrs) 03520-01
F: \$46 M: \$69 N:\$92

Gym Stars

Learn basic gymnastics skills! Children must be comfortable to participate without parents.

Mon 11:00-11:45am (3.5-5.5 yrs) 03520-02
F: \$46 M: \$69 N:\$92

Introduction to Dance

Explore the basics of dance. Comfortable clothing and socks – leotards and tights welcome!

Sat 11:00-11:45am (3-5 yrs) 03610-01
 Sat 1:00-1:45pm (3-5 yrs) 03610-03
F: \$46 M: \$69 N:\$92

Bitty Ballet

Learn ballet basics.

Sat 12:00-12:45pm (4-5 yrs) 03610-02
F: \$39 M: \$58 N:\$78

Sports Sampler

Explore soccer, basketball, t-ball and more!

30 minute Classes:

Tue 10:00-10:30am (2-3 yrs) 03141-12
 Thu 9:00-9:30am (2-3 yrs) 03141-01
 Sat 9:15-9:45am (2-3 yrs) 03141-02
 Sun 9:15-9:45am (2-3 yrs) 03141-08
F: \$35 M: \$52.50 N:\$70

45 minute Classes:

Mon 5:00-5:45pm (4-5 yrs) 03141-06
 Tue 9:00-9:45am (4-5 yrs) 03141-04
 Thu 9:45-10:30am (4-5 yrs) 03141-10
 Sat 10:00-10:45 (3-5 yrs) 03141-14
F: \$46 M: \$69 N:\$92

Indoor Soccer League

Basic fundamental drills will be taught before the start of each game. Shirts will be given out to each player the first day of the session.

Sat 12:00pm – 1:00pm (3-5 yrs) 03116-10
F: \$54 M: \$81 N:\$108

Schoolyard Sampler

Learn schoolyard favorites such as red light green light, freeze tag, thunderball, and more!

Wed 11:00-11:45am (3-5 yrs) 03141-40
 Wed 4:00-4:45pm (3-5 yrs) 03141-41
 Thu 10:45-11:30am (3-5 yrs) 03141-42
F: \$46 M: \$69 N: \$92

Little Kickers Soccer

Basic soccer techniques will be taught.

Mon 3:00-3:45pm (3-5 yrs) 03116-02
 Tues 4:00-4:45pm (3-5) 03116-01
 Wed 3:00-3:45pm (3-5 yrs) 03116-04
 Fri 5:00-5:45pm (3-5 yrs) 03116-07
 Sun 9:00-9:45am (3-5 yrs) 03116-09
 Sun 11:00-11:45am (3-5 yrs) 03116-08
F: \$46 M: \$69 N: \$92

Little Swingers T-Ball

Practice your swing, learn to field and run the bases! Remember to bring your own glove as we have a limited number!

Thu 3:00-3:45pm (3-5 yrs) 03121-05
 Fri 4:00-4:45pm (3-5 yrs) 03115-10
 Sun 12:00-12:45pm (3-5 yrs) 03121-03
F: \$46 M: \$69 N: \$92

Jr. Celtics Little Hoopsters

The Jr. Celtics program will be emphasize sportsmanship, youth wellness and teamwork while developing basketball skills.

Tue 3:00-3:45pm (3-5 yrs) 03127-01
 Fri 3:00-3:45pm (3-5 yrs) 03127-04
 Sat 9:00-9:45am (3-5 yrs) 03127-02
F: \$46 M: \$66 N: \$92

Boston Bruin Street Brigade

Learn the basics of hockey.

Sun 9:15-9:45am (3-5 yrs) 03134-02
F: \$44 M: \$66 N: \$88

Introduction to

Bouldering and Rock Climbing

Learn to boulder and climb on our rock wall!

Sun 10:00-10:45am (4+yrs) 03137-01
 Sun 9:15-10:00am (4+yrs) 03137-02
 Sun 11:00-11:45am (4+yrs) 03137-16
F: \$48 M: \$72 N:\$96

Preschool Enrichment & Sports

Baby and Me Gym

Parents and babies will explore new skills and make new friends. Parent participation is required.

Wed 10:15-10:45am (9-18 months) 03410-09
Sat 10:10:30am (9-18 months) 03410-10
F: \$40 M: \$60 N: \$80

Music and Movement with Lynnergy

Toddlers will sing songs, learn finger plays, dance and explore musical instruments!

Tue 10:00-10:30am (1-2 yrs non-walkers/crawlers) 03410-07

Tue 10:45-11:30am (2-4 yrs very comfortable walkers/runners) 03410-05
F: \$45 M: \$67.50 N: \$90

Family Music Program

The Real School of Music in Burlington is offering a Family Music program for infants through 5-year-olds.

This is a mixed-age class allowing children to participate by watching and hearing other participants singing, moving, and playing instruments.

Tues 10:00 -10:45am

Class starts on March 2nd and runs for 6 weeks.

Cost: \$120

Toddler and Me Gym

Flexibility, coordination and balance will be introduced.

Wed 11:00-11:30am (2-3 yrs) 03410-27

Thu 9:45-10:15am (2-3yrs) 03410-28

Sat 10:45-11:15am (2-3yrs) 03410-30

F: \$46 M: \$69 N: \$92

Creative Movement

Wiggle, bounce, hop and jump while listening to popular kid's music! Feel free to bring your own favorite songs to share with the group!

Thu 9:00-9:30am (2-3 yrs) 03410-15

F: \$46 M: \$69 N: \$92

The Preschool Experience

Introduce your preschooler to the world of arts, music, crafts, sports and games!

Tue 9:30-10:15am (3-4 yrs) 03410-26

F: \$45 M: \$67.50 N: \$90

Preschool Gym

Enjoy running, jumping, relays and obstacles!

Thu 10:30-11:15am (3-4 yrs) 03410-03

F: \$46 M: \$69 N: \$92

Snuggly Songs with Lynnergy

Bring your pre-walker and enjoy songs and movements.

Mon 9:00-9:30am (up to 10 months) 03410-06

F: \$40 M: \$60 N: \$80

Sign Language for Babies

Communication based program to enhance your child's language development. Basic sign language will be taught. Age 6 to 12 months.

Tues 9:00-9:30am 03410-53

F: \$40 M: \$60 N: \$80

Kiddie Cooking

Learn the basics of cooking. No parent participation required.

Tue 9:45-10:15am (3-5 yrs) 03410-60

F: \$46 M: \$69 N: \$92

Little Picassos

Class will focus on a different artist each week.

Medias like paint, clay and glue will be used.

Tue 3:30-4:00pm (3-5 yrs) 03410-63

Thu 10:30-11:00am (3-5 yrs) 03410-02

Sat 10:00-10:30am (3-5 yrs) 03410-12

F: \$46 M: \$69 N: \$92

Preschool Spanish

Learn Spanish through games, songs and activities!

Wed 10:00-10:30am (4-5 yrs) 03410-50

Wed 11:30am-12:00pm (4-5 yrs) 03410-52

F: \$51 M: \$77 N: \$102

Story and Craft

Each week, read a new story and then make a craft related to the story! No parent participation required.

Wed 12:00-12:45pm (4-5 yrs) 03410-92

F: \$46 M: \$69 N: \$92

Busy Bees for Two's and Three's

In this class toddlers will learn colors and shapes through activities, crafts and games.

Wed 9:15-10:00am (2-3 yrs) 03410-01

Fri 9:15-10:00am (2-3 yrs) 03410-24

F: \$46 M: \$69 N: \$92

Gym and Swim

Enjoy sports and games followed by a structured free swim time. Children must be able to swim with a bubble. No exceptions!

Tues 10:00-11:30am 03410-62

Wed 2:00-3:30pm 03410-18

Thu 10:00-11:30am 03410-64

F: \$65 M: \$86 N: \$125

ABC's with Lynnergy

Learn the ABC's through songs, games and crafts.

Each week new letters will be introduced.

Mon 10:00-10:45am (3-5yrs) 03410-08

F: \$46 M: \$69 N: \$92

Youth Enrichment & Sports

Youth Enrichment Classes

Elementary Spanish

Bienvenidos! Children will learn Spanish numbers, colors, basic vocabulary and more!

Tue 3:30-4:15pm (K-2nd grade) 03420-07

Tue 4:30-5:15pm (3rd-5th grade) 03420-08

F: \$62 M: \$83 N: \$124

Mad Science

Come to the Y where we will create our own lab to explore science experiments!

Wed 4:45-5:30pm (1st-3rd grade) 03420-05

F: \$47 M: \$69.50 N: \$94

Creative Writing

Explore different types of writing. Participants will be inspired by poetry and other creative literature.

Thu 5:00-5:45pm (1st-5th grade) 03420-01

F: \$47 M: \$69.50 N: \$94

Kitchen Crazy

Join our master chef in a weekly cook-off challenge. Safety, fun and excitement are all on the menu.

Thu 6:00-6:45pm (8-12 yrs) 03420-84

F: \$60 M: \$90 N: \$120

Intro to Hip-Hop Dance

Our instructors will teach kids the most popular dances and they will be able to develop their own moves and routine!

Mon 4:30-5:15pm (6-8 yrs) 03620-04

F: \$50 M: \$75 N: \$100

Y Babysitter's Training

This training is designed for 6th-9th grade students. The program is an interactive class led by an instructor, in which participants will learn to think and act safely to prevent accidents, use basic first aid skills, deal with emergency situations, care for and entertain children of all ages, and find babysitting work safely.

Thu 7:00-8:00pm (11-15 yrs) 03420-91

F: \$60 M: \$90 N: \$120

Introduction to Guitar

The YMCA is offering guitar lessons in conjunction with The Real School of Music in Burlington. Students will need to purchase a method book and supply their own guitar. Either acoustic or electric guitars can be used for the course. Max class size is 6 people.

Tues 7:30- 8:15pm

Class starts on March 2nd and runs for 6 weeks.

Cost: \$120

February Vacation Camp

Tuesday, February 16th through Friday, February 19th

Need a way to use up your child's winter energy?

Send them to vacation camp at the North Suburban YMCA where they will make some new friends and have fun with swimming, crafts, rock-climbing, group games, and science experiments! For more information please contact Sheri Kovalchek at skovalchek@ymcaboston.org or 781-305-2911.

Youth Sports Classes

Jr. Celtics Basketball

The Jr. Celtics program will emphasize sportsmanship, youth wellness and teamwork while developing basketball skills.

Tue 4:00-4:45pm (6-8 yrs) 03127-10

Thu 4:00-4:45pm (6-8 yrs) 03127-08

Fri 6:00-6:45pm (6-8 yrs) 03127-12

Sat 10:00-10:45am (6-8 yrs) 03127-06

F: \$50 M: \$75 N: \$100

Sat 11:00-12:00pm (9-12 yrs) 03125-16

F: \$51 M: \$76.50 N: \$102

Mighty Kickers Soccer

Learn teamwork, sportsmanship and the basic fundamentals of soccer.

Mon 4:00-4:45pm (6-8 yrs) 03115-02

Sun 10:00-10:45am (6-8 yrs) 03115-04

F: \$46 M: \$69 N: \$92

Boston Bruins Street

Brigade-Mighty Pucks

Learn proper stick handling, passing and shooting.

Sun 10:00-10:45am (9-12 yrs) 03135-04

Sun 11:00-11:45am (6-8 yrs) 03135-03

Wed 5:30-6:15pm (5-7 yrs) 03135-01

F: \$46 M: \$69 N: \$92

Rock Climbing (6+ yrs)

Learn basic climbing techniques and climbing safety.

Class is held on the big rock climbing wall in the gym.

Wed 4:30-5:30pm 03137-03

Wed 5:30-6:30pm 03137-06

F: \$48 M: \$72 N: \$96

Youth Enrichment & Sports

Archery

This is a great class for parents and children to learn together. All equipment is provided. This class will be held at our off-site location, the Plympton School, 33 Plympton St in Woburn.

Thu 6:00-6:45pm (8 + yrs) 03300-05

F: \$60 M: \$80 N: \$120

Dodge Ball Extreme

With over 50 variations of this favorite playground game, no class will be the same!

Mon 6:00-6:45pm (7-10 yrs) 03140-06

Sat 1:00-1:45pm (7-10 yrs) 03140-07

F: \$50 M: \$75 N: \$100

Youth Karate (kindergarten and older)

Experience traditional Okinawan style Karate (Shingo- Ha Yoshukai) taught by our black belt instructors.

Tue/Thu 6:30-7:15pm (Beginner) 03310-02

Tue/Thu 5:30-6:15pm (Advanced-Must have at least a green belt at this discipline) 03310-04

F: \$68 M: \$94 N: \$136

Youth Specialty Sports Leagues and Programs

Co-ed Youth Basketball League

The basic fundamental drills such as dribbling, shooting and passing will be taught before the start of each game.

Wed 6:30-7:30pm (9-12yrs) 03125-15

F: \$51 M: \$76.50 N: \$102

Flag Football

Learn sportsmanship, teamwork and basic fundamentals!

Sun 12:00-12:45pm (6-12 yrs) 03130-02

F: \$41 M: \$61.50 N: \$82

Throwing Program

Increase velocity, strength, and stamina. Ideal for baseball, softball, and football players.

Sat 1:00-1:45pm (Ages 8+) 03130-04

F: \$42.50 M: \$60 N: \$85

Preschool/ Youth Adaptive Programs

Please contact Sheri Kovalchek at skovalchek@ymcaboston.org with questions regarding adaptive programs classes.

Adaptive Swim Classes (ages 3-10)

Adaptive Aquatics is designed for individuals with mental or physical disabilities requiring more individualized attention. This class is for those who need to learn how to swim or improve swimming skills. This program will also help maintain and increase physical fitness. Parents may be needed in the water. Classes run on Saturdays between 1:00pm and 2:30pm. Children will be placed accordingly prior to the start of the session.

02600-14

F: \$58.20 M: \$87.25 N: \$116

Girl's Sports Programs

Girl's Soccer

Shooting, passing and goal-keeping, as well as strategies on the field will be taught.

Fri 4:00-4:45pm (9-12 yrs) 03115-10

F: \$41 M: \$67.50 N: \$82

Girl's Basketball

Basketball fundamentals will be reinforced with a variety of drills.

Sat 11:00-11:45pm (6-12 yrs) 03125-98

F: \$50 M: \$75 N: \$100

Girl's Beginner Volleyball

Learn the basics of volleyball and the rules of the game.

Wed 7:30-8:30pm (6th-8th grade) 03140-08

F: \$50 M: \$75 N: \$100

Junior Ballerinas

Do you love dancing, but not sure if you are ready for a studio? Explore ballet basics with our experienced instructors and prepare for the next level of dance.

Sat 2:00-2:45pm 031610-04

F: \$50 M: \$75 N: \$100

Youth & Teen Fitness

Fit Youth Small Group and Personal Training (Ages 9-13)

Oscar will use the child's own body weight, resistance tubing, bands and other functional equipment. We will also provide the parents with healthy lifestyle information such as nutritional information and suggestions to help the children at home. Sessions are 45 minutes in length and include stretching and cool down. For more information, contact Justin Cammarata at 781.909.2910.

| | Members (2-3 children) | Non-members (2-3 children) |
|-----------|-----------------------------------|---------------------------------------|
| 1 session | \$25 | \$35 |
| 3 pack | \$65 | \$95 |
| 6 pack | \$120 | \$150 |
| 12 pack | \$230 | \$260 |

| | Members (individual) | Non-members (individual) |
|-----------|---------------------------------|-------------------------------------|
| 1 session | \$45 | \$55 |
| 3 pack | \$125 | \$155 |
| 6 pack | \$240 | \$270 |
| 12 pack | \$470 | \$500 |

Fresh Start (Ages 5-12 yrs)

Freddie will work with children 5 years to preteen on teamwork, healthy lifestyles and self-defense.

Tues & Thu 5:00pm 01610-02
F:\$85 M:\$110 N:\$135

Off season Athlete Small Group and Personal Training with Oscar (Ages 13 yrs+)

These small group and individual sessions are tailored for your athletic sport and will focus on building strength and functional movements that will help you get a leg up on the competition. Work with experienced athletes who have expertise in training high school and college athletes. For more information, contact Justin Cammarata at 781.909.2910.

| | Members (2-3 children) | Non-members (2-3 children) |
|-----------|-----------------------------------|---------------------------------------|
| 1 session | \$30 | \$40 |
| 3 pack | \$80 | \$110 |
| 6 pack | \$150 | \$180 |
| 12 pack | \$290 | \$320 |

| | Members (individual) | Non-members (individual) |
|-----------|---------------------------------|-------------------------------------|
| 1 session | \$50 | \$60 |
| 3 pack | \$140 | \$170 |
| 6 pack | \$270 | \$300 |
| 12 pack | \$530 | \$560 |

Ultimate Superman with Freddie

(Ages 13+ yrs)

A great introductory class to keep teens conditioned for all types of sports and fitness! This class meets twice per week.

Wed, 3:45pm & Fri, 4:00pm 01610-04
M:\$180 N:\$225

Medically Based Wellness

Total Control Pelvic Health and Fitness

Proven in medical research to promote flatter abs, give women better bladder control, improve sex life and help women sleep better at night. Appropriate for women of all ages, life stages and fitness levels. For class locations and additional information, please contact Jerri Pratt at jpratt@ymcaboston.org. 01801-02

Vtrim™ Weight Loss Program

Vtrim™ is a 24-week program designed not as a diet, but as a way to change your relationship with food and exercise. The Vtrim™ approach is the clinical gold-standard for weight loss. For more information, contact Jerri Pratt at 617-927-8080 or jpratt@ymcaboston.org.

Pink Program: An Exercise Program for Breast Cancer Survivors

This program will increase your range of motion, strength and stamina. The Pink Program is for all breast cancer survivors and offers benefits regardless of age, physical condition or number of months or years as a survivor. For more information, contact Jerri Pratt at 617-927-8080 or jpratt@ymcaboston.org.

Group Exercise Program

A North Suburban YMCA membership includes over 75 FREE group exercise classes per week! For the most up-to-date schedule, stop by the Welcome Center or visit our website at www.ymcaboston.org/woburn. For more information contact Deb LeFave at dlefave@ymcaboston.org or call Justin Cammarata at 781.305.2910.

Holistic Programs

Vini Yoga, Pilates, Resist-A-Ball, Hatha Yoga, Nia, Power Yoga, and More!

Yoga/Pilates Pass

With this pass you will receive unlimited Yoga and Pilates classes during the session.

M: Free N: \$180 01100-04

Aerobic Classes

Bootcamp, Pure Sculpt, Freddie's Class, Senior Super Strength, Tai Chi, Cycling and More!

Fitness Infusion

This is a small personal fitness group of 5 participants that will help you get started with your fitness routine and set goals.

Mon/Wed 6:00pm

Tue/Thu 6:15pm

M: FREE N: \$155 01300-03

Beyond Fitness Infusion

Beyond Fitness Infusion is a great way to keep your fitness routine going and reach your goals – or set some new ones! This class meets twice a week and is available in the morning and evening. Please contact Deb at 781.305.2924 for days and times available.

M: \$55 N: \$155 01300-02

Adult Fitness Specialty

Let us help you Get Started on a fitness program. Every member at the North Suburban YMCA is entitled to 3 FREE sessions with a fitness counselor. The purpose of these sessions are to help you “Get Started” on a health and wellness routine by getting set up on our strength machines and learning how to track your workouts with the Fitlinx program. Members may sign up for this FREE Get Started Program at the Welcome Center Desk.

WOW (Women on Weights)

Participants will be given a detailed, full-body free weight program to be completed with a partner. Proper form, repetitions, sets and muscle balance will all be taught in this class. The instructor will incorporate free weights, dumbbells, machines, body resistance and stability balls into the weekly classes. Classes will be held in the free weight room. For a 3 day option add on Saturdays.

Mon & Wed 7:15-8:15pm 01300-21

Tues & Thu 9:15-10:15am 01300-26

M: \$75 N: \$125

3-day option Saturday add on

Saturday 9:15-10:15am

M: \$37.50 N: \$62.50

Massage Therapy

This service improves health of the body and mind. Our therapists are locally licensed and nationally certified. To schedule an appointment call the Welcome Center Desk at 781-935-3270. A 24 hour cancellation policy applies for all massages.

Massage Prices

M: \$40/half hour \$60/1 hour \$80/1.5 hours

N: \$50/half hour \$70/1 hour \$90/1.5 hours

Stone Massage Prices

M: \$75/1 hour \$100/1.5 hours

N: \$85/1 hour \$110/1.5 hours

Reflexology/Shiatsu/Reiki

M: \$65/session

N: \$75/session

Please specify stone massage when booking appointments, 24 hour notice is needed for stone massages.

Adult Fitness Specialty

Weightlifting 101 with Oscar

All levels are welcome. You will learn basic and advanced techniques, Olympic lifts with a combination of dumbbells, barbells and machines. This class is co-ed and limited to 8 members and meets twice a week in the weight room and fitness center. This is an 8 week class.

Mon/Wed 9:30am-10:30am 01600-66
M:\$55 N:\$110

Adult Karate (all levels)

Traditional Okinawan style Karata (Shingo_Ha Yoshukai) taught by our black belt instructors.

Sat 11:00am-12:00pm 03310-01
M:\$93 N:\$175

Tai Chi

Join our dedicated group in our Tai Chi class. Tai Chi is a form of martial arts which improves balance, stability, agility and helps to reduce stress.

Thu 7:30-8:30pm 01300-37
M: Free N:\$75

Boot Camp

Take a fun crash course combining cardiovascular, high toning repetition, and strength training.

Mon & Wed 6:30am-7:30am
 Tues & Thu 9:30am-10:30am

1 day a week

M:\$25 N:\$55 01300-48

2 days a week

M:\$45 N:\$75 01300-49

3 days a week

M:\$65 N:\$95 01300-50

4 days a week

M:\$85 N:\$115 01300-51

Prenatal Fitness

A complete, workout that includes safe cardio, strengthening, and flexibility training that will assist in your delivery and expanding belly. A great way to network with moms to be. For more information contact Justin Cammarata at jcammarata@ymcaboston.org.

M:\$70 N:\$90

Running Club

ALL LEVELS WELCOME. We will work on improving form, speed and our cardio endurance.

Wed 9:00am 01300-82

Members: \$20 Non-Members: \$40

Price includes a t-shirt

Surf and Turf Aerobics

All levels welcome! This class is designed to combine a low impact, high resistance workout in the water with a high intensity workout on land. Participants will spend half of the class time in the aerobics studio and half of the class time in the pool.

Tues/Thu 9:15am-10:30am 01300-47
M:\$75 N:\$150

Personal Training

Learn the latest in fitness approaches with one-on-one personal training. Your certified personal trainer will work with you to not only meet your fitness goals, but to exceed them. To set up an appointment contact Justin Cammarata at 781.305.2910 or Karen Colombo at kcolombo@ymcaboston.org or 781.305.2914 or Jay Harvey at jharvey@ymcaboston.org or 781.305.2915

**Intro Pack for Members and Non-Members
 three 60 minute sessions: \$150**

Members Only Packages

| One-On-One Sessions | 30 minute sessions | 60 minute sessions |
|---------------------|--------------------|--------------------|
| One session | \$45 | \$60 |
| 3 pack | \$126 | \$171 |
| 6 pack | \$240 | \$330 |
| 12 pack | \$444 | \$624 |
| 24 pack | \$840 | \$1,200 |

Partner and small group sessions (2 to 3 people)

| 30 minute sessions | 60 minute sessions | |
|--------------------|--------------------|-------|
| One Session | \$26 | \$35 |
| 3 pack | \$72 | \$99 |
| 6 pack | \$132 | \$192 |
| 12 pack | \$240 | \$360 |

Fitness Assessment Package

(by appointment)

Includes cardio-respiratory fitness, muscular strength, muscular endurance, flexibility, body composition, blood pressure and measurements. To make an appointment contact Justin Cammarata at jcammarata@ymcaboston.org or 781.305.2910.

M: \$60 N:\$90

Adult Fitness Specialty

Kettlebell Training

Join Debbie and enjoy an ancient Russian strength tradition, "The Kettlebell". This class will teach you how to use the kettlebell resulting in a fun full body workout. Space is limited to 10 students.

Thu 5:15 pm-6:15 pm 01300-41

M:\$40 N:\$100

Adult Rock Climbing

Learn basic climbing techniques and climbing safety. Class is held on the big rock climbing wall in the gym.

Mon 5:45-6:45pm 03137-42

M:\$60 N:\$120

Family Workout Times

FREE For family members only!

Fri 6:00-10:00pm

Sat 2:00-7:00pm

Sun 2:00-7:00pm

All children must be 8 years of age or older and accompanied by an adult. Children under 13 years old are permitted to use the cardio and fitness equipment but ARE NOT allowed to use the free weight equipment. Youth's use of the Health and Wellness Center is subject to behavior. Inappropriate behavior will result in a loss of fitness center privileges. For more information contact Justin Cammarata at jcammarata@ymcaboston.org.

Special Events

Prices for family events are \$10 for non-members, \$5 for program members and FREE for family members. To sign up for an event, visit the Welcome Center Desk.

Valentine's Day Party

Saturday, February 13, 2:00-4:00pm

Make a valentine for someone special and enjoy cookie decorating, games, and fun in the bounce house!

Leprechaun Fun Day

Saturday, March 20, 2:00-4:00pm

Join us as we have our scavenger hunt throughout our building to try and find the YMCA pot-of-gold! Also enjoy games, crafts, and bounce away in our bouncy house!

Easter Egg Hunt

Friday, April 2, 11:30am-1:00pm

Here comes Peter Cottontail hoppin' down to the YMCA. Join us for our annual Easter Egg Hunt, followed by games, crafts and a visit from the Easter Bunny himself!

Healthy Kids Day

Saturday, April 17, 2:00-4:00pm

Celebrate a healthy and active lifestyle with fun, games, and activities for all ages. This is a free event!



MY Y IS EVERY Y in Massachusetts and Rhode Island

Your current YMCA membership may be used at any other Massachusetts or Rhode Island YMCA facility. Have a conference in Worcester? Bring your running shoes. Visiting your mom in Barrington? Take along your yoga mat.

It's true! Full YMCA members from Massachusetts and Rhode Island will be welcome, free, at YMCAs in either state by presenting their current YMCA ID card.

Some restrictions may apply so go to your YMCA's website and click on My Y is Every Y to learn more.

Registration Form

Reach Out Campaign

A donation to the North Suburban YMCA Reach Out Fund will allow children and adults in need to receive scholarships for membership, childcare, swim lessons, camp, and fitness. Every dollar raised stays within the North Suburban YMCA branch and goes directly to families and individuals of all ages from our community who need financial support. If you are interested in making a difference in the lives of those in your community please fill in your donation amount on the registration form and give it to the front desk.

Registration Dates

Tuesday, February 9th – Family Member Drop Off / Mail In / Fax In

Wednesday, February 10th – Member Drop Off / Mail In / Fax In

Sunday, February 14th – Member Walk-In

Sunday, February 21st – Non-member Walk-In

Walk-in registration begins at 8:30am. Registration is on a first-received basis. Mail-in, Fax, Drop-off and On-line registrations are entered in the order they are received on the appropriate day (members reg./non-members reg.). Make checks payable to the North Suburban YMCA. Please mail or fax registration forms to the address or fax number on the back of the brochure. Financial assistance is available through our YMCA "Membership For All" and "Access" programs. Call the Y for more information.

PARTICIPANT'S NAME _____ D.O.B. _____ SEX _____

PARENT'S NAME _____ D.O.B. _____ SEX _____

ADDRESS _____ TOWN _____ ZIP _____

HOME PHONE # _____ E-MAIL ADDRESS _____

EMERGENCY CONTACT NAME _____ PHONE NUMBER _____

How did you hear about us? (circle one)

NEWSPAPER FRIEND DROVE BY YELLOW PAGES RECEIVED BROCHURE IN
MAIL

OTHER _____

CLASS NAME _____

FIRST CHOICE - DAY/TIME _____ PROGRAM # _____ FEE _____

SECOND CHOICE - DAY/TIME _____ PROGRAM # _____ FEE _____

CLASS NAME _____

FIRST CHOICE - DAY/TIME _____ PROGRAM # _____ FEE _____

SECOND CHOICE - DAY/TIME _____ PROGRAM # _____ FEE _____

MEMBERSHIP TYPE (circle one): Family Member Youth / Preschool Member Non-member

ADD MEMBERSHIP FEE (circle one) RENEW NEW FEE _____

YES! I want to support the annual REACH OUT campaign, add \$ _____ to my total due.

Total amount to be charged (add all classes, membership, and Reach Out donation) \$ _____

METHOD OF PAYMENT: CHECK _____ AMOUNT ENCLOSED \$ _____

CREDIT CARD # _____ EXP. DATE _____

SIGNATURE _____



North Suburban YMCA Summer Camps Summer Camp Starts Monday, June 28th!

- Y Day Camp
- Sports Camps
- Youth Leaders Program

Learn more at a Summer Camp Open House:

Saturday, March 6th 9:00am - 12:00pm

Saturday, March 13th 9:00am - 12:00am

Sunday, March 21st 2:00pm - 4:00pm

Wednesday, March 31st 6:00pm - 8:00pm

Sunday, April 11th 2:00pm - 4:00pm



SIGN UP FOR CAMP BEFORE
APRIL 1, 2010 TO RECEIVE FREE
EXTENDED HOURS.

For more information visit www.ymcaboston.org/woburn to download a Summer Camp Brochure or call 781.935.3270! Preschool and youth enrichment summer programs will also be offered at the YMCA Plympton and the Children's Center. For more information contact Claire McNally at 781.305.2902.

781.935.3270

MAIN LINE

781.933.5177

FAX

North Suburban