



PROGRAM GUIDE

YMCA OF GREATER BOSTON

North Suburban

Summer 2009

SUMMER 1: JULY 6 - AUGUST 2, 2009

SUMMER 2: AUGUST 3 - AUGUST 30, 2009

June 16th - Family Member Drop Off / Mail In / Fax In

June 17th - Member Drop Off / Mail In / Fax In

June 21st - Member Walk-In Registration

June 28th - Non-member Walk-In Registration

North Suburban



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

Fourth of July- Saturday, July 4th	7:00am-11:00am
Labor Day- Monday, September 7th	7:00am-11:00am

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 Information

Membership Rates

TYPE	JOINING FEE	MONTHLY	ANNUAL
PRESCHOOL (0-5 yrs)	N/A	N/A	\$98.00
YOUTH (6-12 yrs)	N/A	N/A	\$98.00
TEEN DOWNSTAIRS (13-17 yrs)	N/A	N/A	\$125.00
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	

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.

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)

Explore our indoor soft play area. 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. At the North Suburban YMCA, we offer School Age programs that serve Winchester, Woburn and Burlington schools. All of our programs focus on building core values: caring, honesty, respect and responsibility. The YMCA offers transportation 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, as well as on snow days and vacation days.

Plympton After School

Program for kindergarten through age 14
 Director: Amy Luckewicz
 33 Plympton Street, Woburn. 781-938-5964

Burlington Extended Day

Program for kindergarten through age 14
 Director: Kathleen Baker
 41 Terrace Hall Road, Burlington. 781-272-7750

Memorial After School Program

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

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 an enchanted room, a Princess, tiaras, tables, chairs, pink table cloths and pink balloons.

M: \$260 N: \$300

Splash Parties

Parties include pool toys, lifeguard, party room, balloons and coordinator. Party size is limited to 15 guests unless you have written prior approval. 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! Party size is limited to 15 guests unless you have written prior approval.

M: \$192 N: \$234

Rock Climbing Parties

Use our indoor climbing wall while trained staff provide instruction. Party includes balloons, tables and chairs. Party size is limited to 12 guests unless you have written prior approval.

M: \$220 N: \$260

Tumbling Parties

Obstacle course, circle games, parachute games and much more! There will be one hour in the Play Zone followed by 45 minutes in the party room. Parties include balloons, tables and chairs and all equipment located in the play zone. Parties are limited to 12 guests unless you have written prior approval.

M: \$170 N: \$210

Aquatics

Aquatic Policies

Class Combination Policy

The YMCA reserves the right to combine swimming lessons as needed as long as the levels are appropriate to be combined together.

Low Enrollment

The YMCA reserves the right to cancel any class with low enrollment after the first week of lessons. Every effort will be made to accommodate your child in another class.

Refund Policy

If the YMCA must cancel a class due to chemical imbalances or contamination in the pool, a credit will be issued. Credits will not be issued if the YMCA must cancel a class due to inclement weather (i.e. Thunder/Lightning, Snow, etc.) Make up lessons will be conducted if time allows at the end of a session.

Make Up Policy

The YMCA does not offer individual make up classes. Classes will only be made up if the YMCA has cancelled the class and has the ability to offer a scheduled make up class. Credits are available to class participants for family emergencies and medical absences.

Learn To Swim Week **NEW**

This one week program will do wonders to sharpen your little swimmers skills before the summer.

One full week of swim classes will help your child remember the skills day to day and get them into better swim condition.

Mon, June 15 - Fri, June 19

Ski	9:30-10:00am	02600-44
Perch	10:00-10:30am	02600-43
Pike w/Parent	10:30-11:00am	02600-42
Pike	9:30-10:00am	02600-41
Eel	10:00-10:30am	02600-40
Ray	10:30-11:00am	02600-39

F:\$ 27.50 M: \$40.25 N: \$54.50

Mon, June 22 – Fri, June 26

Ski	9:30-10:00am	02600-38
Perch	10:00-10:30am	02600-37
Pike w/Parent	10:30-11:00am	02600-36
Pike	9:30-10:00am	02600-35
Eel	10:00-10:30am	02600-34
Ray	10:30-11:00am	02600-33
Polliwog	9:15-10:00am	02600-32
Guppy	10:00-10:45am	02600-31

F:\$ 27.50 M: \$40.25 N: \$54.50

Parent/Child Aquatics

Our Parent/Child swim lesson program is designed to make your child become comfortable in the pool. The instructor will introduce basic skills and safety as well as play games and sing songs with you and your child in the pool. All children must wear a rubber diaper over their swim diapers to each lesson.

Are you unsure of what level to sign your child up for? Call the aquatics department at ext. 221 and the aquatics staff will work with you to set up an evaluation to help place your child in the appropriate class.

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

SKI – Shrimp, Kiper & Inia

Age: 6 to 18 months

Ratio: 12 to 1

Summer 1 – 4 weeks

Mon/Wed	9:35-10:05am	02317-20
Tue/Thu	9:00-9:30am	02317-21

Summer 8 weeks

Fri	9:35-10:05am	02317-22
Sat	9:00-9:30am	02317-23
Sun	9:30-10:00am	02317-24
Sun	10:05-10:35am	02317-14

Summer 2 – 4 weeks

Mon/Wed	9:35-10:05am	02317-25
Tue/Thu	9:00-9:30am	02317-26

F: \$48 M: \$71.50 N: \$95

Perch Ages: 19 to 36 months

Ratio: 12 to 1

Summer 1 – 4 weeks

Mon/Wed	10:10-10:40am	02321-01
Tue/Thu	9:35-10:05am	02321-02
Tue/Thu	10:10-10:40am	02321-03

Summer 8 weeks

Fri	10:10-10:40am	02321-04
Sat	9:35-10:05am	02321-05
Sat	10:10-10:40am	02321-06
Sat	10:45-11:15am	02321-07
Sun	9:30-10:00am	02321-13
Sun	10:40-11:20am	02321-09

Summer 2 – 4 weeks

Mon/Wed	10:10-10:40am	02321-10
Tue/Thu	9:35-10:05am	02321-11
Tue/Thu	10:10-10:40am	02321-12

F: \$48 M: \$71.50 N: \$95

Seahorse w/Parent Age: 2.5 years

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. Ratio: 5 to 1

Summer 1 – 4 weeks

Mon/Wed	4:40-5:10pm	02321-20
Tue/Thu	4:05-4:35pm	02321-21
Tue/Thu	4:40-5:10pm	02321-22

Summer 8 weeks

Fri	4:05-4:35pm	02321-23
Sat	11:20-11:50am	02321-24
Sat	12:45-1:15pm	02321-32
Sun	12:25-12:55pm	02321-26
Sun	1:00-1:30pm	02321-27

Summer 2 – 4 weeks

Mon/Wed	4:40-5:10pm	02321-28
Tue/Thu	4:05-4:35pm	02321-29
Tue/Thu	4:40-5:10pm	02321-30

F: \$59.20 M: \$88.25 N: \$117

Pike w/Parent Ages: 3 to 5 years

For children ages 3-5 who are not yet comfortable with parent separation. Parents teach their own children under the leadership of our instructors
Ratio: 12 to 1

Summer 8 weeks

Sat	8:30-9:00am	02321-95
Sun	8:30-9:00am	02321-96
Sat	11:55am-12:25pm	02321-97
Sun	1:00-1:30pm	02321-98

F: \$47 M: \$71.50 N: \$95

Preschool Aquatics

Our preschool program is for participants 3 years through Kindergarten. Children who do not meet, or exceed, the age requirements must have written permission from the Aquatic Director to register for preschool classes.

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

Seahorse Age: 2.5 years

For the independent child who can swim with a floatation aid and is ready to begin swimming without a parent in the water. Ratio: 3 to 1

Summer 1 – 4 weeks

Mon/Wed	9:35-10:05am	02321-40
Mon/Wed	10:10-10:40am	02321-41
Mon/Wed	3:30-4:00pm	02321-42
Tue/Thu	9:00-9:30am	02321-43
Tue/Thu	10:10-10:40am	02321-44
Tue/Thu	3:30-4:00pm	02321-45

Summer 8 weeks

Wed	6:30-7:00pm	02321-46
Fri	9:00-9:30am	02321-57
Fri	9:35-10:05am	02321-47
Fri	3:30-4:00pm	02321-48
Fri	4:40-5:10pm	02321-49
Sat	11:20-11:50am	02321-50
Sat	11:20-11:50am	02321-51
Sat	12:45-1:15pm	02321-52
Sun	9:30-10:00am	02321-53
Sun	11:15-11:45am	02321-54
Sun	11:15-11:45am	02321-55
Sun	11:50-12:20pm	02321-56
Sun	12:25-12:55pm	02321-88

Summer 2 – 4 weeks

Mon/Wed	9:35-10:05am	02321-58
Mon/Wed	10:10-10:40am	02321-59
Mon/Wed	3:30-4:00pm	02321-60
Tue/Thu	9:00-9:30am	02321-61
Tue/Thu	10:10-10:40am	02321-62
Tue/Thu	3:30-4:00pm	02321-63

F: \$67 M: \$98.50 N: \$130

Beginner Pike Age: 3 to 5 years

Designed for the more timid child, we will practice swimming independently, kicking and paddling, and becoming comfortable in the water. Ratio: 4 to 1

Summer 1 – 4 weeks

Mon/Wed	9:35-10:05am	02322-01
Mon/Wed	3:30-4:00pm	02322-02
Mon/Wed	4:05-4:35pm	02322-03
Tues/Thu	9:35-10:05am	02322-04
Tues/Thu	3:30-4:00pm	02322-05

Beginner Pike (continued)

Summer 8 weeks

Fri	9:00-9:30am	02322-72
Fri	10:10-10:40am	02322-10
Fri	11:30-12:00am	02322-77
Fri	3:30-4:00pm	02322-11
Sat	9:35-10:05am	02322-12
Sat	10:10-10:40am	02322-13
Sat	10:45-11:15am	02322-14
Sat	12:45-1:15pm	02322-15
Sun	9:30-10:00am	02322-16
Sun	10:05-10:35am	02322-17
Sun	10:40-11:10am	02322-18
Sun	11:50-12:20pm	02322-19
Sun	12:25-12:55pm	02322-20

Summer 2 – 4 weeks

Mon/Wed	9:35-10:05am	02322-30
Mon/Wed	3:30-4:00pm	02322-31
Mon/Wed	4:05-4:35pm	02322-32
Tues/Thu	9:35-10:05am	02322-33
Tues/Thu	3:30-4:00pm	02322-34

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

Pike Age: 3 to 5 years

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. Ratio: 6 to 1

Summer 1 – 4 weeks

Mon/Wed	9:35-10:05am	02322-40
Mon/Wed	4:05-4:35pm	02322-41
Mon/Wed	4:40-5:10pm	02322-42
Tue/Thu	9:00-9:30am	02322-43
Tue/Thu	4:05-4:35pm	02322-44
Tue/Thu	4:40-5:10pm	02322-45

Summer 8 weeks

Tue	9:35-10:05am	02322-91
Wed	10:10-10:40am	02323-92
Fri	9:35-10:05am	02322-50
Fri	3:30-4:00pm	02322-37
Fri	4:05-4:35pm	02322-51
Fri	4:40-5:10pm	02322-52
Fri	5:15-5:45pm	02322-53
Sat	9:00-9:30am	02322-54
Sat	9:35-10:05am	02322-55
Sat	10:10-10:40am	02322-56

Preschool Aquatics

Pike (continued)

Sat	10:45-11:15am	02322-57
Sat	11:20-11:50am	02322-58
Sat	12:45-1:15pm	02322-30
Sun	9:00-9:30am	02322-59
Sun	9:35-10:05am	02322-22
Sun	10:05-10:35am	02322-60
Sun	11:15-11:45am	02322-61
Sun	11:50-12:20pm	02322-62

Summer 2 – 4 weeks

Mon/Wed	9:35-10:05am	02322-70
Mon/Wed	4:05-4:35pm	02322-71
Mon/Wed	4:40-5:10pm	02322-72
Tue/Thu	9:00-9:30am	02322-73
Tue/Thu	4:05-4:35pm	02322-74
Tue/Thu	4:40-5:10pm	02322-75

F: \$54.50 M: \$81.25 N: \$108

Eel Age: 3 to 5 years

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. Ratio: 6 to 1

Summer 1 – 4 weeks

Mon/Wed	10:10-10:40am	02323-50
Mon/Wed	1:30-2:00pm	02323-51
Mon/Wed	3:30-4:00pm	02323-52
Tue/Thu	9:35-10:05am	02323-53
Tue/Thu	3:30-4:00pm	02323-54

Summer 8 weeks

Mon	9:35-10:05am	02323-38
Thu	10:10-10:40am	02323-48
Fri	9:00-9:30am	02323-10
Fri	3:30-4:00pm	02323-57
Fri	5:15-5:45pm	02323-58
Sat	9:00-9:30am	02323-59
Sat	9:35-10:05am	02323-60
Sat	10:10-10:40am	02323-61
Sat	10:45-11:15am	02323-62
Sat	11:20-11:50am	02323-63
Sun	9:30-10:00am	02323-64
Sun	10:05-10:35am	02323-65
Sun	10:40-11:10am	02323-66
Sun	11:15-11:45am	02323-67
Sun	11:50-12:20pm	02323-68

Summer 2 – 4 weeks

Mon/Wed	10:10-10:40am	02323-71
Mon/Wed	1:30-2:00pm	02323-72
Mon/Wed	3:30-4:00pm	02323-73
Tue/Thu	9:35-10:05am	02323-74
Tue/Thu	3:30-4:00pm	02323-75

F: \$54.50 M: \$81.25 N: \$108

Ray Age: 3 to 5 years

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. The also must be able to jump from the side and blocks without support. Ratio: 6 to 1

Summer 1 – 4 weeks

Mon/Wed	10:10-10:40am	02324-50
Mon/Wed	4:40-5:10pm	02324-51
Tue/Thu	4:05-4:35pm	02324-52

Summer 8 weeks

Fri	9:00-9:30am	02324-05
Fri	10:10-10:40am	02324-55
Fri	4:05-4:35pm	02324-56
Fri	4:40-5:10pm	02324-57
Sat	9:00-9:30am	02324-58
Sat	10:10-10:40am	02324-59
Sun	10:05-10:35am	02324-60
Sun	10:40-11:10am	02324-61

Summer 2 – 4 weeks

Mon/Wed	10:10-10:40am	02324-62
Mon/Wed	4:40-5:10pm	02324-63
Tue/Thu	4:05-4:35pm	02324-64

F: \$54.50 M: \$81.25 N: \$108

Starfish Age: 3 to 5 years

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. Ratio: 6 to 1

Summer 1 – 4 weeks

Mon/Wed	4:05-4:35pm	02325-50
Tue/Thu	10:10-10:40am	02325-51
Tue/Thu	4:40-5:10pm	02325-52

Summer 8 weeks

Sat	9:35-10:05am	02325-53
Sat	10:45-11:15am	02325-54
Sun	9:30-10:00am	02325-55

Summer 2 – 4 weeks

Mon/Wed	4:05-4:35pm	02325-57
Tue/Thu	10:10-10:40am	02325-58
Tue/Thu	4:40-5:10pm	02325-59

F: \$54.50 M: \$81.25 N: \$108

Youth Aquatics

Our youth program is for participants 6 years of age and/or entering the first grade. Those who do not meet the age/grade requirement must have written permission from the Aquatic Director to register for youth classes.

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

Polliwog

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. Ratio: 6 to 1

Summer 1 – 4 weeks

Mon/Wed	3:30-4:15pm	02401-50
Mon/Wed	4:20-5:05pm	02401-51

Summer 8 weeks

Fri	3:30-4:15pm	02401-54
Fri	5:50-6:35pm	02401-55
Fri	6:40-7:25pm	02401-56
Sat	10:40-11:25	02401-03
Sat	12:45-1:30pm	02401-57
Sun	11:00-11:45am	02401-52
Sun	12:40-1:25pm	02401-53

Summer 2 – 4 weeks

Mon/Wed	3:30-4:15pm	02401-58
Mon/Wed	4:20-5:05pm	02401-59

F: \$59.25 M: \$88.25 N: \$117

Advanced Polliwog

Children must be able to swim at least ½ of the pool (37 feet) without a bubble, and be able to jump from the side without support. Ratio: 7 to 1

Summer 1 – 4 weeks

Mon/Wed	3:30-4:15pm	02401-62
Tue/Thu	3:30-4:15pm	02401-63

Summer 8 weeks

Fri	4:20-5:05pm	02401-64
Fri	5:15-6:00pm	02401-65
Fri	6:40-7:25pm	02401-16
Sat	11:30-12:15pm	02401-66
Sat	12:45-1:30pm	02401-67
Sun	9:30-10:15am	02401-68
Sun	11:50-12:35pm	02401-69

Summer 2 – 4 weeks

Mon/Wed	3:30-4:15pm	02401-60
Tue/Thu	3:30-4:15pm	02401-61

F: \$59.25 M: \$88.25 N: \$117

Guppy

Participants must be able to jump without floatation, and swim one length of the pool on front and back with out of water arm strokes, consistent kick, and horizontal body position, and perform a sitting and/or kneeling dive. Ratio: 8 to 1

Summer 1 – 4 weeks

Mon/Wed	3:30-4:15pm	02402-50
Tue/Thu	3:30-4:15pm	02402-51

Summer 8 weeks

Fri	3:30-4:15pm	02402-54
Fri	6:40-7:25pm	02402-55
Sat	9:00-9:45am	02402-10
Sat	11:55-12:40pm	02402-57
Sat	12:45-1:30pm	02402-52
Sun	11:00-11:45am	02402-53

Summer 2 – 4 weeks

Mon/Wed	3:30-4:15pm	02402-58
Tue/Thu	3:30-4:15pm	02402-59

F: \$59.25 M: \$88.25 N: \$117

Minnow

Children must be able to tread water for one minute, perform a standing dive, demonstrate proficient front crawl with rotary breathing, backstroke, and swim 75 yards nonstop. Ratio: 8 to 1

Summer 1 – 4 weeks

Mon/Wed	4:20-5:05pm	02403-50
Tue/Thu	4:20-5:05pm	02403-51

Summer 8 weeks

Fri	4:20-5:05pm	02403-54
Fri	5:50-6:35pm	02403-55
Fri	7:30-8:15pm	02403-56
Sat	11:55-12:40pm	02403-57
Sun	11:00-11:45am	02403-58

Summer 2 – 4 weeks

Mon/Wed	4:15-5:00pm	02403-70
Tue/Thu	4:15-5:00pm	02403-71

F: \$59.25 M: \$88.25 N: \$117

Youth Aquatics

Fish

Participants must be able to tread water for two minutes, perform a standing dive, swim a minimum of 50 yards front crawl, 50 yards backstroke, and demonstrate proficient breaststroke kick. Must be able to swim 100 yards non-stop. This class will also offer team building. Ratio: 8 to 1

Summer 1 – 4 weeks

Mon/Wed	4:20-5:05pm	02404-50
Tue/Thu	4:20-5:05pm	02404-51

Summer 8 weeks

Fri	5:50-6:35pm	02404-54
Fri	7:30-8:15pm	02404-55
Sat	11:55-12:40pm	02404-56
Sun	12:40-1:25pm	02404-57

Summer 2 – 4 weeks

Mon/Wed	4:20-5:05pm	02404-70
Tue/Thu	4:20-5:05pm	02404-71

F: \$59.25 M: \$88.25 N: \$117

Flying Fish

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. This class will also offer team building. Ratio: 8 to 1

Summer 1 – 4 weeks

Mon/Wed	4:20-5:05pm	02405-50
Tue/Thu	3:30-4:15pm	02405-51

Summer 8 weeks

Fri	4:20-5:05pm	02405-52
Fri	7:30-8:15pm	02405-53
Sat	11:55-12:40pm	02405-54
Sun	12:40-1:25pm	02405-55

Summer 2 – 4 weeks

Mon/Wed	4:20-5:05pm	02405-70
Tue/Thu	3:30-4:15pm	02405-71

F: \$59.25 M: \$88.25 N: \$117

Shark

This class will continue to refine all of the previously learned skills. Children must be able to swim 500 yards front crawl continuously, and complete a 200 yard individual medley with appropriate turns and start. This class will also offer team building. Ratio 8 to 1

Summer 1 – 4 weeks

Tue/Thu	3:30-4:15pm	02406-20
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Summer 8 weeks

Fri	4:20-5:05pm	02406-30
Sun	12:40-1:25pm	02406-31

Summer 2-4 weeks

Tue/Thu	3:30-4:15pm	02406-40
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F: \$59.25 M: \$88.25 N: \$117

Porpoise

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. Ratio: 6 to 1

Summer 1 – 4 weeks

Tue/Thu	4:20-5:05pm	02407-10
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Summer 8 weeks

Sat	12:45-1:30pm	02407-11
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Summer 2 – 4 weeks

Tue/Thu	4:20-5:05pm	02407-12
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F: \$59.25 M: \$88.25 N: \$117

Introduction to Snorkeling

Ages: 6 to 12
Learn the basics of snorkeling including how to clear your mask and snorkel and how to communicate with a dive buddy! All equipment will be provided.

Tues	4:20-5:05pm	02407-05
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F:\$41 M:\$61 N:\$82

Underwater Adventure Games

Ages 6 to 12
This class will offer a variety of games that will include both physical activity and creative thinking. Be prepared to get active, get wet, and have lots of fun!

Thu	3:30-4:15pm	02407-06
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F:\$41 M:\$61 N:\$82

Swim Club

Ages: 7-16
Children will build team work skills and enjoy a less competitive environment than swim team, while still reaping the benefits of a coached workout. Participants must be able to swim 50 yards non-stop using front and back crawl. The club requires less commitment than swim team, but swimmers must commit to at least one day.

Mon – Thu 5:15-6:00pm

1 day per week: **F: \$21 M: \$41 N: \$61**

4 days per week: **F: \$71 M: \$101 N: \$131**

Dryland for Swimmers

Ages: 11-18
This class will focus on flexibility, endurance, and strength training. A good supplement to swim team. The class will also discuss proper nutrition and help to create a long term individual dry land plan for each swimmer. Swimmers must bring their own Pilates balls.

Tue & Thu	6:00-6:45	02800-10
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F: \$55.50 M: \$83.25 N: \$111

Adult & Teen Aquatics

Water Polo Club

Players will learn water polo techniques and participate in water polo games. The class will be coached by a former water polo player. Class will run from June 21st to August 13th.

Tue & Thu 6:00-6:45pm 02800-12

F: \$55.50 M: \$83.25 N: \$111

Teen Beginner

Ages: 11 to 17
For participants who are apprehensive around the water or do not have the ability to perform front crawl, or a back float. Class will focus on water adjustment, floating, rotary breathing, and personal safety.

Mon 6:00-6:45pm 02510-10

F: \$59.25 M: \$88.25 N: \$117

Teen Intermediate

Ages: 11 to 17
Participants must be able to swim one length of the pool non-stop. Class will focus on endurance building, stroke technique, and individual goals.

Mon 6:00-6:45pm 02510-11

F: \$56.25 M: \$84.25 N: \$112

Adult Beginner

The class will focus on water adjustment, floating, rotary breathing, and personal safety.

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

F: \$56.25 M: \$84.25 N: \$112

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 02502-01

F: \$56.50 M: \$84.25 N: \$112

Adult Stroke Improvement

This class will assess the participants stroke mechanics. Class will provide a wellness program, including body care and the proper nutrition for swimmers.

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

F: \$56.50 M: \$84.25 N: \$112

Viking Summer Swim Team

Ages: 6-18
June 21st-August 13th (Registration will begin in June.) Summer swim team is 8 weeks and will include 1 to 2 swim meets. Summer swim team is intended to develop strokes, turns, starts, and endurance in a fun environment. Must be able to swim at least one length of the pool freestyle with rotary (side to side) breathing.

Sun 5:00-6:30pm Tue - Thu 6:45-8:30pm

Y Members: \$225 / full season 02800-05

Fitness Aquatics

Fitness aquatics classes are for people of all ages and abilities that desire a change in their daily exercise routines and are motivated to improve their quality of life. The ability to swim is not necessary to participate in the following water exercise classes.

Arthritis Aquatics

This is a recreational program that emphasizes joint flexibility and range of motion.

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

M: \$34 N: \$85

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

M: \$41 N: \$96

Aqua Stretch and Tone

This low intensity water exercise class is designed to stretch and strengthen the entire body through aerobic conditioning. Tues/Thu (deep water)

2 days/week 10:45-11:30am 02100-01

M: \$34 N: \$85

Mon/Weds/Fri (shallow water)

3 days/week 10:45-11:30am 02100-02

M: \$41 N: \$96

Mon through Fri

5 days/week 10:45-11:30am 02100-03

M: \$61 N: \$121

Aqua Aerobics

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

Mon/Weds 6:00-7:00pm 02100-23

Tues/Thu 6:00-7:00pm 02100-24

M: \$34 N: \$85

Sat 8:00-9:00am 02100-21

M: FREE N: \$46 session

Private And Semi Private Program

Visit the Welcome Center Desk and fill out a form on the student. We will contact you with an appropriate instructor, times and date options. Sign up for 6 ½-hour lessons or 3 one hour lessons. The process may take some time to find an instructor to fill the student's needs.

Private Swim Lessons

Youth 02900-01 Adult 02900-02

M: \$190 N: \$235

Semi-Private Swim Lessons

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

Youth 02900-03 Adult 02900-04

M: \$251 N: \$331

Adult & Teen Aquatics

Special Aquatics Programs In June

YMCA Lifeguarding Ages: 16+

June 22- June 25

This class will teach all of the necessary skills and provide students with all of the certifications required to become a YMCA lifeguard. Class is 40 hours long including 10 hours of pool time and includes AED, CPR for the professional rescuer, Oxygen Administration, and YMCA Lifeguarding. Please contact Jeremy at JStiles@ymcaboston.org or at 781-935-3270 ext 221 with any questions.

Mon-Fri 9:00am-5:00pm 02700-02
M:\$300 N:\$350

Video Clinic Ages: 8-18

June 22- June 25

Swimmers will be videotaped performing each of the major competitive strokes as well as starts, turns, and kicks. The swimmers will be given immediate feedback from an experienced coach as they watch their video, after which swimmers will return to the pool to work on the technique. Capacity: 12

Mon-Thu 3:30-5:00pm 02600-55
F:\$40 M:\$70 N:\$85

Preschool Sports

Please contact Sheri Kovalchek at kovalchek@ymcaboston.org with questions regarding youth enrichment and sports classes.

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

Introduction to Dance (3-5 yrs)

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

Sat 11:00-11:45am
Summer 1 03610-01
Summer 2 03410-03
F: \$22 M:\$33 N:\$44

Bitty Ballet (4-5 yrs)

This is a great class for a child who has taken a dance class before, but would like to become more skilled in the art of ballet.

Sat 12:00-12:45pm
Summer 1 03610-02
Summer 2 03410-04
F: \$22 M:\$33 N:\$44

Intro to Cheerleading (5-7yrs) **NEW**

Learn different cheers, stunts, tumbling and dancing! This class is only offered in Summer 1.

Tues 12:00-12:45pm 03600-01
F: \$22 M:\$33 N:\$44

Schoolyard Sampler (3-5 yrs)

Learn schoolyard favorites such as red light green light, freeze tag, steal the bacon, and more!

Wed 11:00-11:45am
Summer 1 03140-01
Summer 2 03140-03
Wed 4:00-4:45pm
Summer 1 03140-02
Summer 2 03140-04
F: \$22 M:\$33 N:\$44

Little Kickers Soccer (3-5 yrs)

Basic soccer techniques and fun games are taught.

Mon 3:00-3:45pm
Summer 1 03116-01
Summer 2 03116-05
Wed 3:00-3:45pm
Summer 1 03116-03
Summer 2 03116-13
Sun 10:00-10:45am
Summer 1 03116-15
Summer 2 03116-19
Tues 5:30-6:15pm
Summer 1 03116-17
Summer 2 03116-23
F: \$22 M:\$33 N:\$44

Preschool Sports

Sports Sampler

Explore sports such as soccer, basketball, floor hockey, t-ball and more!

30 minute Classes:

Tues 10:00-10:30am (2-3 yrs)

Summer 1 03141-01

Summer 2 03141-03

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

Summer 1 03141-02

Summer 2 03141-04

Sat 9:15-9:45am (2-3 yrs)

Summer 1 03141-05

Summer 2 03141-07

Sun 9:15-9:45am (2-3 yrs)

Summer 1 03141-06

Summer 2 03141-08

F: \$18 M: \$27 N:\$36

45 minute Classes:

Mon 5:00-5:45pm (4-5 yrs)

Summer 1 03141-11

Summer 2 03141-09

Tues 9:00-9:45am (4-5 yrs)

Summer 1 03141-10

Summer 2 03141-12

Sun 9:00-9:am (4-5 yrs)

Summer 1 03141-13

Summer 2 03141-15

Sat 10:00-10:45am (3-5 yrs)

Summer 1 03141-14

Summer 2 03141-16

F: \$22 M:\$33 N:\$44

Little Swingers T-Ball

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

Thu 3:00-3:45pm (3-5 yrs)

Summer 1 03121-10

Summer 2 03121-12

F: \$22 M:\$33 N:\$44

Boston Bruins Street

Brigade-Mini Pucks

This class will teach proper stick handling, passing and shooting while building team values.

Sun 9:15-9:45am (3-5 yrs)

Summer 1 03134-02

Summer 2 03134-03

F: \$18 M: \$27 N:\$36

Jr. Celtics Little Hoopsters

The North Suburban YMCA is excited to announce its partnership with the hottest team in town, the Boston Celtics! The Jr. Celtics program emphasizes sportsmanship, youth wellness and teamwork while developing your child's basketball skills.

Tues 3:00-3:45pm (3-5 yrs)

Summer 1 03126-01

Summer 2 03126-02

Sat 9:15-10:00am (3-5 yrs)

Summer 1 03126-03

Summer 2 03126-04

Sun 11:00-11:45 (3-5 yrs)

Summer 1 03126-05

Summer 2 03126-06

F: \$22 M:\$33 N:\$44

Intro to Bouldering and Rock Climbing

Learn to boulder and climb on our self-belaying rock wall in this very fun and extremely popular class!

Sun 10:00-10:45am (4+ yrs)

Summer 1 03137-11

Summer 2 0313713

Sun 11:00-11:45am (4+ yrs)

Summer 1 03137-01

Summer 2 03137-02

F: \$22 M:\$33 N:\$44

Sports Clinics

New this summer! Come and be a part of our growing Youth Soccer and T-Ball programs. We will be offering a soccer clinic for the first summer session. For the second summer session, t-ball will be the hot topic! The basic fundamental drills for both sports will be taught before the start of each practice and will end with a scrimmage. The practices for both clinics will be held on Saturday's at 10:00am or 11:00am. All participants will be separated into age appropriate groups for the specific clinic.

Soccer Clinic (ages 3-6)

Session 1 Only 03116-10

T-Ball Clinic (ages 3-6)

Session 2 Only 03121-01

F: \$22 M:\$33 N:\$44

If you have any questions regarding our youth clinics, please contact Sheri Kovalchek at skovalchek@ymcaboston.org

Preschool Enrichment

Please contact Sheri Kovalchek at skovalchek@ymcaboston.org with any questions regarding preschool enrichment classes.

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

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)

Summer 1 03410-09

Summer 2 03410-10

F: \$18 M: \$27 N: \$36

Busy Bees for Two's and Three's

Your child will learn colors and shapes through activities, crafts and games.

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

Summer 1 03410-20

Summer 2 03410-21

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

Summer 1 03410-22

Summer 2 03410-24

F: \$23.50 M: \$35.25 N: \$47

Toddler and Me Gym

Crawl, climb, dance and sing! Flexibility, coordination and balance will be introduced class.

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

Summer 1 03410-27

Summer 2 03410-28

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

Summer 1 03410-29

Summer 2 03410-30

F: \$18 M: \$27 N: \$36

The Preschool Experience

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

Tues 9:30-10:15am (3-4 yrs)

Summer 1 03410-25

Summer 2 03410-26

F: \$23.50 M: \$35.25 N: \$47

Kiddie Cooking (3-5 yrs)

Learn the basics of fun cooking! Safety and fun are the focus of this hands-on popular class! No parent participation required.

Tues 9:45-10:30am

Summer 1 03410-60

Summer 2 03410-61

F: \$23.50 M: \$35.25 N: \$47

Little Picassos (3-5 yrs)

The class will focus on a different artist each week. Different media such as paint, clay and glue will be used each week to explore creativity!

Tues 2:45-3:15pm

Summer 1 03410-63

Summer 2 03410-65

Sat 10:00-10:30am

Summer 1 03410-12

Summer 2 03410-67

F: \$23.50 M: \$35.25 N: \$47

Gym and Swim with Sheri (3-5 yrs)

Enjoy sports and games followed by a structured free swim time. Children must be able to swim with a bubble or a parent must accompany them in the pool.

Thu 10:00-11:30am

Summer 1 03410-62

Summer 2 03410-64

F: \$32.50 M: \$48.75 N: \$65

Youth Enrichment & Sports

Please contact Sheri Kovalchek at skovalchek@ymcaboston.org with questions regarding youth enrichment and sports classes.

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

Kitchen Crazy (8-12 yrs)

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

Thu 5:30-6:30pm

Summer 1 03420-84

Summer 2 03420-85

F:\$35 M:\$52.50 N:\$70

Intro to Hip-Hop Dance (6-8 yrs)

Learn all the hottest dance moves in this great new class! Miss Kathleen will teach kids the most popular dances and they will be able to develop their own moves and routine!

Mon 4:30-5:15pm

Summer 1 03300-02

Summer 2 03300-04

F:\$23.50 M:\$35.25 N:\$47

Jr. Celtics Basketball (6-8 yrs)

The North Suburban YMCA is excited to announce its partnership with the hottest team in town, the Boston Celtics! The Jr. Celtics program will be emphasizing sportsmanship, youth wellness and teamwork while developing your child's basketball skills.

Tues 4:00-4:45pm

Summer 1 03125-01

Summer 2 03125-03

Thursday 4:00-4:45pm

Summer 1 03125-02

Summer 2 03125-04

Saturday 10:00-10:45am

Summer 1 03125-05

Summer 2 03125-07

F:\$22 M:\$33 N:\$44

Mighty Kickers Soccer (6-8 yrs)

Learn basic soccer skills through drills. Teamwork and sportsmanship will also be stressed in this soccer program.

Mon 4:00-4:45pm

Summer 1 03115-01

Summer 2 03115-05

Sun 10:00-10:45am

Summer 1 03115-03

Summer 2 03115-09

F:\$22 M:\$33 N:\$44

Boston Bruins Street Brigade-Mighty Pucks

The Boston Bruins Street Brigade will teach proper stick handling, passing and shooting while building team values.

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

Summer 1 03135-01

Summer 2 03135-03

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

Summer 1 03135-04

Summer 2 03135-02

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

Summer 1 03134-01

Summer 2 03134-04

F:\$22 M:\$33 N:\$44

Lacrosse (7-11 yrs)

In a non-competitive atmosphere participants will learn how to cradle, pass and shoot while using the YMCA core values.

Sat 11:00-11:45am

Summer 1 03135-06

Summer 2 03135-07

F:\$22 M:\$33 N:\$44

Youth Enrichment & Sports

Archery (8+ yrs)

Certified instructors will teach your family the skills of one of the world's oldest sports. This is a great class for parents and children to learn together. All equipment is provided. This class is held on site. This class is offered for the full 8 week session only.

Wed 6:00-6:45pm 03300-06
Thu 6:00-6:45pm 03300-05

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

Dodge Ball Extreme (7-10 yrs)

Learn Dodge Ball like you have never seen it before. With over 50 variations of this favorite playground game, no class will be the same!

Mon 6:00-6:45pm

Summer 1 03140-06

Summer 2 03140-07

F: \$22 M: \$33 N: \$44

Pop Warner Football Conditioning

Do you want your football player to be in shape for the season? If so, this is the program that will jump start his or her season! This class is only offered for Summer 1. Ages 8-12 yrs.

Wed 6:15-7:00pm 03130-01

F: \$22 M: \$33 N: \$44

Youth Basketball League

Join our co-ed basketball league! The basic fundamental drills such as dribbling, shooting and passing will be taught before the start of each game. Each player will receive his or her own shirt for the season!

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

Summer 1 03125-15

Summer 2 03125-17

Sat 11:00am-12:00pm (9-12yrs)

Summer 1 03125-16

Summer 2 03125-18

F: \$26 M: \$39 N: \$52

Flag Football (6-12 yrs)

Learn the basics through fun games and drills.

Sportsmanship, teamwork and fundamentals will be the focus of this new program!

Sun 12:00-12:45pm

Summer 1 03130-02

Summer 2 03130-03

F: \$22 M: \$33 N: \$44

Girl's Beginner Volleyball

This program focuses on getting players comfortable with volleyball and the rules of the game. A fun approach is used that will build confidence and relationships with teammates.

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

Summer 1 03150-02

Summer 2 03150-03

F: \$25 M: \$37.50 N: \$50



Youth and Teen Fitness

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

Ultimate Superman with Freddie

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

Wed 3:45pm 01610-05
Fri 4:00pm 01610-04
M:\$180 N:\$225

Freddy's Freestyle Class

Class is geared towards high school and college athletes and motivated junior high school athletes. This super teen training program is designed to enhance power, speed and stamina. Workout starts with training in the pool and then continues outside.

Tues, Thu, Fri 9:00am-11:00am 01610-01
F:\$300 M:\$350 N:\$400

Defense Through Martial Arts

This class is designed to help teach certain movements and techniques done by many in the martial arts world. This is a non contact class but will go over many moves and styles that will scratch the surface of basic martial arts with a heart-pumping workout.

Tues & Thu 5:30am-6:30pm 01610-03
M:\$100 N:\$150

Group Exercise Program

One of the many benefits of a North Suburban YMCA membership includes over 75 FREE group exercise classes per week! Check out all of the classes we offer below and for the most up-to-date schedule, stop by the Welcome Center or visit our website at www.ymcaboston.org/woburn. For more information on any of the group exercise classes offered contact Deb LeFave at dlefave@ymcaboston.org or call Ryan Kilian at ext. 220.

Aerobic Classes

Bootcamp, Pure Sculpt, Freddie's Class, Senior Super Strength, Dance Grooves, Tai Chi, Cycling and More! Check out our group exercise schedule online or at the Welcome Center Desk for details.

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. This class meets twice a week and is available in the morning and evening. Contact Deb at ex.312 for days and times available.

M: FREE N:\$155 01300-03

Beyond Fitness Infusion

Have you exhausted your fitness infusion class opportunities, but still enjoy a small group setting? 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 ex. 312 for days and times available.

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

Holistic Programs

Vini Yoga, Pilates, Resist-A-Ball, Hatha Yoga, Nia, Power Yoga, and More! Check out our wellness schedule online or at the Welcome Center Desk for details.

Nia Pass

This form of fitness embraces the grace and spontaneity of modern and ethnic dance, the explosive power of martial arts, the dynamic poses of yoga and the stillness of tai chi. Great for all levels including active older, prenatal, and postpartum. This pass allows you to participate in unlimited Nia classes throughout the session.

M:Free N:\$85 01100-40

Yoga/Pilates Pass

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

M:Free N:\$180 01100-04

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, the Total Control™ program can empower women to regain confidence and enjoy a higher quality of life. Appropriate for women of all ages, life stages and fitness levels.

Vtrim™ Weight Loss Program

Do you want to lose weight and keep it off? Vtrim™ is designed not as a diet, but as a way to change your relationship with food and exercise. Learn how this research based program can change your life. The Vtrim™ approach is the clinical gold-standard for weight loss.

For class locations and additional information on these programs, please contact Jerri Pratt at jjpratt@ymcaboston.org or Ryan Kilian at rkilian@ymcaboston.org or ext. 220.

Pink Program: An Exercise Program for Breast Cancer Survivors

Designed to meet the physical needs of 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. Meet other survivors for an amazing shared experience that will support you in your recovery.

Adult Fitness Specialty

During the summer session choose from 4 week or 8 week sessions. Summer 1 session is 4 weeks and will run July 6th to August 2nd. Summer 2 session is 4 weeks and will run August 3rd to August 30th. The full 8 week session will run July 6th to August 30th.

WOW (Women on Weights)

Join Karen and Catherine and experience the benefits of strength training for women. 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. Grab a friend and join the class! For a 3 day option add on Saturdays 9:15am-10:15am. For Saturday add on pricing contact Ryan Kilian at ext. 220 or rkilian@ymcaboston.org
Mon & Wed 7:15-8:15pm 01300-21
Tues & Thu 9:15-10:15am 01300-26
M:\$75.00 N:\$125

Beach Body Boot Camp

Take a fun crash course combining cardiovascular, high toning repetition, and strength training for the summer season. Perfect for weddings, bikini and shorts season and postpartum transitions. This camp will also feature nutritional packages to help you along the way and free YMCA Get Started T-shirts!
Mon & Wed 6:30am-7:30am 01300-50
M:\$100 N:\$135

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

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.

Sat 10:00am 01300-70
M:\$75 N:\$70

Get Started Program

This program is designed to get a non-member started in a fitness program at the North Suburban YMCA. This program meets twice per week and is a nice introduction to a fitness routine that you can continue for a lifetime!

Tues/Thu 9:30-10:30am 01300-29
M: Free N: \$75

Ballroom Dancing

Enjoy learning the elegant sweeping movement of the waltz, tango and cha-cha! Ballroom dancing increases stability and balance and helps you learn to move lightly with ease. Great total body workout! No partner is needed for this 6 week class.

Wed 7:00pm 01300-52
M:\$45 N:\$90

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:\$75.00

Special Events

Movie On The Field

Saturday, June 20th 6:00 pm
Kick off the summer with field activities, a cook-out and a movie on the YMCA field.

Goodwill at the Grill

Saturday, June 27th
Join Whole Foods Market, the North Suburban YMCA and Social Capital Inc. for an event filled with educational activities resources and support for families coping with food allergy concerns. The event will also kick off the new Food Allergy Support Initiative. The event will be held at Whole Foods Market in Woburn. For more information about the event contact Jodi Crowley at jcrowley@ymcaboston.org

Personal Training

Learn the latest in fitness approaches with one-on-one personal training. Your certified person trainer will work with you to not only to meet your fitness goals, but to exceed them. To set up an appointment contact Karen Colombo at kcolombo@ymcaboston.org or ext. 326 or Jay Harvey at jharvey@ymcaboston.org or ext. 202.

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

Members Only Packages

	30 minute sessions	60 minute sessions
One-On-One 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.

M: \$60 N:\$90

Water Day On The Field

Saturday, July 25th 1:00-3:00pm
Cool off with water fun at the North Suburban YMCA. Water balloons, sprinklers, and so much more!

Family Fun Field Day

Saturday, August 29th 2:00-4:00pm
Come to Field Day at the North Suburban YMCA. Enjoy obstacle courses, relay races, and other outdoor activities.

All events will include allergen-free foods available through the Food Allergy Support Initiative created by Whole Foods Market, North Suburban YMCA, and Social Capital Inc.

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, June 16th – Family Member Drop off / Mail In / Fax In

Wednesday, June 17th – Member Drop Off / Mail In / Fax In

Sunday, June 21st – Member Walk-In Registration

Sunday, June 28th – Non-member Walk-In Registration

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.). 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 5K Classic

September 26, 2009

Sponsored by Excel Orthopedics



Race starts at 9:30am

Kids Fun Run starts at 9:00am



To register visit

www.ymcaboston.org/woburn

781.935.3270

MAIN LINE

781.933.5177

FAX

North Suburban

