



PROGRAM GUIDE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE FLIGHT IN THE NEW SEASON

REGISTRATION BEGINS
February 21!

Spring I 2012 Programs
February 27 - April 29
IPSWICH YMCA



The YMCA of the North Shore works side by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. We are the nation's leading nonprofit committed to strengthening our communities through youth development, healthy living and social responsibility.

When you join the Y or take part in our programs, you are not just a member of a facility or a participant in a class, you are part of a cause.

The YMCA of the North Shore is committed to education and the values of caring, honesty, respect and responsibility. Our YMCA provides all children, adults, and families, regardless of income, with opportunities to develop a healthy spirit, mind and body.

2012 MEMBERSHIP RATES

	*Membership	**Joiner Fee	* Monthly amount is automatically drafted via the YMCA's bank or credit card draft
Adult (ages 24 and above)	\$51/mo	\$77	
1-Adult Family	\$63/mo	\$77	
2-Adult Family with children	\$95/mo	\$99	
2-Adult Family without children	\$87/mo	\$99	** Joiner fee is a one-time fee and amount may be split into monthly payments with our convenient draft option
Young Adult (ages 19-23)	\$30/mo	\$33	
Teen (ages 14-18)	\$23/mo		
Youth (ages 0-13)	\$14/mo		

View Program Descriptions and Register for Classes Online:

The YMCA of the North Shore offers online program registration that gives you the ability to search for YMCA programs, check availability and enroll with immediate confirmation. Your YMCA Online Account will allow you to access our online registration system and will ensure your privacy and credit card security. As always, you can register in person at any of our YMCA locations. It's so easy!

1. Provide us with your e-mail address and an online account will automatically be set up for you.
2. Log on to www.northshoreymca.org and click "registration." Enter your e-mail address in the "retrieve login" and an automatic e-mail will be sent with your temporary login and password.
3. Sign in with your temporary login/password and from there, you control your account.

Take advantage of this easy and convenient way to register for programs and renew your membership.

CONTACT US

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HOURS OF OPERATION

Facility Hours

Monday-Friday	5:45am-10:00pm
Saturday	7:00am-6:00pm
Sunday	8:00am-5:00pm

Babysitting Hours

Monday-Friday	8:30am-12:30pm
Monday-Thursday	4:00pm-6:30pm
Saturday	8:30am-12:00pm

REGISTRATION DATES

Spring I 2012

February 27th-April 29th

- Members
Tuesday, February 21st - 7:30am
- Community
Friday, February 24th -7:30am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH ARTS & DANCE

ARTS & HUMANITIES

Musical Sensations

Ages: 1-5

Fee: Member \$96 Community \$144

Musical Sensations incorporates music, movement, singing, dancing, instrument playing and improvisation. Children who are actively involved in and exposed to music on a regular basis are proven to have elevated levels of math skills, literacy, problem solving, social skills, self-esteem and musicality. Children under age 3 must be accompanied by a parent or care-giver. Limit to 15 participants.

Wed 11:00am

Print Making

Ages: Grades 2-5

Fee: Member \$45 Community \$68

Design and create your own prints to use in creating patterns and works of art. Tell a complete story with the prints that you create.

Mon 4:15pm

Lego Club

Ages: 3-5

Fee: Member \$32 Community \$48

Watch the creativity of your child as they build with Legos and interact with others.

Mon 10:30am

Thurs 3:30pm

Painting

Ages: 3-5

Fee: Member \$45 Community \$68

Let your inner artist out! Have a blast painting pictures and objects in this fun and fantastic class.

Thur 10:15am

Construction Club

Ages: 3-Grade 2

Fee: Member \$45 Community \$68

Build with a variety of materials and supplies as you create something new every week. Create models and more.

Tues 10:15am (Ages 3-5)

Thurs 4:00pm (Grades K-2)

Mini Magical Musicals of Beauty and The Beast

Ages: 4-7

Fee: Member \$96 Community \$144

Your dramatic young star will shine in a mini stage production. Rehearse songs and scenes while being coached on stage presence, confidence and basic theatre terms. Class culminates in a performance for friends and family. Class is one hour and cast is limited so please register early. For more information please contact Natalie Miller at millern@northshoreymca.org

Sun 2:00pm

Cityscape Art

Ages: Grades K-2

Fee: Member \$45 Community \$68

Create wonderful art in this unique course. Kids can be an architect of their dream city by designing and building a 3D city with buildings, cars and bridges.

Tues 4:30pm

Cartooning

Ages: Grades 2-5

Fee: Member \$45 Community \$68

Join other comic fans in creating your own unique comic characters and comic strips. Share your drawings and learn how to create characters and your own comic book.

Wed 4:30pm

Hooping

Ages: Grades 2-5

Fee: Member \$35 Community \$52

Decorate your own hula hoop, then twist the afternoon away. A fun and creative way to exercise!

Mon 3:30-4:15pm

Druidawn Creative Writing Class

Ages: Grades 3-7

Fee: Member \$45 Community \$68

Creative writing game where you explore and develop a magical world.

Come ride dragons and unicorns, buy magic, weapons, and spells in addition to creating creatures and lands! But, beware of hidden challenges. All you need to bring is your imagination. Class meets for one hour and is taught by Peg Cannell. All writing abilities welcome.

Wed 3:45pm

The Y Theatre Company Presents Auditions for:



Escape with us to another place and time where enchantments are the rule, people sing through joy and sorrow, and true love conquers all. Don't miss this fabulous musical with its compelling characters, unique love story, and beautiful music.

Performances: March 23-25, 2012 at the Ipswich Town Hall
Tickets go on sale March 9th, at the Ipswich Family YMCA

For more information or to set up an audition please contact
Natalie Miller: 978.564.3945 or millern@northshoreymca.org

Private Lessons- Acting and Voice

Single 45 minute lesson: Member \$45 / Community \$68

Package of 4 (45 minute lessons): Member \$150 / Community \$225

Private voice and acting lessons, one-on-one coaching focused on specific strengths and development areas. Advance performance techniques, as well as audition and performance confidence. Arranged by appointment, schedule individual sessions, or register for a four-lesson package. See instructor bios at www.northshoreymca.org/theatre.cfm. Contact Natalie Miller at millern@northshoreymca.org.

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

DANCE

Twinkle Toes with Parent

Ages: 2-3

Fee: Member \$64 Community \$89

This 30 minute class explores the joys of moving to music and make believe while building coordination and rhythm skills. Class taught by Sarah Fader.

Fri 11:30am

Creative Ballet I

Ages: 3-5

Fee: Member \$64 Community \$89

Ballerinas create dances inspired by original stories and the classical ballets while developing rhythm, body control, coordination, spatial awareness and learning the vocabulary of ballet. Class is 45 minutes and taught by Sarah Fader.

Mon 1:00pm

Tues 12:30pm, 1:30pm

Storybook Ballet

Ages: 3-5

Fee: Member \$64 Community \$89

Create dances based on stories told in class. Ballet fundamentals introduced. Class is 45 minutes and taught by Sarah Fader.

Fri 12:00pm

Ballet I

Ages: 7-9

Fee: Member \$64 Community \$89

Establish the foundation necessary for the serious pursuit of ballet. Learn basic barre technique and the fundamentals of ballet. Class is 45 minutes and taught by Sarah Fader.

Mon 3:30pm

Dance Jam

Ages: 5-7

Fee: Member \$64 Community \$89

Continue our study of ballet but also learn choreography from some of your favorite musicals, as well as dances from around the world, including Africa and Latin America. Join us, as we travel the world through dance, and learn about all the ways in which ballet enhances our lives, both on stage and off! Class held at Teen Center at Town Hall.

Tues 4:00pm

GYMNASTICS

Play Dates

Ages: 2 and up

Fee: Member Free

Community Adult Guest Pass (Child free entry)

Come play and make new friends during open gym time. This is a non-staffed time so parents supervise. Equipment supplied by YMCA.

Mon 11:15am (Sports)

Wed 11:00am (Gymnastics)

Tiny Tumblers

Ages: 2-3 with parent

Fee: Member \$44* Community \$64*
(* Older sibling drop-in fee \$5/class)

Introduces children to gymnastics and improves gross motor skills through jumping, climbing, balancing, and other fun games. Class is 30 minutes.

Wed 9:45am

Gymnastics

Ages: 3-10

Fee: Member \$44 Community \$64

Age-appropriate skills covered including beam, bar, and tumbling.

Mon 5:00pm (Ages 5-7) 5:45pm (Ages 8-10)

Wed 10:15am (Ages 3-5)

CHILDCARE

Child Development Center

Ages: 2.9-5

The Y Preschool and its warm, caring and trained staff are an extension of the home. The Creative Curriculum offers children the opportunity to grow in spirit, mind and body while developing a strong sense of self. Our educational setting exposes children to early math, science, literacy, social studies, the arts and technology in preparation for Kindergarten. In addition, children participate in YMCA physical activities such as swimming, sports clinics, gymnastics and more. Registration Packets and Tuition fees are located online at www.northshoreymca.org.

After the Bell

Ages: Grades K-5

Explore far off places, dance, swim, play sports and observe the stars in the YMCA after school program. Daily schedules include physical activity, demonstrating role model behavior, art projects and more. Bus transportation is provided from Winthrop/Doyon in Ipswich and Essex Elementary School. Registration packets and tuition fees are located online at www.northshoreymca.org.

Vacation Care

Ages: Grades K-5

Fee: Member \$36 Community \$46

Full day programs available during school holidays and vacations. Sign up at the Front Desk.

April 16, 17, 18, 19, 20

Essex Elementary Early Release

Ages: Grades K-5

Fee determined by parent pick up time.

\$25 (3PM) \$35 (5PM) \$40 (6PM)

Play, dance, explore, and create at the Y! On early release days for the Essex Elementary School, the YMCA bus will pick up students and transport them to the Y for an afternoon of fun. For more information, visit www.northshoreymca.org and click under Child Care. Questions, contact Alexa Richards at richardsa@northshoreymca.org.

March 7, Apr 11, May 2

Register for Y programs online at
www.northshoreymca.org

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH SPORTS

Sports Jam

Ages: 2-5

Fee: Member \$44

Community \$64

Each week a different sport is introduced in this popular gym class. Try soccer, football, floor hockey, basketball and more.

Tues 9:15am (Ages 3-5)

Thurs 10:15am (Ages 2-3 with parent)

Thurs 10:45am (Ages 3-5)

Healthy Kids Club

Ages: 3-5

Fee: Member \$44

Community \$64

Play different games and participate in fitness activities. Earn prizes for completing different challenges. Kids won't even know they are exercising!

Mon 10:30am

Thurs 1:30pm

Preschool Kickball League

Ages: 3-5

Fee: Member \$50

Community \$75

Teams meet for 30 minute practice followed by 30 minute game against another team in the league. For more info visit

www.northshoreymca.org. Register at Welcome Center by Feb 20th.

Fri 9:30am

Sun 10:00am-12:00pm

T-Ball

Ages: 3-8

Fee: Member \$44

Community \$64

Throw, catch and play in this fun, active sport!

Mon 1:30pm (Ages 3-5)

Wed 9:30am (Ages 3-5)

Wed 3:45pm (Ages 3-5)

Wed 4:30pm (Ages 6-8)

Karate

Ages: 3-9

Fee: Member \$44

Community \$64

Martial arts class taught by Sensei Mike King of the Mark Warner's Professional Martial Arts Academy. Class length is 45 minutes.

Tues 3:45pm (Ages 3-5)

Tues 4:30pm (Ages 6-9) **Thurs** 4:00pm (Ages 6-9)

Gym and Swim

Ages: 3-5

Did you notice? Our weekday programs for ages 3-5 are scheduled so you can make a morning of it at the YMCA. Sign up for a gym class and a swim class to keep preschoolers active during the long winter days.

Mon Swim 9:30am / Gym 10:30am Healthy Kids Club

Tues Gym 9:15am Sports Jam / Swim 10:15am

Thurs Swim 9:30am / Gym 10:45am Sports Jam

QuickStart Tennis League

Ages: 5-10

Fee: Member \$50

Community \$75

QuickStart Tennis format is USTA tennis for children under 10. It uses advanced teaching techniques to break down tennis skills to progressively become a better player. Modified court, tennis balls, and racquet sizes make it easier for kids to learn. 30 minute practice followed by 30 minute matches. Racquets provided.

Sat 9:00-10:00am (Ages 5-7)

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

YOUTH SWIMMING

Swim Lessons

Our community recognized swim program mixes traditional swimming skills and personal safety skills with fun elements.

Members \$68

Community \$98

Parent/Child: Infant/Toddler

Ages: 6-24 months

Parents will learn techniques for holding children in the water as well as how to introduce basic swimming skills in a fun and safe way.

Mon 9:00am

Thurs 9:00am

Tues 3:45pm

Sat 9:00am

Sun 9:30am

Parent/Child: Preschool

Ages: 2 and up

Children learn bubble blowing, swimming on the front, back and side as well as basic kick/pull techniques. Independence in the water is encouraged.

Mon 9:00am

Thurs 9:00am

Tues 3:45pm

Sat 9:45am

Sun 9:30am

Preschool

Ages: 3-5

Blowing bubbles, floating, kicking, arm/leg patterns for strokes, rotary breathing, diving safety skills and swimming independence are all a part of the fun.

Mon 9:30am, 3:30pm, 4:15pm

Tues 10:15am, 1:30pm, 3:45pm, 4:30pm

Wed 1:30pm, 3:45pm, 4:30pm

Thurs 9:30am, 4:00pm

Sat 9:00am, 9:45am

Sun 9:15am

Preschool Advanced

Ages: 3-5

For children ready to swim independently. Must be able to swim ft. without flotation.

Mon 4:15pm

Thurs 9:30am, 4:00pm

Tues 1:30pm

Sat 9:00am

Wed 1:30pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Youth Beginner

Ages: 6 and up

For non-swimmers ready to learn to swim. Class will focus on breathing patterns, floating, and arm/leg techniques for basic swimming.

Mon	3:30pm	Thurs	4:00pm
Tues	4:30pm	Sat	9:00am
Wed	3:45pm, 4:30pm	Sun	10:00am

Youth Intermediate

Ages: 6 and up

For youth who can swim the length of the pool and are ready to learn strokes. Class will focus on arm/leg patterns for front crawl, backstroke, sidestroke, elementary backstroke and breaststroke.

Mon	3:30pm, 4:15pm	Thurs	4:00pm, 4:45pm
Tues	3:45pm, 4:30pm	Sat	9:00am
Wed	3:45pm, 4:30pm	Sun	10:00am

Youth Advanced

Ages: 6 and up

For youth who can swim the length of the pool with good stroke form and are ready to work on endurance. Individualized attention for each swimmer so they can continue to improve their swimming.

Mon	3:30pm	Wed	3:45pm
Tues	4:30pm	Thurs	4:00pm
Sat	9:45am		

Porpoise Club

Ages: 10 and up

For advanced youth who can swim 300 yards with good form and are ready for a challenge. Specialty strokes and leadership skills.

Wed	4:30pm	Sat	9:45am
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Learn to Dive

Ages: 6 and up

Fee: Member \$68 Community \$98

Diving in head first can be a challenge! Take some time to work on just that skill. Progress to head first dives off the starting block and diving board. Must be able to swim the length of the pool to participate.

Tues	3:45pm
Thurs	4:45pm

Pirate Treasure

Ages: 6 and up

Fee: Member \$68 Community \$98

Boats, sunken treasure, snorkeling, diving and more. Games that improve on swimming skills with a pirate theme. Must be able to swim the length of the pool to participate.

Thurs	4:45pm
Sat	9:45am

Mermaid Island

Ages: 6 and up

Fee: Member \$68 Community \$98

Join our adventures of the deep blue sea. A fun way to improve swimming skills through diving, synchronized swimming and creative games with a mermaid theme. Must be able to swim the length of the pool to participate.

Mon	4:15pm
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Kinderswim- Essex Schools

The YMCA bus picks children up at Essex Elementary and brings them over for swim lessons. Parents meet your child on the pool deck after swim lessons for pick up. Registration is done on a monthly basis with registration forms sent home in backpacks.

Wed	1:00pm
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Specialty Lessons

Ages: 3 and up (Member Only)

Private: \$32/half hour, \$110/package of 4

Semi-Privates: \$18/half hour, \$70/package of 4

Group: \$12/45min lesson

Work with a qualified instructor or book a group lesson with your friends. By appointment only, please call the Aquatics Office at 978.356.9622 x 1307 to schedule.

Intro to Swim Team

Ages: 6 and up

Fee: Member \$68 Community \$98

YNS coaches introduce the competitive aspects of swimming in this specialized class. Great way to find out if swim team is for you. Must be able to swim 25 yards.

Sat	8:00-9:00am
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North Shore Sharks Swim Team

Ages: Grades K-12

Fee: Member Only- Fee Varies

Our highly specialized coaching staff emphasizes a 10:1 swimmer to coach ratio, a year-round program, and ability based practice groups for novice to national caliber athletes. For more information or to schedule an evaluation, contact Carol Meyer, Associate Aquatics Director, at 978.927.6855 ext.1204.



YNS Sharks and Little Sharks

The YMCA of the North Shore (YNS) swim team works to develop the best combination of swimmers and human beings through the strengths of innovative coaching techniques and strategies, supportive parental involvement and integration of our core values – Caring, Honesty, Respect, and Responsibility.

From ages 5 and up, the Little Sharks and Sharks programs maintain an infrastructure of children, coaches, and parents who create the platforms and opportunities for each and every swimmer to fulfill their goals and their potential as a person, swimmer, and team member.

www.ynssharks.net

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN



Springboard Diving

Ages: 9 and up
Fee: Member \$68 Community \$98

Tuck, pike and reverse dives are covered. Pre-requisites: must be able to pass the deep water test and do a forward dive from the side of the pool.

Tues 4:30pm All levels

Boy Scout Merit Badge

Ages: 10 and up
Fee: \$18 per day

Attention Boy Scouts and Troop Masters! Life guarding and swimming merit badges available. Call the Y at 978.356.9622 ext. 1306 for an appointment.

Kayak Clinic

Ages: 9 and up
Fee: Member \$15 Community \$22

Learn kayak paddling, turns, and basic safety from an experienced kayak guide. See how to get back into a kayak in open water. Advanced kayakers can learn to roll. Limited spaces available, register early! Clinic is one hour.

Dates TBA

Babysitter Water Safety Course

Ages: 11 and up
Fee: Member \$25 Community \$38

Babysitting during the summer includes watching children near the water. Backyard pool, boating and beach safety for children are covered. Identify dangers, enforce basic water safety rules, and help prevent accidents.

Tues, March 20th 4:00-6:00pm

FAMILY TIME

Birthday Parties

Ages: All Ages

Fee:	Member	Community
1-10 Participants	\$125	\$150
11-20 Participants	\$150	\$175
21-30 Participants	\$180	\$205

Bring friends and family to a party at the YMCA. Make it a healthy, active celebration for your next momentous occasion. Parties include one hour of activity, followed by one hour of celebration in our lobby party location. Bring the decorations and food of your choice to make it an unforgettable event. Party packages to make everyone smile. Choose from: Pool Party, Dance Party or Gym Party.

Kids Fun Night

Ages: Grades K-5
Fee: Members \$12 Community \$18

Let us watch the kids while you have a night out. Entertainment includes games, contests, crafts, and more. Hosted at the School Age Center and supervised by experienced YMCA staff.

March 16, 30 6:00pm-8:30pm
April 13, 27 6:00pm-8:30pm

Healthy Kids Day

Ages: All ages
Fee: FREE

FEATURING
RADIO DISNEY!

Don't miss out on this fun family day at the Y! Activities promote your child to stay fit, be safe and have fun! Learn about fire safety in the Fire Department's Safety House, participate in the Police's Bike Rodeo, child ID's, tennis clinic with the Boston Lobsters, Disney freebies, petting zoo, Beverly Hospital information booths, Melanoma Foundation, gymnastics obstacle course, bouncy house and outdoor GaGa!

Sat, April 14 10:00am-12:00pm

Parent/Child Fitness

Ages: 1-3
Fee: Member \$25 Community \$38

Move with your children in this fun, interactive fitness class. Play upbeat movement games that get kids having fun and moving at the same time.

Mon



FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

HEALTH, WELLBEING & FITNESS

Ipswich Y-Tri

Ages: 16 and up
Fee: Member pre-entry \$35 Community pre-entry \$45
Day of \$45 Day of \$55

Join us for our first indoor triathlon! It's a great opportunity for beginners interested in doing a triathlon for the first time all the way to experienced triathletes launching their triathlon season early. The event consists of a 15 minute indoor swim, 13 miles on the Keiser cycle bikes in the lobby and a 3 mile run on the treadmill. There are three start times and nine spots available in each heat. All participants will get a tech T-shirt, and post-race refreshments. The 1st, 2nd and 3rd place winners in each heat will be recognized.

Sun, March 18 Start times:
11:00am, 11:30am, 12:00pm

Indoor Triathlon Training

Ages: 16 and up
Fee: Member \$38
Community \$57

Get ready for our Ipswich Y-Tri on March 18th! Train on swimming, biking and running form as well as how to put it all together effectively. Bonus strength routine recommendation from trainer! Class is one hour. Trainers: Regina

Sat 8:30am

Rowing for Strength & Fitness

Ages: 16 and up
Fee: Member \$80 Community \$120

Rowing is a great cardiovascular and strength-building exercise. The smooth, low-impact rowing motion works the whole body, is easy to learn and can challenge any fitness level. With the proper technique, rowing will work all the major muscle groups of the core, arms and legs in a balanced manner.

Mon/Wed 6:30am

Learn to Run -Treadmill Running

Ages: 16 and up
Fee: Member \$99 Community \$135

Learn to love the treadmill! A running class designed to improve endurance and speed no matter what your current running level. Each session is specifically designed to focus on intervals, speed work and hills. Trainer: Emily

Mon/Wed 6:30pm

Spinning for Weight Loss

Ages: 18 and up
Fee: Member \$125 Community \$175

Get a group of four or more friends together and meet your weight loss goals with this eight-week performance program led by a Personal Trainer. Power through your plateaus and see results. Contact Terry Gauthier, Health & Wellness Director, to schedule at gauthiert@northshoremca.org. Trainer: Jen

Tues/Thurs 10:00am

Adult Circuit Training

Fee: Member \$40/8 visits Community \$88/8 visits

An advanced one hour workout that incorporates cardio intervals with bursts of weight lifting to keep your heart rate in its target zone for an optimal fat burning workout.

Fri 9:30am with trainer Jen Tougas



2012 YMCA of the North Shore Road Race Series

Get your running shoes ready for an exciting year at the 2012 YMCA of the North Shore Road Race Series. We will be hosting 12 exciting races all across the North Shore Y association and feature some awesome prizes for our runners at the end of the series. Whether you're a beginner or an advanced runner we encourage you to sign up today and be a part of not just the race series, but a memorable experience with a community. **Contact Barbara Berry, Road Race Coordinator at berryb@northshoremca.org**

Races to Look Forward To:

- **Chase the Gorilla Down Argilla 5k (Ipswich) - 4/14 (Registrations available online and at our front desk)**
- **Ring Around the Neck 5 Mile (Marblehead) - 4/22**

Tabata Circuit

Age: 18 and up
Fee: Member \$45 Community \$77

Personal Trainer Cameron Carpenter alternates timed bursts of energy with brief rest periods in this weight training series. Challenge muscles to a whole new level.

Mon 7:30pm

TRX Suspension Training

Ages: 16 & up
Fee: Member \$20 Community \$28

Train for any fitness goal with Suspension Training, a total body workout with just one piece of equipment. Exercises that build total body strength, balance, flexibility and core stability, good for all fitness levels. Contact Terry Gauthier, Health & Wellness Director, for a training appointment. Sessions are 30 minutes. Refer to website for training package.

TRX/Kettlebell Training

Ages: 16 & up
Fee: Member \$75/6 Community Drop In \$18/class

TRX and Kettlebell incorporates the best of both worlds; total body training and functional resistance training together in one class. Build core strength, reduce body fat and improve muscle tone and endurance. Trainer: Cam

Wed 11:00am, 6:30pm

Fri 11:00am, 6:00pm

Fit over 40

Ages: 40 and up
Fee: Member \$79 Community \$99

Make your body a fat burning machine. Boost your metabolism and energy level. A personal trainer guides you in being smart and effective in your strength and conditioning program. Bonus nutritional guidance as well!

Tues/Thur 6:00am

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Therapeutic Aquatic Exercise

Ages: All ages

Fee: \$110 per hour private lesson

\$60 per hour semi-private lesson

From arthritic hip, shoulder and back injuries to cardiac rehab and stroke recovery the water is a great place to get that injury on the road to healing fast. Call Merri-Lynn Lathrop, Associate Executive Director, at 978.356.9622 ext.1306 to schedule an appointment.

SwimFit

Ages: 18 and up

Fee: Member \$41/month Community \$82/month

Whether you're trying to stay fit, train for a triathlon or compete on our Master's Swim Team, our coaches will provide you with workouts based on your goals. All levels are encouraged to participate. For more information, contact Carol Meyer, Associate Aquatics Director, at 978.927.6855 x1204.

Tues/Thurs/Fri 5:45am-7:00am

T'ai Ch'i

Ages: 18 and up

Fee: Member \$80 Community \$120

T'ai Ch'i is a form of moving meditation that is normally practiced with slow, relaxed and flowing movements. This art is ideal for those seeking gentle, rehabilitative exercise, to relieve stress, or to study inner power through calmness. Instructor: Steven Murphy from Mystics Athletic School.

Sun 11:00am -12:00pm

Flex & Stretch Yoga for Men

Ages: 18 and up

Fee: Member \$96

Community \$144

Yoga session for the inflexible! Class limit is six to provide personal attention to breath, form and focus so you can stretch and strengthen. Instructor: Jemma

Tues 1:00pm

Restorative Yoga

Ages: 18 and up

Fee: Member \$30/session (register for all 4/\$100)

Community \$45/session (register for all 4/\$150)

Restore the nervous system and help release deeply held tensions from the body and mind. Use props to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels. 10 people max.

Sun April 1, 15, 22 and 29 11:00am -12:30pm

Yoga Punch Card

Ages: All ages

Fee: Member FREE

Community \$30/6 classes

Buy a Yoga Punch Card for our amazing variety of yoga classes offered at Town Hall and the School Age Center.

Strong Men & Women

Ages: 40 and up

Fee: Member Free Community \$75

Implement safe and effective strength training for mid-life and older adults; increase muscle mass & strength, weight loss, improve bone density and reduce risk for osteoporosis and related fractures, diabetes, heart disease, arthritis, depression and obesity, improve self-confidence, sleep and vitality.

Tues/Thurs 10:00am-11:00am

Lifestyle Fitness Challenge (Group Training)

Ages: 18 and up

Fee: Member \$242 Community \$350

12 Week Lifestyle Fitness Challenge!

Work as a group with a certified personal trainer who will push you to commit to the program and see results. Two sessions a week with body compositions, nutritional guidance and weekly weigh in.

Next 12 week session begins March 26-June 15

Please refer to website for trainers and times.

Arthritis Foundation Exercise Program

Ages: 18 and up

Fee: Member FREE Community \$80

Gentle, safe exercise routine for persons with mild to severe joint pain. This research based program increases your body's range of motion, flexibility, balance and strength. Exercises can be done in a chair, standing or on the floor.

Mon/Wed 11:30am

Weighing In On Nutrition

Ages: 18 and up

Fee: Member \$60 Community \$90

Nutritional counseling with Martha Finlay, registered Nutritionist. Improve eating habits and focus on overall health. Weekly weigh in and motivational 30 minute talk. To schedule an appointment, please contact Health and Wellness at 978.356.9622.

Fitness Assessments

Ages: 18 and up

Fee: Member Only \$25

A personal trainer guides you through the five components of fitness: Cardio Respiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility and Body Composition. Identify risk factors and create an efficient and effective exercise program. Approximately one hour. Your fee can be applied to a package of personal training sessions. Schedule your first consult with Terry Gauthier, Health & Wellness Director, at gauthiert@northshoreymca.org.

Personal Training

Fee: Member Only:

1/1 hour session \$50 3/1 hour sessions \$144

5/1 hour sessions \$230 10/1 hour sessions \$440

Hire a personal trainer and discover how their genuine interest, support and "exercise know-how" will help you achieve your health and fitness goals. Our Personal Trainers have years of experience and various specialties. Contact Health and Wellness Department at 978.356.9622 to schedule an appointment. (Group rates available)

Body Composition

Ages: 14 and up

Fee: Member \$15 Community \$20

Weight in scale numbers doesn't tell you everything. Body Composition Testing is a clear measurement of muscle tissue vs. body fat – and this can help you re-evaluate your goals and re-define your fitness needs. To schedule an appointment, please contact Health and Wellness at 978.356.9622.

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Parent/Child Fitness

Ages: 1-3

Fee: Member \$25 Community \$38

Move with your children in this fun, interactive fitness class. Play upbeat movement games that get kids having fun and moving at the same time.

Mon 1:00-1:30pm

Physical Activity Club (PAC)

Ages: 10-14

Fee: FREE

A personalized 12 week healthy lifestyle program focused on increasing physical activity and good nutritional practices to establish and maintain healthy weight. A personal coach guides each participant to achieve healthy lifestyle goals. This 12 week program with flexible scheduling options is ongoing and can begin at anytime. A Y Membership is included when participating in this program. For further information please contact Terry Gauthier, Health and Wellness Director at 978.356.9622 Ext. 1310.

SCUBA

Ages: 18 and up

Fee: Member \$250

Community \$250

NAUI certification course includes classroom work and supervised pool diving time. Bring snorkel, mask and fins, all other equipment is provided. Open swims not included.

Fri Nights Starts April 13

6:00pm-9:00pm

Lifeguarding Certification

Ages 16 and up

Fee: Member \$300

Community \$330

There was a great need in our community last summer for qualified lifeguards. Get your certification now and be ready for summer work. Certification course includes Pro CPR, First Aid and Oxygen certifications. Must be 16 and able to swim 500 yards to participate.

Saturdays, March 17-April 7

10:30am-4:30pm

Mon-Fri, April 16-20

9:00am-5:00pm

Tues/Thurs, April 24-May 17

2:30-4:30pm (Tues)

1:30 -3:30pm (Thurs)

ADULT TEAM SPORTS

Adult Co-Ed Recreational Volleyball

Age: 18 and up

Fee: Member Free Community \$15

Come join us for a few bumps, sets, and spikes and make some new friends. Two courts open for round-robin play for beginner and intermediate level players.

Tues 7:30pm-10:00pm

Adult Volleyball League

Age: 18 and up

Fee: Member \$87 Community \$102

League runs March 22-June 28. 6 vs. 6 co-ed league. Runs 15 weeks.

Visit www.northshoreymca.org/ipswichvolleyball.cfm for more info.

Thurs 7:00-10:00pm

Swim Lesson Instructor Certification

Ages: 16 and up

Fee: Member \$300

Community \$330

College students can get certified over winter break for summer! Must be 16, able to swim three strokes, tread water for two minutes, and dive. Course includes CPR Pro, First Aid and Oxygen certs. Pass the practical and written exam and be certified to teach swim lessons.

Wednesdays, March 7-21

5:30-9:00pm

COMMUNITY EDUCATION

Babysitter Water Safety Course

Ages: 11 and up

Fee: Member \$25 Community \$38

Babysitting during the summer includes watching children near the water. Backyard pool, boating and beach safety for children are covered. Identify dangers, enforce basic water safety rules, and help prevent accidents.

Tues, March 20

4:00-6:00pm

Certification Courses

Ages: 12 and up

Fee: Adult/Child/Infant CPR \$50, Pro Rescuer CPR \$65, First Aid \$50, Oxygen \$50

Classes are designed to meet state code for lifeguards, personal trainers, childcare workers, restaurant employees, etc. Recertifications also available. Contact Merri-Lynn Lathrop for more info at lathrop@northshoreymca.org.

First Aid March 6 or April 10

6:00pm

Pro CPR April 15

9:00am

Oxygen April 15

3:00pm



FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

TEEN TOWN

It's time for Teens to join in the fun at the Y! Our Teen Town has programs, classes and more for middle and high schoolers. Teens can come hang out in our Teen Zone, use the gym for sports and games, swim in the pool, or participate in fitness and certification classes - there's always something fun happening at Teen Town! Have an idea for a program that you would like us to offer? Contact Nick Fitzgerald, Teen Director, at fitzgeraldn@northshoreymca.org.

Best of all, most programs are free for Members! Youth Memberships (0-13) are \$14/month and Teen Memberships (14-18) are \$23/month. Come see what we have to offer!

SPECIAL TEEN EVENTS

YMCA Lock-In

Ages: Grades 6-8

Fee: Member \$20 Community \$30

Hang out with your friends all night at the YMCA!! Head to the gym for some epic games. Basketball, King of the Castle Dodgeball, movies and more. Jump in the pool for swimming and diving. Bring your friends and have a blast! Games and activities run all night long!

Friday, March 9 8:00pm-8:00am

Hang Time

Fee: Member FREE Community \$6

Every Saturday night, teen only hours at the Ipswich YMCA. Open gym and swim set to your favorite tunes along with a special event each week. Hang out or jump into the activities, tons of fun either way.

For more information please contact Nick Fitzgerald, Teen Director, at fitzgeraldn@northshoreymca.org

Saturday Nights 6:30pm-9:00pm

March 3: Water Basketball

March 10: Wii Competition

March 17: St. Patrick's Day Dance

March 24: Goofy Water Fun

March 31: Dodgeball Madness

April 7: Scavenger Hunt

April 14: Floor/Broom Hockey

April 21: Dance

TEEN CLUBS/CLASSES

Teen Leaders Club

Ages: Grades 6-8

Fee: Member FREE Community \$6 per day

Prepare to be a future leader! Learn decision making and group problem solving skills, practice volunteerism and work on job skills training.

Tuesdays 2:30-3:30pm

Physical Activity Club (PAC)

Ages: 10-14

Fee: FREE

A personalized 12 week healthy lifestyle program focused on increasing physical activity and good nutritional practices to establish and maintain healthy weight. A personal coach guides each participant to achieve healthy lifestyle goals. This 12 week program with flexible scheduling options is ongoing and can begin at anytime. A Y Membership is included when participating in this program. For further information please contact Terry Gauthier, Health and Wellness Director, at 978.356.9622 Ext. 1310.

Teen Spin

Ages: Grades 8-12

Fee: Member FREE

Community \$6/day

Grab a stationary bike and get peddling in this fun and upbeat spinning class. Must be at least 4'10" to fit the bike and participate.

Tuesdays

3:30-4:10pm

Boot Camp

Ages: Grades 6-12

Fee: Member FREE

Community \$6/day

Increase your strength and endurance through military and plyometric inspired work outs. A fun way to get fit.

Wednesdays

3:15-3:45pm

Weight Training

Ages: Grades 6-12

Fee: Member \$25/4 wks

Community \$38/4 weeks

Join in the fun with military inspired workouts and plyometrics to increase strength and endurance for overall fitness.

Thursdays

2:30pm

TEEN LEAGUES

Volleyball League

Ages: Grades 6-8

Fee: Member \$20

Community \$30

Middle School Co-ed Volleyball League. Sign up with your friends and come on out for some fun and friendly competition. Round Robin tournament with Championship game week 6. Sign up today!

Tuesdays

February 21st-March 26th

5:30-6:45pm

Dodgeball Madness

Ages: Grades 6-8

Fee: Member FREE

Community \$6/day

Multi styled dodgeball games in the gym. Grab a ball and dodge, dive, dip, duck, and dodge.

Mondays

2:30pm

Floor Hockey

Ages: Grades 6-8

Fee: Member FREE

Guests \$6/day

Jump off the bench and onto the court for floor hockey after school.

Wednesdays

2:30pm

Register for Y programs online at

www.northshoreymca.org



Ipswich Family YMCA
110 County Rd.
Ipswich, MA 01938

Non-profit org.
U.S. Postage
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YMCA of the
North Shore

GEAR UP FOR SOME SUMMER FUN AT: CAMP TAKOMA & CAMP DORY

At a Y camp, kids make friends, have fun and stay active while discovering who they are and what they can achieve. Whatever interest your child has, there is a Y camp for them!

CAMP TAKOMA, Ipswich YMCA
Ages 4-14
One Week Sessions, 3 and 5 Day Options
9:00am-4:00pm
Extended Care Available
Contact: Christine McClory

CAMP DORY, Centennial Grove, Essex
Grades K-8
One Week Sessions
Monday-Friday 9:00am-4:00pm
Contact: Nick Fitzgerald

CAMP REGISTRATION IS OPEN!
For more information please visit
www.northshoreymca.org



Planned Giving

The YMCA has recently launched a new planned giving initiative. Common planned gifts include a gift made through one's will, life insurance policy or retirement plan. All gifts benefit our endowment, a permanent fund used to support the Y. Gifts made to the endowment today will help support future generations. All those who make a gift will be invited to join the Triangle Society, our planned giving recognition society. If the Y has left a lasting impression on your life, please call Sam Sanker, Director of Planned Giving, at 978.921.1753 for more information.



THE KEystone TO OUR FUTURE