



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
SALEM YMCA



The YMCA of the North Shore ensures 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're not just a member of a facility or a participant in a class; you're part of a cause.

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



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FITNESS FEATURES

Y.E.S.S. Lecture

Tuesday April 10th 7:00pm

The Salem Y is proud to host the second lecture of our second season in a series of forums for endurance sport athletes. Intended to serve as an umbrella clearing house for athletes, trainers and coaches, event organizers and product suppliers, the "YESS" (Y Endurance Sports Series) program is a quarterly gathering comprised of a keynote lecture, informal social networking of area events and opportunity for local vendors to promote products. Featured for April will be a keynote speaker who will lead a discussion on endurance & long distance running. Focus will be on advancement to marathon and ultra distance events.

Healthy Back Workshop

Fee: Member-\$12.50 Community-\$25

Experiencing back pain? Does it keep you up at night or stop you from doing your normal activities? Are you concerned about the future condition of your back? Attend our 2 hour Healthy Back Workshop.

Melissa will provide information and handouts during this workshop on the anatomy of the back and what causes back pain. The workshop will additionally take participants through 15 Healthy Back Exercises/ Stretches and demonstrate correct posture.

SALY Sunday March 18 1-3pm

Triathlon Sim (Simulated Race)

Fee: Member-\$20 Community-\$40

This Spring we will host two opportunities to complete a simulated race. The swim and the bike will happen indoors under controlled conditions, then outside for the run. Focusing on the practice aspect, the "sim" is a great opportunity for someone who is preparing for a first time triathlon, someone who has never participated in a tri and wants to experience the three components in one event and ideal for the seasoned tri athlete as a tune up for the upcoming season. Staggered starts keep it fun for everyone.

Still not sure? There will also be Thursday evening prep lectures prior to each "sim" race. Triathlon veterans will be there to coach on equipment, pacing, and transitions. Come to the prep session, ask ALL the questions, and then join the "sim" race for fun.

See page 16 for details.

**SALY Sunday March 18
Sunday April 22**

PROGRAM INFORMATION

REGISTRATION IS EASY...

You can stop by any of the YMCAs of the North Shore to register for your favorite programs, sign up for a membership or renew your membership! We are also excited to bring you online program registration that puts you in the drivers seat, giving you the ability to search for programs, check availability and enroll with immediate confirmation. You are also able to renew your membership online and process payments.

Don't have an online account with us? It's easy to sign up! Here's how:

1. Visit our website, www.northshoreymca.org, and click 'Register Online' in the top right corner
2. Choose 'Salem Y'
3. You will be taken to the main Trinexum login page, create your account and sign up for a class

If you have provided your e-mail address to us before, and need to be reminded of what your login and password is, then:

1. Visit our website: www.northshoreymca.org, scroll over the "Registration" link and select "member login". Scroll down to select our branch, Salem Y.

2. Click on "Retrieve Login" and enter your e-mail address. An automatic e-mail will be sent to you with your login and password.

You can now take control of your account, register for classes, and renew your membership at anytime, day or night!

Refunds & Program Cancellations

- The YMCA reserves the right to cancel a class in the event of insufficient enrollment for which a full refund will be issued.
- Credits/refunds will not be issued for missed classes due to illness without a doctor's note.
- No credits or refunds will be given after the program sessions have ended.
- Please contact program director for questions about makeups.

Wait List Policy

If a program is full you may be placed on the wait lists. You will make no payment at that time and will be contacted by a program director if we are able to add you into the program. Please make sure that we have your correct address, email and phone number on file for notification.

Prorating

The YMCA will prorate a program registration only after the second week of the start of the session (two missed classes).

REGISTRATION DATES

Spring I 2012
February 27-April 29

- All Members
Tuesday, February 21 - 7:30am
- Open to Community
Friday, December 24 - 7:30am

PROGRAM LOCATIONS

SALY: Salem YMCA

LVO: Lynch/van Otterloo YMCA

STAY CONNECTED WITH SALEM YMCA E-NEWS

Are you online? Would you like to receive email newsletters from the Salem YMCA?

It's a great way to stay connected! Stop by the front desk today and ask them to add your e-mail to your account or visit our website:
www.northshoreymca.org

MEMBERSHIP INFORMATION

THE TOTAL PACKAGE IN AMENITIES

The Salem YMCA has all the facilities and amenities that you and your family need to stay together, play together and get fit together.

- We meet everyone's needs with separate locker rooms for youth, adults and families
- Handicapped accessibility and street level entrance offers easy access for all
- Our babysitting room is a fun place for children and is free with a family membership
- Priority member registration and reduced rates on YMCA programs
- Join the YMCA and belong to an organization dedicated to your community

GET OFF ON THE RIGHT FOOT DOWN THE ROAD TO FITNESS

Helping people become more active has been a part of the YMCA's mission for over 150 years. Our fitness professionals allow us to continue that mission and better meet our members' health and wellness goals.

- You can work up a sweat on our array of cardiovascular equipment: treadmills, elliptical machines, recumbent and upright bicycles, rowers and stair climbers.
- Tone and build your muscles with a variety of strength training equipment that is easy to use and delivers great results.
- Our Fitness Center is staffed with experienced and friendly coaches to teach you how to get fit! Free, one-on-one appointment with our helpful instructors give you those extra tools to meet your fitness goals.
- Try a group exercise class, including a variety of great yoga, pilates and PiYo offerings.

2012 MEMBERSHIP RATES

	*Association Membership	**Salem Only Membership	***Joiner Fee
Adult (ages 24 and above)	\$51/mo	\$45/mo	\$77
1-Adult Family	\$63/mo	\$56/mo	\$77
2-Adult Family with children	\$95/mo	\$84/mo	\$99
2-Adult Family without children	\$87/mo	\$80/mo	\$99
Young Adult (ages 18-23)	\$30/mo	\$27/mo	\$33
Teen (ages 14-17)	\$23/mo	\$22/mo	
Youth (ages 0-13)	\$14/mo	\$12/mo	

* Monthly amount is automatically drafted via the YMCA's bank or credit card draft

** Salem Only members receive full membership privileges to the Salem YMCA only

*** Joiner fee is a one-time fee and amount can be split into monthly payments with our convenient draft option

YMCA GUEST POLICY

- All guests must show positive identification each time or be accompanied by a member.
- Youth members must be accompanied by an adult during open gym and swim times. Adult non-members who accompany their youth member to an open swim/gym will be charged.

YMCA One Day Guest Fees

Family Guest Pass	\$15.00
Adult (18 & up)	\$10.00
Teen (14-17)	\$7.00
Youth (0-13)	\$4.00

FACILITY HOURS

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

BABYSITTING HOURS

Everyday	8:30am-1:30pm
Monday-Thursday	5:00pm-7:30pm



"Like" the Salem Y on FACEBOOK!
www.facebook.com/salemyymca

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

VACATION FUN

April 16-20, 2012

Gym & Swim

Ages: 5-8 years

Fee: Members-\$60 Community-\$75

Play hard in the gym and then cool off in the pool. A mix of new games and old favorites make this a week you don't want to miss!

SALY Monday-Friday 9:00am-12:00pm

Healthy Spirit, Mind and Body

Ages: 5-8 years

Fee: Members-\$15 Community-\$25

This is a fun introduction to a balanced lifestyle, through Kids Yoga, healthy cooking, and team building games. Monday your child will experience the benefit of stretching, strength and meditation with our certified Kid's Yoga instructor. Wednesday they will chef it up and cook a meal that provides nutrients and sustained energy. Friday they will learn to work in groups to solve problems as a team.

SALY Mon/Wed/Fri 10:00-11:00am

Environmental Science and Technology

Ages: 8-12 years

Fee: Members-\$75 Community-\$90

How can we harness the power of the sun, and the wind? How much of our table scraps does it take to feed 1,000 worms? Can we grow plants without soil? Come discover the answers to these questions and more....build our own mini-car powered by renewable energy sources, learn about how the management of rain impacts our community and build a rain barrel....through hands on experiments we will learn and discover ways to help our planet and ourselves.

SALY Mon/Wed/Fri 1:00-4:00pm

You are What you Eat!

Ages: 8-12 years

Fee: Members-\$75 Community-\$90

Thinking about improving your sports performance? Want to help friends and family make the most of their physical fitness activities? Whether you realize it or not, what you eat does change your body! This cooking class will help you explore the link between what goes in your mouth and what your legs and arms can do. Prepare a different meal each day that will not only satisfy your taste buds, but also your body!

SALY Monday-Friday 9:00am-12:00pm

ARTS & HUMANITIES

Music & Movement

Ages: 3-5 years

Fee: Member \$25 Community \$37

The instructor will get the kids moving and shaking to the rhythm of the beat. Kids will get to learn movements and enjoy fun playful music. This class really gets the kids moving. Class length is 45 min.

SALY Wednesday 10:00am

Tiny Dancers

Ages: 3-5 years

Fee: Member \$40 Community \$60

This class is for our youngest students, stressing listening skills, coordination, and development of motor skills. This is a combination class introducing the basics of ballet and jazz. There is a focus on basic terminology and music appreciation while allowing opportunities for creative expression. Class length is 45 minutes.

SALY Monday 10:15am

SALY Thursday 3:00pm

Preschool Kids Club

Ages: 3-5 years

Fee: Members-\$60 Community-\$75

Through this structured, two hour program, your preschooler will enjoy an hour of arts and crafts followed by an hour of gym games and fun physical activity. A longer class length allows you to get a great workout in or errands done. Join the fun!

SALY Mon, Wed 9:00-11:00am

THEATRE

S.T.A.G.E.

(Students of Theatre Arts Gaining Experience)

Ages: Grades 6-12

Fee: Member-\$35/month Community-\$55/month

Want to watch theatre, talk theatre and create theatre? The Y Theatre Company is thrilled to present S.T.A.G.E.- a club for truly devoted thespians. Learn about theatre through attending it! S.T.A.G.E. takes monthly field trips to professional theatres across the North Shore and Boston. Then, we analyze the artistic process and vision of each production, and even discuss the shows we'll produce next at the Y.

S.T.A.G.E. meets the second Tuesday of every month from 6:30-8:00pm at the Salem YMCA. For more information contact Natalie Miller, millern@northshoreymca.org or 978.564.3945.

S.T.A.G.E. The Pre-Show

Ages: Grades 3-5

Fee: Member-\$35/month Community-\$55/month

Is your theatrical young star pining for even more theatre in their life? S.T.A.G.E.- The Preshow is designed for kids not old enough to join S.T.A.G.E., but already hankering for the S.T.A.G.E. experience. Attend local theatre productions once a month. Meet to debrief the shows and learn about costume design, directing, acting and music through the conversation. Get the inside scoop on the Y Theatre Company!

S.T.A.G.E. meets the second Thursday of every month, from 5:30-6:30pm at the Salem YMCA. For more information contact Natalie Miller, millern@northshoreymca.org or 978.564.3945.

Dance for Musical Theatre

Ages: 8-12 years

Fee: Member-\$98 Community-\$147

You know how to sing, you know how to act. Complete your theatre training by learning some classic choreography used in musical theatre. This class caters to both the beginner and advanced dancer who would like to learn more about how those Broadway stars make it look so effortless. The class culminates in a performance for friends and family. Class length is 1 hour.

SAL Tuesday 4:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Private Lessons: Acting and Voice

Ages: All ages

Fee: Single 45 minute lesson:

Member-\$45 Community-\$67.50

Package of four (45 minute lessons):

Member-\$150 Community-\$225

Private voice and acting lessons provide personal attention to a young performer. One-on-one coaching focused on specific strengths and development areas, improve the participants abilities, and implement healthy habits in voice and performance techniques, as well as audition and performance confidence. Arranged by appointment, catered to participant and instructor schedules.

Schedule individual sessions, or register for a 4-lesson package.

Contact Natalie Miller, millern@northshoreymca.org.

CHILDCARE

Early Learning Center at the Salem YMCA

Ages: 6 weeks to 5 years old

Here at the Salem YMCA Early Learning Center we are dedicated to providing a quality early learning experience. We offer care for children 6 weeks to 5 years of age. Through Creative Curriculum, our children are able to explore and discover while learning age appropriate skills.

YMCA Early Learning Center provides a wide variety of enriching activities including:

- Music & Movement Classes
- Swim Lessons
- Field Trips
- Family Events

For more information about our Infant/Toddler/Preschool programs please contact Nicole Brennan, Early Learning Director at 978.740.9622 or email her at brennann@northshoreymca.org.

School's Out Program

Ages: Kindergarten-8th Grade

The Salem School Age Program provides a safe and consistent environment for Kindergarten through Grade 8, Monday through Friday, 2:00pm-6:00pm. The program is open on 1/2 days, teacher professional days, vacation weeks and most holidays. On full days the program runs from 7:00am-6:00pm. Children participate in theme days as well as attending field trips to local parks, museums and theaters. The program includes transportation from school, a nutritious snack, homework, science, sport/recreational activities, art, literacy, imagination and swimming, as well as a youth membership.

Afterschool and Teen programs are funded in part by the City of Salem Department of Planning and Community Development, U.S. Department of Housing and Urban Development. The YMCA does not discriminate on the basis of race, color, national origin, gender, age, marital status, sexual orientation or disability. Hay empleados del YMCA del Salem a su disposición para ayudar con la traducción.

Please contact Shannon Rodgers, Associate School Age Director at 978.744.0351 or email Shannon at rodgerss@northshoreymca.org.

Open during Salem Public Schools early release days.

Equal Opportunity Statement- We welcome all regardless of race, color, national origin, gender, age, religion, marital status, familial status, sexual orientation, ancestry, public assistance, veteran history/ military status, genetic information or disability.



The Y Theatre Company Presents a Double Feature

A Midsummer Nights Dream



This quirky and hilarious tale of fairies and forbidden love will cast its spell bringing a bit of summer's warmth back into our lives. Don't miss The Y Theatre Co.'s first Shakespeare play.

Performances: March 9-11, Ames Hall in the Salem YMCA
Tickets go on sale Friday, February 24th at the Salem YMCA

WHEN I GROW UP

In the summer of 2010, an ensemble of teens from across the North Shore collaboratively wrote a play about dreams, fears, and the future – adulthood from the perspective of youth. Having had a very successful run in the fall of 2010 we are producing the show again for a special 2012 engagement!

Performances: March 9-11, Ames Hall in the Salem YMCA
Tickets go on sale Friday, February 24th at the Salem YMCA

The Y Theatre Company Presents Auditions



Fly away on a magic carpet ride and discover all the magic in store when a pauper meets a genie who grants him three wishes. With its fabulous and quirky cast of characters matched with an Academy award-winning score, what's not to love?

Auditions: March 2-4, 2012
Performances: May 11-13 & 18-20, 2012

For more information or to sign up for an audition contact Kimberly LaCroix, 978.564.3468 or lacroixk@northshoreymca.org.

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

FAMILY TIME

Birthday Parties at the Salem YMCA

Pool Parties

Children of all ages enjoy a swim party. Have your child's next birthday at the Salem YMCA. The kids can enjoy the pool for an hour then celebrate the special day in the party room.

Sports & Games Parties

You pick the sport and we will provide the equipment and the coach for an hour of play in the small gym. Then the kids can celebrate the special day in the party room. Sports to choose from include basketball, soccer, kickball, dodgeball or floor hockey.

Family Room Parties

The family room is a great place to host your child's next birthday party. The children get to make dinner in the diner, be the postman, visit the dentist office, be the star of stage and screen, or climb the play structure.

Arts & Crafts Parties

Get creative with an arts and crafts themed party. Choose from our great crafty choices and celebrate with 2 hours of party time in the family room.

Theatrical Celebrations

Is your child a dramatic young star who loves being on stage and in the spotlight? Highlight their birthday this year with a Theatrical Celebration! Play theatre games, do improvisation, and have a blast!

Princess Parties

Come dressed in your princess attire and host a regal affair! Parties include a princess craft, princess games, and the option of a real life princess!

For more information about party package options and pricing, visit the front desk or contact Nicole Leotsakos at 781.990.7062 or leotsakosn@northshoremca.org.

Kids Fun Night

Ages: 5-12

Fee: Member \$10 Community \$15

Parents, take a couple hours off while your kids have a great time at the YMCA! Well-supervised gym activities including gymnastics, sports, arts and crafts, swimming, and dancing are just part of the fun. Pizza and drinks are included in the fee.

SALY Friday, March 3 6:00pm-9:00pm

SALY Friday, March 16 6:00pm-9:00pm

SALY Friday, April 6 6:00pm-9:00pm

SALY Friday, April 20 6:00pm-9:00pm

Member Family Room

Fee: Family Members Free

The member family room is great for kids of all ages to create, learn and explore and is now free to family members everyday! Preschoolers will love to dress up in our dramatic play area, use their imagination on our climbing structure and learn to cook a healthy meal in our kitchen/dining area. Children will take home themes arts and crafts projects. The Family Room is also available for Birthday Parties on Saturday & Sundays from 2pm-4pm.

SALY Monday-Friday 9am-1:00pm

Monday-Thursday 5pm-7:00pm

Saturday & Sunday 8:30am-1:30pm



LEADERSHIP DEVELOPMENT

YMCA Teen Leaders Club

Ages: High School

The goal of Teen Leaders Club is to promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in the community. Members meet once a week and work closely with peers and advisors on skill and character building activities, as well as plan and organize club projects. Meetings are held Wednesday nights at 6:30pm. Contact Charity Lezama at 978.740.9622 or lezamac@northshoremca.org for more information.

SPORTS

Kid's Tae Kwon Do

Ages: 6-16 years

Fee: Member-\$90 Community-\$135

Learn the fundamentals of Tae Kwon Do while having fun. In this popular 2-day per week, one-hour class, children learn discipline and get fit with a terrific instructor, our very own Bao.

SALY Monday/Wednesday 5:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SWIMMING

Shrimp, Kipper, Inia

Ages: 6 months & up

Fee: Member-\$55 Community-\$81

This class is an introduction to the aquatic environment for parents and their babies, filled with simple songs and games. Parent/child teams will bond with each other as well as meet other families.

Parents learn basic aquatic safety. Swim diapers required. Class length is 30 minutes.

SALY	Monday	9:00am
SALY	Tuesday	6:00pm
SALY	Wednesday	9:00am
SALY	Thursday	6:00pm
SALY	Friday	9:00am
SALY	Saturday	9:00am

Perch I

Ages: 19 months & up

Fee: Member-\$55 Community-\$81

In this class, children start moving independently through the water under their parents guidance. Experience the fun of blowing bubbles, kicking and paddling, and making a splash! Swim diapers required for those not yet potty trained. Class length is 30 minutes.

SALY	Monday	9:00am
SALY	Tuesday	6:00pm
SALY	Wednesday	9:00am
SALY	Thursday	6:00pm
SALY	Friday	9:00am
SALY	Saturday	9:30am

Perch II

Ages: 2.5 years & up

Fee: Member-\$66 Community-\$98

A fun class for those ready to transition from being with their parent to working independently with an instructor.* Children develop safe pool behavior, adjust to the water, and learn basic swimming skills.

An instructor recommendation is required. Please see your Perch I instructor or the Aquatics Director for more information. Swim diapers required for those not yet potty trained. Class length is 30 minutes.

SALY	Monday	10:15am
SALY	Wednesday	10:15am
SALY	Saturday	10:00am, 10:30am, 11:00am, 11:30am

*In this class, parents are in the water with their children for the first 4 weeks of the session.

Pike with Parent

Ages: 3 years-Kindergarten

Fee: Member-\$66 Community-\$98

In this class children begin to explore the water while learning basic paddle stroke and kicking skills, pool safety and use floatation devices. Parents are in the water working with children under instructor supervision. Class length is 45 minutes.

SALY	Monday	10:15am, 4:30pm
SALY	Wednesday	10:15am, 4:30pm

Pike

Ages: 3 years-Kindergarten

Fee: Member-\$66 Community-\$98

In this class children begin to explore the water while learning basic paddle stroke and kicking skills, pool safety and use floatation devices. Blowing bubbles and jumping in are all a part of the excitement! Class length is 45 minutes.

SALY	Monday	9:30am, 4:15pm
SALY	Tuesday	11:15am, 3:30pm
SALY	Wednesday	10:15am, 3:30pm, 5:15pm
SALY	Thursday	4:15pm
SALY	Friday	9:30am
SALY	Saturday	8:45am, 10:30am

Eel

Ages: 3 years-Kindergarten

Fee: Member-\$66 Community-\$98

This class is designed for children who are comfortable in the water. Children will hold their breath and put their faces in the water. This class teaches kicking, front and back floating, boating safety and the paddle stroke. Class length is 45 minutes.

SALY	Monday	9:30am, 4:15pm
SALY	Tuesday	11:15am, 3:30pm
SALY	Wednesday	9:00am, 3:30pm, 5:15pm
SALY	Thursday	4:15pm
SALY	Friday	9:30am
SALY	Saturday	8:45am, 10:30am

Ray

Ages: 3 years-Kindergarten

Fee: Member-\$66 Community-\$98

This class is for children who comfortably swim with faces in the water, 25 yards on their front, back and side with floatation and 5 yards unassisted. Children build endurance and learn rotary breathing, treading water and diving skills. It's fun to swim to the bottom, try a somersault and jump off the block! Class length is 45 minutes.

SALY	Monday	4:15pm
SALY	Tuesday	11:15am, 3:30pm
SALY	Wednesday	3:30pm, 4:15pm, 5:15pm
SALY	Thursday	4:15pm
SALY	Friday	10:15am
SALY	Saturday	9:30am, 11:15am

Starfish

Ages: 3 years-Kindergarten

Fee: Member-\$66 Community-\$98

This class is for children who can swim the length of the pool on their front, back and side without floatation. Endurance is improved, rotary breathing is coordinated and diving skills are developed. Basic water polo and synchronized swim skills will be incorporated. Class length is 45 minutes.

SALY	Monday	4:15pm
SALY	Tuesday	11:15am, 3:30pm
SALY	Wednesday	3:30pm, 4:15pm, 5:15pm
SALY	Thursday	4:15pm
SALY	Friday	10:15am
SALY	Saturday	9:30am, 11:15am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Polliwog I

Ages: 6-12 years

Fee: Member-\$60 Community-\$89

Perfect for the beginning swimmer! This class introduces children to the pool, the use of floatation devices and floating. Children ages 6 and up learn the basics of swimming on their front, back, and side and basic synchronized swimming, and simple rescue skills. Class length is 45 minutes.

SALY Monday 3:30pm, 4:15pm
SALY Tuesday 4:15pm
SALY Wednesday 4:15pm
SALY Saturday 8:45am, 11:15am

Polliwog II

Ages: 6-12 years

Fee: Member-\$60 Community-\$89

This class is designed for swimmers who are almost ready to graduate from the Polliwog level into the Guppy level. Swimmers must be able to swim without floatation and have instructor permission to register for this class. This class is designed to teach swimmers the front, back and side strokes with endurance 25 yards non-stop. This class will prepare swimmers for the Guppy Level.

Class length is 45 minutes.

SALY Monday 3:30pm, 4:15pm
SALY Tuesday 4:15pm
SALY Wednesday 4:15pm
SALY Saturday 8:45am, 11:15am

Guppy

Ages: 6-12 years

Fee: Member-\$60 Community-\$89

If your child can swim the length of the pool on their front, back, and side without floatation, this is the class for you! Explore rotary breathing, different kinds of kicking and arm pulls, and treading water. Learn to somersault, jump into deep water and the kneeling dive. Class length is 45 minutes.

SALY Monday 3:30pm
SALY Tuesday 4:15pm
SALY Wednesday 4:15pm
SALY Thursday 3:30pm, 5:15pm
SALY Saturday 8:45am, 11:15am

Minnow

Ages: 6-12 years

Fee: Member-\$60 Community-\$89

As a Minnow, children learn to set goals and refine strokes, perform basic sidestroke, elementary backstroke, breaststroke, freestyle and backstroke. We continue our synchronized swimming, diving, and boating safety. Class length is 45 minutes.

SALY Monday 5:15pm
SALY Thursday 3:30pm, 5:15pm
SALY Saturday 9:30am, 11:15am

Fish

Ages: 6-12 years

Fee: Member-\$60 Community-\$89

Swimmers learn to perform the freestyle, elementary backstroke, breaststroke, backstroke and sidestroke with good form. Develop teamwork and cooperation, try the butterfly, develop endurance and explore the underwater world with mask and fins. Class length is 45 minutes.

SALY Monday 5:15pm
SALY Tuesday 5:15pm
SALY Wednesday 5:15pm
SALY Saturday 9:30am, 11:15am

Flying Fish

Ages: 6-12 years

Fee: Member-\$60 Community-\$89

At this advanced level, swimmers work on refining their strokes and increasing their endurance. They develop their ability to perform complex combinations of synchronized swimming skills, learn to do flip-turns and play wet ball in deep water. Class length is 45 minutes.

SALY Monday 5:15pm
SALY Tuesday 5:15pm
SALY Wednesday 5:15pm
SALY Saturday 10:30am

Shark

Ages: 6-12 years

Fee: Member-\$54 Community-\$80

The swimmers at this level continue to perfect their strokes, while learning starts and turns. They develop advanced synchronized swimming and snorkeling skills. This is the perfect level for young swimmers before joining swim team. Class length is 45 minutes.

SALY Tuesday 5:15pm
SALY Wednesday 5:15pm
SALY Thursday 5:15pm
SALY Saturday 10:30am

Sharks Bronze Group

Ages: Grades 2-5

Fee: Member-\$86 Community-\$128

Bronze Group is the perfect bridge between swimming lessons and swim team for the younger swimmer. It teaches stroke technique for freestyle and backstroke, includes racing starts and turns as well as the principles for streamlining. This class is for swimmers in Minnow level and above. All new swimmers must be evaluated by competitive aquatics staff prior to participation. Class length 45 minutes.

SALY Tuesday 3:30pm

To register for programs, visit:
WWW.NORTHSHOREYMCA.ORG

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Sharks Silver Group

Ages: Grades 6-8

Fee: Member-\$86 Community-\$128

Silver Group is designed for swimmers who are looking to expand on stroke technique learned in the Bronze Group, with a focus on the butterfly and breaststroke techniques. This class is for middle school swimmers who want to swim in a more formal class with their peers but not commit to a year round swim team. The focus will be on stroke mechanics, starts, turns and aerobic conditioning. All new swimmers must be evaluated by competitive aquatics staff prior to participation. Class length is 45 minutes.

SALY Thursday 3:30pm

Teen Swim Lessons

Ages: 13-18 years

Fee: Member-\$60 Community-\$89

This class is designed for teens who want to learn to swim or improve their form. Instruction is given at an individual pace, so everyone has the opportunity to improve. Qualified instructors guide the learning process. Class length is 45 minutes.

SALY Wednesday 5:15pm Beginner

SALY Thursday 5:15pm Intermediate

Sharks Swim Team

Ages: Grades K-12

The YMCA of the North Shore swim team strives to teach, train and motivate children to achieve their potential in competitive swimming. We create valuable experiences carried throughout life. Our direction and philosophy applies to the novice as well as the national caliber athlete. Our highly specialized coaching staff emphasizes a 10:1 swimmer to coach ratio, a year-round program, and ability based practice groups. For more information, or to schedule an evaluation, contact Carol Meyer at 978.927.6855.

**NORTH SHORE
SHARKS**

**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

GYMNASTICS

Gymnastics classes are held at the Lynch/van Otterloo YMCA and are available to association members only. Intermediate and advanced classes as well as team offerings are also available, please see the Lynch/van Otterloo program guide for more details.

Parent/Tot Gym I

Ages: 12-24 months

Fee: Member-\$99 Community-\$149

Come experience the thrill of climbing, crawling and jumping from station to station on our equipment especially designed for toddlers. Our age divisions offer more developmentally appropriate activities that promote gross motor skill development. Parent and tot progress through each class together as new skills are introduced weekly. Class length is 40 minutes.

LVO Monday 8:50am

LVO Thursday 9:45am; 10:30am

LVO Friday 8:45am

LVO Saturday 9:00am

Parent/Tot Gym II

Ages: 24-36 months

Fee: Member-\$99 Community-\$149

For the older child. Class length is 40 minutes.

LVO Monday 8:50am

LVO Wednesday 10:15am

LVO Thursday 9:45am; 10:30am

LVO Friday 9:30am

LVO Saturday 9:00am

Parent/Child Play Group

Ages: 15 months -3 years

Fee: Member-\$72 Community-\$108

An open gymnastics time for parents and children to explore the gymnastics center and socialize with other parents. An instructor will lead a variety of gymnastics games and activities each week. Parent participation required. Class length is 40 minutes.

LVO Thursday 9:00am

Teeny Tiny Tumblers

Ages: 2.5-3.5 years

Fee: Member-\$99 Community-\$149

With parent participation, children will improve their gross motor skills through activities such as tumbling, jumping, skipping and hopping. Other developmental skills that will be worked on include balance, coordination and the all-important "listening". Each class includes a 10-minute warm-up, basic tumbling skills and instruction on the equipment. Class length is 40 minutes.

LVO Monday 9:30am

LVO Tuesday 10:30am

LVO Wednesday 9:30am

LVO Friday 10:15am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Tiny Tumblers

Ages: 3 years

Fee: Member-\$99 Community-\$149

This program improves children's gross motor skills through activities such as tumbling, jumping, skipping and hopping and other structured activities with an instructor. Each class consists of a warm-up and instruction on the equipment. Games and activities are used to enhance motor skill development. Class length is 40 minutes.

LVO **Monday** 10:15am, 4:00pm

LVO **Tuesday** 11:15am

LVO **Wednesday** 11:00am

LVO **Thursday** 11:15am, 1:00pm

LVO **Saturday** 10:45am

Tiny Tumblers II

Ages: 3.5-4 years

Fee: Member-\$99 Community-\$149

For experienced preschoolers to learn more skills. Class length is 40 minutes.

LVO **Monday** 10:15am

LVO **Tuesday** 11:15am

LVO **Wednesday** 11:00am

LVO **Thursday** 1:45pm

LVO **Saturday** 10:45am

Boys Extreme Sports

Ages: 4-6 years

Fee: Member-\$99 Community-\$149

This is an action packed movement and conditioning class for boys. Jumping, tumbling, climbing and flipping will be explored. Boys will be using the gymnastics equipment in a whole new way. A great class to improve coordination and strength for other sports.

Class length is 40 minutes.

LVO **Monday** 11:00am

Play Gym

Ages: 4-11 years

Fee: Member-\$48 Community-\$72

Each week a different obstacle course will be set up by the instructors and a new game will be played. Children will have half an hour of structured activities followed by a half hour of free play supervised by our instructors. This is a great opportunity for parents to workout! Class length is 1 hour.

LVO **Sunday** 9:30am

Mini Cheernastics

Ages: 4-6 years

Fee: Member-\$99 Community-\$149

This class is especially designed for students who would like to become a cheerleader. Tumbling, stunting and jumping are a few areas that this class will include. Chants and basic routines will also be incorporated. Class length is 40 minutes.

LVO **Monday** 12:30pm

Adaptive Preschool Gymnastics

Ages: 4-6 years

Fee: Member-\$99 Community-\$149

Designed for children with special needs who love to jump, roll and bounce. Each lesson consists of a warm-up to improve flexibility and instruction on all of the gymnastics apparatus. Developmental skills emphasized are balance, strength, coordination and the all-important listening. In addition, this class will help your child improve their gross motor skills. Class length is 40 minutes.

LVO **Wednesday** 1:00pm

Preschool/Kinder Gyms

Ages: 4-6 years

These classes, for preschool boys and girls, introduce gymnastic skills that focus on balance, coordination, strength, motor skills and fun. Children move through the levels for more challenges and skill development. All classes promote safety when using gymnastics equipment. Options allow flexibility to sign up to attend twice a week and get more exercise! If interested, please contact the gymnastics office at 781.990.7011 or walkerd@northshoreymca.org.

Preschool Gym I - Beginner

Ages: 4-5 years

Fee: Member-\$99 Community-\$149

Class length is 40 minutes.

LVO **Monday** 10:15am, 11:45am

LVO **Tuesday** 12:15pm

LVO **Wednesday** 12:15pm, 4:00pm

LVO **Thursday** 1:00pm

LVO **Friday** 12:15pm

LVO **Saturday** 10:45am

Preschool Gym II - Intermediate

Ages: 4-5 years

Fee: Member-\$99 Community-\$149

Class length is 40 minutes.

LVO **Monday** 11:45am

LVO **Tuesday** 12:15pm

LVO **Wednesday** 12:15pm, 4:00pm

LVO **Thursday** 1:45pm

LVO **Friday** 1:00pm

LVO **Saturday** 10:45am

Kinder Gym I - Beginner

Ages: 5-6 years

Fee: Member-\$125 Community-\$188

Class length is 1 hour.

LVO **Monday** 4:00pm

LVO **Tuesday** 3:00pm, 4:00pm

LVO **Wednesday** 3:00pm

LVO **Thursday** 3:00pm

LVO **Saturday** 9:45am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Kinder Gym II - Intermediate

Ages: 5-6 years

Fee: Member-\$125 Community-\$188

Class length is 1 hour.

LVO Monday 3:00pm

LVO Tuesday 4:00pm

LVO Wednesday 3:00pm

LVO Thursday 3:00pm

LVO Saturday 9:45am

Boys Preschool Gym I - Beginner

Ages: 4-5 years

Fee: Member-\$99 Community-\$149

Class length is 40 minutes.

LVO Friday 12:15pm

Boys Preschool Gym II - Intermediate

Ages: 4-5 years

Fee: Member-\$99 Community-\$149

Class length is 40 minutes.

LVO Friday 1:00pm

Boys Kinder Gym I - Beginner

Ages: 5-6 years

Fee: Member-\$125 Community-\$188

Class length is 1 hour.

LVO Thursday 4:00pm

Boys Kinder Gym II - Intermediate

Ages: 5-6 years

Fee: Member-\$125 Community-\$188

Class length is 1 hour.

LVO Thursday 4:00pm

Kindergym and Swim

Ages: 4-6 years

Fee: Member-\$125 Community-\$188

If your child loves gymnastics and swimming, then Kindergym and Swim is the class for them! We have combined two of our most popular programs into one fun-filled hour. The gymnasts will get their hearts pumping for thirty minutes and then you can escort them to the pool for a thirty minute swim lesson. Children should wear their bathing suit for an easy transition to swim. Class length is 1 hour.

LVO Thursday 11:15am (Gymnastics)

LVO Thursday 12:00pm (Swimming)

Kinder Team - Advanced

Ages: 4-6 years

Fee: Member-\$99 Community-\$149

An advanced class for the serious student who wants to progress quickly in gymnastics. This class is an excellent preparatory class for children who are interested in joining the YMCA Mini-Team. Instructor recommendation suggested. Class length is 40 minutes.

LVO Tuesday 1:00pm

LVO Wednesday 1:00pm

Preschool Hip Hop

Ages: 4-6

Fee: Member-\$80 Community-\$120

Little dancers learn basic hip-hop steps and isolations. Your child will jump up and down and hop and bob in this energetic and fast paced class. Your child will learn a series of fun dances that help develop strength, coordination and rhythm. Class length is 40 minutes.

LVO Tuesday 9:00am

Preschool Acro Dance

Ages: 4-6

Fee: Members-\$80 Community-\$120

In this new and exciting class, your child will learn basic dance steps and positions, and tumbling. Children spin, tumble, turn and jump in this class and are taught a series of fun and challenging dances that they repeat each week. Class length is 40 minutes.

LVO Tuesday 9:45am

Tumbling and Trampoline Tots

Ages: 4-6 years

Fee: Member-\$99 Community-\$149

In this class your child will explore only the tumbling aspects of gymnastics. Gymnasts will be jumping into the pit, bouncing on the trampoline and Tumble Trak and learning rolls, handstands and cartwheels. A great class for a future cheerleader. Class length is 40 minutes.

LVO Monday 11:00am

Adaptive Trampoline

Ages: 6 years & up

Fee: Member-\$125 Community-\$188

Designed for children with special needs who love to jump and bounce. Each lesson consists of a warm-up to improve flexibility and instruction on our in-ground trampoline and 40ft. Tumble Trak. Developmental skills that will be emphasized are balance, coordination and the all-important "listening." This is a great class that will improve your child's gross motor skills in a fun and safe environment. Class length is 1 hour.

LVO Friday 2:45pm

Mini Team

Ages: 5-6 years

Fee: Member-\$170 Community-\$255

Mini Team is a terrific class for our more experienced students. Advanced gymnastics skills are introduced on all of the apparatus weekly. This class is instructor recommended and will help prepare young gymnasts for future competitive gymnastics. Class length is 1 hour 30 minutes.

LVO Tuesday 3:00pm

LVO Wednesday 3:00pm

LVO Thursday 3:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Boys Gymnastics

Ages: 7 years & up

Fee: Member-\$125 Community-\$188

This is a beginner to advanced-beginner class designed especially for boys. Basic gymnastics skills, body awareness, strength and safety are all emphasized. Class length is 1 hour.

LVO Monday 3:00pm

Boys Extreme Sports I

Ages: 6-11 years

Fee: Member-\$125 Community-\$187

This is an action packed movement and conditioning class for boys!

This class will feature all kinds of jumping, tumbling and climbing.

The boys will be using the gymnastics equipment in a whole new way! Class length is 1 hour.

LVO Tuesday 3:00pm

Boys Extreme Sports II

Ages: 12 years & up

Fee: Member-\$125 Community-\$187

This is an action packed movement and conditioning class for boys!

This class will feature all kinds of jumping, tumbling and climbing.

The boys will be using the gymnastics equipment in a whole new way! Class length is 1 hour.

LVO Friday 3:00pm

Tumble Cheer

Ages: 6-11 years

Fee: Member-\$125 Community-\$188

This class is especially designed for students who would like to become a cheerleader. Tumbling, stunting and jumping are a few areas that this class will include. Chants and basic routines will also be incorporated. Class length is 1 hour.

LVO Friday 3:00pm

Junior Gym I

Ages: 6-8 years (Beginner)

Fee: Member-\$135 Community-\$203

This class gives the beginner gymnast the self-confidence necessary to excel in the sport of gymnastics. Basic acrobatic skills, body awareness, flexibility and safety are all emphasized. New skills on each apparatus are introduced weekly. Class length is 1 hour 15 min.

LVO Monday 3:00pm

LVO Tuesday 4:00pm

LVO Wednesday 3:00pm

LVO Thursday 3:00pm; 4:00pm

LVO Friday 3:00pm

LVO Saturday 9:45am

Senior Gym I

Ages: 9 years & up (Beginner)

Fee: Member-\$135 Community-\$203

This class gives the beginner gymnast the self-confidence necessary to excel in the sport of gymnastics. Basic acrobatic skills, body awareness, flexibility and safety are all emphasized. New skills on each apparatus are introduced weekly. Class length is 1 hour 15 min.

LVO Monday 3:00pm

LVO Tuesday 4:00pm

LVO Wednesday 4:00pm

LVO Thursday 4:00pm

LVO Friday 3:00pm

Back Handsprings and Beyond

Ages: 7 years & up

Fee: Member-\$125 Community-\$188

This class provides instruction on the basics through backhand springs and beyond! Strength conditioning will also be emphasized.

This is a great class for cheerleaders to improve their acrobatic skills. Class length is 1 hour.

LVO Tuesday 4:00pm

LVO Wednesday 3:00pm

Ages 7-10

Ages 11 & up

Beginner Trampoline

Ages: 6 years & up

Fee: Member-\$125 Community-\$188

This class is for the child who loves to jump and bounce. Each lesson consists of a warm-up and instruction on our in-ground trampoline and 40ft Tumble Trak. New acrobatic skills are introduced weekly.

Class length is 1 hour.

LVO Monday 4:00pm

LVO Wednesday 4:15pm

Tumbling and Trampoline

Ages: 6 & up

Fee: Members-\$125 Community-\$188

In this class your child will explore the tumbling aspects of gymnastics. Gymnasts will be jumping into the pit, bouncing in the Trampoline and Tumble Trak and learning handstands, cartwheels and flips. A great class for cheerleaders to advance their acrobatic level. Class length is 1 hour.

LVO Wednesday 3:00pm

COMPETITIVE GYMNASTICS

Gymnastics Team

Our nationally ranked program strives to train, teach, and motivate children to achieve their potential in competitive gymnastics. Our program consists of USAG levels 2-9. Gymnasts compete in local, State, and Regional Championships throughout the year. Our mission as coaches is to have a positive impact on your child's future by helping her to become a happy, healthy and responsible team member. **For more information, please contact Danielle Walker at 781.990.7011 or walkerd@northshoreymca.org.**



FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH WELLNESS

Physical Activity Club (PAC)

Ages: 10-14 years

A personalized 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 program with flexible scheduling options is ongoing and can begin anytime. A YMCA membership is included when participating in this program. Please contact Beth Schultz at 978.744.0351 x1503 or email her at schultze@northshoreymca.org for more information.

Teen Boys Weight Training

Ages: 14-18 years

Fee: Member-\$20 Community-\$40

This class will focus on proper lifting form and basic nutrition. Instructor Matt Hachey will help each teen utilize this information to reach their fitness goals.

SALY Wednesday 6:00pm

Youth Strength and Conditioning Group

Ages: 8-13 years

Fee: Member-\$41 Mon/Wed Community-\$62 Mon/Wed
Member-\$25 Saturday Community-\$50 Saturday

Your child will learn how to properly improve their overall conditioning and increase their strength. Simple calisthenics, running, proper stretching techniques, resistance training on pin selection machines, light hand weights and core work emphasized.

SALY Monday/Wednesday 4:00pm

SALY Saturday (single day class) 11:00am

Teen Conditioning Program

Ages: 14-16 years

Fee: Member-\$41 Tues/Thurs Community-\$62 Tues/Thurs
Member-\$25 Saturday Community-\$50 Saturday

Overall conditioning will be the focus of this program. Calisthenics, resistance exercise, pin-selection and free weights will be taught.

This is a great opportunity for your teen to build a strong body to meet the challenges of a young adult.

SALY Tuesday/Thursday 3:00pm

SALY Saturday 10:00am

To register for programs, visit:

WWW.NORTHSHOREYMCA.ORG

ADULT HEALTH & WELL-BEING

ADULT FITNESS

Adult Basketball

Sunday nights the court is reserved for adults only. The nights are getting colder so stop by and join a game or two! This great group of players always welcomes new players and drop-ins. Games run from 6-8pm.

Coed Pick-up Volleyball

Ages: 18 years & up

Fee: Member Free Community \$10 per person
\$40 per session

All levels are welcome and encouraged to play. We have a YMCA staff member on-hand to show you the ropes and help you feel comfortable and confident. Drop in anytime for a great workout and some exciting action. Program length is 1 hour and 45 minutes.

SALY Monday/Wednesday 8:00pm

Boot Camp

Ages: 18 years & up

Fee: Member-\$150 Community-\$188

Join us for a progressive regimen of drills and exercise designed to challenge all levels. Work to increase your fitness performance. This class is a blend of cardio and resistance training. Prepare to go outside in good weather.

SALY Mon/Wed/Fri 6:00am

Spring Start

Ages: 18 years & up

Fee: Members-\$90 Community-\$180

A comprehensive fitness program for women! Spring Start is designed for entry level exercisers and also ideal for anyone lapsed in a fitness regimen. This is a targeted program to jumpstart your fitness experience. Commit to a 4 week intensive class that combines strength training, cardio conditioning and whole body stretching. Inspirational and informational materials included. Guided by popular veteran instructors.

SALY Mon/Tues/Wed/Thurs 6:45-7:30am

Women's Weight Training

Ages: 18 years & up

Fee: Member-\$75 Community-\$115

This one-hour class is designed for women who want to learn the basics of weight training. You will learn how to set up a routine, learn the proper form and decrease your body fat while increasing your lean muscle mass. Resistance training is a vital part of a well-rounded fitness program that will show results in your physical and mental strength. You can choose two classes per week from the days and times listed below. Class length is 1 hour.

SALY Sunday 11:00am

SALY Wednesday 9:00am

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Road Race Training

Ages: 18 years & up

Fee: Member-\$40 Community-\$80

Endurance training for aspiring or lapsed runners. This class has launched successful runners for the last 5 years. Program is a blend of road work and strength training. Beginners and experienced runners welcome. Road work as experience and weather permits.

SALY Saturday 7:00am (strength)

SALY Sunday 7:00am (group run)

Couch to 5K

Ages: 18 and up

Fee: Members-\$88 Community-\$130

This program will bring you from the comforts of your couch to the training needed to complete your first 5K road race with our very own YMCA of the North Shore Road Race series. A highly acclaimed process, this is the place to start for all beginner runners. All participants will receive entry to a Y series 5K Road Race. We will run outside.

SALY Monday 6:00pm

Primal Conditioning Workout

Ages: 18 years & up

Fee: Member-\$50 Community-\$100

Experience this age old approach to fitness with new thinking. Primal Conditioning Workout employs the simplest forms, use of body weight and obstacles in the environment for a fresh exercise program. Enthusiastic instructor Jim Logan will present novel, challenging sessions based on the updated premise of Primal Conditioning. NOTE: Workouts will be outside as weather permits.

SALY Thursday 6:00am April 5-26

PERSONAL FITNESS

Age in Motion

Age: 18 years & up

Fee: Member-\$50 Community-\$100

A class to address what happens to the human body as we age and how best to prevent bad things from happening. In the 8 week course participants will meet first for an informational session and then work with the instructor on range of motion, balance, strength training and stretching. Emphasis will be placed on muscle coordination, maintaining and/or increasing range of motion and balance. Aimed towards staying active and living healthier as you age. Appropriate for all ages. Class requires 5 participants minimum.

SALY Monday 1:00pm

Lifestyle Fitness Challenge

Age: 18 years & up

Fee: Member-\$75 Community-\$150

Work as a group with a Certified Personal Trainer twice a week who will push you to commit to the program to see results. Two sessions a week with body comps, nutritional guidance and weekly weigh-ins. Class requires 5 participants minimum.

SALY Monday 6:00pm

Friday 5:00pm

Triathlon Race Simulation

Fee: Member-\$20 Community-\$40

The Race Simulation is a chance for everyone to complete a triathlon. Join like-minded athletes interested in a big training day in a semi-competitive environment for a simulated race experience. A training day – not a race. A day to put it all together: pacing, nutrition, heart rate, equipment and so on. We encourage everyone from first time samplers to Ironman competitors to participate. The swim and cycle will be indoors, the run outside. Staggered starts keep the program fair to all levels. Pre-registration required.

SALY Sunday March 18

Sunday April 22

7:45am – Roster check/race announcements

8:00am – Start

Tri Race Simulation Pre Workshop

Fee: Member-\$10 Community-\$20

Inspired to join the Tri Race-Sim but need a Prep class? Thursday evenings prior to the event simulations we will hold preparatory classes. The workshop will include a short lecture, questions, advice and short, sample swim and cycle. An opportunity for the first time participant to explore every component of the tri. Pre-registration required.

SALY Thursday 7:00pm

March 15

Thursday 7:00pm

April 19

Intermediate Pilates

Ages: 18 & up

Fee: Member-\$20 Community-\$30

This class is a bridge from the Pilates 101 class into the Advanced Pilates. It is designed for students who are no longer challenged by the beginner course of instruction. Class length is 1 hour and 15 minutes.

SALY Wednesday 10:20am

Osteoporosis Group

Ages: All ages

Fee: Member-Free Community-\$10 class

Osteoporosis is a condition everyone should be aware of. Studies show that performing weight-bearing exercises is the best to combat this debilitation condition. Join Lisa in the program studio for an hour of exercise designed just for you.

SALY Tuesday/Thursday 11:00am

Personal Yoga Lessons

Ages: 18 years & up

Fee: Member: \$50 for 1 session

\$225 for 5 sessions

\$410 for 10 sessions

Community: \$10 guest fee per visit in addition to member fee

Take advantage of this offer to get one-on-one sessions with Michelle Gallant, one of the North Shore's premier yoga teachers. Recruit one or two friends and get the same great price!

SALY By Appointment please contact Michelle at 978.740.9622 ext. 1503.

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Personal Training

Ages: All ages

Fee: Member: \$60 for 1 session*
\$165 for 3 sessions
\$245 for 5 sessions
\$465 for 10 sessions
Community: \$10 guest fee per visit in addition to member fee.

* **Note: 1 session option available only for review with past clients.** Work with one of our Personal Trainers to enhance your fitness routine. A trainer can help structure and refine your workout. Experience one on one private instruction with a certified trainer. Program includes body composition analysis.

SALY Please call the Salem YMCA at 978.740.9622 ext. 1503 to schedule an appointment.

Personal Routine Consultation

Ages: All ages

Fee: Member-\$40 Community-\$75

Are you doing the right exercises to reach your goals? Have one of our personal trainers evaluate your fitness routine. We will work with you to redesign your program and help you achieve your objectives. This includes a body composition test.

SALY Please call the Salem YMCA at 978.740.9622 ext. 1503 to schedule an appointment

Group Personal Training

Ages: All ages

Fee: Member: \$255 for 3 sessions, \$350 for 5 sessions, \$625 for 10 sessions

Community: \$10 per visit in addition to member fee

Why work out alone? Get together with friends and work out with one of our personal trainers. We'll even match you with people like yourself that will help keep you comfortable and motivated to get fit! You will get a structured program designed for your needs. While the little ones are in babysitting or swimming lessons you can get some quality gym time with friends or other people like yourself!

SALY Please call the Salem YMCA at 978.740.9622 ext. 1503 to schedule an appointment.

Track Your Body Composition

Ages: All ages

Fee: Member-\$10 Community-\$20

How much of your body is lean mass and how much of it is fat? In your first appointment, take five minutes and allow us to test your body composition. It is quick, painless and informative. Return in 6 weeks and see how great you've done!

SALY Please call the Salem YMCA at 978.740.9622 ext. 1503 to schedule an appointment.

Therapeutic Massage

Ages: All ages

Fee: 1 hour-\$60 Community add \$10 guest fee
1 ½ hour-\$85 to member rate for each session
Package of four-\$190

Reward yourself today! Relieve pain and increase flexibility and range of motion. Decrease stress, anxiety and depression and speed the removal of toxins. Satisfaction guaranteed!

SALY Please call the Salem YMCA at 978.740.9622 ext. 1503 to schedule an appointment.

Sport Injury Physical Therapy with North Shore Physical Therapy

Ages: 18 years & up

This free service, provided to all YMCA members, gives you the opportunity to consult with a licensed therapist about any problems or concerns you may have with your body's performance. The therapist will take a brief history, assess your symptoms/concerns and will offer you tips regarding your exercise program or daily life activities. For more information or to schedule an appointment, contact Beth 978.740.9622 ext 1503.

SALY Screening schedule posted at fitness center office.

WATER ACTIVITIES

Adult Swim Lessons

Ages: 18 years & up

Fee: Member-\$67 Community-\$99

With two levels of instructions, we have a class for every adult ability level. If you are just starting out or wish to improve your technique our certified instructors will have you improve your swimming skills. Each class is 45 minutes long. For correct level placement – please speak with our Aquatics Director or our Adult Swim Instructors.

SALY Thursday 7:00pm Adult Beginner

SALY Wednesday 7:00pm Adult Intermediate

Private Swim Lessons

Ages: All ages

Fee: Half Hour

Member-\$33

Community-\$63

Four Lesson Package

Member-\$103

Community-\$203

For those looking for personalized attention, private swim lessons are the answer!

SALY Schedule at your convenience, by appointment.

Semi-Private Swim Lessons

Ages: All ages

Fee: Half Hour

Member-\$21

Community-\$39

Four Lesson Package

Member-\$73

Community-\$143

For those looking to learn how to swim with family and friends this class is for you! Groups must have a minimum of two people.

SALY Schedule at your convenience, by appointment.

For additional information regarding any of our Water Activities, please contact Charity Lezama, Aquatics Director, at 978.740.9622 or email her at lezamac@northshoreymca.org.

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

COMMUNITY EDUCATION

Lifeguarding Certification

Ages: 16 years & up

Fee: Member-\$225 Community-\$300

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

SALY Sundays 9:00am-1:00pm
2/26, 3/4, 3/11, 3/18, and 3/25

Healthy Back Workshop

Fee: Member-\$12.50 Community-\$25

Experiencing back pain? Does it keep you up at night or stop you from doing your normal activities? Are you concerned about the future condition of your back? Attend our 2 hour Healthy Back Workshop. An instructor will provide information and handouts during this workshop on the anatomy of the back and what causes back pain. The workshop will additionally take participants through 15 Healthy Back Exercises/Stretches and demonstrate correct posture.

SALY Sunday March 18 1:00-3:00pm



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 YMCA 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@northshoreymca.org**

Races to Look Forward To:

Chase the Gorilla Down Argilla 5k (Ipswich) - 4/14

Ring Around the Neck 5 Mile (Marblehead) - 4/22

GEAR UP FOR SOME SUMMER FUN! SALEM YMCA SUMMER CAMPS

Summer is the time to discover!

Summer Camp plays an important part in the lives of our community's youth as they develop towards adulthood. Children realize important life lessons and make memories each day as they learn from their surroundings and peers. In a Y camp, kids make friends, have fun and stay active while they discover who they are and what they can achieve.

Whatever interest your child has, there is a Y camp for them. Lead by caring, highly trained staff, you can rest assure that your child is in a safe, nurturing environment. Our camps help kids grow to become happy, healthy adults with the self-confidence to accomplish anything they set their minds to.



FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

GIVING BACK

THE Y... FOR SOCIAL RESPONSIBILITY. A GREATER CAUSE

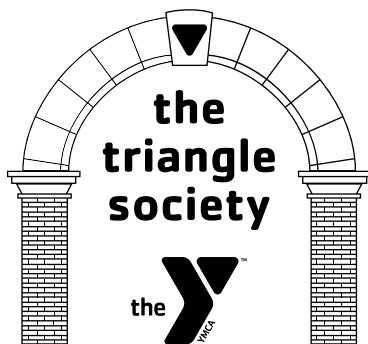
At the Y, strengthening community is our cause. Our Y has been listening and responding to our communities' most critical needs for over 150 years. Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve. We truly have a greater cause!

Our Y cares for all in our community. It's the socially responsible thing to do! One out of every three people in our Y needs our financial help to access essential Y programs and services. It takes the support of our entire community to help our neighbors in need.

A donation to the Y matters to the single mom who struggles to give her son a safe place to be after school. And it matters to your neighbor who lost her job in this uncertain economy as she tries to afford a membership that gives her and the kids a place to de-stress and bond.

Your gift matters to the 1,600 people in our Y who need our help. The Y's annual campaign, Y FOR ALL, is well underway. We hope you'll consider supporting your neighbors in need with a gift. You may make an online donation by visiting www.northshoreymca.org/donate.cfm.

Together we can build stronger, more inclusive communities, provide support for families and promote positive change.



THE KEystone TO OUR FUTURE

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.

LIFE-LONG LEARNING

Book Club

Ages: 18 years & up

Fee: Members-Free Community-\$10

Gather with friends over a warm cup of tea and a great book! We will meet twice during the session to chat about our books. Babysitting is available to let you meet with others that share a love of reading. Register for book club and vote for the book we read first!

Contact Nicole Leotsakos, Membership Director, for more information at leotsakosn@northshoreymca.org.

GIVE TIME. CHANGE LIVES. VOLUNTEER.

The life you change may be your own.

The Y works tirelessly to nurture the potential of kids, improve people's health and well-being, and give back and support our neighbors. We rely on the help of thousands of volunteers to make that happen. There is no other volunteer organization quite like the Y.

We have volunteer opportunities, right here at the Salem Y, that allow you to give back and make a real difference. If you are interested in volunteering, please contact Mari Matt, Branch Executive Director, at mattm@northshoreymca.org, stop by the Y's Front Desk or visit us online at: www.northshoreymca.org/volunteer.cfm.





Salem YMCA
One Sewall Street
Salem, MA 01970

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North Shore

The Creative Arts Center at the Salem YMCA

The historic restoration of Ames Memorial Hall will give all kids a chance to explore their passion for the arts.

With an already thriving YMCA Theatre Company, our YMCA is involving children in all aspects of theater – scripting, performing, production, stage setup, set design, music, marketing and promotion, business, and even box-office sales. The campaign for a Creative Arts Center will allow the YMCA to expand arts education programs to include a wide variety of visual arts that interest today’s youth. This project will allow kids to explore their passion for dance, theater, vocal, video and film, painting, sculpture, pottery, staging, literary presentations, musical arts, and more.

Ames Memorial Hall was designed by architect Walter J. Paine in 1896. A generous bequest of \$40,000 from Colonel George L. Ames made the construction of the Hall possible. In an article published on February 7, 1898, the Salem Gazette claimed, “The money, placed in such hands, will be a constant power for good in this community.” As a tribute to his generosity, the YMCA presented the center as the Ames Memorial Hall on February 2, 1899. The building was embraced by the community with enthusiasm and quickly became an integral part of Salem’s daily life.

With the restoration of Ames Memorial Hall to its “turn of the century” vision as a performance venue, the Salem YMCA will give our budding artists a new and renewed home. Ames Memorial Hall would provide a multi-purpose performance space to showcase the learning that will occur in all areas of the Y’s creative arts programs. The venue, with direct access from the Essex Street entrance, would be ideally positioned to enhance Salem’s downtown businesses and restaurants before, during, and after performances, art shows, etc. This campaign will provide handicapped accessibility and air-conditioning to Ames Memorial Hall, making this new home a state-of-the-art venue.

