



# Fall I 2010

September 6th -  
October 31st



# Salem YMCA

[www.northshoreymca.org](http://www.northshoreymca.org)

# Table of Contents

We build strong kids, strong families, strong communities.



# Special Features

## Witch City 5K.

Join runners from around the region and participate in the Witch City 5K. This race is a good fast course fun for veteran road racers and novices. We start at Salem Willows, run towards downtown Salem, return past the waterfront, through historic Derby St and back to the Willows. Costumes are welcome and encouraged. Prizes awarded for first place finishers and for costumes. This is truly a family friendly seasonal event. The Witch City 5K is part of the Saucony Series.

## Teen Town Reunion

Teen town Reunion!! Do you remember TEEN TOWN at the Salem YMCA? Would you like to reconnect with your friends from that very memorable time? The Teen town reunion will be October 3rd Save the Date!! If you are interested in being on the reunion committee call Mary Sholds at 978.744.0351 x 1502.

## The Wizard of Oz Casting Call

North Shore YMCA Theatre Company  
CASTING CALL!  
For Youth Ages 6-18

Audition Dates:

Friday, September 17

4-6pm at the Salem YMCA

Saturday, September 18

4-6pm at the Sterling YMCA, Beverly

Sunday, September 19

1-4pm at the Lynch/van Otterloo YMCA,  
Marblehead

Performances:

December 3-5 & 10-12, 2010

Contact Kimberly Kurczyk to RSVP for an audition time: kurczyk@northshoreymca.org or 978.922.0990 x1118



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## Program Locations

SALY Salem YMCA  
LVO Lynch/van Otterloo YMCA

## YMCA Mission

The YMCA of the North Shore is committed to 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.

# Registration Dates

## Fall I 2010

September 6th - October 31st

- **Members Currently Enrolled**  
Monday, August 23rd 7:30am
- **All Members**  
Thursday, August 26th 7:30am
- **Open to Community**  
Thursday, September 2nd 7:30am

## 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](http://www.northshoreymca.org)



## There's Something For Everyone!



Exciting programs are in store for you at the YMCA. No matter what your ability or interest, we have special programs for you and your family. We teach people how to safely enjoy all of our aquatic environments. Youth and teens expand their worlds through programs like gymnastics, dance, rock climbing and community volunteer projects.

Our sports programs build winners on and off the court by encouraging positive values like teamwork and fair play. Adults can strengthen their spirit, mind and body with programs like yoga, strength training and community volunteer initiatives.

## Save Time! Register and Renew Online

Now, anytime of the day or night, you can register for your favorite programs at the YMCA of the North Shore! We are excited to bring you online program registration that puts you in the driver seat for program registration, giving 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 simple!

1. Give us your e-mail address and an online account will automatically be set up for you.
2. Log on to [www.northshoreymca.org](http://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 - nice and easy.



Take advantage of this easy and convenient way to register and renew.

# 978.740.9622

# Program Information

We build strong kids, strong families, strong communities.



## The total package in Amenities!

The Salem YMCA has so many amenities to offer. Here are a few you might find interesting:

- We meet everyone's needs with **separate locker rooms** for youth, adults and families.
- **Enjoy adult men's and women's locker rooms** with **steam rooms** and saunas along with private showers and changing rooms.
- **Handicapped accessibility** and street level entrance offers easy access for all.
- Our **baby-sitting room** is a safe place for children and is **FREE** with a family membership.
- **Member check-in** with photo ID system provides increased security for our members.

## 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 Center allows us to continue that mission and better meet our members' health and fitness goals.

- You can work up a sweat on an **array of cardiovascular equipment**: treadmills, elliptical machines, recumbent and upright bicycles and rowers.
- Tone your muscles with a **variety of strength training equipment** that is easy to use and delivers great results.
- Our Fitness Center comes with experienced and friendly staff to teach you **HOW** to get fit! **FREE, One-on-one appointments** with our helpful instructors give you those extra tools to meet your fitness goals.
- Our **air-conditioned facility** offers a comfortable environment in which to pursue your fitness goals.
- Interested in building muscle to help burn fat? Our **Free Weight area** gives you dedicated space for focused and efficient workouts.

Whether you are getting fit for the first time or maintaining a healthy lifestyle, the Salem YMCA is here to support you every step of the way.



## Jump into Group Exercise!

The Salem YMCA is taking Group Exercise to a whole new level. With more than 45 Group Exercise classes each week, you are sure to find a class that fits your busy schedule. The best part? It's **FREE** with your YMCA membership.

- Our Group Exercise studio is **air-conditioned** for year-round comfort.
- Join in a **variety of Group Exercise classes** designed to keep your workouts exciting. We make it convenient to drop-in on any of these classes:

- spinning
- muscle conditioning
- yoga
- high/low impact (cardio)
- combination classes
- and more!

- In addition to 45+ **FREE** Group Exercise classes, you'll find many exciting adult wellness programs offered to members at **reduced rates**.

Visit us online at [www.northshoreymca.org](http://www.northshoreymca.org) for a complete listing of YMCA specialty programs.

# Membership Information

We build strong kids, strong families, strong communities.

# Youth Programs

your kids will flip for!

At the Salem YMCA, children can choose from an ever-expanding list of high quality programs. Whether they are passionate about sports... gymnastics fires them up... or arts let's them be creative... the Salem Y has choices for kids of all ages.

- Our **Pools** are a perfect place for kids 6 months and older to get comfortable in the water and learn to swim! Our convenient class schedule lets you choose from morning, afternoon, night and weekend classes.



- Kids will enjoy a variety of sports programs in our **Gymnasium**. They'll learn skills that build a great foundation for future play. And they'll have a ball, too!

- Little ones can express themselves in our **Art programs**, where experienced and caring instructors will bring out the creativity in your child.

Visit us online at [www.northshoremca.org](http://www.northshoremca.org) for a complete listing of YMCA youth programs.

## Splash around in Aquatics!

Everyone in the pool! We help build a love of water for life. And with more than 166,000 gallons of water in our newly renovated pool, we are sure to do just that!

- Get fit in our morning or evening **aqua aerobics classes**. It's a great way to tone your muscles in a low-impact cardiovascular program.
- Splash around in the pool during **adult, family or youth recreation swims**. You can exercise and have fun, too!
- **Lap swimmers** of all ages can enjoy a terrific cardiovascular workout almost any hour of every day. Check out our schedule online!



Whatever your swimming ability, the YMCA has unique specialty programs for all ages and interests.

### 2010 Membership Rates

	Membership*	Joiner Fee**
Adult (ages 19 and above)	\$47/mo	\$77
1-Adult Family	\$59/mo	\$77
2-Adult Family with children	\$88/mo	\$99
2-Adult Family without children	\$83/mo	\$99
College (ages 18-22) Full time students	\$29/mo	\$33
Teen (ages 14-18)	\$23/mo	
Youth (ages 0-13)	\$12/mo	

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

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

### Hours of Operation

#### Facility Hours

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

#### Baby-Sitting Hours

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

Membership Information

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# Aquatics Programs

We build strong kids, strong families, strong communities.

## Shrimp, Kipper, Inia

(Age 6 months & up) 02101

**Fee: Member \$52 Community \$78**

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

(Age 19 months & up) 02102

**Fee: Member \$52 Community \$78**

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

(Age 2.5 & up) 02103

**Fee: Member \$63 Community \$95**

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

(Age 3-Kindergarten) 02205

**Fee: Member \$63 Community \$95**

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, 5:00pm
SALY	Wednesday	10:15am, 5:00pm

## Pike

(Age 3-Kindergarten) 02201

**Fee: Member \$63 Community \$95**

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

## Eel

(Age 3-Kindergarten) 02202

**Fee: Member \$63 Community \$95**

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

## Ray

(Age 3-Kindergarten) 02203

**Fee: Member \$63 Community \$95**

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

## Starfish

(Age 3-Kindergarten) 02204

**Fee: Member \$63 Community \$95**

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

## Polliwog I

(Ages 6-12)

02301

Fee: Member \$57 Community \$86

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	Friday	4:15pm
SALY	Saturday	8:45am, 11:15am

## Polliwog II

(Ages 6-12)

02319

Fee: Member \$57 Community \$86

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	Friday	4:15pm
SALY	Saturday	8:45am, 11:15am

## Guppy

(Ages 6-12)

02302

Fee: Member \$57 Community \$86

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)

02303

Fee: Member \$57 Community \$86

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, boating safety. Class length is 45 minutes.

SALY	Monday	5:15pm
SALY	Thursday	5:15pm
SALY	Saturday	8:45am, 10:30am

## Fish

(Ages 6-12)

02304

Fee: Member \$57 Community \$86

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)

02305

Fee: Member \$57 Community \$86

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	9:30am, 11:15am

## Shark

(Ages 6-12)

02306

Fee: Member \$51 Community \$77

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

(Grades 2-5)

02732

Fee: Member \$83 Community \$125

Bronze Group is the perfect bridge between swimming lessons and swim team for the younger swimmer. It teaches stroke technique for freestyle and backstroke, and 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 is 45 minutes.

SALY	Tuesday	3:30pm
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No Classes on Labor Day:  
Monday, September 6th

Monday classes will be prorated  
at registration



# Aquatics Programs

We build strong kids, strong families, strong communities.

978.740.9622

# Aquatics Programs

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## Sharks Silver Group

(Grades 6-8) **02733**

**Fee: Member \$83 Community \$125**

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

## Mask and Snorkel Lesson

(Ages 7-15) **02341**

**Fee: Member \$45 Community \$68**

Learn to use a mask and snorkel to explore beneath the waves of the ocean. In this class, participants will learn how to snorkel and free dive in the pools here at the YMCA. Snorkeling enables you to swim anywhere and continuously keep your eyes focused on what is below the water instead of what is above. After this class you will know how to use a mask and snorkel, breath properly, free dive, and clear your mask of water while submerged. (Mask and snorkels provided)

SALY Thursday 4:15pm  
SALY Saturday 10:30am

## Water Breakers

(Ages 7-15)

**Fee: Member \$40 Community \$60**

This class will take a recreation sport and use it as a tool to teach water safety. Each week there will be a different recreational sport or activity played in the pool. While playing these games, the kids will go over safety tips and learn valuable information on water safety topics. Activities include water basketball, water volleyball, snorkeling, and other water games. Your child must be able to pass a deep end test to join this class. Class length is 45 minutes.

SALY Friday 4:15pm

## Teen Swim Lessons

(Ages 13-18) **02731**

**Fee: Member \$57 Community \$86**

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

## Swim Team

(Grades K-12) **02401**

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.

## Adult Swim Lessons

(Age 18 & up) **02707**

**Fee: Member \$64 Community \$96**

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

## Adult Swim Program

(Age 18 & up) **02708**

**Fee: Member \$70 Community \$105**

This stroke clinic will refine your stroke to make you the best swimmer you can be. Learn proper hand and head placement during free style, breast stroke, back stroke, and butterfly. If it's for self enjoyment or triathlon training, Stroke clinic will improve your over all swimming ability.

SALY Thursday 7:00pm

## Swim Fit

(Age 18 & up) **02402**

**Fee: Member \$37/month Community \$74/month Drop-in: \$10**

Get the most out of your swimming workout. 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 at 978.927.6855.

SALY Tuesday/Thursday 6:00am-7:30am

## Small Group Aquatic Personal Training

(Age 18 & up) **02708**

**Fee: Member \$72 Community Guest \$144**

Are you a water jogger who feels like your workout routine needs to be more challenging? Learn interval training, rate of perceived exertion, back stabilization techniques, abdominal strengthening, in the shallow and/or deep water. Taught by Susan Finigan certified in Aquatic Therapy, certified Personal Trainer, and over 40 years of water experience from teaching all age groups and adults, coaching and work in aquatic therapy.

SALY Tuesday/Thursday 6:30pm-7:30pm

## Private Swim Lessons

(All ages)

02701

Fee:	Half Hour Private Lessons	Member \$30
		Community \$60
	Four Lesson Package	Member \$100
		Community \$200

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

SALY Schedule at your convenience, by appointment

## Semi-Private Swim Lessons

(All ages)

02702

Fee:	Half Hour Semi-Private Lesson (Per Person)	
	Member \$18	Community \$36
	Four Lesson Package	
	Member \$70	Community \$140

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.

## Arthritis Exercise

(Ages 18 & up)

02760

Fee:	Member \$58	Community \$72
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This gentle exercise class combines the buoyancy of water and the soothing warmth of a heated pool to make a safe and ideal environment for relieving arthritis pain and stiffness. Gentle walking and range of motion movements increases joint flexibility while restoring or maintaining muscle strength. Class is taught by a certified Arthritis Instructor through the Aquatic Therapy and Rehabilitation Institute. Class length 1 hour. Meets in small pool.

SALY Tuesday/Thursday 10:00am

## Community CPR and First Aid

(Age 15 & up)

02754

Fee:	Member \$90	Community \$135
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In this class participants will learn First Aid, Adult, Child and Infant CPR and AED. Upon successful completion of a practical and written exam, participants will receive an American Red Cross certification for the Lays/Community CPR, First Aid and AED essentials. **Attendance is mandatory for both days to receive your certification.**

Please call Charity Lezama at 978.740.9622 ext. 1504 for more information.

SALY October 13th 6:00pm-9:00pm

No Classes on Labor Day:  
Monday, September 6th

Monday classes will be prorated  
at registration

## YARTS & HUMANITIES

### Parent & Child Playgroup

(Ages Birth-5)

05131

Fee:	Member \$25	Community \$37
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Make new friends while your children play! This class has a gentle rhythm of storytelling, crafts, songs and free play. Snacks for kids and coffee for parents. Class length is one hour and fifteen minutes.

SALY Tuesday 9:15am

### New Mom's Club

05132

Fee:	Members \$45	Community \$70
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It is a new beginning for both you and your baby. This group has been formed to give all new parents a time to get together with others to give and get support for the new challenges they are facing. Talk about issues such as breast feeding, sleep habits nutrition and more. Take time to meet new friends and talk about your new bundle of joy.

SALY Wednesday 10:00am

### Books & Cooks

(Ages 3-5)

05287

Fee:	Members \$45	Community \$70
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Every food tells a story. Or is it every story talks of food? In this class both are true. This cooking class is tailored to preschooler's interests and each lesson is based on a popular children's book that the teacher will share with the class. We start with "The Muffin Muncher" - a story of a dragon who loves munching. Join us to find out what comes next! Class length is 45 minutes.

SALY	Monday	9:00am
SALY	Thursday	11:00am
SALY	Friday	10:00am

### Music & Movement

(Ages 3-5)

05314

Fee:	Member \$25	Community \$37
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The instructor will get the kids moving and shaking to the rhythm of the beat. Kids will get to learn movements and enjoy full playful music. This class really gets the kids moving. Class length is 45 minutes.

SALY	Wednesday	9:15am
SALY	Thursday	10:00am

### YogaKids

(Ages 4-5)

05315

Fee:	Member \$40	Community \$60
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The aim of YogaKids is to produce a playful experience that recognizes the many ways children learn. Integrating storytelling, games, music, anatomy and nutrition to learn about themselves, the world around them. Through YogaKids children use yoga as a form of self-expression and creativity. Class length is 45 minutes.

SALY Thursday 11:00am



Aquatics/Arts Programs

We build strong kids, strong families, strong communities.

# Arts & Humanities Programs

We build strong kids, strong families, strong communities.



## Pre-School Open Play with Parent

Open to Youth Ages 1-6  
Members Free  
Community \$5 child/\$10 per family per visit

### YMCA MEMBERS FAMILY CENTER

The Salem YMCA has open our Member Family Center to all North Shore YMCA members. This space has been designed for young children to play and explore. Children have the opportunity to be creative in a way that encourages them to explore the world around them. Meet new friends !!

Open Monday – Sunday 8:30am-1:30pm

### OPEN GYM

Climbing equipment, balance beams, mats and other equipment will be set-up for enjoyment in our gym. No preregistration is required.

Tuesday 9:00am -9:40am  
Thursday 9:00am -9:40am  
Friday 11:00am-11:40am

### PLAY BALL / OPEN SPORTS & MORE

This unsupervised activity is a great way for parents a to play with your child an make new friend. Play with balls hoops soccer nets and more.

Tuesday 11:00am-12:00pm

### OPEN DANCE

Come in your favorite dance outfit to our Group Exercise Studio room. This is a perfect place to dance and play to music in front of the mirrors. This is an unsupervised dance time for you and your child.

Friday 10:00am-11:00am

## Creative Wonders

(Ages 2-4) 05239

Fee: Member \$40 Community \$60

Cutting, gluing, painting, pasting and beautiful art are all a part of our hour of creativity. It's great for building fine and gross motor skills, creativity and fun! Enjoy the North Shore Children's Museum after class. Class length is one hour.

SALY Wednesday 9:00am

## Tiny Dancers

(Ages 3-5) 05528

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 9:00am  
SALY Thursday 11:30am

## Preschool Kids Club

(Ages 3-5) 07907

Fee: Member \$50 per month  
Community \$75 per month

The YMCA invites you and your child to become members of our YMCA Kids Club. We will offer structured classes Monday-Thursday 9:00-11:00 for your child to participate in without having to register in advance! Just come to the classes you want, when you want. You will have the opportunity to participate in 8 classes a week, 32 classes a month for the low club fee. Join the fun!

SALY Monday 9:00-11:00am (cooking, gymnastics)  
SALY Tuesday 9:00-11:00am (ABC's, music & movement)  
SALY Wednesday 9:00-11:00am (art and sports jam)  
SALY Thursday 9:00-11:00am (yoga and free play)

## Crafty Kids

(Ages 4-5) 05212

Fee: Member \$40 Community \$60

Four and five year olds can do so much! Let your kids stretch themselves through art. Cutting, pasting, cooking and painting are just a few of the things on our to-do list! Please wear play clothes! Enjoy the North Shore Children's Museum after class. Class length is 45 minutes.

SALY Wednesday 11:00am

## Family Art Adventure

(All ages) 05286

Fee: Member \$40 Community \$60

Explore various forms of artwork and design with a family member. Mothers and daughters, sister and brothers get creating and learning together. It is a great way to spend time with your family while learning about art in its many forms.

SALY Tuesday 5:00pm

## We Are All Artists

(Ages 18 and up) 05287

Fee: Member \$60 Community \$90

This beginners art class will start with a basic still life drawing. Students will be given direction and assistance with basic art technique and will experiment with one's own emerging style. We will incorporate the concept of the "art of seeing" and art dialogue. Students will use different types of media, like pencils, watercolors, acrylic paint, oils pastels, chalk pastel and will complete a finished piece of art.

SALY Wednesday 6:30pm-8:00pm

## Y Knit Circle

(Ages 18 & up) 05641

Fee: Member \$36 Community \$54

Do you know how to knit and purl? Want to learn knitting techniques or finish that project you started. We inspire each other, learn from each other, and swap ideas. The teacher will help with individual projects while guiding everyone through a project chosen by the class. Projects include hats, mittens, sweaters, scarves and felted bags. Materials are not provided. Class length is one hour.

SALY Friday 10:00am

## 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 40 minutes.

LVO	Monday	8:45am
LVO	Tuesday	8:45am
LVO	Thursday	9:40am
LVO	Friday	8:45am
LVO	Saturday	8:45am

## Parent/Tot Gym II

(Ages 24-36 months)

Fee: Member \$99 Community \$149

Parents and tots partner up as they share in the excitement of this enhanced introductory gymnastics class. 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 40 minutes.

LVO	Monday	8:45am, 10:20am
LVO	Wednesday	10:10am
LVO	Thursday	10:20am
LVO	Friday	9:25am
LVO	Saturday	8:45am

## 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 40 minutes.

LVO	Monday	9:25am
LVO	Tuesday	9:25am
LVO	Wednesday	9:30am
LVO	Friday	10:05am

No Classes on Labor Day:  
Monday, September 6th

Monday classes will be prorated  
at registration

## Tiny Tumblers

(Age 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 40 minutes.

LVO	Monday	10:05am
LVO	Tuesday	10:05am
LVO	Wednesday	10:50am
LVO	Thursday	10:20am, 12:45pm
LVO	Saturday	9:40am

## Tiny Tumblers II

(Age 3.5-4 years)

Fee: Member \$99 Community \$149

This class is for children who had one year of year of gymnastics in either Teeny Tiny Tumblers or Parent Tot Gym I and are not old enough for Kindergym I. This class teaches more advanced skills on all of the equipment. Class length is 40 minutes.

LVO	Monday	10:05am
LVO	Wednesday	12:15pm
LVO	Thursday	1:25pm

## Kinder Gym I

(Ages 4-6 years)

Fee: Member \$99 Community \$149

This is an introductory gymnastics class for boys and girls that will focus on balance, coordination, motor skills and of course fun. Children will master gymnastics skills on all of the equipment in a safe environment that promotes self-confidence and independence. Class length 40 minutes.

LVO	Monday	12:40pm
LVO	Tuesday	10:05am
LVO	Wednesday	12:55pm
LVO	Thursday	12:45pm
LVO	Friday	12:15pm
LVO	Saturday	9:30am

## Boys Kinder Gym I

(Ages 4-6 years)

Fee: Member \$99 Community \$149

This is an introductory gymnastics class just for boys which focuses on some of the boy's events including the floor, vault, and high bar. Boys will master gymnastics skills on all of the equipment in a fun, safe environment that promotes self-confidence and independence. Class length is 40 minutes.

LVO	Wednesday	12:55pm
LVO	Friday	12:15pm



# Gymnastics Programs

We build strong kids, strong families, strong communities.



## Kinder Gym II

(Ages 4-6 years)

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

For boys and girls who have had a year of gymnastics experience, this class teaches more advanced skills. From the Tumble Trak to the bars, this will challenge your little gymnast to develop new skills and a healthy self-image. Class length 40 minutes.

LVO	Monday	1:20pm
LVO	Tuesday	12:40am
LVO	Wednesday	1:35pm
LVO	Thursday	11:00am, 1:25pm
LVO	Friday	12:55pm
LVO	Saturday	9:30am

## Boys Kinder Gym II

(Ages 4-6 years)

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

This class is for boys who have completed one year of Kindergym 1. More advanced skills are introduced. From the Tumble Trak to the bars, this class will challenge your gymnast to develop new skills and a positive self image. Class length is 40 minutes.

LVO	Wednesday	1:35pm
LVO	Friday	12:55pm

## Kinder Gym III

(Ages 4-6 years)

**Fee: Member \$125 Community \$185**

Boys and girls will develop skills on the apparatus and improve their concentration. Goal setting is also introduced. Class length 1 hour.

LVO	Tuesday	3:00pm, 4:00pm
LVO	Wednesday	3:00pm
LVO	Thursday	4:00pm
LVO	Saturday	10:10am

## Boys Kinder Gym III

(Ages 5-7 years)

**Fee: Member \$125 Community \$185**

This is an introductory class that focuses on the boys events including the floor, vault, and high bar. Boys will master skills on all of the equipment in a fun and safe environment that promotes self confidence. Class length 1 hour.

LVO	Thursday	3:00pm
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## Kinder Gym IV

(Ages 5-6 years)

**Fee: Member \$125 Community \$185**

This class is for boys and girls who have had one year of gymnastics experience. This class is for the advanced child who is ready to be challenged. Class length 1 hour.

LVO	Tuesday	3:00pm, 4:00pm
LVO	Wednesday	3:00pm
LVO	Thursday	4:00pm
LVO	Saturday	10:10am

## Boys Kinder Gym IV

(Ages 5-7 years)

**Fee: Member \$125 Community \$185**

For boys who have had one year of gymnastics experience. From the Tumble Trak to the bars, this class will challenge your little gymnast to develop new skills and a healthy self-image. Class length 1 hour.

LVO	Thursday	3:00pm
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## Mini Team

(Ages 5-6 years)

**Fee: Member \$170 Community \$230**

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 1 hour 30 minutes.

LVO	Monday	3:00pm
LVO	Tuesday	3:00pm

## Boys Gymnastics

(Ages 8 years & up)

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

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 1 hour.

LVO	Monday	3:00pm
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## Junior Gym I For Girls

(Beginner, ages 6-8 years)

**Fee: Member \$135 Community \$202**

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 1 hour 15 minutes.

LVO	Tuesday	4:00pm
LVO	Wednesday	3:00pm
LVO	Thursday	3:00pm, 4:00pm
LVO	Friday	3:00pm
LVO	Saturday	10:10am

## Junior Gym II

(Intermediate, ages 6-8 years)

**Fee: Member \$135 Community \$202**

This class is for the student who has completed one year of gymnastics and mastered beginner skills on each event. Gymnasts will develop skills including backbends, round-offs and handstands on the beam. Class length 1 hour 15 minutes.

LVO	Monday	3:00pm
LVO	Tuesday	3:00pm
LVO	Wednesday	3:00pm
LVO	Thursday	3:00pm, 4:00pm
LVO	Saturday	10:10am

## Junior Gym III

(Advanced, ages 7-8 years)

Fee: Member \$170 Community \$255

This class, formerly known as Pre Team, is designed especially to prepare young gymnasts for future competitive gymnastics. **This advanced level class is instructor recommended.** Class length 1 hour 30 minutes.

LVO Wednesday 3:00pm

## Senior Gym I

(Beginner, grades 4 & up)

Fee: Member \$135 Community \$202

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 1 hour 15 minutes.

LVO Monday 3:00pm

LVO Tuesday 4:00pm

LVO Thursday 4:00pm

LVO Friday 3:00pm

## Senior Gym II

(Intermediate, ages 9 years & up)

Fee: Member \$135 Community \$202

This class is for the student who has completed one year of gymnastics and mastered beginner skills on each event. Gymnasts will develop skills including backbends, round-offs and handstands on the beam. Class length 1 hour 15 minutes.

LVO Monday 3:00pm

LVO Tuesday 4:00pm

LVO Thursday 4:00pm

LVO Friday 3:00pm

## Senior Gym III

(Advanced, ages 9 years & up)

Fee: Member \$170 Community \$255

This class, formerly known as Pre-Team, is especially designed to prepare gymnasts for future competitive gymnastics. **This advanced level is instructor recommended.** Class length 1 hour 30 minutes.

LVO Wednesday 3:00pm

## Tumbling

(Ages 7 & up)

Fee: Member \$125 Community \$187

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 1 hour.

LVO Tuesday 4:00pm

## Beginner Trampoline

(Ages 6 & up)

Fee: Member \$125 Community \$187

This class is for the child who loves to jump and bounce. Each lesson consists of a warm-up and instruction on our new in-ground trampoline and 40ft Tumble Trak. New acrobatic skills are introduced weekly. Class length 1 hour.

LVO Wednesday 4:15pm

## Intermediate Trampoline

(Ages 7 & up)

Fee: Member \$125 Community \$187

This is a class for the student who has completed one year of trampoline and is ready to learn more advanced skills such as back handsprings, and front and back flips. Each lesson consists of a warm-up and instruction on our brand new in-ground trampoline and 40ft. Tumble Trak. Class length 1 hour.

LVO Wednesday 4:15pm

## 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 1 hour.

LVO Tuesday 3:00pm

## Boys Extreme Sports II

(Ages 12 & 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 1 hour.

LVO Friday 8:00pm

## Preschool Play Gymnastics

(Ages 1-5 years)

Fee: Member \$24 Community \$32

This time is designated for children to enjoy the gymnastics center in a non-structured environment. Parent supervision is required. Parents may choose to register for an eight week session or pay a weekly drop-in fee of \$4.00 per child for members and \$6.00 per child for the community. **Children enrolled in a preschool gymnastics class may attend once a week free of charge.** Program length 1 hour.

LVO Monday 11:25am

LVO Tuesday 11:25am

LVO Friday 1:35pm

## Funtastics

(Ages 4-6 years)

Fee: Member \$72 Community \$108

From relay races to obstacle courses and more, this class provides children with an opportunity to enjoy the gymnastics center. Each week various activities are introduced that will enhance your child's coordination and gross motor skills.. This a great class for the children who want to have fun playing games using the gymnastics equipment.

LVO Tuesday 11:45am



# Gymnastics Programs

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# Gymnastics/sports Programs

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## 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 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 40 minutes.

LVO Monday 10:05am

## Kindergym and Swim

(Ages 4-6 years)

**Fee: Member \$120 Community \$180**

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

LVO Thursday 10:20am (Gymnastics)  
11:00am (Swimming)

## Kinder Team

(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 40 minutes.

LVO Tuesday 1:20pm



## Kid's Tae Kwon Do

(Ages 6-16)

01408

**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

## Pre-Teen/Teen Dodgeball

(Ages 9-14)

03339

**Fee: Member \$40 Community \$60**

Is Dodgeball one of your favorite games? Here's your chance to have more fun ducking, dodging, diving, and dashing! This class will feature a different version of the game each week. Safety is a number one priority and rules will be strictly enforced! This class has a limit of 15 participants.

SALY Monday 6:00pm-8:00pm

## Youth Basketball

(Ages 5-15)

03332

**Fee: Member \$45 Community \$67**

Whether it's throwing a pass or making a shot, our Youth Basketball League will show kids that a winning attitude goes a long way! The YMCA provides boys and girls ages 5-15 the chance to learn new skills like sportsmanship and the basics playing hoops. This league is for all skill levels and run by veteran coach Dennis Heenan. Try-outs are September 18th. Every child who tries out will be placed on a team.

SALY Saturday 10:15am ages 5-8  
SALY Saturday 1:00pm ages 9-12  
SALY Saturday 2:30pm ages 13-15

## High School Basketball League

(Ages 15-18)

03434

**Fee: Member \$50 Community \$75**

The High School Basketball League will be directed by Carlton Beaver. Games will be played on Thursday nights at 6:00pm. The league will end with a playoff week. Come show us your game.

SALY Thursday 6:00pm

## Coed Pick-up Volleyball

(Age 18 & up)

03596

**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

## Physical Activity Club (PAC)

(Ages 10-14)

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 anytime. A YMCA membership is included when participating in this program. Please contact Beth Schultz at 978-744-0351 ext 1503 or at schultze@northshoreymca.org for more information.

**SAVE THE DATE**  
**Witch City 5K**  
**Sunday, October 24th**  
**9:00am**

## Youth Strength and Conditioning Group

(Ages 8-13)

01407

**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)

01419

**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

## Teen Spinning

(Ages 12-16)

01401

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

Come on up and jam out with the music you like and get some real exercise while having fun! This one hour class is formatted for you and your friends.

SALY Friday 5:30pm

## Teen Cardio Kickboxing

(Ages 14-18)

01421

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

The hottest workout in America. If your goal is to lose weight, stay in shape and get toned this is the class for you. Fitness Kickboxing encompasses an aerobic workout with the punches of a boxer and kicks of a karate Martial Art expert. You will burn fat, tone muscles and firm up your abs and have a blast. Class length is one hour.

SALY Thursday 7:30pm

## Teen Girls Weight Training

(Ages 14-18)

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

Have fun and get into shape! Girls will workout safely and effectively under the supervision of a trained fitness staff. Learn proper fitness techniques, cardiovascular guidelines, strength and flexibility exercises and much more. Instructor Liz Reed and class length is one hour.

SALY Friday 6:30pm

# YHEALTH & FITNESS™

## Intermediate Pilates

(Age 18 & up)

01432

**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

## Boot Camp

(Ages 18 & up)

01401

**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 Monday/Wednesday/Friday 6:00am

## Osteoporosis Group

(All ages)

01489

**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

## Women's Weight Training

(Age 18 & up)

01443

**Fee:** Member \$55 Community \$83

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 one hour.

SALY Wednesday 9:00am  
SALY Thursday 6:30pm  
SALY Sunday 11:00am

## Family Zumba

Children Ages 4 and up

Saturday 11:15am

**Free**



Health & Wellness Programs

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# Health & Wellness Programs

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## Free Group Exercise Classes

- ZUMBA
- Cardio-Kickboxing
- Group 101 w/Ball
- Osteo Prevention
- BOSU Balance & Conditioning
- Group 101 w/Step
- Hi/Low w/Salsa
- Muscle Conditioning
- Pilates 101
- Butt & Gutt
- Turbo Step & Conditioning
- Cardio Care
- Cardio Blend
- Spinning
- Step 101
- Turbo Step
- Cardio Blast
- Hatha Yoga
- Power-Flo
- Yoga L2
- Vinyasa Yoga
- Ashtanga Yoga L3
- Performance Spin
- Spin & Sculpt

Check out our website for an updated schedule of days and times for all the group exercise classes that are FREE with your membership - visit [www.northshoreymca.org](http://www.northshoreymca.org)

## 5K Training

(Age 18 & up) 01443

Fee: Member \$40 Community \$58

Endurance training for aspiring or lapsed runners. This class has launched successful runners for the last 4 years. Program is a blend of road work and strength training. Expect to start small and work hard. Road work will be assigned according to ability. Beginners and experienced runners welcome. The goal is to complete the Witch City 5K in October. Class begins week of 9/13.

SALY Tuesday/Thursday 6:00am- 6:45am  
SALY Saturday/Sunday 7:00am-7:45am

## Personal Yoga Lessons

(Age 18 & up) 01492

Fee: Member: \$50 for 1 session, \$225 for 3 sessions, \$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.

## Personal Training

(All ages) 01505

Fee: Member: \$50 for 1 session\*  
\$145 for 3 sessions  
\$230 for 5 sessions  
\$425 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

(All ages) 01506

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

(All ages) 01443

Fee: Member: \$255 for 3 sessions, \$350 for 5 sessions, \$625 for 10 sessions  
Community: \$10 guest fee 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 baby-sitting 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.

## Adult Tae Kwon Do

(Ages 18 & up) 01621

Fee: Member \$100 Community \$125

Join Bao as he teaches this Korean karate in a class designed for adults. The art & discipline of this ancient martial art is for beginner & intermediate students. Class length is one hour.

SALY Monday/Wednesday 6:00pm

## Computerized Body Composition

(All ages)

01504

Fee: Member \$10 Community \$20

How much of your body is lean mass and how much of it is fat? Take five minutes of your day and allow us to test your body composition. It is quick, painless and informative.

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

## Chair Massage

(All ages)

01508

Fee: Member \$5 Community \$10

Relax and enjoy a 10-minute massage with one of our licensed massage therapists. Relieve the strain and stress or relieve the aches and pains under the sure hands of Deb or Julanne.

SALY Tuesday 5:00pm-6:00pm  
SALY Thursday 8:00am-9:00am

## Therapeutic Massage

(All ages)

01601

Fee: 1 hour \$60 Community Add \$10 guest fee  
1 1/2 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

(Ages 18 & 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 978.744.0351 ext 1503.

SALY Screening schedule posted at fitness center office.

No Classes on Labor Day:  
Monday, September 6th

Monday classes will be prorated  
at registration



## North Shore YMCA Theatre Company

CASTING CALL!

For Youth Ages 6-18

Audition Dates:

Friday, September 17  
4-6pm at the Salem YMCA

Saturday, September 18  
4-6pm at the Sterling YMCA, Beverly

Sunday, September 19  
1-4pm at the Lynch/van Otterloo YMCA,  
Marblehead

Performances:  
December 3-5 & 10-12, 2010

Contact Kimberly Kurczyk to RSVP for an  
audition time: kurczyk@northshoreymca.org or  
978.922.0990 x1118

The YMCA provides membership and quality programming to all, regardless of their ability to pay. Financial aid is available to those who qualify.

[www.northshoreymca.org/theatre.cfm](http://www.northshoreymca.org/theatre.cfm)  
[www.facebook.com/ymcatheatre](http://www.facebook.com/ymcatheatre)



Health & Wellness Programs

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## 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. They kids can enjoy the pool for an hour then celebrate the special day in the party room.

Members \$160 Community \$185

### Sports 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: Basketball, soccer, kickball, Dodgeball or floor hockey.

Members \$150 Community \$175

### Family Room Parties

The family room is a great place to host your child 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.

Saturday 3:00pm-5:00pm Sunday 3:00pm-5:00pm  
Members \$160 Community \$185

### Gaming Parties

This is the best party for the tween or teen in your house. Two hours of video game fun on your choice of the Wii or the Playstation 3. We will provide all the games and gaming equipment as well as a emcee,-host to keep things well organized and entertaining.

Saturday and Sunday 2:00pm-4:00pm; 3:00pm-5:00pm  
Members \$195 Community \$225

### 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, improvisation, and have a blast!

Saturday in the Whipple Room 12:00pm-2:00pm  
Members \$225 Community \$260

### Princess Parties

Now your child can celebrate their birthday with their favorite Disney princess! Sing Disney tunes, play princess games, and take photos with your favorite Disney princess.

Saturday in the Whipple Room 12:00pm-2:00pm  
Members \$225 Community \$260

# YCOMMUNITY

## YMCA Teen Leaders Club (High Schoolers)

The goal of 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 Carlton Beaver for more information.

## Community CPR and First Aid

(Age 15 & up) 02754

Fee: Member \$90 Community \$135

In this class participants will learn First Aid, Adult, Child and Infant CPR and AED. Upon successful completion of a practical and written exam, participants will receive an American Red Cross certification for the Lays/Community CPR, First Aid and AED essentials. **Attendance is mandatory for both days to receive your certification.**

SALY October 13th 6:00pm-9:00pm

## Kids Fun Night

(Ages 5-12) 03905

Fee: Member \$8 Community \$12

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, September 17th 6:00pm-9:00pm  
SALY Friday, October 1st 6:00pm-9:00pm  
SALY Friday, October 15th 6:00pm-9:00pm

## Camp Rock 2 Party

Fee: Member \$2 Community \$4

Adult over 21 Free

Party at the Salem YMCA - End the summer with Final Jam!!!The end of the summer party will feature Camp Rock 2 on the big screen, the party starts with dancing to the sound track of Disney hit movies, and you can buy pizza, popcorn, drinks and light sticks from the concession stand. Bring pillows and blankets and find your spot on the floor for this rockin' night at the YMCA! Doors open at 7:00pm. The movie starts at 8:00pm. **Children under 11 must be accompanied at all times by an adult.**

## Teen Town Reunion

Teen town Reunion!! Do you remember TEEN TOWN at the Salem YMCA? Would you like to reconnect with your friends from that very memorable time? The Teen town reunion will be October 3rd Save the Date!! If you are interested in being on the reunion committee call Mary Sholds at 978.744.0351 x 1502.

# Community Programs

We build strong kids, strong families, strong communities.



## Early Learning Center at the Salem YMCA

We invite you to experience the best early learning opportunity for your child at the Salem YMCA. Here at the YMCA, we encourage every child to explore and discover their environment through hands on activities and a creative curriculum.

The Salem YMCA has a new facility built for children. We will provide care for families with children 6 weeks to 5 years old.

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

- Music & Movement Classes
- Yoga Classes
- Sports Jam Classes
- Swim Lessons
- Field Trips
- Monthly Family Events
- Developmentally Appropriate Curriculum

*For more information about our Infant/Toddler/Preschool programs contact: Nicole Brennan at 978.740.9622 or brennann@northshoreymca.org.*

## Afterschool Program

**(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.

Program 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 Jay Lyons, School Age Director at 978.744.0351 or at lyonsj@northshoreymca.org

## 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 3pm -5pm. Contact Mary Sholds for more information.

**SALY** **Monday-Friday**  
**9:00am-2:00pm, 5:00pm - 7:30pm**  
**Saturday & Sunday closed for private parties.**  
**Closed during Salem Public Schools early release days.**



## Contact Us

**978.740.9622**

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Child Care Programs

We build strong kids, strong families, strong communities.



**Salem YMCA**  
**One Sewall Street**  
Salem, MA 01970

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Register for Y programs online!  
[www.northshoreymca.org](http://www.northshoreymca.org)



**Fall I**  
**2010**

## **10th Annual Witch City 5K Road Race**

Sunday • October 24th • 9:00am

Salem Willows Park

Join runners from around the region and participate in the Witch City 5K. This race is a good fast course fun for veteran road racers and novices. We start at Salem Willows, run towards downtown Salem, return past the waterfront, through historic Derby St and back to the Willows. Costumes are welcome and encouraged. Prizes awarded for first place finishers and for costumes. This is truly a family friendly seasonal event. The Witch City 5K is part of the Saucony Series.

## **7th Annual Witch City Kids Fun Run**

Saturday • October 16th • 11:00am

Salem Common

This event is designed for ages 2-12 and includes prizes for winners and best costumes. This event is part of Family Fun Days. There will be plenty of entertainment and fun for the whole family. Call the Salem YMCA at 978.740.9622 for more information.  
(Rain date is Sunday, October 17th)