



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
LYNCH/VAN OTTERLOO YMCA



The Lynch/van Otterloo YMCA ensures that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. We are the area'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.

Mission Statement

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



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CONTACT US

We want to make sure your experience at the Y always exceeds your expectations. Please contact us with any questions or concerns.

Lynch/van Otterloo YMCA

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Adam Rodgers - Teen and Camp Director
p: 781.990.7013 e: rodgersa@northshoreymca.org

Boston Ballet School

Evangeline Rooney - Studio Manager
p: 617.456.6381 e: erooney@bostonballet.org

Spaulding Outpatient Center

p: 781.639.0055



MEMBER BENEFITS

DISCOVER ALL THAT IS INCLUDED IN YOUR MEMBERSHIP!

AQUATICS

- Swim laps
- Walk/run/rehab in the water
- Splash around with friends
- Ride the slide
- Aqua Zumba classes
- High Energy Water Workout classes
- Water Yoga classes

SOCIAL

- Meet a friend and have a lunch, dinner or snack in our café
- Join a social group
- Volunteer
- Sunday afternoon family time at the Y
- Friday night Middle School teen hours
- Saturday night High School teen hours

GYMNASIUM

- Play with your children – indoor gym games
- Shoot hoops
- Pick up basketball games
- Volleyball
- Dodgeball

ACTIVITIES

- Climb the rock wall
- Flip, bounce and tumble in the gymnastics center
- Sunday family time

FITNESS

- Get fit with over 100 free fitness classes!
- Strength training
- Cardio classes
- Zumba classes
- Yoga
- Gentle paced classes for those new to exercise or recovering athletes

SQUASH

- Squash for beginners
- Squash round robins



Visit our website for schedules and times for all these benefits and more! www.northshoreymca.org.

MEMBERSHIP INFORMATION

2012 MEMBERSHIP RATES

	Membership*	Joiner Fee**
Adult (ages 24 and above)	\$51/mo	\$77
1-Adult Family	\$63/mo	\$77
2-Adult Family with children	\$95/mo	\$99
2-Adult Family without children	\$87/mo	\$99
Young Adult (ages 19-23)	\$30/mo	\$33
Teen (ages 14-18)	\$23/mo	
Youth (ages 0-13)	\$14/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

Member Code of Conduct

The Lynch/van Otterloo Y is a membership organization which values personal responsibility, honesty, mutual respect and caring. In joining, members agree to subscribe to the Y core values.

Members must present their membership cards to the welcome center each time they enter the building.

Membership may be suspended or revoked for the following reasons:

- Engaging in vandalism, theft, or violence.
- Using obscene, threatening, or offensive language or acting in an abusive or intimidating manner towards another member or staff person.
- Allowing anyone but yourself to use your membership card to gain access to the facility.

YMCA GUEST POLICY

- All guests 15 years and up must show a picture ID. All guests 15 years and under must be accompanied by a member.
- Youth members under the age of 9 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 \$5.00.

YMCA One Day Guest Fees

2 Adult Family with up to 3 children	\$30.00
1 Adult Family with up to 3 children	\$20.00
Adult (19 & up)	\$15.00
Adult with Youth Member	\$5.00
Teen (14-18)	\$7.00
Youth (0-13)	\$5.00

HOURS OF OPERATION

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

Please check our website for special hours and holidays.

KIDS CLUB HOURS

Ages: 3 months and up

Free to family members

All other members/community-\$3 per hour/per child

Monday - Friday	8:00am to 2:00pm 3:00pm to 7:30pm
Saturday	7:45am to 1:00pm
Sunday	8:00am to 11:30am

TEEN HOURS

Middle School: Grades 7-8

Members-Free Community-Guest Fee

Activities offered throughout the Y for middle school aged students.

Friday	5:15pm to 9:30pm
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High School: Grades 9-12

Members-Free Community-Guest Fee

YMCA is open to high school aged students only.

Saturday	7:30pm to 10:00pm
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*See page 9.

YOUTH/TEEN FITNESS CENTER HOURS

To schedule an orientation, please call 781.631.1819 ext 1432.

Members ages 8-9 years

Hours: Monday - Friday	11:00am to 5:00pm
Saturday and Sunday	11:00am to 7:00pm

- Must be under direct supervision of Parent/Guardian; both parent and youth must complete the Free Orientation Youth Cardiovascular together; youth members will only be permitted to use the cardio equipment

Members ages 10-11 years

Hours: Monday - Friday	5:00 am to 8:00 am 11:00am to 5:00pm 7:00pm to 10:00pm
Saturday and Sunday	11:00am to 7:00pm

- Must be under direct supervision of Parent/Guardian and must complete the 4-session Free Orientation Youth Strength Training

Members 12-15 years

Hours: Monday - Friday	5:00am to 8:00am 11:00am to 5:00pm 7:00pm to 10:00pm
Saturday and Sunday	11:00am to 7:00pm

- *Must complete the 4-session Free Orientation Teen Strength Training

Members ages 16+

Welcome into the Fitness Center at all times and adhere to the Y's policies.

*Health and Wellness Center privileges are extended to youth contingent upon following established guidelines, and may be revoked at any time at the discretion of the Health and Wellness Director.

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 have 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 'Lynch/van Otterloo YMCA.'
3. You will be taken to the main Trinexum login page, create your account and sign up for a class!

Need your login and password?

1. Visit our website: www.northshoreymca.org, scroll over the "Registration" link and select "member login." Scroll down to select our branch, Lynch/van Otterloo YMCA.
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.
- Full refund or credit will be issued prior to the start of the program. Partial credit or refund will be issued when requested and received in writing prior to the third class meeting. No refunds or credits will be issued after the third class.
- Please contact the program director for questions about makeups.

Wait List Policy

If a program is full, you may be placed on the waitlist. 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, February 24 - 7:30am

PROGRAM LOCATIONS

LVO: Lynch/van Otterloo YMCA

BBS: Boston Ballet Studio
2nd Floor of the YMCA

SAL: Salem YMCA

INFORMATION ONLINE

All information about programs, schedules, newsletters and updates are always available online at www.northshoreymca.org. Click on the Lynch/van Otterloo page and see all that we have to offer!

Also check out Facebook and Marblehead Patch for highlighted stories and events!

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

EDUCATION

EARLY LEARNING

The Early Learning Center offers programs for children ages 15 months through six years in classrooms physically designed for individual age groups. Our early childhood professionals guide children through developmentally appropriate curriculum that is based on the interest level of young children – bringing their world alive through exploration and play. Throughout the entire day children are immersed in social interactions with peers giving them the tools they need to succeed in and out of the school environment.

Along with planned curriculum children have opportunities to engage in environments that are designed to meet cognitive developmental levels in the areas of math and science, fine motor/manipulatives, building blocks, library/listening, writing, art, and dress-up/dramatic play.

Children enrolled in our programs also have the opportunity for enrichment in swimming, gymnastics, sports, fitness, music, dance studio, rock wall and outdoor play. These activities are scheduled each week for children in our preschool and transitional kindergarten programs and included in the weekly tuition.

Our Early Learning Center is licensed by the Massachusetts Department of Early Education and Care and nationally accredited by the National Association for the Education of Young Children (NAEYC). This recognition is a mark of the highest quality standard in the field of Early Education across the United States.

Our flexible schedules offer options for two (2) through five (5) days programs:

- Half Day – 8:30 a.m. to 12:30 p.m.
- Extended Day – 8:30 a.m. to 3:00 p.m.
- Regular Day – 8:30 a.m. to 4:30 p.m.
- Full Day – 8:30 a.m. to 6:00 p.m.
- Early Drop off – 7:30 a.m. to 8:30 a.m.

- Toddler Program (Ages 15 months – 2.9 years)
- Nursery Program (Ages 2.9 years to 3 years)
- Preschool Program (Ages 3 years to 4 years)
- Transitional Kindergarten (Ages 4.8 years and up with a birth date after September 1 missing the Kindergarten cut off)

For more information:

Please contact Early Learning Director, Jean McCartin at 781.990.7005 or mccartinj@northshoreymca.org. Registration forms, pricing and additional information is also available on our website at www.northshoreymca.org.

SCHOOL'S OUT

Our School's Out program is a fun, educational program that helps children develop self confidence, interpersonal relationships, positive values, and academic achievement while building a community. Transportation to the program is provided from all Marblehead and Swampscott Elementary Public Schools. The program is licensed by the Massachusetts Department of Early Education and Care and hires qualified, caring staff.

Program Elements:

- * Daily homework help
- * Free swims
- * Healthy snacks
- * Rock wall climbing
- * Developmentally appropriate educational curriculum
- * Gym games
- * Arts and crafts
- * Creative movement
- * Creative clubs

Program Hours:

The program begins at the close of school including early release days. You may choose pick up times of 4:30pm or 6:00pm. A full day (8am to 6pm) program is available on holidays and vacation weeks requiring advanced registration.

For more information:

Marianne Baker, Youth and Family Director
bakerm@northshoreymca.org or 781.990.7007

Registration forms, pricing and more information available on our website: www.northshoreymca.org - School's Out page.

Note: A free Youth Membership is offered to each child enrolled in our programs to enable further access to YMCA activities. To support our families we offer a service that allows you to enroll your child in a private lesson in any of the youth programs while they are here at the Y. We will take your child to the class and/or pick them up after class. Simply enroll your child in the activity and complete a center based permission slip and we'll take care of everything else.



For more information, visit our website www.northshoreymca.org.

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Summer Camp Registration is Now Open!
Visit our website or grab a camp brochure from the lobby for more information. Sign up at the front desk or online today!

YOUTH ADVENTURE

Parent/Child Rock Climbing

Ages: 3-5 years

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

Does your child enjoy climbing on everything they see? Parent/child rock climbing class is a great way to introduce your child to the sport of rock climbing. With the help of parents and instructors, children will learn to put on climbing equipment and beginner climbing techniques. Class length 50 min.

LVO Saturday 11:00am

Intro. to Rock Climbing

Ages: 5-6 years

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

This class is designed for children who have never climbed before. The class will provide a structured way for younger children to get exposed to climbing and the rock wall environment. Climbers will learn climbing safety and procedures, etiquette, some basic knots and climbing signals. Class length 50 min.

LVO Tuesday 4:00pm

LVO Saturday 12:00pm

Adaptive Climbing Class

Ages: All ages

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

A one-on-one class for youth with physical or developmental challenges. Parents will be taught belay techniques and both parent and instructor will work with the climbers to develop confidence and improve basic climbing skills. If parents are interested, scheduling can be adapted if necessary. Four classes for 30 min.

Please contact Mike Favazza to schedule a time at favazzam@northshoreymca.org.

Beginner I Rock Climbing

Ages: 7-8 years

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

This class is for youth who have little to no experience climbing and younger children who have completed the Intro. to Rock Climbing course. At the end of the course, the climbers should have the skills and confidence to advance to the Beginner II level. Climbers will expand their knowledge of vocabulary, knot tying and progress to bouldering and climbing routes. Class length 50 min.

LVO Wednesday 4:00pm

LVO Thursday 3:00pm

Beginner II Rock Climbing

Ages: 9 years & up

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

For children with little or no climbing experience and those who have successfully completed the Beginner I course. Provides the foundation for good climbing and proper safety. Climbers will be accomplished at donning harnesses and helmets, understand more climbing terminology and techniques, and be proficient at bouldering and "down-climbing". Class length 50 min.

LVO Tuesday 5:00pm

LVO Wednesday 3:00pm

Intermediate Rock Climbing

Ages: 9 years & up

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

This class expands on the beginner level knowledge by providing additional instruction on climbing techniques, route climbing and advanced equipment. Classes will include lessons in knot tying and which knots are used for different purposes. An introduction to prussiking and repelling will also be presented. Class length 50 min.

LVO Wednesday 5:00pm

Rock Climbing & Adventure Club

Ages: 10 years & up

Fee: Member-\$85 Community-\$125

All participants must be pre-approved for the RCAC prior to signing up by a Rockwall Staff member. Geared for older children and teens who already have climbing skills and who have the passion and desire to advance into outdoor climbing and possibly competitive climbing. Included are adventure based activities like hiking, back-country cooking, advanced map and compass and seasonally based activities. Class length 1 hour 30 min.

LVO Thursday 4:00pm

Adventure Overnight

Ages: 8-12 years

Fee: Member-\$40 Community-\$55

Come and spend the night with the adventure staff. We will take a night hike, cook dinner in a dutch oven, and learn to build a fire for s'mores. There will be time for climbing the rock wall, playing in the gymnastics center and swimming in the pool. Meet in the Teen Center. Drop off is at 6:00pm. Pick up is at 8:00am.

LVO Saturday April 28 6:00pm

Outdoor Adventure

Ages: 6-8 years

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

Do you want to learn about the outdoor world around us? Each week we will hike, explore or investigate the outdoors. You will learn to identify plants and animals, tie knots, hike in the woods, and cook on a camp stove. A guaranteed love of the outdoors comes at no extra charge. Class length 1 hour.

LVO Friday 3:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

RECREATION

Friday Kids Night

Ages: 6-11 years

Fee: Member-\$10 Community-\$15

Drop your child off for a couple hours of fun with their friends.

Supervised games, sports, swimming and socialization. Pizza dinner provided. Must register in advance for staffing. Class length 2 hours and 45 min. Meets in the gym.

LVO Friday 6:00pm *Not held 3/16, 4/6, & 4/20

St. Patrick's Overnight

Ages: 6-12 years

Fee: Members-\$35 Community-\$50

Come and spend the night looking for leprechauns. We will have an Irish dinner of corned beef and cabbage. There will be time for gym games, art projects, swimming in the pool, playing in the gymnastics center and climbing the rock wall. Meet in the Teen Center. Drop off is at 6:00pm and pick up is at 8:00am.

LVO Friday 6:00pm March 16

Tween Fun Night

Ages: 9-12 years

Fee: Member-\$5 Community-\$5

Are you looking for a fun way to spend a Saturday night? Come and hang out at the Y. You can play Wii, listen to music or watch a movie. Pizza will be served. Class length 2 hours. Meets in the Teen Center and must enter through the ELC side entrance.

LVO Saturday 7:00pm March 24

LVO Saturday 7:00pm April 21

Tween Trips

Ages: 10-12 years

For more information, visit the www.northshoreymca.org or contact Youth & Family Director, Marianne Baker at bakerm@northshoreymca.org or 781-990-7007.

Boston Paintball Trip

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

LVO Sunday 11:30am March 11

Dave and Buster's

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

LVO Sunday 11:30am March 25

TEENS

Teen Trips

Grades: 7-12

Pre-registration is required for all trips. For more information visit the Y teen webpage, facebook, or contact Teen Director, Adam Rodgers at rodgersa@northshoreymca.org or 781.990.7013.

Overnight Ski Trip to Stowe, VT

Fee: Members-\$140 Community-\$210

LVO Friday to Saturday, leaves at 4pm March 23

Boston Cannons Lacrosse Opening Day

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

LVO Saturday 7:00pm April 28

ASHI Babysitting Course

Ages: 12 & up

Fee: Members-\$50 Community-\$75

Would you like to become a certified babysitter? Come and learn how to safely babysit for children. You will learn basic first aid care, feeding, diapering, and age appropriate play. Class length 2 hours and 30 minutes each day. Class will meet in the Teen Center.

LVO Saturday 3:00 pm March 10, 24

Middle School Teen Hours

Grades: 7-8

Fee: Members-Free Community-Guest Fee

Friday nights are middle school night at the Y. Starting at 6pm drop-in activities are available for middle school teens around the building. The café will be open for pizza and drinks. Come for the whole night or just for your favorite activity. Teens are expected to be involved in activities while in the building.

- **Pool:** open swim from 6-9pm and open diving board 7:30-8:30pm
- **Gym:** open gym 6:00pm-7:00pm and special events 7:00pm-9:00pm
- **Rock Wall:** open climbing 7:00pm-8:30pm
- **Squash Courts:** dodgeball 6:00pm-7:00pm, open squash 7:00pm-9:00pm
- **Gymnastics:** open gymnastics 6:45pm-7:10pm; 7:10pm-7:35pm; 7:35pm-8:00pm. *Each session is limited admission, teens should register in advance online to ensure a spot.
- **Teen Center:** open teen center (foosball, pool, and Wii games) 6:30pm-7:00pm and Friday Night Movie 7:00pm-9:00pm

LVO Friday 5:15pm-9:30pm

High School Teen Hours

Grades: 9-12

Fee: Members-Free Community-Guest Fee

The whole Y is open just for high school members! Come down and use the fitness center, swim in the pool, do gymnastics, shoot hoops in the gym or just hang out with friends. Teen center will be open for video games, watching movies and listening to music. Special events will be offered each week for those who want to participate.

LVO Saturday 7:30pm-10:00pm

Teen Calendars

Ages: 12-18 years

New teen programs are constantly updated on our website, www.northshoreymca.org/lvoteens.cfm. Find us on facebook: LVO YMCA TEENS. Calendar of teen events listed on our website for activities throughout the towns of Marblehead and Swampscott. There is plenty for teens to do!

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Aerial Extreme Sports

Ages: 13-18 years

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

Our extreme sports class is designed for students interested in learning rolls, flips and twists on the trampolines. Students will learn basic rolls and continue to more advanced skills. Trick skiers, wake and skate boarders and snowboarders will work on rolls on our in-ground trampolines, mini-tramp and tumble trak. Each new trick can be safely learned into our in-ground foam pit before being performed on the water or snow. Water sport students will use ropes just like on the water to work on tricks and handle pass. Class length 1 hour. Meets in the gymnastics center.

LVO Tuesday 7:00pm

Teen Skate Trips

Grades: 7-12

Come spend a day at some of the best indoor/outdoor skate parks in the country. Appropriate for all abilities. Complete with street courses, pools, and bowls, you will not run out of things to skate. Full pads and a waiver signed by a parent or guardian are required and may be picked up at the YMCA or online at our website. If you do not have all the necessary pads, they are available for rental at the parks. For more information visit the Y teen webpage, facebook, or contact Teen Director Adam Rodgers at rodgersa@northshoreymca.org or 781.990.7013.

Skaters Edge Skate Park

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

LVO Saturday 7:00am-4:00pm March 17

Rye Airfield Skate Park

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

LVO Saturday 11:00am April 28



LEADERSHIP DEVELOPMENT

For more information on any of these programs, please contact Teen Director Adam Rodgers at rodgersa@northshoreymca.org or 781.990.7013.

Warren Miller Young Entrepreneurs Program

Ages: Grades 6-12 **Meets for 8 weeks in Conf. Room 2**

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

The Warren Miller Freedom Foundation's Young Entrepreneur Program offers a curriculum aimed at giving students the opportunity to learn how to start their own businesses! Students develop a plan, learn basic business vocabulary, discuss and practice marketing, customer service, record keeping, networking, problem solving and ethical business practices. Each week the students end the class with a challenge to meet a specific business goal for the upcoming week.

LVO Tuesdays 6:00 pm-8:00pm

Y Teen Middle School Community Service Club

Ages: Grades 7-8

Fee: Members-Free Community-Guest Fee

Open to middle school teens from Marblehead and Swampscott this club focuses on how students can make a difference in their local community through service. Teens have the opportunity to decide which projects to support or create their own service projects. **Club meets bi-weekly on Wednesdays at 6pm.**

Y Teen Task Force Community Service Club

Ages: Grades 9-12

Fee: Members-Free Community-Guest Fee

Open to High school teens from Marblehead and Swampscott this club focuses on community service projects in our communities and in the surrounding area. Past projects include Habitat for Humanity, Candlelights (birthday parties for homeless children), and My Brother's Table. **Club meets weekly on Tuesdays at 6pm.**

Teen Media Club

Ages: Grades 7-12

Fee: Members-Free Community-Guest Fee

This club is for teens interested in film, radio, or any other type of media. The group produces, directs, and edits the monthly MHTV show YTeens. There are opportunities for teens to work behind the scenes or as on screen talent. **Club meets bi-weekly on Wednesdays at 6pm.**

FOR YOUTH DEVELOPMENT

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ARTS & HUMANITIES

Jam Time

Ages: 14–18 years

Fee: Member-Free Community–Guest Fee

Do you have a band or play an instrument and need a place to practice? Thursday nights– come down and get a room at the YMCA to rehearse! You must bring your own gear, however, a drum set will be available upon request. Grab your instruments and come on down. For more info contact Adam Rodgers at rodgersa@northshoreymca.org or 781.990.7013. Length 2 hours. Meets in Early Learning Center.

LVO Thursday 6:00pm

Explore the Arts

Ages: 2–5 years

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

Parents and children: experience the joy of creating music, drama and art together in this all-inclusive class. Play instruments, read and act out stories, & do fun arts and crafts projects. Class length 45 min. Meets in Boston Ballet Studio 1.

LVO Friday 10:30am

Oh the Drama!

Ages: 3–5 years

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

Introduce your child to the world of theatre and creative play! This fun class encourages pre-schoolers to explore their imaginations using masks, storytelling, creative movement, puppets and folk tales. A great opportunity for children who like to “make believe!” Class length 45 min. Meets in Boston Ballet Studio 1.

LVO Friday 11:30am

Private Lessons – Acting and Voice

Single 45 min. lesson:

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

Package of Four (45 min. lessons):

Fee: 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. Advance performance techniques, as well as audition and performance confidence. Arranged by appointment with times and locations catered to participant and instructor schedules. Schedule individual sessions, or register for a 4-lesson package. See our website for instructor bios: www.northshoreymca.org/theatre.cfm Please contact Natalie Miller at millern@northshoreymca.org

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 1 hour.

SAL Tuesday 4:00pm

Private Guitar Lessons

Ages: 8 and up

Fee: 30 min lesson: Member-\$160 Community-\$210

Fee: 1 hour lesson: Member-\$280 Community-\$380

Learn guitar or perfect your chords with an experienced instructor. All levels welcome, guitars will be provided or bring your own. Time slots available after school and evenings. **This is a block of eight weeks of lessons.** For more information or to schedule a lesson, contact Teen Director Adam Rodgers at rodgersa@northshoreymca.org or 781.990.7013.

Make Your Move: A Movement and Improv Class

Ages: 3–5 years

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

This exciting new class will take the basics of storytelling and stage presence introduced in Explore the Arts to the next level by adding to the child’s sense of space, motion, and their connection to music and story. We will be focusing on understanding how to express a story through physical theatre, improv, and dance. The students will have the chance to work on building a piece of choreography or story that they will perform at the end of the session. Class length is 45 min. Meets in Boston Ballet studio 1.

LVO Thursday 10:45am

S.T.A.G.E.

(Students of Theatre Arts Gaining Experience)

Ages: Grades 6–12

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

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 Community-\$55

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. Even 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.**

Intro to Stage Combat

Ages: 12–18 years

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

Under the direction of our licensed and experienced instructor students will learn the basics of stage combat and have the opportunity to choreograph their own fight scene. Students will learn the safe techniques that movie and theater professionals use to make fights look real. There will be a performance at the end of the session. Class length 1 hour. Meets in Boston Ballet studio 1.

LVO Thursday 6:15pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Film Appreciation Club

Ages: 13 and up

Fee: Members-\$40 Community-\$60

Do you have a passion for film? Or maybe you just like to watch a good movie every now and then. If so, then this may be the class for you! We will watch and discuss films spanning all genres and times and how they are relevant to thing going on in society today. Meets in Teen Center.

LVO Monday 6:30pm

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 this winter 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, 2012, 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.

GYMNASTICS

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 min.

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 40 min.

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 40 min.

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 40 min.

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 40 min.

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 40 min.

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 40 min.

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 a half 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 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 40 min.

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 40 min.

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 40 min.

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 40 min.

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 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 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 40 min.

LVO Friday 12:15pm

Boys Preschool Gym II - Intermediate

Ages: 4-5 years

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

Class length 40 min.

LVO Friday 1:00pm

Boys Kinder Gym I - Beginner

Ages: 5-6 years

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

Class length 1 hour.

LVO Thursday 4:00pm

Boys Kinder Gym II - Intermediate

Ages: 5-6 years

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

Class length 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 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 40 min.

LVO Tuesday 1:00pm

LVO Wednesday 1:00pm

Tumbling and Trampoline Tots

Ages: 4-6 years

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

In this class your child will explore the tumbling aspect 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 40 min.

LVO Monday 11:00am

Preschool Hip Hop

Ages: 4-6 years

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 40 min.

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 40 min.

LVO Tuesday 9:45am

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 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 1 hour 30 min.

LVO Tuesday 3:00pm

LVO Wednesday 3:00pm

LVO Thursday 3:00pm

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 1 hour.

LVO Monday 3:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Boys Extreme Sports I

Ages: 6 years & up

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

This is an action packed movement and conditioning class for boys. Jumping, tumbling, climbing and movement will all be explored to the max. Boys will be using the gymnastics equipment in a whole new way! Class length 1 hour.

LVO Tuesday 3:00pm 6-8 years
LVO Tuesday 3:00pm 9 and up

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 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 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

Junior Gym II

Ages: 6-8 years (Intermediate)

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

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 min.

LVO Tuesday 3:00pm
LVO Wednesday 3:00pm, 4:00pm
LVO Thursday 3:00pm, 4:00pm
LVO Saturday 9:45am

Junior Gym III

Ages: 6-8 years (Advanced)

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

This class is designed especially to prepare young gymnasts for future competitive gymnastics. This advanced level class is instructor recommended. Class length 1 hour 30 min.

LVO Saturday 9:45am
LVO Wednesday 3:00pm

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 1 hour 15 min.

LVO Monday 3:00pm
LVO Tuesday 4:00pm
LVO Wednesday 4:00pm
LVO Thursday 4:00pm
LVO Friday 3:00pm

Senior Gym II

Ages: 9 years & up (Intermediate)

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

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 min.

LVO Monday 3:00pm
LVO Tuesday 4:00pm
LVO Wednesday 4:00pm
LVO Thursday 4:00pm
LVO Friday 3:00pm

Senior Gym III

Ages: 9 years & up (Advanced)

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

This class is especially designed to prepare gymnasts for future competitive gymnastics. This advanced level is instructor recommended. Class length 1 hour 30 min.

LVO Wednesday 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 1 hour.

LVO Tuesday 4:00pm Ages 7-10
LVO Wednesday 3:00pm 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. Class length 1 hour.

LVO Monday 4:00pm
LVO Wednesday 4:15pm

To register for programs, visit:

WWW.NORTHSHOREYMCA.ORG

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Intermediate Trampoline

Ages: 7 years & up

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

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 in-ground trampoline and 40ft. Tumble Trak. Great for cross sport training. Class length 1 hour.

LVO Monday 4:00pm

LVO Wednesday 4:15pm

Tumbling and Trampoline

Ages: 6 years & 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 on the Trampoline and Tumble Trak and learning handstands, cartwheels and flips. A great class for cheerleaders to advance their acrobatic level. Class length 1 hour.

LVO Wednesday 3:00pm

Open Practice

Ages: 9 years & up

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

This is a non-structured practice for high school and Pop Warner cheerleaders to practice for their competitive season year round. It is also a great opportunity for competitive gymnasts to get some extra practice time. Coaching and spotting will be provided to all participants. Each practice begins with 15 minutes of stretching and ends with 15 minutes of conditioning. Class length 1 hour 30 min. Athletes may pay a weekly drop-in fee of \$8 for members and \$10 for community.

LVO Sunday 12:30pm

Level 2 Team

Ages: 6-8 years

Fee: Member-\$255 Community-\$375

For the more serious student who would like to begin competitive gymnastics. The USAG level 2 routines and skills will be taught. Gymnasts will participate in three home meets a year. Pre-requisite is at least two years of gymnastics experience. A team leotard is included! Class length 1 hour 30 min.

LVO Monday/Wednesday 3:00pm

Level 3 Team

Ages: 8 years & up

Fee: Member-\$255 Community-\$375

For the advanced student who would like to begin competitive gymnastics. The USAG level 3 skills and routines will be taught. Gymnasts will participate in three home meets a year. Pre-requisite is completion of Junior/Senior Gym 3 or Junior/Senior Gym Team. A team leotard is included! Class length 1 hour 30 min.

LVO Tuesday/Thursday 3:00pm

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.

LVO For more information, please contact Danielle Walker at 781.990.7011 or walkerd@northshoreymca.org.

YOUTH WELLNESS

Preschool Yoga

Ages: 3-5 years with parent

Fee: Member-\$42 Community-\$64

Reading comes alive with Yoga! Integrate foundational yoga poses and movements using music, non-competitive games, books and earth awareness. All classes conclude with guided visualization and deep relaxation. Classes will help instill inner calm, relaxation and improved focus. Overall health and well-being for all young people is essential, regardless of age and ability. Class length 30 min. Meets in Boston Ballet I.

LVO Friday 10:00am

Kids Yoga

Ages: 6-9 years

Fee: Member-\$68 Community-\$102

A yoga class just for kids! This class will help instill inner calm, relaxation and improved focus in your active kids. Overall health and well-being for all young people is essential, regardless of age and ability. This yoga class combines the foundations of yoga, creativity and self expression in a fun and safe environment. Class length 45 min. Meets in Boston Ballet I.

LVO Monday 3:15pm

COMPETITIVE GYMNASTICS

Junior Pre Team

Ages: 6-8 years

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

This is an introductory team program that introduces gymnasts to the world of competitive gymnastics. Girls will learn the level 3 routines designed by the United States Association of Gymnastics. Teamwork and good sportsmanship are emphasized. Girls must be pre-selected for this program. Class length 1 hour 30 min.

LVO Tuesday 3:00pm

Senior Pre Team

Ages: 9 years & up

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

This is an introductory team program that introduces gymnasts to the world of competitive gymnastics. Girls will learn the level 3 routines designed by the United States Association of Gymnastics. Teamwork and good sportsmanship are emphasized. Girls must be pre-selected for this program. Class length 1 hour 30 min.

LVO Thursday 3:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Orientation – Youth Cardiovascular

Ages: 8–9 years

Fee: Member Only-Free

Two sessions teaching youth ages 8 and 9 years old how to properly use the cardiovascular equipment and the Youth Fitness Center Policies. After the completion of the orientations, the youth will be permitted to use the Fitness Center during the age appropriate hours. Parents must attend both of the orientations. Limit 4 participants. Class length 30 min. Meets in Fitness Center.

For an appointment, please call 781.631.1819 x1432 or stop by the fitness desk.

Youth Cardio Fitness

Ages: 8–9 years

Fee: Member-\$68 Community-\$102

This class will introduce your child to one of the most essential aspects of a healthy lifestyle: cardiovascular fitness! Kids will go above and beyond our basic orientation by learning why cardiovascular fitness is so important in a progressive, fun, interactive, and supportive group environment. Classes will also encompass learning to use the cardiovascular equipment, principles and guidelines for cardiovascular training, and the rules of etiquette in the fitness center. Class length 45 min. Meets in the Fitness Center.

LVO Thursday 3:30pm

Youth Fitness Boot Camp

Ages: 8–11 years

Fee: Member-\$68 Community-\$102

This class will focus on cardio and bodyweight strength conditioning utilizing drills set up as a continuous course setting. Each week's session will be different utilizing agility skills, cardio, strength, endurance and team/leadership building while having fun. The group will learn proper ways to warm up and stretch to minimize risk of injury and create a foundation for the future athlete. Class will be held outdoors, weather permitting. Class length 45 min. Meets in Aerobic Studio 2.

LVO Tuesday 4:15pm

Youth Conditioning for Sports

Ages: 10 years & up

Fee: Member-\$68 Community-\$102

Looking to increase your child's speed and agility for spring sports? This class will start with a fun and functional warm up followed by drills designed to assist in the development of their coordination, agility, balance, and speed while making it fun and challenging. Class length 45 min. Meets in Fitness Center.

LVO Thursday 3:30pm

Youth Zumba

Ages: 8–12 years

Fee: Member-\$68 Community-\$102

A special Zumba class designed just for our youth. This is a dance class that combines high energy moves with unique movements and combinations. Class length 55 min. Meets in Aerobic Studio 2.

LVO Wednesday 4:30pm

Orientation – Youth Strength Training

Ages: 10–11 years

Fee: Member Only-Free

Four sessions teaching youth how to properly use the equipment and follow the Youth Fitness Center Policies. After the completion of the orientations the youth will be permitted to use the Fitness Center during the age appropriate hours. Class length 45 min.

LVO Monday 3:15pm

LVO Tuesday 3:15pm

LVO Thursday 3:15pm

LVO Saturday 1:15pm

LVO Sunday 1:15pm

For individual appointments, please stop by the Fitness Desk or call 781.631.1819 ext 1432.

Physical Activity Club (PAC)

Ages: 10–14 years

Fee: Member-Free Community-Guest Fee

A personalized 12 week healthy lifestyle program focused on increasing physical activity and good nutritional practices to establish and maintain healthy weight. A personal coach guides each participant to achieve healthy lifestyle goals. This 12 week program, with flexible scheduling options, is ongoing and can begin at anytime.

LVO For further information please contact Jaime Bloch at 781.990.7004 or blochj@northshoreymca.org.

Youth Yoga

Ages: 10 years & up

Fee: Member-\$68 Community-\$102

This class will focus on slowing down, going within and stretching, all sprinkled with the moral wisdom of yoga. It will help to strengthen the body/mind connection that can create the tools needed for a happy, healthy and well-grounded youth. Class length 45 min. Meets in Boston Ballet Studio 1.

LVO Monday 4:15pm

Youth Strength and Fitness Training

Ages: 10 years & up

Fee: Member-\$68 Community-\$102

Would you like to get your child started on the right path to fitness? This class will go above and beyond the basic orientation by performing and learning about the significance of progressive resistance, cardiovascular and flexibility training. Each class will start with a fun warm up and cover the proper use of strength training and cardiovascular equipment along with basic bodyweight exercises and stretches. Kids will also learn about basic exercise in an interactive and supportive group environment. Upon completion of the program, youth will be permitted to use the Fitness Center according to age appropriate guidelines. Class length 45 min. Meets in the Fitness Center.

LVO Wednesday 3:30pm

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

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Youth and Teen Boxer's Workout

Ages: 10 years & up

Fee: Member-\$68 Community-\$102

An exciting, high-energy workout just for our youth and teens. This class uses the fundamentals of boxing including shadow boxing, kicks and blocks, jumping rope, coordination skills and upper body muscle toning! Class length 45 minutes. Meets in Studio 1.

LVO Wednesday 5:45 pm

LVO Saturday 10:30am

Orientation - Teen Strength Training

Ages: 12-15 years

Fee: Members Only-Free

Four 45-minute sessions teaching teens how to properly use the equipment and follow the Teen Fitness Center Policies. After the completion of the orientations, teens will be permitted to use the Fitness Center during the age appropriate hours. Class length 45 min.

LVO Tuesday 4:15pm

LVO Thursday 4:15pm

LVO Saturday 2:15pm

LVO Sunday 2:15pm

For an individual appointment, please stop by the Fitness Desk or call 781.631.1819 ext 1432.

Teen Yoga

Ages: 12 years & up

Fee: Member-\$68 Community-\$102

A yoga class specifically designed for teens. Emphasis on strength and flexibility, while learning about increased focus, overall inner balance and total relaxation - all in a non-competitive atmosphere. Teen Yoga encourages students to reach for the wisdom within and enables them to feel empowered and confident. Students practice sun salutations, fun yoga flows, breathing techniques and short meditation exercises that can recharge, focus, and/or calm the mind, body & spirit. Class ends in the traditional savasana (relaxation). Class length 45 min, meets in Boston Ballet studio 1.

LVO Wednesday 5:30pm

Teen Free Weights

Ages: 12 years & up

Fee: Member-\$68 Community-\$102

The focus of this program is to provide youth/teen with a safe and effective strength training program using the free weights. The teens will learn the principles of strength training, proper exercise form and techniques as well as the rules and etiquette of the Fitness Center. Only teens under the age of 16 who complete this course will be allowed to use the free weights. Limited to 4 participants. Class length 45 min. Meets in Fitness Center.

LVO Thursday 4:00pm

Teen Conditioning for Sports

Ages: 12 years & up

Fee: Member-\$68 Community-\$102

Trying to enhance your athletic ability for the upcoming spring sport season? This class is designed with progressive speed and agility drills that will challenge your coordination, agility, balance and explosive ability. Class length 45 min. Meets in the Aerobic Studio 1.

LVO Monday 4:15pm

Teen Athletic Conditioning

Ages: 12 years & up

Fee: Member-\$68 Community-\$102

Teens of all fitness levels are welcome and will benefit from our program. This class will be motivating, challenging and fun. It will improve overall health and fitness. Engaging in teamwork, self challenges, improving cardio, strength, coordination, agility and self confidence are just some of the benefits obtained. Class length 45 min. Meets in Aerobic Studio 1.

LVO Tuesday 3:30pm

Private Teen Strength Training

Ages: 12 years & up

Fee: Member-\$138 Community-\$203

This is a one on one private training for five sessions. Youth will learn to use the strength circuit equipment, principles of strength and cardio training, cardio equipment and rules of etiquette in the fitness center. Once successfully completing this training, participants are allowed to train in the fitness center with parental supervision during specific times posted in the Fitness Center. Class length 45 min.

LVO By appointment. Please contact Jaime Bloch at 781.990.7004 or blochj@northshoreymca.org.

Teen Spinning

Ages: 13 years & up

Fee: Member-\$68 Community-\$102

During this fun workout the instructor will lead you through a motivating bicycling experience that will get your heart pumping. Teens will learn proper bike set-up, safety guidelines and heart rate monitoring to make their ride safe and effective. Each class will include a warm up, cool down, and flexibility segment that will help increase cardiovascular endurance, flexibility and overall fitness all while having fun. Class length 50 min. Meets in the Spinning Studio.

LVO Thursday 5:15pm

Fitness for Teens with Special Needs

Ages: 13 years & up

Fee: Member-\$74 Community-\$111

In this program teens with developmental disabilities will learn how to use cardiovascular and strength training equipment in the fitness center. This program is designed to be fun and educational. Meets in the Fitness Center.

For individual appointment, please call Jaime Bloch at 781.990.7004 or blochj@northshoreymca.org.

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SPORTS

Parent/Child Sports

Ages: 15 months–3 years with adult

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

Join a Y staff member in playing simple, engaging activities with your toddler. Get the wiggles out and enjoy meeting other members and children. Class length 30 min.

LVO Wednesday 9:00am

Parent/Child T-ball

Ages: 3–4 years

Fee: Member-\$65 Community-\$98

Join YMCA STAFF in a class that will allow parents and children the opportunity to learn the sport of T-Ball together. Parent and child will focus on hitting from a tee, catching, throwing and running the bases. Class length 45 min.

LVO Saturday 11:00am

Mini Sports Mania

Ages: 3–4 years

Fee: Member-\$65 Community-\$98

An introduction to the YMCA sports philosophy with coach Emily, which places emphasis on having fun, equal participation, physical fitness, fair play and skill development. The sports of soccer, basketball, t-ball and running games will be featured in a non-competitive atmosphere. Class length 45 min.

LVO Tuesday 10:00am

LVO Wednesday 10:00am

LVO Thursday 10:00am

LVO Friday 10:00am

Preschool Gym and Swim

Ages: 3–5 years

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

This class is designed for the active child. Children will spend 30 minutes in the gym playing activities such as running games, soccer, floor hockey, tennis and t-ball. Children will change in the locker room to be in the pool for a 30 minute swim lesson. Class length is 1 hour and 15 min. Meets in small pool.

LVO Tuesday 11:15am

LVO Thursday 11:15am

Golf Boot Camp for Preschoolers

Ages: 4–5 years

Fee: Members-\$150 Community-\$225

This class is an introduction to the great game of golf for preschool aged children. Players will have fun learning the different aspects combined with mini contests. The program will peak their competitive spirit. The last class of the session will be held on a golf course as a test of their newly acquired skills. Players will need at least a golf bag, one short iron, one wood and a putter. Note: USKids Golf Co. is an excellent fitter of golf equipment for the smallest player.

Program conducted at Dilisio Brother's Golf Range in Salem and on course day at the Sun 'n Air Golf Center in Danvers. Additional costs are range balls \$10/class and greens fees of \$15 on course day. Each class is limited to 4 players only. Class length 1 hour.

DIL/SNA Monday 9:30am

DIL/SNA Monday 11:00am

DIL/SNA Monday 12:30pm

DIL/SNA Thursday 9:30am

DIL/SNA Thursday 11:00am

DIL/SNA Thursday 12:30pm

BIRTHDAY PARTIES

Celebrate your special day with a birthday party featuring your favorite activity! All parties include 1 hour of activity followed by 45 minutes in the party room. Parties include a birthday host who will set up, help serve and clean up. We will take care of all your birthday party needs! Reserve your date today. Please complete the request form, which may be found online at www.northshoreymca.org, or stop by the welcome center.

Sports Party

Maximum of 20, Ages: 4 & up

Sundays 10:00am - 11:45am

11:15am - 1:00pm

12:30pm - 2:15pm

Adventure Rock Climbing Party

Maximum of 12, Ages: 5 & up

Sundays 4:00pm - 5:45pm

Sundays 1:00pm - 2:45pm

Gymnastics Party

Maximum of 25, Ages: 3 & up

Saturdays 3:00pm - 4:45pm

4:15pm - 6:00pm

Sundays 11:00am - 12:45pm

Pool Party or Slip and Slide Party

Maximum of 30,

Pool Ages: 3 & up

Slide Ages: 6 & up

Saturdays

4:00pm - 5:45pm

5:15pm - 7:00pm

Sundays

10:00am - 11:45am

11:15am - 1:00pm

Arts & Crafts Party

Maximum of 15, Ages: 3 & up

Saturdays 2:00pm - 3:45pm

Crazy Balloons and Art Party

Maximum of 15, Ages: 3 & up

Sundays 1:15pm - 3:00pm

Nerf Blaster Party

Maximum of 20, Ages: 5 & up

Sundays 10:00am - 11:45am

11:15am - 1:00pm

12:30pm - 2:15pm

NEW!

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Baseball Training Clinic

Ages: 5-8 years

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

Join YMCA staff and parent volunteer coaches for our Saturday morning baseball training clinic. Players will be divided in to stations to focus on the skills associated with the sport from throwing, fielding, batting and catching. This clinic is a good opportunity to help players get ready for their spring seasons. Class length 1 hour.

LVO Saturday 8:30am Ages 5-6

LVO Saturday 9:45am Ages 7-8

Lacrosse for Boys and Girls

Ages: 5-8 years

Fee: Member-\$65 Community-\$98

This class is a fun introduction to the sport of lacrosse. Class will be held inside the gymnasium. Boys and girls will learn the fundamentals and skills associated with the sport. Children need to bring their own lacrosse stick, mouth guard and gloves. Class length 45 min.

LVO Thursday 3:00pm Ages 5-6

LVO Thursday 4:30pm Ages 7-8

LVO Thursday 5:15pm Ages 9-10

Soccer for Boys and Girls

Ages: 4-5 years

Fee: Member-\$65 Community-\$98

A warm up and practice period followed by a game will be organized by Y staff. Participants will improve their skills and enjoy playing soccer with their friends. Class length 45 min.

LVO Tuesday 3:00pm

Sports Mania

Ages: 4-5 years

Fee: Member-\$65 Community-\$98

The sports of soccer, basketball, floor hockey, t-ball and running games will be featured in a non-competitive, fun atmosphere. Class length 45 min.

LVO Monday 1:00pm

LVO Wednesday 1:00pm

LVO Thursday 1:00pm

LVO Friday 1:00pm

Sports Mania for Girls

Ages: 4-5 years

Fee: Member-\$65 Community-\$98

This class is for our female athletes. The traditional Sports Mania sports of soccer, basketball, floor hockey, t-ball and running games will be featured in a non-competitive, fun atmosphere, but this class is just for girls. If your daughter loves sports, but is sometimes intimidated by classes full of boys, this class is geared toward her! Class length is 1 hour.

LVO Tuesday 1:00pm

Sports Mania I

Ages: 5-6 years

Fee: Member-\$65 Community-\$98

This class is held after school in the gym and is intended to introduce children to the sports of basketball, baseball, floor hockey and soccer in a fun non-competitive atmosphere. Class length 45 min.

LVO Tuesday 3:00pm

Floor Hockey

Ages: 5-9 years

Fee: Members-\$65 Community-\$98

Players will participate in a warm-up and shooting period, followed by an organized game. Emphasis will be placed on teamwork, fair play and having fun. Class length 45 min.

LVO Wednesday 3:00pm Ages 5-6

LVO Wednesday 4:30pm Ages 7-9

Nerf Blasters

Ages: 5-10 years

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

Each week participants will engage in competitive activities that promote a positive, exciting and fun training environment through the thrill of Nerf toys. Participants will focus on personal skill improvement through different challenges like obstacle courses, relay races, timed trials and team competitions. Class length 45 minutes.

LVO Monday 5:00pm Ages 5-6

LVO Tuesday 6:15pm Ages 7-8

LVO Thursday 6:15pm Ages 9-10

Soccer Skills

Ages: 6-9 years

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

Keep those soccer skills fresh in our soccer skills program. Various small area drills will be utilized for maximum play. This class is for the player who wants to improve their game. Class length 45 min.

LVO Tuesday 4:30pm Ages 6-7

LVO Tuesday 5:15pm Ages 8-9

Flag Football Indoors

Ages: 5-9 years

Fee: Member-\$65 Community-\$98

Children will be introduced to the sport of football. Basic throwing and catching skills will be practiced and a modified game of football will be played each week. Emphasis will be placed on equal participation and having fun. Class length 45 min.

LVO Friday 3:00pm Ages 5-6

LVO Friday 4:30pm Ages 7-9

To register for programs, visit:

WWW.NORTHSHOREYMCA.ORG

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Golf for Juniors

Ages: 6-11 years

Fee: Members-\$150 Community-\$210

This class is geared for golfers of all skill levels. Players will work on the basics as well as detailed aspects of golf and the proper rules and etiquette. Contests will sharpen the player's competitive spirits and clarify the rules application and the reasoning for etiquette. As a test of their skills the last class of the session will be on the golf course. Players will need a golf bag and at least one short iron, one wood and a putter.

Program conducted at the Dilisio Brothers Golf Range in Salem and the on course day will be held at the Sun 'n Air Golf Center in Danvers. Additional costs are for range balls \$10/class and greens fees of \$15 for the day on the course. Each class is limited to 4 players. Class length 1 hour.

DIL/SNA	Monday	3:00pm	Ages 6-7
DIL/SNA	Monday	4:00pm	Ages 8-9
DIL/SNA	Monday	5:00pm	Ages 10-11
DIL/SNA	Thursday	3:00pm	Ages 6-7
DIL/SNA	Thursday	4:00pm	Ages 8-9
DIL/SNA	Thursday	5:00pm	Ages 10-11

Squash for Boys and Girls

Ages: 6-7 years

Fee: Member-\$140 Community-\$210

This class is great for youngsters to develop squash related skills while playing fun games. The class will work on improving hand-eye and body coordination, balance, and basic racquet skills. It is the perfect start for a lifelong sport. Protective eyewear and light-soled (clean) shoes are required. Class length 1 hour.

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

Squash Junior Level I

Ages: 8-12 years

Fee: Member-\$140 Community-\$210

This is a beginner class for new players. Children will work on the fundamentals of squash (the basic strokes, footwork and strategy). Class will introduce match play and squash scoring rules. Protective eyewear and light-soled (clean) shoes are required. Class length 1 hour.

LVO	Monday	4:00pm
LVO	Tuesday	4:00pm
LVO	Thursday	4:00pm

Squash Junior Level II

Ages: 8-12 years

Fee: Member-\$140 Community-\$210

This is a class for returning players who have taken at least one or more sessions and are able to rally with each other. Children will continue to work on learning the correct technique, footwork and strategy on a more competitive level. Class will include lots of match play. Protective eyewear and light-soled (clean) shoes are required. Class length 1 hour.

LVO	Monday	5:00pm
LVO	Tuesday	5:00pm
LVO	Thursday	5:00pm

Squash Junior Level III

Ages: 8-12 years

Fee: Member-\$140 Community-\$210

This class is designed for intermediate players with good knowledge of the sport. Specialized exercises, drills and games will be used to work on each fundamental area of squash. Protective eyewear and light-soled (clean) shoes are required. Class length 1 hour.

LVO	Monday	6:00pm
LVO	Thursday	6:00pm

Squash Junior Level IV

Ages: 8-12 years

Fee: Member-\$140 Community-\$210

This class is for returning players who are advanced in the sport. Players of similar playing abilities will learn the more advanced aspects of the sport. Class length 1 hour.

LVO	Tuesday	6:00pm
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Please contact Szilvi Szombati for permission to sign up for this class at lvosquash@northshoreymca.org.

Squash for Teens

Ages: 13-18 years

Fee: Members-\$140 Community-\$210

In this class teens will learn a new competitive sport or sharpen their existing squash skills. Players will get a great workout and also enjoy an hour of fun games on the court. Protective eyewear and light-soled (clean) shoes are required. Class length 1 hour.

LVO	Tuesday	7:00pm
LVO	Thursday	7:00pm

Martial Arts for Preschool to Grade 1

Ages: 4-6 years

Fee: Member-\$88 Community-\$132

This is an age appropriate class for children to learn the basic moves and respect of Karate. Class length 45 min. Meets in Ballet Studio.

Please see website for parent information and progression.

LVO	Tuesday	3:00pm
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Martial Arts I

Ages: 7-9 years (beginners)

Fee: Member-\$88 Community-\$132

This is a beginner class to learn and the basic moves and concepts of Karate. It is designed to provide a "fun fitness" approach in a safe, structured environment. This class is for students and white, yellow, and orange tiger belts. Class length 1 hour. Meets in Ballet Studio.

Please see website for parent information and progression.

BBS	Tuesday	4:00pm
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Martial Arts II

Ages: 10 years & up (beginners)

Fee: Member-\$88 Community-\$132

Learn intricate applications and develop a greater understanding of the responsibility of martial arts. This class is designed for beginner children with yellow and orange tiger belts. Class length 1 hour. Meets in Ballet Studio.

Please see website for parent information and progression.

BBS	Tuesday	5:00pm
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FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Martial Arts III

Ages: 6 years & up

Fee: Member-\$88 Community-\$132

This is our most advanced class for students who have earned their green and red belts. Class length 1 hour. Meets in the doubles squash court. **Please see website for parent information and progression.**

LVO Tuesday 6:00pm

YOUTH SWIMMING

Adaptive Swim Lessons

Ages: 3 years & up

Fee: Member-\$82 Community-\$123

This swim program is specifically designed for children with special needs. Our program uses water education to develop water safety, swimming skills and social skills while developing self confidence and self esteem. The program is designed to meet the child's emotional and developmental abilities. The first goal of the swimming program is to have each child become comfortable in the water and learn about water safety. Our next goal will be to have the children effectively communicate and play swim games with each other. This class prepares children for a regular swim program. The program is being taught by an instructor with a background and degree in special education. Class length 45 min. Meets in small pool.

LVO Tuesday 3:45pm

LVO Thursday 3:45pm

Tennis Classes

QuickStart Tennis is a philosophy of fitting tennis to kids based on age and physical size. In some cases, we will modify the court dimensions, equipment (racquets and balls), net height and scoring system coupled with a play component, so kids will develop better technical and tactical skills. When each of these elements is used collaboratively, kids will achieve early success and stay in the game.

YMCA Quickstart Tennis

Ages: 3-5 years

Fee: Member-\$65 Community-\$98

Quickstart Tennis format is the perfect way to get your child engaged in tennis as the format minimizes downtime and waiting in line.

Using advanced teaching techniques, tennis skills are broken down into a progression. What looks like just a game, quickly turns into the basics of forehand, backhand, serve and volley. Bring your own racket if you have one, it should be more than 21 inches long. Class length 45 min.

LVO Monday 2:00pm

Training Program for Special Olympics Swim Team

Ages: 8 years & up

Fee: Member-\$82 Community-\$123

Class is designed to prepare swimmers with physical and mental disabilities for a Special Olympics Swim Team. The swimmers will learn swim techniques and drills for the four competitive strokes, starts and turns. The focus of this course is on building endurance, components of competition and goal setting. Swimmers must be able to swim 1 length of the big pool. The course will be taught by a "Sharks" swim coach. Class length 1 hour. Meets in big pool.

LVO Monday 4:15pm

Pee Wee Tennis

Ages: 5-6 years

Fee: Member-\$78 Community-\$117

This class is for the beginner tennis player. Emphasis will be placed on hand/eye coordination, patience, concentration and building self-esteem. Racquets supplied. Class length 50 min.

LVO Monday 3:00pm

Shrimp, Kipper, Inia, Perch I

Ages: 6-30 months

Fee: Member-\$66 Community-\$99

Develop swimming readiness skills in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water. Objectives are increasing knowledge of water safety and practices, providing an opportunity for water adjustment and swimming readiness skills, using play and music as a basic form of learning and providing fun and enjoyment in the water. Parent/Guardian swims with the child. Class length 30 min. Meets in small pool.

LVO Monday 9:30am

LVO Tuesday 9:30am, 10:45am

LVO Wednesday 6:15pm

LVO Friday 10:00am

LVO Saturday 9:00am, 9:30am

LVO Sunday 9:30am

Future Tennis Stars

Ages: 7-8 years

Fee: Member-\$78 Community-\$117

Emphasis is placed on improving patience, concentration, self-esteem and hand/eye coordination. While developing the backhand, forehand, volleys and serves. Class length 50 min.

LVO Monday 4:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Perch II

Ages: 2.5-3 years

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

This is a class for independent, energetic 2.5-3 year olds who swim alone with flotation devices. Parents may remain on deck until the child becomes acquainted with his/her surroundings. This class acclimates and prepares children for entering the Pike or Eel level of the preschool swim program. Parents do not swim with the child in this class. Class length 30 min. Meets in small pool.

LVO	Monday	9:00am
LVO	Tuesday	10:45am, 5:30pm
LVO	Wednesday	10:00am
LVO	Thursday	10:00am, 11:15am
LVO	Friday	1:00pm
LVO	Saturday	9:30am

Pike with Parent

Ages: 3-5.5 years

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

This class is designed for 3-5.5 year olds who will not attend a class without mom or dad. Children will learn the same skills as Pike and the parent will assist the instructor. Class will be taught without using a bubble. Class length 30 min. Meets in small pool.

LVO	Wednesday	11:15am
LVO	Thursday	10:45am
LVO	Sunday	9:00am

Pike

Ages: 3-5 years

Fee: Member-\$76 Community-\$114

Children learn safe pool behavior, adapt to the water and develop independent movement. Designed for new swimmers and teaches paddle stroke, kicking skills, pool safety, putting faces in the water and blowing bubbles. Children will be able to swim 5 feet without a bubble by the end of the level. Parent views class from observation room. Class length 45 min. Meets in small pool.

LVO	Monday	10:00am, 1:00pm, 3:30pm
LVO	Tuesday	10:00am, 1:00pm, 3:00pm, 5:30pm
LVO	Wednesday	10:00am, 1:00pm, 3:00pm, 5:30pm
LVO	Thursday	10:00am, 1:00pm, 6:00pm
LVO	Friday	10:30am, 1:00pm, 5:00pm
LVO	Saturday	10:00am, 10:45am, 11:30am
LVO	Sunday	12:15pm

Eel

Ages: 3-5 years

Fee: Member-\$76 Community-\$114

This class is for children who are comfortable with their face in the water. Children are taught to kick, float and the progressive paddle stroke. Basic boating, safety, use of lifejackets and reinforcement of Pike skills are taught. Children will be able to swim across the pool without a bubble by the end of this level. Parent views class from observation room. Class length 45 min. Meets in small pool.

LVO	Monday	10:00am, 1:00pm, 3:30pm
LVO	Tuesday	10:00am, 1:00pm, 3:00pm, 5:30pm
LVO	Wednesday	10:00am, 1:00pm, 3:00pm, 5:30pm
LVO	Thursday	10:00am, 1:00pm, 6:00pm
LVO	Friday	10:30am, 1:00pm, 5:00pm
LVO	Saturday	10:00am, 10:45am, 11:30am
LVO	Sunday	12:15pm

Ray

Ages: 3-5 years

Fee: Member-\$76 Community-\$114

This class is for children who are comfortable swimming in deeper water without a bubble. Children learn to tread water, coordinate crawl stroke with rotary breathing, backstroke, learn more personal safety and rescue skills and build endurance. Parent views class from observation room. Class length 45 min. Meets in small pool (or * meets in big pool).

LVO	Monday	10:00am*, 1:00pm, 3:30pm, 4:15pm
LVO	Tuesday	10:00am, 1:00pm, 3:00pm, 5:30pm
LVO	Wednesday	10:00am*, 1:00pm, 3:00pm, 5:30pm
LVO	Thursday	10:00am*, 3:15pm, 6:00pm
LVO	Friday	10:30am*, 1:00pm*, 5:00pm
LVO	Saturday	11:30am
LVO	Sunday	12:15pm

Advanced Rays/Starfish

Ages: 3-5 years

Fee: Member-\$76 Community-\$114

This class is for swimmers who have learned the coordination of rotary breathing and can swim 20 yards. Children perfect backstroke, learn elementary backstroke and begin breaststroke kick. Children will learn more personal safety, rescue skills and build endurance by swimming longer distances. Parent views class from observation room. Class length 45 min. Meets in small pool (or * meets in big pool).

LVO	Monday	10:00am*
LVO	Tuesday	1:00pm*, 3:00pm
LVO	Wednesday	10:00am*, 3:00pm
LVO	Thursday	6:00pm
LVO	Friday	10:30am*
LVO	Saturday	9:00am*, 11:30am*

Poliwog

Ages: 6 years & up

Fee: Member-\$76 Community-\$114

For beginning level school-age children, this class introduces children to the pool, floating devices and safety skills. Children learn the crawl stroke with rhythmic breathing, sidestroke, backstroke and beginner synchronized swimming. Beginner water polo skills and simple rescue skills are also taught. Class length 45 min. Meets in small pool (or * meets in big pool).

LVO	Monday	4:15pm, 6:30pm
LVO	Tuesday	3:45pm*
LVO	Wednesday	3:45pm, 6:30pm
LVO	Thursday	3:15pm
LVO	Friday	3:15pm, 5:00pm
LVO	Saturday	11:30am

To register for programs, visit:
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FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Guppy

Ages: 6 years & up

Fee: Member-\$76 Community-\$114

Children must be able to complete one pool length using modified front crawl. They can swim back crawl and front crawl using rhythmic breathing. Swimmers learn rotary breathing, perfect back crawl and sidestroke. They also learn longer treading skills; retrieve objects from the pool bottom and standing dives. Class length 45 min. Meets in small pool (or * meets in big pool).

LVO	Monday	3:30pm*, 6:30pm*
LVO	Tuesday	3:00pm*, 3:45pm*
LVO	Wednesday	3:00pm*, 3:45pm, 6:30pm*
LVO	Thursday	3:15pm*
LVO	Friday	3:15pm*
LVO	Saturday	9:00am*

Minnow

Ages: 6 years & up

Fee: Member-\$76 Community-\$114

Children must be able to swim one pool length of front crawl with rotary breathing, one length back crawl and be able to do a sitting, kneeling and standing dive. Swimmers will be introduced to breaststroke, more synchronized swimming skills, diving, boating safety and the game of wet ball. Swimmers will work on endurance so they will be able to complete the 100 yard swim. Class length 45 min. Meets in big pool.

LVO	Monday	3:30pm
LVO	Tuesday	3:00pm, 3:45pm
LVO	Wednesday	3:00pm, 6:30pm
LVO	Thursday	3:15pm
LVO	Saturday	9:45am

Fish

Ages: 6 years & up

Fee: Member-\$76 Community-\$114

Swimmers must be able to swim 2 lengths of front and back crawl, tread water for 2 minutes and swim 3 lengths nonstop. Children will perfect front crawl, elementary backstroke, backstroke, sidestroke and breaststroke. They will be introduced to butterfly, and explore the underwater with masks and fins. Endurance will be an important part of this level working toward swimming 100 yards nonstop. Class length 45 min. Meets in big pool.

LVO	Monday	3:30pm
LVO	Tuesday	3:00pm, 3:45pm
LVO	Wednesday	3:00pm, 6:30pm
LVO	Thursday	3:15pm
LVO	Saturday	9:45am

Flying Fish

Ages: 6 years & up

Fee: Member-\$76 Community-\$114

Children must be able to swim 100 yards (5 lengths) nonstop of front crawl, back crawl, breaststroke and elementary backstroke using correct stroke technique. Endurance swimming is the focus of this level. Swimmers will also learn complex combinations of synchronized swimming skills and perform a routine. More wet-ball skills will be taught in deep water. Flip-turns will be introduced as part of the swimmers endurance swim. Class length 45 min. Meets in big pool.

LVO	Monday	3:30pm
LVO	Tuesday	3:00pm, 3:45pm
LVO	Wednesday	3:00pm, 6:30pm
LVO	Thursday	3:15pm
LVO	Saturday	9:45am

Shark

Ages: 6 years & up

Fee: Member-\$76 Community-\$114

Children must know the four competitive strokes (front and back crawl, breaststroke and butterfly) Inverted breaststroke, trudged crawl and the over arm sidestroke will be introduced. Swimmers will learn to dive from the block and will perfect flip turns and synchronize swim skills. Class length 45 min. Meets in big pool.

LVO	Monday	3:30pm
LVO	Tuesday	3:45pm
LVO	Wednesday	6:30pm
LVO	Saturday	9:45am

Create a Swim Class

Ages: All ages

Fee: Member- \$88/each with 4 students

\$80/each with 6 students

Community- \$132/each with 4 students

\$120/each with 6 students

Do you have an interest in having swim lessons with your friends or family? We can create a class just for you for the eight week session. Swimmers should be about the same ability. Create a class for 4 or 6 participants and call for a date and time.

LVO By appointment, please contact Susan Guertin at 781.990.7009 or guertins@northshoreymca.org.

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



FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Private Swim Lessons & Semi-Private Swim Lessons

Ages: All Ages

Fee: 4 Private Lessons (30 min)

Member -\$100 Community - \$120

4 Private Lessons (45 min)

Members - \$130 Community - \$150

4 Semi Private (45 min)

Member \$90/each Community \$120/each

Do you or your child need a little one-on-one help or are you looking for your own personal instructor or coach? Either way, private lessons are a great way to get to the next level of swimming very quickly.

We offer 30 minutes of one-on-one instruction that can really produce results. Semi-private – 45 minute – 2 students. Lessons (priced per person) are also available. These lessons are set up on an appointment basis to try and meet your schedule and coordinate with our pool schedule. You do not pay for the class until you and the instructor have confirmed the first lesson.

For more information on private lessons or semi-private lessons please call 781.990.7009 and fill out a form at the front desk indicating the time and day that best works for you.

Springboard Diving

Ages: 7 years & up

Fee: Member-\$84 Community-\$126

This class is to learn how to dive! It is an opportunity to learn the basics and when mastered learn complex dives. Divers will use discipline, flexibility, grace and techniques. Participants must be able to listen and wait their turn without disturbing other divers. Prerequisites: Must be able to tread water for 5 minutes. Must be able to swim the length of a 25 yard pool. Please bring with you: chamois, sweatshirt or a long sleeve cotton shirt that can get wet. Class length 45 min. Meets in big pool.

LVO **Monday** 6:30pm

LVO **Saturday** 10:00am

Snorkling

Ages: 8 years & up

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

Learn how to use a mask, fins and snorkel and dive to the bottom of the pool. After you master techniques you can enjoy the outside aquatic environment at the beach or lake.(Big Pool) – 4 week session. March 21-April 11. Meets in Big Pool.

LVO **Wednesday** 3:45pm

Advanced Springboard Diving

Ages: 11 years & up

Fee: Member-\$84 Community-\$126

This class is for divers who have been promoted from the beginner class or high school divers who want to perfect their advanced skills. The instructor will make a judgment on who is ready for this class. The objective is that the divers learn 11 dives proficiently. Class length 1 hour. Meets in big pool.

LVO **Wednesday** 6:30pm

LVO **Saturday** 11:00am

SWIM TEAM

The YMCA of the North Shore "Sharks" is a year round competitive swimming program that combines the best of YMCA and USA swimming. Our coaching staff is dedicated to building self-confidence while teaching proper stroke technique. New swimmers may still register. Please bring a bathing suit, cap and goggles and we will put you in a practice group based on age and experience. Swimmers must have a sound knowledge of rotary breathing and be at least 5 years old. Swim Team runs through September through July.

For more information, please call Susan Guertin, Head Coach, at 781.990.7009.

Sharks Bronze Group (Little Sharks)

Ages: 5-9 years

Fee: Member-\$84 Community-\$126

A great class to learn the basics of competitive swimming and also be ready for the summer club and swim team season. Students learn starts, turns and drills for the four competitive strokes of freestyle, backstroke, breaststroke and butterfly. Participants must be able to swim one length of the competition pool with rotary breathing to participate. Class length 1 hour.

LVO **Thursday** 3:15pm

Sharks Silver Group

Ages: 10-13 years

Fee: Member-\$84 Community-\$126

The Silver group is for middle school students who wish to learn the technique and drills for the four competitive strokes, starts and turns. The focus will be on endurance, stroke mechanics and working toward goals. Class is a stepping stone to the Sharks swim team and high school swimming. Class length 45 min. Meets in big pool.

LVO **Wednesday** 3:00pm

LVO **Saturday** 10:30am

Sharks Gold Group

Ages: 13 years & up (High School Swimmers)

Fee: Member-\$84 Community-\$126

The Gold Group is for high school swimmers who wish to perfect their strokes, turns and starts in the off season and to build their endurance for the upcoming spring sports season. This class is also for those wishing to build their endurance in preparation for the spring lifeguard classes. Meets in Big Pool.

LVO **Tuesday** 6:30pm

LVO **Thursday** 6:30pm

Beginner Synchronized Swim

Ages: 8 years & up

Fee: Member-\$76 Community-\$114

We will explore novice or beginner figures that take us under the water, sculling on and through the water and modifications to the basic swimming strokes keeping our heads out of the water. Please bring a well fitting cap, goggles and \$6.00 for two nose plugs or two nose plugs of your own, to the first class. Prerequisite: Swimmers must be able to swim 25 yards in the big pool. Class length 45 min. Meets in big pool.

LVO **Wednesday** 3:45pm

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Personal Safety/Survival Swimming

Merit Badge

Ages: 12 years & up
Fee: \$15 each troop member/class
\$64 for 8 week session

Designed to fulfill both YMCA – YASA (YMCA Aquatic Safety Assistant) and BSA (Boy Scouts of America) and Girl Scouts requirements in basic survival swimming. This course will emphasize the following: The importance of CPR, First Aid, spinal injury and rescue breathing; health and fitness concerns; non swimming assists; boating safety; survival swimming; hypothermia and frostbite; stroke technique and competition; use of mask, fins and snorkel; basic diving and a host of other proficiencies. Completion of the course prepares the learner for further participation in personal safety and lifeguarding. Class length 1 hour. Meets in classroom and big pool.

LVO Thursday 3:30pm

Healthy Kids Day and Health Fair! April 29, 2012 10am-3pm

Healthy Kids Day is the Y's national initiative to improve the health and well-being of families across the country.

On this day, we will hold events and encourage parents to make playdates with their kids every day as a simple way to become a healthier, more active and connected family. Events will include obstacle courses in the Gymnastics gym, relay races on the sports fields, and kayaking in the pool.

Our Health Fair will be held in the gymnasium where members can learn about ways to make healthy lifestyle choices for their family. Be sure to check our upcoming events board and website for more information!

Lifeguard Training

Ages: Ages 16 years & up
Fee: Member-\$330 Community-\$360
Recert: Member-\$150 Community-\$180

Participants must be 16 years of age by the conclusion of the course. (New 2012 "On the Guard Lifeguard Program")

Prerequisites: Tread Water (2 minutes) swim 100 yards front crawl, 50 yards each of elementary backstroke, breaststroke, sidestroke; surface dive, feet first surface dive, feet first surface dive in 8-10 feet of water and swim under water 15 feet. Candidates must also sprint 60 feet in the water, then perform a surface dive to 8-10 feet of water, pick up a dive ring from the bottom, surface, tread water for 1 minute legs only and replace the object back to the pool bottom. Swim the remaining distance, hoist yourself out of the water and perform compressions on an adult manikin for 1 minute, then walk quickly to the lifeguard chair and climb up.

CPR for the Professional Rescuer, First Aid and O2 Oxygen Administration are part of the class and must be passed in order to continue with the class. The first day of class you will be assigned 3 hours of home study which must be completed prior to taking the practical and written exam.

Contact Emily Korriku, Associate Aquatics Director at korrikue@northshoreymca.org or Susan Guertin, Aquatic Director at guertins@northshoreymca.org.

Class dates for the Spring

New Candidates and Recerts:

LVO	Friday April 13	4:00-6:00pm
LVO	Monday-Thursdays April 16-19	9:00-5:00pm
LVO	Wednesdays, Fridays May 2-May 23	3:30-8:30pm (No Recerts)
LVO	Tuesday, Wednesday and Fridays June 1-15	3:30-8:30pm

FAMILY TIME

Sunday Family Time

Fee: Member-Free Community-Guest Fee

Sunday afternoon is a great time to spend with the family at the YMCA. Families can swim, play games in the gym, create an art project, tumble in the gymnastics center, or climb the rock wall. Check out the family bulletin board for details on special events that will occur on the first Sunday of the month. All children must be accompanied by an adult. Food will be available for purchase.

LVO Sunday 4:00pm-6:00pm

Sunday Movie Day

Fee: Member-Free Community-Guest fee

Come out of the cold and watch a family movie at the YMCA. Feel free to stay for Family Fun Time after enjoying the movie. Meets in the doubles squash court. Popcorn and drinks will be available for purchase.

LVO	Sunday	3:00pm	March 18
LVO	Sunday	3:00pm	April 22

ADULT ADVENTURE

College Climbing Clinic

Fee: Member-\$5 Community-\$8

Keep your Thursday evening available for our weekly college climbing clinic. Meet with other interested climbers. All abilities welcome. There are opportunities to learn how to set routes, prussic, and rappel. Class length is 60 minutes.

LVO Thursday 7:00pm

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

HEALTH & WELL-BEING

*Health and wellness fees reflect an 8 week class session.

Group Specialty Classes

Beginner Fitness

Fee: Member-\$68 Community-\$102

The Beginner Fitness Program will help ease your transition into a healthy fitness routine! It is a great way to get started without feeling overwhelmed. This program is for you if: you are a non-exerciser, are a person just getting back into exercise, have started and stopped an exercise program or are looking for motivation through accountability. Limit 4 participants. Class length 45 min.

LVO Monday 7:30pm
LVO Saturday 2:00am

PiYo- Pilates Yoga Fusion

PiYo is a non-traditional application of various styles of Yoga and Pilates in combination with constant movement and flow from one exercise to the next. This class combines mind and body practices as well as principles of sports, stretch, strength training and dynamic movement. Improve your strength, flexibility, balance and core stability, reduce stress and receive a mild cardiovascular effect. Instructor is Laurie-Sue Rodrigues. Class length 55 min. Meets in Ballet studio 1.

1 Day Fee: Member-\$72 Community-\$108
LVO Monday 4:30pm
LVO Tuesday 9:30am
LVO Thursday 9:30am

2 Day Fee: Member-\$118 Community-\$177
LVO Tues/Thur 9:30am

Mat Pilates

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

This Stott Pilates mat-based workout will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. It is designed to develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness. Props may be incorporated to add variety and intensity. Instructor: Yvonne Purdy Class length 55 min. Meets in Boston Ballet studio 2.

LVO Wednesday 7:15pm Yvonne Purdy

Prenatal Exercise

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

Enjoy the benefits of prenatal exercise such as decreased maternal weight gain, improved mood and sleep patterns. This dynamic exercise class is led by a fitness professional with advanced training in prenatal exercise and women's health. Class length 1 hour. Meets in Boston Ballet.

LVO Wednesday 6:30pm

Moms in Motion

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

Are you a post natal mom looking to get back in shape but not ready to leave your new baby or they are still too young for the babysitting room? This is a group exercise class designed for you to bring your little one. It is a combination of appropriate cardio and strength training intervals designed to help with weight loss. Come get fit and make new friends for you and your baby! Instructor is Keli Howe, CPT, Pre/Post Natal. Class length 55 min. Meets in aerobic studio 1.

LVO Monday 10:00am

Parent/Toddler Bootcamp

Ages: 12-24 months

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

An energetic full body workout designed specifically for you and your toddler. This upbeat and challenging class will incorporate cardio and resistance training. You will feel and look great after this class!

LVO Wednesday 11:00am

Back Conditioning

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

This class will provide exercises to strengthen the lower/mid/upper back, abdominals and lower body. Proper body mechanics for lifting, pulling and pushing will be discussed to prevent future back injuries. The class will end with 10-15 minutes of concentrated stretching of all muscles that affect the back including quads, glutes, hamstrings, calves, psoas, shoulders and specific lower back stretches. Good for those recovering from a back injury or those looking to prevent one! Instructor: Martha Potvin Class length 1 hour. Meets in Boston Ballet.

LVO Monday 9:30am

Core Express

Fee: Member-\$44 Community-\$72

Transform your core by performing exercises that will give you the results you have always wanted. Gliding Discs and Pilates mat work increase your caloric burn and guide your body towards peak performance. The Bender Ball will also be used which generates 4 times the work in an abdominal crunch per second of exercise. Instructor Laurie-Sue Rodrigues. Class length 40 min. Meets in aerobic studio 2.

LVO Friday 10:30am

Boot Camp

Fee: Member-\$162 Community-\$243

The Y Boot Camp is the premiere fitness, training and healthy living boot camp program in Marblehead, with proven results for over ten years! This is the perfect class to set into motion your goals to get into top shape and kick it up a notch. If you are looking to get in top shape, drop those pounds, build muscle and actually have fun while doing it, the Y Boot Camp is for you! Instructors: Cheryl Marcocelle, Justin DeRosa, Alex DeRosa. Class length 1 hour. Meets in the gym.

LVO Mon/Wed/Fri 5:45am

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Triathlon Training- Swim/Bike/Run

Fee: Member-\$84 Community-\$126

This class, we will focus on a mixture of swimming, biking and running to get ready for the upcoming triathlon season. Welcome first-timers and more seasoned triathletes that want to train in a supportive group environment. Instructor is marathoner, triathlete and CPT Wendy Fasciano. Class length 1 hour 15min. Meets on the Fitness Floor.

LVO Wednesday 10:00am

Running Club at the Y

This running class welcomes all levels of runners who are interested in boosting their running fitness levels in a supportive, group atmosphere. We will be running the roads, hills and track, working on speed, endurance and strength. This class is run by marathoner, triathlete and CPT Wendy Fasciano. Meets in Fitness Center.

1 Day Fee: Member-\$68 Community-\$102

LVO Tuesday 9:00am

LVO Thursday 9:00 am

2 Day Fee: Member-\$118 Community-\$177

LVO Tuesday/Thursday 9:00am

Couch to 5 Mile

Fee: Member-\$68 Community-\$102

Are you new to running? Have you tried running in the past but for whatever reason didn't stay with it? Have you run in the past and want a safe, effective way to get started again? Are you looking for the motivation to start running? This program is for you! Meets on the fitness floor.

LVO Saturday 8:15 am

Running Club for Families

Ages: 8 & up with parent or guardian

Fee per Family: Member-\$35 Community-\$53

Make running a Family affair! It's a great way to have fun and get in shape as a family. This a fun, at your own pace, running club to build technique and endurance. All levels are welcome. Meets on the fitness floor.

LVO Saturday 9:30am

SMALL GROUP CLASSES (4-8 People)

TRX for Beginners

Fee: Member-\$84 Community-\$126

This class introduces the language and parts of the TRX and the basic TRX moves. An ideal class for those who haven't taken a TRX class before or who want a slower paced class. Class length 55 minutes. Limit 5 participants. Meets in the stretching area.

LVO Tuesday 6:15pm Yvonne Purdy

TRX for the First-Timer Workshop

Fee: Member-\$22 Community-\$33

TRX Suspension training is the incredible workout designed by a Navy SEAL that you are hearing so much about! With the integration of strength, balance, coordination and flexibility in one workout, it may seem as though only an elite athlete can take part in a TRX class. Not true! This workshop is for anyone who is new to TRX, whether you have taken a few classes but are unsure of the proper form and alignment, or if you are a first-timer. In this workshop we will learn and practice many of the 'foundation' exercises, those that you will see in many TRX classes. You will understand how to progress each of these exercises when you are ready to do so, and will also learn the modified version of each. It will be an interactive session-your questions will be addressed and individual form assessments and feedback will be provided. Instructor: Annalisa Di Palma. Meets in the stretching area.

LVO Saturday 11:15am March 17

LVO Saturday 11:15am April 7

TRX at the Y

Fee: Member-\$84 Community-\$126

Hit on all muscle groups to provide a solid, total body workout using the TRX Suspension Trainer. Classes will be adjusted according to fitness level and modifications will be provided. Class length 55 minutes. Limit 5 participants. Meets in the stretching area.

LVO Monday 9:40am Jill Rosen

LVO Monday 6:30pm Keli Howe

LVO Tuesday 9:45am Keli Howe

LVO Tuesday 7:15pm Yvonne Purdy

LVO Wednesday 10:00am JoAnna Mooney

LVO Wednesday 6:30pm Jill Rosen

LVO Thursday 5:45am Abbey Lariviere

LVO Thursday 9:00am Meredith Doherty

LVO Thursday 6:30pm Christine Hopkins

LVO Friday 9:00am Keli Howe

LVO Friday 10:30am JoAnna Mooney

LVO Saturday 9:15am Jill Rosen

LVO Sunday 9:30am Christine Hopkins

TRX Core 30

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

Target the core muscles in 30 minutes. All TRX exercises will focus on core strength and stability. Limit 5 participants. Meets in the stretching area.

LVO Wednesday 12:00pm Christine Hopkins

LVO Friday 1:00pm Jill Rosen

LVO Saturday 8:30am Jill Rosen

LVO Saturday 10:30am Keli Howe

TRX Express 45

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

A great way to get the benefits of TRX in only 45 minutes! This workout will help you develop total body strength and stability with a particular focus on the core muscles. Limit 5 participants. Meets in the stretching area.

LVO Monday 10:45am Laurie-Sue Rodrigues

To register for programs, visit:

WWW.NORTHSHOREYMCA.ORG

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

TRX Cardio Circuit

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

Improve your heart and tone up fast with a super-charged combo of strength and cardio. Our interval program is ideal for those who are familiar with the TRX and want to do more metabolic training. The goal is to keep your heart rate up and get both cardio and strength benefits by incorporating super sets, push/pull supersets and cardio intervals both on and off the TRX. Class length 45 minutes. Limit 5 participants. Meets in the stretching area.

LVO	Monday	5:30pm	Larry Russell
LVO	Tuesday	10:35am	Laurie-Sue Rodrigues
LVO	Thursday	10:30am	Laurie-Sue Rodrigues

Fitness Four Circuit

Fee: Member-\$84 Community-\$126

Grab 3 friends and make a group of 4 and let's get to work! We will combine TRX, Kettlebells, Medicine Balls, Bodyweight and other equipment. Results: Total Body Conditioning and blast with friends! Limit 4 participants. Meets in the stretching area. Class length 45 min.

LVO Find a group and call to schedule a time! Contact Jaime at 781.990.7004 or blochj@northshoreymca.org.

Treadmill Interval Training

Fee: Member-\$58 Community-\$87

Be prepared to take your running to the next level. Each week will challenge your speed, incline and/or distance at this go-at-your-own-pace workout with the added energy and support of a group. Suitable for all fitness level. Limit 4 participants. Instructor COPT Joanna Mooney. Class length 30 min. Meets in fitness center.

LVO Thursday 10:00am

Fit in 30

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

You can fit exercise into your life and we will show you how! Make the most at the Lynch van/Otterloo YMCA with one of our 30-minute "Express Workouts." Each interval training class is based on a workout that provides both cardiovascular and resistance training. Limit 6 participants. Class length 30 min. Meets in fitness center.

LVO	Monday	7:00am
LVO	Wednesday	7:00am
LVO	Saturday	12:00pm

Tabata Circuit

Fee: Member-\$84 Community-\$126

Personal Trainer JoAnna Mooney alternates timed bursts of energy with brief rest periods in this weight training series. Challenge muscles to a whole new level! Tabata Circuits improve your aerobic and anaerobic base, muscle strength and endurance and can be helpful for weight loss. Limit 6 participants. Class length 45 min. Meets in the double squash court.

LVO	Monday	9:30am
LVO	Friday	9:30am

Workout and Weigh-In

Fee: Member-\$78 Community-\$117

If you need help losing weight, staying on track and motivated this class is for you! Exciting and challenging workouts combined with weekly weigh ins will bring you closer to your goals! Join NSCA Certified Personal Trainer Ryan Healy for 45 min. Meets in aerobic studio 1.

LVO	Tuesday	6:30pm
LVO	Thursday	6:15pm

PERSONAL FITNESS

Orientation - Adult Fitness

Meet with one of the Y's Fitness Staff to identify your personal level of fitness and wellness. After being led through a questionnaire, you and the staff member will have the tools necessary to implement a step-by-step approach to exercise at the Y. During the orientation, a fitness staff member will:

- Provide you with guidelines for cardiovascular training, strength training and stretching techniques
- Show you how to safely and effectively use the equipment
- Assist you in finding your personal setting on each machine
- Answer your general fitness questions

By appointment. Please stop by the Fitness Desk to set up your orientation or call 781.631.1819 ext 1432.

PERSONAL TRAINING

**FIRST TIME CLIENTS ONLY:
INTRODUCTORY PACKAGE, 3 ONE HOUR SESSIONS
\$125.00.**

Personal Training gets results! The Lynch/van Otterloo YMCA Personal Trainers are certified professionals with education and experience across many disciplines. Your trainer will customize a fitness plan to fit your needs, budget and schedule. You can schedule just a few sessions with a trainer, train several times a week, or just check in periodically. For additional information about how you can set-up a consultation with one of our trainers contact Jaime Bloch at blochj@northshoreymca.org or 781.990.7004.

ADULT WORKSHOPS

ZONING Basic Training Workshop

Fee: Member-\$129 Community-\$195

Fee includes: Blink 1A Heart Rate monitor, Zoning e-book, Basic Training workbook and two hours of instruction, assessment and workouts. Heart Rate Training is one of the best ways to improve your fitness, lose weight, and increase your cardio fitness...and the Blink heart rate monitor and Zoning Program are simple and effective to use. Zoning is a branded and patented workout program developed by author and celebrity, Sally Edwards and Dr. Carl Foster, Ph.D. Workshop is led by ZONING specialist, Larry Russell, CHZT, Certified Heart Zones Trainer. Class Length Two hours.

LVO	Saturday	11:00am	March 3
LVO	Saturday	11:00am	April 7

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Yin Yoga and You

Fee: Member-\$22 Community-\$33

Are your hips and knees stiff when you get out of bed? Does your lower back ache? Do your shoulders balk when you reach for that upper shelf? If you answered 'yes' to any of these questions, then please join Lisa Parsons for a Yin Yoga Workshop and start on your path to healing! Yin Yoga is refined movements for returning health and flexibility to your joints by targeting the connective tissues, fascia and ligaments in the body. Yin is a still, deep and quiet practice...challenging, yet compassionate. The workshop will focus on giving you the tools for lifelong flexibility...rejuvenating your joints... and giving yourself permission to release years of accumulated stress. Class length 90 min. Meets in Boston Ballet studio 1. **Visit www.northshoreymca.org/workshops.cfm for dates and times this workshop will be held.**

Meditation Workshop with Elaine Wintman

Fee: Member-\$22 Community-\$33

Be more present for your life, de-stress, grow more focus and intention, be more relaxed, grounded and centered. This workshop will include breath-centered meditation, sound meditation & mantra meditation. Instructor: Elaine Wintman, class length 1 hour 30 min. Meets in Boston Ballet.

LVO Saturday 2:30pm March 24

Spring Cleanse Your Body

Fee: Member-\$15 Community-\$22

Discover the benefits of internal body cleansing, and explore which cleanse is right for you. Learn how to safely and effectively let go of excess body fat accumulated during the winter. This workshop is wonderful for those who wish to feel light, vibrant and alive, suffer from allergies, are looking to shed "winter weight," and those who desire a renewed, refreshed and restored energy this spring. Led by Holistic Nutrition Counselor, Christine Lucas of Complete Mind and Body. Class length 1 hour 30 min. Meets in conference room 1.

LVO Thursday 6:45pm April 5

Exercise to Save Your Back

Fee: Member-\$30 Community-\$45

This **2 class workshop** will provide you with exercises to strengthen the lower/mid/upper back, abdominals and lower body. Proper body mechanics for lifting, pulling and pushing will be discussed to prevent future back injuries. The class will provide you with concentrated stretches of all muscles that affect the back including quads, glutes, hmastrings, calves, psoas, shoulders and specific lower back stretches that you can do at home or as part of your workout. Good for those recovering from a back injury or those looking to prevent one! Instructor: Martha Potvin, class length 1 hour 30 min. Meets in Boston Ballet.

LVO Tuesday 7:30pm March 20 & 27

Restorative Stretch Workshop

Fee: Member-\$15 Community-\$22

Allow your muscles to fully release the stress and tension of your daily life during this full body stretch class. Deep, concentrated stretching is beneficial to your muscles, joints and ligaments which will help prevent injury and help you feel relaxed and renewed. Instructor: Martha Potvin, ACSM certified personal trainer. Class length 1 hour 30 min. Meets in Boston Ballet.

LVO Tuesday 7:30pm March 6
LVO Tuesday 7:30pm April 10

Motivation to Exercise for Life!

Fee: Member-\$15 Community-\$22

Do you have trouble sticking to an exercise program? Are you feeling unmotivated or bored with your current routine? Martha Potvin, ACSM certified personal trainer, will discuss motivation and how it applies to exercise. She will offer helpful tips and techniques to help you get motivated and stay motivated to exercise today and for the rest of your life. Instructor: Martha Potvin, Class length 1 hour 30 minutes. Meets in Conference Room 2. **See website for workshop dates and times.**

ADULT SPORTS/RECREATION

40+ Men's Basketball Drop-in

Fee: Member-Free Community-Guest Fee

Join us in our 40+ men's basketball drop-in. Play against players your own age in a competitive and fun atmosphere. It doesn't matter if you were a super star way back when or pick-up player now, we want you! Each team will make the playoffs. Please contact Sports Director Emily Hudak at hudake@northshoreymca.org or 781-990-7044 if you would like to play.

LVO Monday 8:00pm

Women's 4 on 4 Basketball League

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

All skill levels are welcome to play! Games are 20 minute running halves with each team making the playoffs. Contact Sports Director, Emily Hudak at hudake@northshoreymca.org if you are interested in joining.

LVO Thursday 7:00pm Starts March 1

Adult Volleyball Drop In

Fee: Members-Free Community-Guest Fee

Come join in our drop-in volleyball program. This is great for players looking to get back in to the game or continue to improve their skills. **For more information, please contact Emily Hudak at hudake@northshoreymca.org or 781.990.7044.**

LVO Sunday 9:00am

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Adult Gymnastics

Ages: 18 years & up

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

Are you looking for a new and exciting way to get in shape? Do you miss being a cheerleader or gymnast? If so come join our adult gymnastics class! Each week will include a variety of activities such as basic tumbling, climbing the rope or bouncing on the trampoline. It's never been more fun to become fit! Class length 1 hour.

LVO Thursday 6:45pm

Squash Championship Tournament

Fee: Member- \$10 Community- \$15

The Fourth Annual Club Championship Squash Tournament will be held during March and April. There will be separate divisions for Groups A-1, A-2, B, C, D, Women's, Doubles and 50+. Participants will play a match approximately every two weeks. There will be a consolation draw, so everyone will play at least two matches in each division. Finals will be held on the weekend of May 5th and 6th. Names of winners and runners-up will be displayed on a plaque, and prizes will be awarded. **For more information, please contact Ralph Kusnitz at lvosquash@northshoreymca.org.**

Squash Drop In for Beginners

Fee: Member-Free Community-Guest Fee

Add variety to your workout and try squash. These classes are a free introduction to the wonderful game of squash from the Y's Squash Coordinator, Ralph Kusnitz. Squash provides a varied and intense workout, requiring agility and endurance and is great fun whatever your skill level. Non-marking shoes are required but all other equipment will be provided. Class length 1 hour. **Please contact Ralph Kusnitz at lvosquash@northshoreymca.org to schedule a free lesson.**

LVO Monday-Friday 10:00am

Adult Recess

Fee: Member- \$65 Community- \$98

Come play sports at the Y on Tuesday nights with other active individuals who are looking to have a good time. Each week we will play a different sport ranging from volleyball, dodgeball, whiffleball, flag football and Nerf to name a few. If you are looking to get out of the house and meet other active people, this class is for you! Class length 1 hour.

LVO Tuesday 8:00pm

Sports for the Active Adult

Ages: 60+

Fee: Member-\$65 Community-\$98

Come meet other adults your age and participate in the sports you played as a child. Each week a different sport will be enjoyed through various skills and games. Sports will include basketball, tennis, squash, kickball, and many more. Join our YMCA staff in making your experience a memorable one. Class length 45 min. For more information, please contact Emily Hudak at 781.990.7044 or hudake@northshoreymca.org.

LVO Wednesday 11:00am

Martial Arts for Teens & Adults-Tang So Do

Ages: 16 years & up

Fee per class: Members-\$12 Community-\$18

Fee per session: Members-\$88 Community-\$132

Tang So Do-Martial Arts - Artistry, self-defense, fitness, flexibility, basics, no-contact sparring and much more...in an atmosphere of patience, humor, tolerance and mutual respect. Black Belt Adult and Teen Instructors at each class from Safe Harbor Martial Arts. This is an enjoyable activity whether you're 16 or 60+! Class length 1 hour. Meets in aerobic studio 1. **Please see website for informational sheets.**

LVO Tuesday 7:30pm



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

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

ADULT SWIMMING

Adult Swim Lessons

Fee: Member-\$76 Community-\$114

Swim lessons are designed for adults who want to learn to swim or improve strokes. Instruction is given at an individual pace so everyone has the opportunity to improve. Qualified instructors guide the learning process. Class length 45 min. Meets in small pool (* meets in big pool).

LVO	Monday	7:15pm
LVO	Tuesday	10:30am*
LVO	Wednesday	12:00pm, 7:30pm
LVO	Thursday	10:45am*

Springboard Diving for Adults

Fee: Member-\$84 Community-\$126

This class is to learn how to dive. It is an opportunity to learn the basic dives and when mastered learn complex dives. Participants must be able to swim 25 yards. Please bring with you a chamois, sweatshirt or long sleeve shirt that can get wet. Class length 1 hour.

LVO	Saturday	12:00pm
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Advanced Springboard Diving for Adults

Fee: Member-\$84 Community-\$126

LVO	Wednesday	6:30pm
LVO	Saturday	11:00am

Aquatic Personal Training

Ages: 14 years & up

1 Session Fee: Member-\$30 Community-\$45

4 Session Fee: Member-\$120 Community-\$180

The aquatics staff will work with you for the water training you desire! Whether it be injury prevention, water walking and running, water exercise, water safety, or proper stroke technique.

By appointment. Please contact Susan Guertin at 781.990.7009 or guertins@northshoreymca.org.

Adaptive Physical Swim Class

Ages: 18 years & up

Fee: Member: \$76 Community:\$114

This modified swim program is designed for adults with physical disabilities. The class goal is to provide each swimmer with the opportunity to develop muscular strength and endurance within the limits of the individual's abilities. This modified swim class will focus on movement activities and swimming skills. The skills taught in the physical adaptive class depend on the individual's abilities and on medical advice. Class length 1 hour. Meets in small pool.

LVO	Thursday	10:45am
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SwimFit (Master's)

Ages: 18 years & up

**Fee: Member: \$41 monthly bank draft
\$408 yearly amount
\$10 drop in fee
Community: \$80 monthly bank draft
\$888 yearly amount
\$15 drop in fee**

This adult swim program is great for competitive swimmers and triathletes who wish to improve their swimming skills and for fitness swimmers striving to spice up their swimming routine. The workouts are coached by highly qualified swim coaches and are created with individual goals in mind. We emphasize excellent swimming technique, fitness and fun. So put on a suit, cap and goggles and go to work! Class length 1 hour 30 min. Meets in big pool.

LVO	Monday/Wednesday/Friday	5:30am
LVO	Tuesday/Thursday	9:30am
LVO	Saturday	7:00am

Arthritis Stretch Aquatics

Ages: 18 years & up

Fee: Member-\$74 Community-\$111

This program 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 movements used in the program increase joint flexibility and range of motion while restoring or maintaining muscle strength. Loosen up with us in our new warm water therapy pool! Class length 1 hour. Meets in small pool.

LVO	Monday	12:30pm
LVO	Friday	12:00pm



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

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

COMMUNITY EDUCATION

ASHI First Aid Recertification

Ages: 16 years & up

Fee: Members-\$35 Community-\$53

Refresh your First Aid skills for a variety of medical emergencies. This course includes online training at home. You must take the on-line course prior to attending the class. Upon arrival you will demonstrate first aid skills and take a written test. Class length 30 minutes.

Class will meet in the Teen Center.

LVO	Monday	6:30pm	March 5
LVO	Tuesday	10:00am	March 13

ASHI First Aid

Ages: 16 years & up

Fee: Members-\$40 Community-\$58

This course is for the first time learner or participant that would like hands on learning. You will learn basic first aid for a variety of medical emergencies. This course combines lectures, demonstrations and practice scenarios. Class length 3 hours. Class will meet in the Teen Center.

LVO	Monday	6:30pm	April 9
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ASHI CPR Recertification

Ages: 16 years & up

Fee: Members-\$35 Community-\$53

This course is designed to refresh your CPR and AED skills. You will be certified in adult, child, and infant CPR. This course includes an online course at home. You must take the online class prior to attending class. Upon arrival you will demonstrate your skills and take a written test. Class length 45 minutes. Class will meet in the Teen Center.

LVO	Thursday	6:30pm	March 8
LVO	Thursday	10:00am	March 22

ASHI CPR Certification

Ages: 16 years & up

Fee: Members-\$40 Community-\$58

This course is for the first time learner or participant that would like hands on learning. You will learn adult, child, and infant CPR through lectures, demonstrations and practice scenarios. Class length 3 hours and 30 minutes. Class will meet in the Teen Center.

LVO	Thursday	6:30pm	April 12
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Spaulding Outpatient Center

Ask a PT – Spaulding and the Lynch/van Otterloo YMCA Spaulding Outpatient Center in partnership with the Lynch/van Otterloo YMCA is proud to offer an opportunity to “Ask a PT.”

Physical therapists from Spaulding will be available for brief screening sessions on the second floor. This is a perfect opportunity to seek expert advice on those aches and pains! Appointments are free and on a first come first serve basis.

For more information, contact Derek Milone for more information at dmilone@partners.org or call 781.639.0055.

Adaptive Workshops

The Lynch/van Otterloo YMCA has partnered with the Spaulding Adaptive Sports and Recreation Division to offer Adaptive Clinics to expand the Y's Adaptive Programs. We will be hosting a kayaking clinic on April 29th.

Spaulding Rehabilitation Center will offer professional training in this area to train YMCA professionals to be able to offer adaptive sports to a broader range of people with disabilities.

For more information about these programs or to get involved, please contact Emily Korriku at korrikue@northshoreymca.org or 781.990.7040.

FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

Middle School and High School Youth Sport Volunteering

Designed for students age 14 years and up to learn how to teach children's sports classes. The first few classes will be held in conference room learning how to instruct and facilitate practice plans for sport classes. Final classes will conclude with teaching a child's sports class. Class length 45 minutes. Prepare today for a job tomorrow. **For more information, please contact Emily Hudak at hudake@northshoreymca.org or 781.990.7044.**

Older Adults Social Group

Come to meet, socialize and learn with other older adults. Monthly group will be led by volunteer adults that organize, plan and execute events and activities decided by our new Connections Committee. **If you are interested in attending or serving on the committee, please contact Chris Bevilacqua at 781.990.7002, or bevilacquac@northshoreymca.org.**

LVO	Eating Healthy/ Feeling Healthy	6:00pm	March 7
LVO	Skincare for Timeless Skin	7:00pm	March 14



Single Parent Support Group

The Marblehead Counseling Center will offer a Single Parent Support Group. Being a single parent means caring for children, making difficult decisions and running a household by oneself. This group will connect single parents into a network of mutual support to help each other with the tasks of parenting and life. The group will provide a place to give and receive emotional support, discuss strategies for cooperative co-parenting, inform parents about available community resources, offer suggestions and support for child rearing, and more. Paul Crosby, Executive Director, Marblehead Counseling Center will facilitate the group sessions.

Contact MCC or Chris Bevilacqua at bevilacquac@northshoreymca.org to register. Price per group session is \$40. Part of this fee may be billable to health insurance. A sliding-scale fee is available for income-eligible participants without insurance through the Marblehead Counseling Center. Meets in conference room 2. Free childcare available during group.

LVO Monday 6:00pm



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 Lynch/van Otterloo Y that allow you to give back and make a real difference. Currently, we have task force committees formed to develop the Y's strategic plan for our future. The areas of focus are Childhood Obesity, Older Adults, Teens, Children's Island, and Financial Development.

If you are interested in any of these, please contact Chris Bevilacqua at bevilacquac@northshoreymca.org, 781.990.7002 or visit us at www.northshoreymca.org/volunteer.cfm.

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

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.northshoremca.org/donate.cfm.

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



THE KEystone TO OUR FUTURE

NEW ORLEANS SERVICE TRIP

In an effort to help with the ongoing relief efforts in the wake of hurricane Katrina, the Lynch/van Otterloo YMCA teen program will be going on a service trip to New Orleans over April vacation. Participants will help with rebuilding efforts around the city and get the opportunity to see first hand the difference their contributions will make. The trip will be funded primarily through fundraising efforts on the part of the participants.

If this is a cause you would like to support and are interested in donating or helping to raise funds for the trip, please contact Teen and Camp Director Adam Rodgers at rodgersa@northshoremca.org or 781-990-7013.



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.

BOSTON BALLET SCHOOL



Boston Ballet School is located on the 2nd floor of the Lynch/van Otterloo YMCA. We offer three core programs, Children's, Classical and Adult for ages 2 through adults. To view a BB class visit our website at <http://www.bostonballet.org/explorebb/videos> and watch a class.

CHILDREN'S PROGRAMS

Ages: 2-7 years

The Children's program offers an introduction to the art of dance by promoting the exploration of creativity and expression through movement. No previous training is necessary, and enrollment in our Children's program is based on age, regardless of prior experience.

Hand in Hand 3

Age: 2 years (as of 9/1/11)

March-June Enrollment

Fee: Members-\$342 Community-\$375

Multiple payment options available.

Toddlers are encouraged to explore the world through movement, music and imagination. With the active presence in class of a caretaker, children are guided to dance, move, jump and run. Fun and engaging exercises incorporate the concepts of rhythms, patterns, self-expression and story telling. Parent/care-taker participates with child. Class length 45 minutes. Limited to 12.

BBS Saturday 9:00am HH-4.2

Creative Dance 1

Ages: 3 years (as of 9/1/11)

March-June Enrollment

Fee: Members-\$342 Community-\$375

Multiple payment options available.

Creative Dance 1 is designed to develop large and fine motor skills, coordination, and musical awareness while promoting creativity and imagination. Musical instruments such as bells, rhythm sticks and tambourines help to engage the students' attention and imagination. Class length 45 minutes. Limited to 12.

BBS Tuesday 10:30am CD-4.1

BBS Thursday 2:45pm CD-4.3

BBS Saturday 9:45am CD-4.4

Creative Dance 2

Ages: 4 years (as of 9/1/11)

March-June Enrollment

Fee: Members-\$342 Community-\$375

Multiple payment options available.

Creative Dance 2 further develops coordination and motor and listening skills, and introduces concepts of stretching and warming-up. A continued emphasis is placed on creativity as students use movement to communicate storylines and ideas. Class length 45 minutes. Limited to 12.

BBS Wednesday 3:00pm CD-4.2

BBS Thursday 3:30pm CD-4.3

BBS Saturday 9:45am CD-4.4

Pre-Ballet 1

Ages: 5 years (as of 9/1/11)

March-June Enrollment

Fee: Members-\$352.80 Community-\$387

Multiple payment options available.

Pre-Ballet 1 serves as an introduction to the more formal study of classical ballet. Students are introduced to age appropriate ballet vocabulary, skill development, and music appreciation via live piano accompaniment, while exploring the relationship between music and dance. Class length 45 minutes. Limited to 16.

BBS Monday 3:30pm PB1-4.1

BBS Tuesday 3:15pm PB1-4.2

BBS Thursday 4:15pm PB1-4.3

BBS Saturday 9:00am PB1-4.4

Pre-Ballet 2

Ages: 6 years (as of 9/1/11)

March-June Enrollment

Fee: Members-\$352.80 Community-\$387

Multiple payment options available.

Pre-Ballet 2 expands on students' developing ballet vocabulary, and introduces barre and centre work. Exercises help increase balance, posture, and spatial awareness. Students explore movement patterns and improvisation to help further individual expression. Features live piano accompaniment. Class length 45 minutes. Limited to 16.

BBS Monday 4:15pm PB2-4.1

BBS Wednesday 3:45pm PB2-4.2

BBS Saturday 10:30am PB2-4.3



BOSTON BALLET SCHOOL

Primary

Ages: 7 years (as of 9/1/11)

March-June Enrollment

Fee: Members-\$376.20 Community-\$413

Multiple payment options available.

Primary students are taught fundamental ballet technique and develop the self-discipline necessary to continue the study of classical ballet.

There is a continued emphasis on the relationship between movement, music and expression. The class prepares students to advance to the next level of study, the school's Classical Ballet Program. Features live piano accompaniment. Class length 1 hour. Limited to 18.

BBS Monday 5:00pm PRI-4.1

BBS Tuesday 4:00pm PRI-4.2

BBS Saturday 10:30am PRI-4.3

Youth Modern

Ages: 5-7 years (as of 9/1/11)

March-June enrollment

Fee: Members-\$352.80 Community-\$387

Multiple payment options available.

Broaden your young student's creative mind by enrolling them in the Youth Modern Class. This class is a wonderful way to explore dance in a creative environment. Students do not need to be enrolled in ballet classes to sign-up, although pursuing classes in Boston Ballet's Children's Program is always encouraged. Class length 45 minutes. Limited to 16.

BBS Saturday 9:45am YM-4.1

Teen Ballet Workout

Ages: 11-15 years

Fee: Open class structure, pay per class

Individual class: Member-\$12 Community-\$14

Don't miss this opportunity to tone your body in a different way!

This class is a great supplement to sports training, gymnastics, and ice skating. Build long and strong leg muscles, add core strength and control, gain more flexibility, coordination, and balance. Move to wonderful music while learning basic technique. No experience is necessary; just bring a willingness to try something new. Workout clothes and sneakers are acceptable attire for this level.

Workout class is offered on a drop-in basis. Students pay with a studio administrator prior to the start of each class.

BBS Monday 3:30pm Wrkt-4.1



CLASSICAL BALLET PROGRAM

Ages: 8-17 years

Students in the Classical Ballet Program are placed in levels Elementary 1 through Intermediate 2 based on a placement class. Placement classes are available throughout the year. Students enter an already scheduled class based on their experience level and are then evaluated by Boston Ballet Faculty members. To schedule a placement class please call 617.456.6380.

The Classical Ballet Program offers a comprehensive curriculum designed to provide a strong foundation in classical ballet technique. In all levels students build upon their ballet vocabulary, develop strength and precision as they gain perfection in technique. A minimum number of ballet classes are required at each level with day and time options offered to meet core requirements. Various elective classes such as Modern, Character and a performance ensemble are offered at certain levels. Core classes and electives are offered for a September-June term with ongoing enrollment permitted. Schedule and rates vary by level.

Ballerina Birthdays

If you're looking to plan an unforgettable birthday party, come to Boston Ballet! You can host up to 30 guests in our Ballet Studios located on the 2nd floor of the Lynch/van Otterloo YMCA.

Contact BirthdayParty@bostonballet.org to schedule a party. Times are flexible. Multiple party packages are available, starting at \$350. Parties include a Boston Ballet faculty member teaching a 45 minute class, a party coordinator, craft activity, set-up and clean-up.

Additional options include: food, drink, balloons, advanced ballerina story and demonstration, goody bags and more!

BOSTON BALLET SCHOOL

ADULT BALLET PROGRAMS

Ages: 16 & up Open Class Structure, pay per class

Individual class: Community- \$17 Member-\$14 Senior-\$12

10 Class Card: Community- \$140 Member- \$140 Senior-\$120

The Adult Ballet Program offers levels to meet the needs of first time dancers or those who have had years of ballet training. You can enjoy the many benefits of Ballet at any age, such as improved coordination, balance, flexibility, circulation, posture and strength.

The teachers of our adult classes respect the adult body and can help students adapt ballet exercises for individual restrictions. All Ballet classes feature live piano accompaniment. Modern classes feature live percussionists. Adult classes are offered on a drop-in basis. Students pay with a studio administrator prior to the start of each class.

Beginner Ballet
Monday 7:00-8:30pm J. Markham

Beginner/Elementary
Thursday 10:00-11:30am E. Cisneros

Elementary Ballet
Tuesday 7:00-8:30pm E. Randall
Saturday 9:00-10:30am K. Busbin

Intermediate Ballet
Tuesday 10:00-11:30am G. Murray
Thursday 7:00-8:30pm C. Anderson
Thursday 10:00-11:30am G. Murray

Modern
Wednesday 7:00-8:30pm E. Randall
Saturday 11:00-12:00am M. Cassell

How to Register

Registration packets are available in the Boston Ballet School lobby or on the Boston Ballet website at bostonballet.org/school.

All YMCA of the North Shore members receive a 10% discount on tuition at the Boston Ballet School. All registrations for the Boston Ballet School are handled on a first come first served basis.

A \$45.00 one time annual program registration fee is required per student. Registration fee is included in listed price. Please note that placements are subject to change within the first week of classes at faculty discretion.

Winter Hours

Monday-Friday 9:00am-9:00pm
Saturday 8:30am-1:30pm

Schedules subject to change.

Contact Us: 617.456.6380

Photo credits:

Elizabeth Akerstein, Howard Amidon, Jill Goldman, Rosalie O'Connor, Jared Redick, Segoul, Sabi Varga



VACATION WEEK SPECIALS!

April 16–April 20

SWIMMING

Vacation Preschool Swim Lessons

Ages: 3–5.5 years
Fee: Members–\$55 Community–\$83
Pike, Eel, Ray, Advanced Ray. Class length 45 min.
LVO Monday–Friday 9:00am Small Pool

Vacation Youth Swim Lessons

Ages: 6 years & up
Fee: Members–\$55 Community–\$83
Polliwog, Guppy, Minnow, Fish, Flying Fish. Class length 45 min.
LVO Monday–Friday 9:00am Big Pool

Pool Games

Ages: 3–5 years
Fee: Members–Free Community–\$5/class
LVO Monday–Friday 10:00am Small Pool

Snorkel

Ages: 6 years & up
Fee: Member–Free Community–\$5/class
Come try our snorkeling class to see what treasures lie beneath!
LVO Monday–Friday 1:00pm Big Pool

Water Polo

Ages: 12 years & up
Fee: Member–Free Community–\$5/class
Come learn a new game or participate in the fun! Class length 1 hour.
LVO Monday–Friday 2:00pm Big Pool

“SHARKS” Swim Team Clinic

Age: 5 years & up
Fee: Member–\$25/day Community–\$35/day
Come join the “Sharks” Swim team for a week of technique, dry land and endurance training over April vacation. This would be a good time for new swimmers to try the team and learn the various stroke drills, starts and turns. Class will be run Monday–Friday from 10:00am to 12:00pm. Swimmers may choose 1, 2, 3, 4 or 5 days. Swimmers should have good knowledge of rotary breathing.
LVO Monday–Friday 10:00am

Springboard Diving Clinic

Ages: 8–17 years
Fee: Member–\$25/day Community–\$35/day
Come and learn the basics of springboard diving. Class will be run vacation week on Monday, Tuesday, Wednesday and Friday at 12:00pm. Class is for beginners and intermediate divers to advanced divers. Great time for those who dive in the summer for a club and need to brush up on their dives. Instructor will run a little diving meet on Friday, April 20th. Meets in big pool.
LVO Monday/Tuesday/Wednesday/Friday 12:00pm

ADVENTURE VACATION CLUB

Ages: 6–10 years
3 day fee (Mon/Wed/Fri) Member–\$93 Community–\$140
5 day fee (Mon–Fri) Member–\$155 Community–\$230

If your child missed our popular summer camp this summer, this club is for you. There will be hikes in the woods, team building exercises and time on the rock wall. Your child will learn map and compass skills, learn to build a snow shelter, and take a swim in the pool. Please pack a snack, lunch, and swimming gear.

LVO Monday–Friday 9:00am–1:00pm

VACATION FUN CLUB

Ages: 5–12 years
8:00am–4:30pm: Member–\$55 per day Community–\$65 per day
8:00am–6:00pm: Member–\$65 per day Community–\$75 per day

Join us for a fun filled week of field trips, swimming, gym games, and craft projects. Daily options available. Contact Marianne Baker for more information at bakerm@northshoreymca.org or 781.990.7007.

LVO Monday–Friday

VACATION SPORTS CLUB

Ages: 5–8 years
2 Day Fee (Tues & Thurs) Member–\$62 Community–\$93
3 Day Fee (Mon/Wed/Thurs) Member–\$93 Community–\$140
5 Day Fee (Mon–Fri) Member–\$155 Community–\$233

Give your child some time over December school vacation to come to the Y and enjoy sports with friends. Children are invited to participate in a wide variety of sports ranging from basketball, floor hockey, dodgeball, soccer, swimming and many more. Please pack a snack, lunch and swimming gear. For more information, please contact Emily Hudak at hudake@northshoreymca.org or 781.990.7044.

LVO Monday–Friday 9:00am–1:00pm

GYMNASTICS

Vacation Gymnastics Club

Ages: 4 years & up
Fees: 2 day option: Tuesday & Thursday
Members–\$65 Community–\$98
3 day option: Monday, Wednesday & Friday
Members–\$95 Community–\$143
5 day option: Monday–Friday
Members–\$160 Community–\$240

Our vacation gymnastics club is where children can have fun learning to flip, twist, tumble in our state of the art gymnastics facility. Instruction will be given on all the apparatus including our in ground trampoline. Game time and open gym are also included.

LVO Monday–Friday 9:00am–1:00pm

Drop in Gymnastics Classes

Ages: 4–11 years
Fee: Members–\$10/day Community–\$15/day
Come jump the winter day away in an exciting gymnastics class. Boys and girls will receive instruction on all the apparatus. This is the perfect time for children to practice their favorite skills! Pre-registration is required. Class length 1 hour.
LVO Monday–Thursday 3:00pm

CHILDREN’S ISLAND

Children’s Island Camp Day

Ages: 7–14 years
Fee: Members–\$20 Community–\$30
Enjoy a fun filled day of summer camp in the winter! Kayak and snorkel in the pool, make s’mores, and do camp crafts. Meet up with your friends from the summer or see what summer camp on Children’s Island is all about. For more information contact Camp Director Adam Rodgers at rodgersa@northshoreymca.org or 781.990.7013.
LVO Monday April 16 9:00am–1:00pm



Lynch/van Otterloo YMCA
40 Leggs Hill Rd.
Marblehead, MA 01945

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**MEMBERS MAY
USE ALL OF OUR
YMCAS!**

**CABOT STREET YMCA
CAPE ANN YMCA
HAVERHILL YMCA
IPSWICH YMCA
LYNCH/VAN OTTERLOO YMCA
SALEM YMCA
STERLING YMCA**



**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**

**Ring Around the Neck
Marblehead**

**33rd Annual
5 Mile Road Race 2:00pm
Starts at Mayflower Cleaners**

Entry Fees

Adult (13 & up)

Pre-entry Fee \$22 Race Day Fee \$26

Youth (12 & under)

Pre-entry Fee \$14 Race Day Fee \$18

13th Annual

**Children's Fun Run 1:00pm
Held at Seaside Park**

Entry Fees

Pre-entry fee \$8 Race Day Fee \$12