



## 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  
GREATER BEVERLY YMCA



# YMCA OF THE NORTH SHORE

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

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

The YMCA of the North Shore is committed to education and the values of caring, honesty, respect and responsibility. Our YMCA provides all children, adults, and families, regardless of income,

For more information about the YMCA of the North Shore, the Greater Beverly YMCA or any of our local Y's, please visit [www.northshoreymca.org](http://www.northshoreymca.org).

For updates and timely news, please Like us on Facebook at [www.facebook.com/GreaterBeverlyYMCA](http://www.facebook.com/GreaterBeverlyYMCA).



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

## CONTACT US

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

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# MEMBERSHIP INFORMATION

## SPRING I 2012

FEBRUARY 27TH-APRIL 29TH

### Registration Dates

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

## HOURS OF OPERATION

### Sterling YMCA Facility Hours

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

### Cabot YMCA Facility Hours

Monday through Thursday 6:30am-8:00pm  
Friday 6:30am-6:00pm  
Saturday 8:00am-2:00pm  
Sunday closed

## 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 the amount may be split into monthly payments with our convenient draft option.

## PROGRAM LOCATIONS

### CAB

Cabot Street YMCA  
245 Cabot Street  
978.922.0990

### CEC

Sterling YMCA  
Children's  
Enrichment Center  
254 Essex Street  
978.927.6855

### MCP

McPherson Youth  
Center  
4 McPherson Drive  
978.921.6061

### STER

Sterling YMCA  
254 Essex Street  
978.927.6855

### TEEN

Douglas Stephens  
Teen Center  
254 Essex Street  
978.927.6855

### HAN

Hannah Field  
41 R Brimbal Avenue

### DANE

Dane Street Beach  
Lothrop Street

### LYNCH

Lynch Park  
Ober Street

### OBEAR

Obear Park  
Livingstone Avenue

## YMCA ONE DAY GUEST FEES

Family	\$20.00
Adult (19 & up)	\$15.00*
Group Exercise Class	\$10.00**
Adult with Youth Member	\$5.00
Teen (14-18)	\$7.00
Youth (0-13)	\$4.00

\*Allows access to the whole facility

\*\*Allows entrance to Adult Group Exercise Classes only to non-members.

Register for Y programs online at

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

## REAL MEASUREMENTS YOU CAN SEE

Try our new **BodyMetrix**  
fitness assessment tool



### BODYMETRIX IS HERE NOW! SIGN UP TODAY FOR YOUR \$15 ASSESSMENT!

Get a \$15 body composition analysis with the state-of-the-art BodyMetrix system. This non-invasive technology uses ultrasound to measure body fat, lean muscle tissue, body mass index and more, ensuring the ability to SEE and MEASURE all your hard work, set training goals, and establish a baseline for healthy improvements!

It is just one of many offering benefits included with your Y membership, designed to help you achieve your health & wellness goals. Learn more about all of our Health & Wellness Programs by visiting our website at [www.northshoreymca.org](http://www.northshoreymca.org).

Please contact Andrew Walker, Director of Health & Wellness, at 978.564.3486 or [walkera@northshoreymca.org](mailto:walkera@northshoreymca.org) for more information and to sign up today!



## FITNESS CENTER

Our fitness center will take your workout to a new level. With the latest cardio and strength training equipment, our facility has something for everyone!

- A new array of cardiovascular equipment
- A variety of strength training equipment
- Air conditioning
- Free weight area
- ActivTrax - A revolutionary, web based virtual trainer program that takes the guess work out of your workout.
- TRX/Kettlebells
- Brand New Keiser Circuit with functional trainer
- Brand New Spin Bikes
- Brand New SciFit Upper body ergometer

## OVER 85 FREE ADULT GROUP EXERCISE CLASSES!

- Step/Step Circuit • Kickboxing
- Senior Classes
- Spinning
- Yoga
- PiYo
- Muscle conditioning
- Basic training
- Zumba
- And much more!

## KIDS' CLUB

(Ages 3 months and up)

Fee: FREE to all Family Members

All other Members/Community-\$3 per hour/per child

Our Kids' Club is more than just babysitting. The space has been designed to provide interest areas for infants, toddlers, preschoolers and youth to encourage activities, socialization and exploration.

Monday-Thursday 7:45am-7:30pm

Friday 7:45am-7:00pm

Saturday 7:45am-12:00pm

## AQUATICS CENTER

Whether you're looking for swim lessons, lap swim, aqua aerobics or time to splash around with your family, you can find it in our Aquatics Center.

- Adult lap lanes are always available
- Aqua aerobics classes running mornings, afternoons and evenings
- Open Rec and Family Swim
- Pool is handicapped accessible
- Outdoor Pool (open Memorial Day to Labor Day)

## SPACIOUS LOCKER ROOMS

- Men's and Women's locker rooms 19 years and up with steam rooms
- Boys' and Girls' locker rooms 18 years and under

## ADDITIONAL AMENITIES & BENEFITS

- Reduced member rate on all programs
- State of the art Gymnastics Center
- Rock Wall
- Multiple gymnasiums
- On-site campgrounds
- Early Education Center and Teen Center
- Dance studio
- Ample parking
- Art Studio

## FINANCIAL ASSISTANCE

Everyone belongs at the Y. For information about confidential financial assistance, please call Mary Sholds, Senior Membership Director at 978.564.3911 or [sholdsm@northshoreymca.org](mailto:sholdsm@northshoreymca.org). An application may be found in the Y lobby or on-line at [www.northshoreymca.org](http://www.northshoreymca.org).

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## ADAPTIVE

YMCA Adaptive Programs offer a variety of recreational, therapeutic and educational programs for people with physical, cognitive, sensory, emotional and/or multiple disabilities.

### Adaptive Gymnastics

**Ages:** 7-11

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

Join the Boys and Girls Level 1 classes for an inclusive Gymnastics class at the Y! Your child will learn the basics of stretching, vault, bars, beam and floor exercises. The tumble track, foam pit and trampoline are also explored. This beginner class builds the confidence necessary for gymnastics, while strengthening your child's social and physical skills.

**STER Monday 4:30pm**

### Adaptive Family Day NEW

**Ages:** All Ages

**Fee:** Members & Community \$10/family

Come to the Sterling YMCA with your family and have a blast in our swimming pool and gymnastics center. Invite family friends or meet new families. This day is special for families involved in special needs, including emotional, behavioral, physical and/or cognitive disabilities. Pre-registration is required no later than Wednesday, April 18th. If you have any questions, please contact Lorigan Sudak, Youth & Family Director at 978.564.3929 or sudakl@northshoreymca.org.

**STER Saturday, April 21st 12:15pm-3:00pm**

**12:15pm-1:15pm**

**Swimming**

**1:30pm-2:00pm**

**Pizza**

**2:00pm-3:00pm**

**Gymnastics**

### Adaptive Adventure Challenge

**Ages:** 8-18

**Fee:** Member \$79 Community \$118

Participants will challenge themselves with group games and adventure initiatives while learning safe risk-taking behaviors. Youth will strengthen social skills and physical competence in this program, including opportunities to work together through the low ropes course and face the challenge rock climbing on our indoor wall. Class length is one hour.

**TEEN Friday 5:00pm**

### Pins and Pizza

**Ages:** 11-22

**Fee:** Member \$107 Community \$160

After a long day, there is nothing better than an evening of bowling and pizza. Participants meet and socialize with their peers while perfecting the art of bowling. This program is one hour and located at the Beverly Bowl-O-Mat.

**Beverly Bowl-O-Mat Thursday 5:30pm**

### Sleeping Bags, Etc.

**Ages:** 16-24

**Fee:** Member \$60 Community \$90

This is an opportunity for teens and young adults to spend an evening away from home! Pizza, movies, games, and more!

**STER Friday, March 16th & April 27th 9:15pm-8:00am**

### Adaptive Boot Camp

**Ages:** 13 and up

**Fee:** Member \$123 Community \$184

This program is designed to teach participants the benefits of exercise and overall health. While interacting with peers, individuals will learn correct lifting techniques, basic anatomy, muscle strengthening with free weights and weight machines, flexibility, tips for healthy eating, and more. Daily activities include weight training, and cardiovascular exercise. Class length is two hours.

**CAB Tuesday 3:00pm**

### Out and About

**Ages:** 16-24

**Fee:** Member \$114 Community \$170

This program brings individuals together to enjoy recreational events on the town. Activities include bowling, dinner, sporting events, movies and other entertainment. Participants may wish to bring additional spending money.

**STER Friday 6:15pm-9:00pm**

**March 2**

**Gymnastics & Super Sub**

**March 9**

**Bowling & Pizza**

**March 16**

**"Home Alone" Movie Marathon,  
Pizza & Ice Cream Sundaes**

**March 23**

**Nick's Roast Beef & Putnam Pantry**

**March 30**

**Swimming & Homemade Pizza Making**

**April 6**

**Monster Mini Golf**

**April 13**

**Chinese Food & Homemade Cupcake Baking**

**April 20**

**Gloucester Cinema**

**April 27**

**Swimming & Super Sub**

### Adaptive Adult Bowling

**Ages:** 22 and up

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

This program provides opportunities for adults with disabilities to bowl and socialize with their peers.

**Beverly Bowl-O-Mat Wednesday 4:00pm**

## ADVENTURE

### Programming on Demand

This new class concept allows the flexibility and freedom to create the ideal Y class that meets your busy schedule. To schedule a class that is On Demand, simply determine the type of class, select a few days and times that work for you, and contact the Director below. Many classes have a minimum number of registrations to run so please be prepared to have other children ready to join in the class as well. So make a couple of phone calls and coordinate your On Demand class today! Please contact Matt Chmielewski, Adventure Director at chmielewskim@northshoreymca.org or 978.564.3476.

### Pee-Wee Adult/Child Rock Climbing

**Ages:** 3-5

**Fee:** Member FREE Community \$7

Pee Wee climbing class is a great way to introduce your child to the sport of rock climbing. Parents and instructors assist children with climbing, teaching them about equipment, and techniques. This is a beginner course. Class length is 50 minutes.

**TEEN Tuesday 10:00am**

**TEEN Wednesday 10:00am**

# FOR YOUTH DEVELOPMENT

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## Open Rock Wall Climbing

**Ages:** 6 and up

**Fee:** Member FREE Community \$7

It's a perfect activity for the entire family or individual looking to try something new. The session includes lessons in climbing safety, equipment and technique. Session length is 90 minutes.

**TEEN Friday 4:00pm**

## Beginner Rock Climbing

**Ages:** 6-8

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

This is a great class for participants ages six through eight or have less than two years of climbing experience. This beginner rock climbing class is designed to help participants build self esteem, exercise and develop their knowledge and climbing ability. Students will graduate to higher levels through session based climbing assessments. Class length is 50 minutes.

**Scrambler (Level 1):** This class is for beginner climbers with little or no past climbing experience. Children will be introduced to the basic climbing techniques used for bouldering and top-roping, the climbing equipment, as well as climbing gym safety guidelines.

**Traverser (Level 2):** Climbers put to use the knowledge they have gained from being a scrambler. Children are introduced to more challenging climbing routes, advanced vocabulary, and are instructed on how to refine their basic techniques.

For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

**TEEN Monday 4:00pm**

**TEEN Wednesday 4:00pm**

## Intermediate Rock Climbing

**Ages:** 8-10

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

The intermediate rock climbing classes are designed for participants ages eight to 10 or for climbers with more than two years of climbing experience. This intermediate rock climbing class is designed to help participants build self esteem, strength and endurance, and further develop their knowledge and climbing ability. Class length is 50 minutes.

**Rock Jockey (Level 3):** This class is for novice climbers that have begun to master our basic climbing routes. Students learn team belaying techniques, climbing knots, and are introduced to advanced climbing routes and moves.

**Wall Crawler (Level 4):** At this advanced level, students are familiarized with belaying, and assisted self-belay. More class time is dedicated to climbing time so climbers can master techniques like the chimney, lay-back, and dyno.

For more information, please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

**TEEN Monday 4:00pm**

**TEEN Wednesday 4:00pm**

## Nerf Attack

**Ages:** 6-13

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

Our Nerf Attack class is all about epic Nerf action with your friends! Our fast-paced dodge-and-evade games are designed to keep you moving and having fun. Games include Humans vs. Zombies, Jedi's, Secret Service and many more! Participants must provide their own toy, darts and eye protection (loaners may be available). This one hour class has a minimum registration of eight so get your friends involved in the action! Class length is one hour.

**TEEN Thursday 5:00pm**

## Advanced Rock Climbing

**Ages:** 10-12

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

The advanced rock climbing class is designed for climbers ages 10 to 12 or for climbers with at least three years of climbing experience. Individuals build self esteem, exercise and develop their knowledge and climbing ability through the six measured levels of climbing assessments. Class length is 50 minutes.

**Rock Head (Level 5):** With the help of our climbing guides, students will tune their climbing skills to meet personal climbing goals. Rock Heads are expected to set-routes, help assist lower level climbers, and pass the YMCA of the North Shore belay test.

**Belay Ready (Level 6):** Belay-ready climbers are allowed to belay with a back-up and spend most of class working out new routes and mastering learned skills. During their session students will help guides change routes, conduct headlamp/blackout climbs, and have plenty of free climb!

For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

**TEEN Wednesday 5:00pm**

## Hamilton-Wenham Rocks & Ropes

**Grades:** 1-5

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

Calling all Hamilton/Wenham Students! Looking for something to do when there's an early release from school? The mix of rock climbing basics and the high and low ropes challenge course is the perfect class for you! Participants learn introductory skills pertaining to climbing safety, equipment, climbing maneuvers, and group initiatives. Experience high and low rope challenges like the Burma Bridge, Catwalk, 2 Line Bridge and the Centipede. Class length is one hour.

**TEEN Wednesday 2:00pm**

## Lego Club

**Grades:** 1-4

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

This awesome club let's your child exhibit their Lego Building skills with friends and peers. Our staff will lead participants through weekly Lego builds and challenges, show-and-tell time, and free builds. Whether this is your first time building with Legos or you've been building for years, this class is fun for everyone.

**STER Tuesday 4:00pm**

**STER Thursday 4:00pm**

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## The Art of Duct Tape

**Grades:** 3-6

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

Duct Tape Art is becoming a highly popular medium for young artists to highlight their work! In this class our staff will instruct you design apparel, accessories, and more. You can create rings, bracelets, wallets, hats, bags, shoes or even armor! The projects and possibilities are endless. You'll be instructed by the YMCA's professional duct tape artist Mike "Duct Tape" Milan. Materials and samples will be provided.

**TEEN Monday 5:00pm**

## Home School Rocks and Ropes

**Ages:** 6 and up

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

Calling all Home school students! Looking for another opportunity to socialize with other home school students? The mix of rock wall climbing basics and the high and low ropes challenge course is the perfect class for you! Participants learn introductory skills pertaining to climbing safety, equipment, climbing maneuvers, and group initiatives. Experience high and low rope challenges like the Burma Bridge, Catwalk, 2 Line Bridge and the Centipede. Class length is one hour.

**TEEN Scheduled by appointment**

## Home School Rock Climbing

**Ages:** 6 and up

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

Created with home school groups in mind, this class can be tailored to meet your groups specific needs (i.e. class times, age or ability range, number of students). Rock climbing is a wonderful way for students to build strength, improve problem-solving skills, raise self-esteem, and meet other home school students! Belay certified climbing instructors will use ability appropriate activities to teach basic safety, equipment, and climbing technique. Class is held indoors. Class length is one hour.

**TEEN Scheduled by appointment**

## Y'z Guys Climbing Club and Route Setters

**Grades:** 3-10

**Fee:** Member \$75/month Community \$110/month

Join our competitive climbing club. This club will teach, train, and motivate children interested in learning the skills needed for competitive climbing. Participants will meet weekly. This club is made up of novice through experienced climbers. Class length is 90 minutes.

**TEEN Wednesday 5:00pm**

## Rock Climbing Personal Instruction

**All Ages**

**Private Session:** Member \$15 Community \$20

**4 Private:** Member \$50 Community \$90

**Semi Private Session:** Member \$25 Community \$35

**4 Semi Private:** Member \$90 Community \$130

All sessions are 45 minutes long. The Adventure Education model is an effective tool for any youth as you aren't just talking about teamwork, you are experiencing it. Every participant in the Beverly YMCA Adventure program will benefit from their time spent with us. Youth and adults participating in this enrichment activity will grow, develop and experience improved self esteem and confidence, and have fun and memorable experiences. For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

## ARTS & HUMANITIES

### Mini Sports & Craft Mania

**Ages:** 3-4

**Fee:** Member \$79 Community \$118

Mini Sports & Craft Mania will introduce children to popular sports including soccer, basketball, tee ball and basic running/jumping techniques. Sports will focus on dribbling, passing, catching, kicking, hitting, running/jumping while participating in fun group games. After 30 minutes of sports, your child will receive 30 minutes of crafts/art relating to the sport the children have participated in. Media will include crayons, markers and paint. Class taught by sports instructor and Lorigan Sudak, Youth, Family and Camp Director.

**TEEN Tuesday 9:00am**

**TEEN Thursday 9:00am**

### Pint-Size Painting

**Ages:** 3-5

**Fee:** Member \$77 Community \$116

Preschoolers will get the chance to create freely, with an instructor, based on a story they hear. Children will receive various supplies to allow for creative thinking and to begin their artistic skills. This class strengthens gross motor skills and listening interpretation. Class is held in our Art Studio within the Douglas Stephens Teen Center. Class length is 30 minutes and taught by Lorigan Sudak.

**TEEN Tuesday 10:00am, 2:30pm**

**TEEN Thursday 10:00am, 2:30pm**

### Craft Splash! NEW

**Ages:** 3-5

**Fee:** Member \$141 Community \$212

Get the best of both worlds! We have combined two of the best classes at the YMCA! Drop your child off for a 30 minute arts & crafts class, and they will be brought to the pool for a 45 minutes swim lesson. Participants will be picked up at the pool at 10:45am. Participants must be dropped off for art in their swim suit.

**STER Monday 9:25am Arts & Crafts**

**10:00am Swimming**

### Drawing and Painting

**Grades:** K-5

**Fee:** Member \$114 Community \$171

Your child will express their imaginations through the arts of drawing and painting. Taught by Youth, Family and Camp Director, Lorigan Sudak, your child will learn about art supplies, techniques, and the fun of art. Class length is 45 minutes and located in the new art studio at the Douglas Stephens Teen Center.

**TEEN Monday 3:15pm - Grades 3-5**

**TEEN Thursday 3:15pm - Grades K-2**

### Yoga Fun

**Ages:** 3.5-5

**Fee:** Member \$56 Community \$73

Yoga Fun works with the natural ability of movement for kids to introduce the basics of yoga. Kids will learn breathing techniques and simple yoga poses that can enhance flexibility, help build strength and coordination, and work in a fun group setting. This 45 minute class is taught by Certified Yoga Instructor Becky Jensen.

**STER Tuesday 10:45am Studio C**

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## Musical Theatre Prep

**Ages: 8-14**

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

This class, taught by Katie Oberlander, explores the musical theater genre for both beginning and experienced performers. Students will work on scenes and monologues, learn standard choreography and sing classic musical theatre songs in group and individual settings. This is a perfect opportunity to prepare audition material, gain individual performance skills and work collaboratively with new friends. Classes will culminate in an end of session presentation of our work. Class length is one hour.

**STER Wednesday 4:00pm**

## Dramatics

**Ages: 8-12**

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

Ever wanted to be involved in theatre but don't know where to start? Or are you a young actor who would like to work on your improvisational skills? This class is perfect for both the beginner and the experienced actor. Learn how to be a better performer and what it takes to be a young professional in the world of theatre. Gain confidence and learn auditioning how-to's. The class culminates in a performance for friends and family. Class length is one hour.

**STER Thursday 4:00pm**

## Print Carving

**Grades: 4-6**

**Fee: Member \$79 Community \$118**

During this class participants will carve their own rubber blocks in which to add ink or paint and create their own printing mold. Carving techniques will be taught as well as safety precautions. This art work is used in many fields including t-shirt printing, stamping and paper printing. Be the first of your friends who can create their own printing press with the help of this 45 minute class taught by Lorigan Sudak, Youth, Family and Camp Director.

**TEEN Tuesday 3:15pm**

## S.T.A.G.E. (Students of Theatre Arts Gaining Experience)

**Grades: 6-12**

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

Want to watch theatre, talk theatre and create theatre? The Y Theatre Company is thrilled to present S.T.A.G.E.- a club for truly devoted thespians. Learn about theatre through attending it! S.T.A.G.E. takes monthly field trips to professional theatres across the North Shore and Boston. Then, we analyze the artistic process and vision of each production, and even discuss the shows we'll produce next at the Y. Grades 6 through 12 welcome. Meets the second Tuesday of every month from 6:30-8:00pm at the Salem YMCA. For more information, please contact Natalie Miller, millern@northshoreymca.org or 978.564.3945.

## 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 out on the Y Theatre Co.'s first Shakespeare play.

**Performance Dates:** March 9-11, 2012  
**Location:** Ames Hall in 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. Don't miss the Y Theatre Co.'s revival of the show for its special 2012 engagement.

**Performance Dates:** March 9-11, 2012  
**Location:** Ames Hall in the Salem YMCA

Tickets for both performances go on sale Friday, February 24th at the Salem YMCA. For more information contact Natalie Miller at 978.564.3945 or millern@northshoreymca.org.

## The Y Theatre Company Auditions:



Fly away on a magic carpet ride and discover all the enchantment 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?

**Audition Dates:** March 2-4, 2012  
**Performances Dates:** May 11-13 & 18-20, 2012

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

Please note:  
Spring I is a 9 week session

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## S.T.A.G.E. – THE PRE-SHOW

**Grades: 3-5**

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

Is your theatrical young star pining for even more theatre in their life? S.T.A.G.E.- The Pre-Show 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! Meets the second Thursday of every month, from 5:30-6:30 at the Salem YMCA. For more information, please contact Natalie Miller at 978.564.3945 or millern@northshoreymca.org.

## Private Lessons- Acting and Voice

**Single 45 minute lesson: Members \$45 / Community \$68**

**Package of Four (45 minute lessons): Members \$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 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](http://www.northshoreymca.org/theatre.cfm)  
Available times for lessons:

**Monday through Wednesday 3:30pm-7:00pm**

**Thursday and Friday 5:30pm-7:00pm**

Other weekday and weekend hours available upon request, please contact Natalie Miller at 978.564.3945 or millern@northshoreymca.org.

## DANCE

### Sterling School of Dance

The Greater Beverly YMCA's Sterling School of Dance inspires young dancers to appreciate the art of dance through a variety of styles. We teach our students how to be successful in dance class and on the stage. Our curriculum is structured around the core ballet system which provides the foundation for further learning in all dance genres. Children progress throughout the year with one primary instructor and the support of a team of instructors. Our instructors work together to teach each dance level and genre. Students benefit from social interactions and cognitive challenges designed to teach dance and stimulate creative thinking. Students in each division have the opportunity to perform in the Spring Recital in June, upon making a commitment to attendance. Whether your child wants to be a professional dancer or pursue other life goals, the Sterling School of Dance enriches them for their future endeavors. The Sterling School of Dance runs from September through June with a new summer option in Dance Camp programming. Students have the opportunity to learn from experienced dance instructors in a small group format, conducive to concentrated learning. Read the following descriptions and sign your children up for the appropriate class. Come to the YMCA in person to complete the necessary registration paperwork. Tuition payments are made monthly through automatic e-pay. For questions please contact Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or sudakl@northshoreymca.org.

## Twinkle Toes

**Age: 2.5-3.5**

**Fee: Member \$104 Community \$155**

This is a pre-ballet class that runs without parent participation. Basic dance skills are taught using a creative movement vocabulary. Dancers are also exposed to ballet words, steps and music. It's a fun class for princes and princesses in training. Class length is 30 minutes.

**STER Monday 9:30am**

**STER Tuesday 9:30am**

## Story Time Ballet

**Ages: 3-5**

**Fee: Member \$115 Community \$173**

A dance class exploring and dancing to The Coppelia Ballet. Each class will also have time for a creative craft. Boys and girls can have fun with their imaginations. Class length is one hour. Materials fee is included in pricing.

**STER Tuesday 11:00am**

## Creative Ballet

**Ages: 3.5-5**

**Fee: Member \$109 Community \$164**

This pre-ballet class is for preschoolers and focuses on coordination, rhythm, and listening. An informal introduction to ballet positioning exposes budding ballerinas to ballet terminology and posture. This is a fun class for children who like to flow in their movements or enjoy dancing as princesses and fairies. Participants are encouraged to wear dance dresses, tutus, or leotards. Class length is 45 minutes.

**STER Monday 10:00am**

**STER Tuesday 10:00am, 12:30pm, 1:15pm**

## Kid's Funky Dance

**Ages: 5-7**

**Fee: Member \$109 Community \$163**

This creative movement class for boys and girls offers beginning instruction in dance. Each week also includes warm-up exercises, stretching, and time for children to "Free Dance." Come have fun and get groovy! This class promotes expression, creativity, and self-esteem. Comfortable clothes and bare feet are recommended. Class length is 45 minutes.

**STER Thursday 5:00pm**

## Youth Hip Hop/Latin Combo

**Grades: 3-7**

**Fee: Member \$114 Community \$170**

Come join the dance party! This is a dance exercise class that combines high energy moves and combinations inspired by mostly Latin and Hip Hop Dance. Each class will end with basic stretching to cool down. Class length is one hour. Wear exercise attire and clean sneakers.

**STER Wednesday 5:30pm**

## Teen Hip Hop

**Grades: 9-10**

**Fee: Member \$114 Community \$170**

This is where your hip hop dance experience begins! In this class you will learn the basics of hip hop dancing along with the latest moves. You will learn to count music, move to the beat, and dance routines to a variety of pop artists. Are you up for the challenge? Wear exercise attire and clean sneakers. Class length is one hour.

**STER Thursday 6:00pm**

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Young Adult Hip Hop

**Ages:** 16 and up

**Fee:** Member \$114 Community \$170

Warm up, stretch, condition and dance! Miss Daylisa will teach you the latest moves and routines to a variety of popular music. This is a mixed level class. Dress to dance – you will sweat! Class length is one hour.

**STER Wednesday 7:30pm**

## Private Dance Lessons

**Ages:** 5-Adult

**Fee (Private Lessons):**

**Member \$36 Community \$54 (ages 5-16) 1 Lesson**

**Member \$105 Community \$158 (ages 5-16) 3 Lessons**

**Member \$105 Community \$158 (ages 16-adult) 1 Lesson**

**Member \$275 Community \$413 (ages 16-adult) 3 Lessons**

**Fee (Semi-Private Lessons, two students):**

**Member \$20 Community \$30 (ages 5-16) 1 Lesson**

**Member \$55 Community \$83 (ages 5-16) 3 Lessons**

**Member \$55 Community \$83 (ages 16-adult) 1 Lesson**

**Member \$155 Community \$233 (ages 16-adult) 3 Lessons**

Need help with a specific technique, or just want an individual lesson? Meet with one of our dance instructors for your very own dance lesson or facilitated practice time. Private dance lessons take place in our well-equipped dance studio. They are available for children, dancers, gymnasts and adults of all levels. All private lessons are one hour. Please contact Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or sudakl@northshoreymca.org

## CHILDCARE

The YMCA Children's Enrichment Centers offer early education programs for children six weeks through five years old. Our classrooms are arranged into learning centers to foster independence, cooperation, problem solving and planning. Your child will have an opportunity to explore and discover through Art, Literacy and Language, Mathematics, Science and Exploration, under the guidance of nurturing and knowledgeable teachers. All enrichment programs are included in your tuition; swimming lessons, gymnastics, and physical education. Call us today for your tour and informational packet. For your convenience we offer two locations:

### Sterling YMCA Enrichment Center

254 Essex Street, Beverly, MA 01915

Contact: Cyndi Stone, Director of Early Education, at 978.564.3475

### Cabot YMCA Enrichment Center

245 Cabot Street, Beverly, MA 01915

Contact: Stacy McHugh, Cabot Children's Enrichment Center Director at 978.564.3073

### YMCA After School Program: Full Day Kindergarten-Grade 5

The Greater Beverly YMCA provides high-quality after-school programs for families in the community. Over 300 families rely upon the YMCA to provide care for their school-age children. We serve all elementary schools in Beverly. The YMCA's school-age curriculum focuses on eight core components; Arts & Humanities, Character Development, Health, Wellness, fitness, Homework, Literacy, Science & Technology, Service-Learning, Social Competence & Conflict Resolution. Register today for the YMCA after-school program. For more information contact Mary Ellen Mayo, Youth Services Director, at 978.564.3928 or mayom@northshoreymca.org.

### Hamilton-Wenham School's Out: Kindergarten Enrichment

Hamilton Wenham School's Out is offering continuing enrollment for the 2011-2012 school year. Registration forms are available online, at the Greater Beverly YMCA's front desk and at Hamilton Wenham School's Out Program at the Hamilton/Wenham Community Center. For more information, please contact Mary Ellen Mayo, Youth Services Director, at 978.564.3928 or at mayom@northshoreymca.org.

## YMCA School's Out

**Grades: 1-5**

Hamilton Wenham School's Out offers limited availability for the 2011-2012 school year. Registration forms are available online, at the Greater Beverly YMCA front desk, and at the Hamilton Wenham School's Out Program. For more information, please contact Mary Ellen Mayo, Youth Services Director at 978.564.3928 or at mayom@northshoreymca.org.

## YMCA After the Bell

**Grades: 6-8**

The YMCA After the Bell program is still enrolling for the 2011-2012 school year. Registration forms are available online or at the Greater Beverly YMCA front desk. For more information, please contact Mary Ellen Mayo, Youth Services Director, at 978.564.3928 or mayom@northshoreymca.org.

## ACADEMIC ENRICHMENT

### YMCA Homeschool Day

**Ages: 6-12**

**Fee: Member \$169/session Community \$253/session**

The Greater Beverly YMCA offers a program for Home School children on Thursdays. Give your children opportunities to develop physical skills, improve their fitness and socialize with peers.

**9:30am-10:30am Swimming**

**10:30am-12:00pm Adventure**

**12:00pm-12:30pm Lunch**

**12:30pm-1:15pm Gymnastics Lesson**

**1:15pm-2:00pm Gymnastics Open Gym**

The YMCA will provide one staff per group available to make sure children transition from activity to activity and have staff supervision during lunch time. For returning participants, please note changes in time. Participants meet on the pool deck. For more information or to register please contact Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or sudakl@northshoreymca.org

### Home School Rocks and Ropes

**Ages: 6 and up**

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

Calling all Home school students! Looking for another opportunity to socialize with other home school students? The mix of rock wall climbing basics and the high and low ropes challenge course is the perfect class for you! Participants learn introductory skills pertaining to climbing safety, equipment, climbing maneuvers, and group initiatives. Experience high and low rope challenges like the Burma Bridge, Catwalk, 2 Line Bridge and the Centipede. Please dress for the weather. Class length is one hour.

**STER Scheduled by appointment**

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Home School Rock Climbing

**Ages:** 6 and up

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

Created with home school groups in mind, this class can be tailored to meet your groups specific needs (i.e. class times, age or ability range, number of students). Rock climbing is a wonderful way for students to build strength, improve problem-solving skills, raise self-esteem, and meet other home school students! Belay certified climbing instructors will use ability appropriate activities to teach basic safety, equipment, and climbing technique. Class is held indoors. Class length is one hour.

**TEEN** Scheduled by appointment

## Spanish Classes

**Grades:** K-5

**Fee:** Member \$83 Community \$125 Grades K-2  
Member \$91 Community \$137 Grades 3-5

Have your child start learning Spanish or improve your older child's skills once a week with Mrs. Lauren Hoover, Spanish teacher at Shore Country Day School. Sing songs, act out skits and other fun exercises to help you appreciate this language.

**STER** Friday 10:45am-11:15am Grades K-2  
**STER** Thursday 4:30pm-5:15pm Grades 3-5

## Family Yoga NEW

**Ages:** 10 and up

**Fee:** Member FREE Community \$10/class

No registration or payment is required for members. Non-members can pay, per class, at the front desk. Our yoga classes will lead kids and families on the path toward a calm and balanced mind and strong, healthy and flexible body. Our yoga program provides a safe, creative, fun and interactive environment for everyone! Enjoy the many benefits that yoga can provide, in a fun, calm and relaxed atmosphere. Taught by Certified Yoga Instructor Nicole DuFresne.

**STER** Saturday 10:00am-11:15am Studio C

## Family Adventures NEW

**Ages:** 3 and up

**Fee:** Member \$10/person \$25/group of 4  
Community \$15/family \$35/group of 4

Join us for an awesome day of adventure activities at the Sterling YMCA. Our trained adventure staff will lead many fun family activities including archery, climbing, face painting, ropes course, scavenger hunts, gym games, shelter building competition and smores. For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

**TEEN** Sunday, May 12th 9:00am-3:00pm

## Open Rock Wall Climbing

**Ages:** 6 and up

**Fee:** Member FREE Community \$7

It's a perfect activity for the entire family or individual looking to try something new. The session includes lessons in climbing safety, equipment and technique. Session length is 90 minutes.

**TEEN** Friday 4:00pm

## Archery & Climbing Open House

**Ages (Archery):** Grades 1 and up

**Ages (Climbing):** 3 and up

**FREE FOR MEMBERS**

**Fee:** Member and Community FREE

Ever thought about trying rock climbing or archery but weren't sure if you'd be up for the challenge? This open house is a great opportunity to meet our instructors and see if our classes are a good fit for you.

For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

**TEEN** Friday, April 13th 4:00pm-6:00pm

## Cosmic Climb NEW

**Ages:** 3 and up

(children under 10 must be accompanied by an adult)

**Fee:** Member & Community \$7/person \$25/group of 4

Join our Adventure staff for an awesome night of music and cosmic climbing. We'll turn off the lights and get the party started with our strobe and disco lights, fun games and more! So, bring your family and friends for a rockin' good time! Minimum of 15 participants needed to run. Pizza and refreshments will be available for an additional fee. Equipment will be provided by the Adventure staff.

For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

**TEEN** Saturday, March 24th 6:30pm-8:30pm

## Batting Cage Rentals

**Fee:** \$35/hour

The Batting Cages in the Teen Center are available for rent on select hours during the week and on weekends. For more information or to schedule a rental please contact Casey Sudak, Sports Director, at 978.564.3482 or [sudack@northshoreymca.org](mailto:sudack@northshoreymca.org) for more information.

## FAMILY TIME

### Family Zumba

**Ages:** 9 and up

**Fee:** Member \$5/family Community \$12/family

Join us for this family friendly, cardio-dance class with multicultural world beats! Designed for families to come together for a fun, energizing workout with no previous dance experience required.

Family Zumba provides an amazing aerobic workout infusing Latin rhythms and easy to follow moves, with motivating music as a background. Try this super-fun, high-energy, workout, and begin a new fitness journey with your family. Class will be taught by Certified Zumba instructor Kim Crowley and will run for one hour. Children must be accompanied by an adult.

**STER** Sunday, March 18th 4:00pm Studio A  
**STER** Sunday, April 29th 4:00pm Studio A



# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Seasonal Scout Activities

**Ages: 6 and up**

Are your Boy Scouts looking forward to earning a merit badge? Or maybe your troop or den just wants to come and learn the basics of an adventure activity? We have just what you need!

- Rock climbing
- Archery
- Canoeing
- Orienteering
- And much more...

Some activities may be seasonal and will not be available in the winter months. For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

## BIRTHDAY PARTIES

### Adventure Birthday Parties

Celebrate your birthday with friends climbing on our indoor rock wall. For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

### Art Birthday Parties

The first hour, your guests will enjoy creating and painting their very own masterpiece. The second hour will be reserved for celebrating that special birthday. For more information contact Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or [sudakl@northshoreymca.org](mailto:sudakl@northshoreymca.org).

### Gymnastics Birthday Parties

Gymnastic Birthday Parties include 45 minutes in a facility room for cake and presents, and one fun filled hour in the gymnastics center. Parties are held Saturday and Sunday afternoons. Party includes up to 10 children, and additional fees are added for up to 25 children. For more information please contact Jeanee Gonet, Associate Gymnastics Director, at 978.564.3916 or [gonetj@northshoreymca.org](mailto:gonetj@northshoreymca.org).

### Sports Birthday Parties

Ages 4 and up. Choose from a variety of sports for your child and his/her friends! It includes one hour in the gymnasium with a YMCA Sports Instructor, followed by one hour in a party room. For more information please contact Casey Sudak, Sports Director, at 978.564.3482 or [sudakc@northshoreymca.org](mailto:sudakc@northshoreymca.org).

### Batting Cage Birthday Parties

Batting Cage Birthday Parties include 45 minutes in a facility room for cake and presents, and one exciting hour in the gym using the YMCA batting cages. Party includes up to 10 children. Additional fees required for more than 10 children. For more information please contact Casey Sudak, Sports Director, at 978.564.3482 or [sudakc@northshoreymca.org](mailto:sudakc@northshoreymca.org).

### Aquatics Birthday Parties

Aquatics Parties include one hour in a facility room for cake and presents followed by one fun filled hour in the pool for swimming, playtime, use of rockslide and/or water polo equipment. Party includes up to 10 children. Additional fees required for more than 10 children. For more information please contact Carol Meyer, Associate Aquatics Director, at 978.564.3906 or [meyerc@northshoreymca.org](mailto:meyerc@northshoreymca.org).

### Gladiator Birthday Parties

Ages 7 and up. Gladiator is a combination of dodgeball, flag football, and capture the flag all in one game. While hiding and dodging behind bunkers, kids need to capture the other team's flag without being hit by a dodgeball or having their flag pulled from their belt. Kids love the action of this game and can't get enough! For more information please contact Casey Sudak, Sports Director, at 978.564.3482 or [sudakc@northshoreymca.org](mailto:sudakc@northshoreymca.org).

### Teen Dance Birthday Parties

Sweet 16? Hitting the big 13? Just want to dance the night away? Rent out our Teen Center and DJ for a night of fun! For more information and booking contact Eric Campbell, Teen Director, at 978.564.3481 or [campbelle@northshoreymca.org](mailto:campbelle@northshoreymca.org).

### Nerf Birthday Parties

Nerf Birthday Parties are the newest craze for children ages six through 13. Nerf parties allow your child and their friends to bring their Nerf toys to the YMCA for awesome Nerf battles. Children will dodge and evade, hide behind our YMCA bunkers, and have tons of fun while being active! Party includes gym rental, Nerf Bunkers, party room usage and YMCA staff. Children must provide their own toys, darts, and eye protection. For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or [chmielewskim@northshoreymca.org](mailto:chmielewskim@northshoreymca.org).

### McPherson Skate Park Birthdays

Enjoy your next birthday party at the McPherson Youth Center Skate Park. Inside, the Center is complete with video games, board games, computer lab, kitchen and loft area spaces and bathrooms. Outside of the Center is our skate park and basketball courts. For more information please contact Eric Campbell, Teen Director, at 978.564.3481 or [campbelle@northshoreymca.org](mailto:campbelle@northshoreymca.org).

## GYMNASTICS

## PARENT/CHILD GYMNASTICS

### Parent Tot Gym I

**Ages: 12 months-18 months**

**Fee: Member \$92 Community \$138**

In this gymnastics class, parents are given the opportunity to positively interact and support their child in a fun and exciting environment. Children will develop a positive body image, coordination, balance and peer socialization skills through social interaction, music, games, parachute play and gymnastics circuits. The floor, tumble track, trampoline and pit will be explored. Class structure is very minimal, with the expectation that parents keep their children with the teacher. Class length is 40 minutes.

**STER Monday 10:15am**  
**STER Thursday 8:45am**

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Parent Tot Gym II

**Ages:** 19 months–24 months

**Fee:** Member \$92 Community \$138

In this gymnastics class, parents are given the opportunity to positively interact and support their child in a fun and exciting environment. Children will develop a positive body image, coordination, balance and peer socialization skills through social interaction, music, games, parachute play and gymnastics circuits. The floor, tumble track, trampoline and pit will be explored. The teacher will begin to introduce skills, with the expectation that parents keep their children with the teacher. Class length is 40 minutes.

**STER Monday 10:15am**

**STER Thursday 8:45am**

**STER Friday 9:30am**

**STER Saturday 9:00am**

## Parent Tot Gym III

**Ages:** 25 months–36 months

**Fee:** Member \$92 Community \$138

In this gymnastics class, parents are given the opportunity to positively interact and support their child in a fun and exciting environment. Children will develop a positive body image, coordination, balance and peer socialization skills through social interaction, music, games, parachute play and gymnastics circuits. The floor, tumble track, trampoline and pit will be explored. More skills and circuits such as the bars will be introduced, with the expectation that parents assist their children in performing skills. Class length is 40 minutes.

**STER Tuesday 10:15am**

**STER Thursday 9:30am**

**STER Friday 9:30am**

**STER Saturday 9:00am**

## Parent/Child Gymnastics Play Group

**Ages:** 0–6

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

Are you looking for a place to meet other moms and have your child let some energy out? Come and explore our state-of-the-art gymnastics center! An instructor will open and close the time with parachute songs and facilitate some gymnastics, but the main focus is unstructured play. Class length is 40 minutes.

**STER Tuesday 11:00am**

**STER Wednesday 10:15am**

**STER Thursday 11:45am**

## Tumble Time

**Ages:** 0–3 with parent, 4 and up drop off

**Fee:** Family Members Free

**Youth/Adult Members \$5/per person**

**Community \$10/per person**

Looking for an hour to yourself without the kids? Drop them off at Tumble Time in the gymnastics center and you will have a chance to take advantage of what the Y has to offer. Your child will be supervised by the gymnastics staff in a structured open gym setting. The bouncy Air Trak will be set up and staff will keep the kids actively involved. Take the hour to utilize the fitness center, pool, group exercise classes, men's basketball, or stay in the gymnastics center and watch Tumble Time. We ask that you stay and play if your child is under the age of four. Children over the age of four may be dropped off if parents do not leave the building.

**STER Monday 12:45pm–1:45pm**

**STER Tuesday 12:45pm–1:45pm**

**STER Wednesday 12:45pm–1:45pm**

**STER Sunday 10:00am–11:00am**

## Teeny Tiny Tumblers

**Ages:** 2.5–3.5 with parent

**Fee:** Member \$102 Community \$152

In this 40 minute class children will improve gross motor skills through activities such as running, jumping, skipping and tumbling. Additionally, children will begin to develop balance and coordination skills. Most important will be the development of listening skills so children will become independent of their parent and follow teacher's instructions. This class is designed as a transition into the Tiny Tumblers class which runs without parent involvement.

**STER Monday 9:30am**

**STER Wednesday 11:00am**

**STER Thursday 10:15am**

**STER Friday 8:45am**

**STER Saturday 9:00am**

## Tiny Tumblers

**Age:** 3–4

**Fee:** Member \$102 Community \$152

This class is designed with your preschooler's needs in mind. Children will develop gross motor skills through games and activities that require them to run, jump, skip and hop! While skills are introduced, the main focus of this class is for the children to become independent from their parents, follow a teacher's instructions and stay engaged with the class. Class length is 40 minutes.

**STER Monday 11:00am, 3:30pm**

**STER Tuesday 9:30am, 1:45pm**

**STER Wednesday 8:45am, 1:45pm, 3:30pm, 4:30pm**

**STER Thursday 9:30am**

**STER Friday 9:30am, 11:45am**

**STER Saturday 9:00am, 11:30am**

## Tiny Tumblers II

**Age:** 3.5–4

**Fee:** Member \$102 Community \$152

Once your child has completed the skills necessary for Tiny Tumblers they are ready for Tiny Tumblers II! This class further challenges your child with more advanced gymnastics skills on a wide range of gymnastics equipment. Teacher recommendation is required. Class length is 40 minutes.

**STER Friday 11:00am**

**STER Saturday 9:00am**

Please note:  
Spring I is a 9 week session

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Kindergym and Swim

**Ages:** 4-6

**Fee:** Member \$158 Community \$208

If your child loves gymnastics and swimming, then Kindergym and Swim was designed for them! We have combined two of our most popular programs into one fun-filled hour and a half.

STER	Monday	2:30pm Gymnastics 3:15pm Swimming
STER	Tuesday	9:00am Gymnastics 9:45am Swimming
STER	Wednesday	9:00am Swimming 9:45am Gymnastics

## Trampoline and Tumbling Tots

**Ages:** 3-6

**Fee:** Member \$102 Community \$152

This class is designed for those children who want to explore the tumbling aspects of gymnastics. Trampoline, tumble track, foam pit and the floor will be used to develop basic tumbling such as roll, cartwheels and handstands. Other aspects of gymnastics are not explored in this class. Class length is 40 minutes.

STER	Monday	9:30am
STER	Tuesday	10:15am
STER	Thursday	10:15am

## Kindergym I

**Ages:** 4-6

**Fee:** Member \$102 Community \$152

Kindergym I is the introductory gymnastics class for both boys and girls. In this class children will be introduced to the basics of stretching, gymnastics skills, strength exercises in a fun environment. Children will develop balance, coordination and motor skills while making friends and having fun! Class length is 40 minutes.

STER	Monday	10:15am, 11:00am, 1:45pm
STER	Tuesday	9:30am, 1:45pm
STER	Wednesday	9:30am, 1:45pm
STER	Thursday	8:45am
STER	Friday	8:45am, 10:15am
STER	Saturday	9:00am, 9:45am

## Kindergym I Extended

**Ages:** 4-6

**Fee:** Member \$111 Community \$166

Is 40 minutes just not enough? Join Kindergym I Extended! This one hour introductory class for girls and boys will focus on the basics of stretching, gymnastics skills, strength exercises in a fun environment. Children will develop balance, coordination and motor skills while making friends and having fun! Class length is one hour.

STER	Monday	3:30pm
STER	Tuesday	4:30pm
STER	Wednesday	3:30pm
STER	Thursday	3:30pm
STER	Friday	3:30pm
STER	Saturday	10:30am, 11:30am

## Boys' Kindergym I

**Ages:** 4-6

**Fee:** Member \$102 Community \$152

Designed with boys in mind, Boys Kindergym I is an introductory class which focuses on basic gymnastic skills. The class will explore the trampoline, tumble track, rings, bars, vault and spring floor. Boys will develop self-confidence, coordination and independence while making friends and having fun! Class length is 40 minutes.

STER	Tuesday	11:00am
STER	Saturday	9:45am

## Boys' Kindergym I Extended

**Ages:** 4-6

**Fee:** Member \$111 Community \$166

Is 40 minutes just not enough? Join Boys Kindergym I Extended! This one hour introductory class will focus on basic gymnastic skills. The trampoline, tumble track, rings, bars, vault and spring floor will be explored. Boys will develop self-confidence, coordination and independence while making friends and having fun!

STER	Monday	3:30pm
STER	Tuesday	3:30pm

## Kindergym II

**Ages:** 5-6

**Fee:** Member \$102 Community \$152

Once your child has mastered the basic skills of Kindergym I, they will be ready for Kindergym II! In this 40 minute class, instructors will introduce new and more challenging gymnastics skills as well as those previously learned on the vault, bars, beam and floor. Children will continue to develop balance, coordination, motor skills and a positive self image while making friends and having fun.

STER	Monday	11:00am
STER	Tuesday	9:30am, 2:30pm
STER	Wednesday	11:00am, 1:45pm
STER	Thursday	10:15am
STER	Friday	11:45am
STER	Saturday	9:45am

## Kindergym II Extended

**Ages:** 5-6

**Fee:** Member \$111 Community \$166

Is 40 minutes just not enough? Join Kindergym II Extended! This one hour class will introduce new and more challenging gymnastics skills as well as perfect those previously learned on the vault, bars, beam and floor. Children will continue to develop balance, coordination, motor skills and a positive self image while making friends and having fun.

STER	Monday	3:30pm, 4:30pm
STER	Tuesday	4:30pm
STER	Wednesday	3:30pm
STER	Thursday	3:30pm
STER	Saturday	10:30am, 11:30am

## Boys' Kindergym II Extended

**Ages:** 5-6

**Fee:** Member \$111 Community \$166

This hour long class will continue to focus on the same events as Boys Kinder Gym I Extended: trampoline, tumble track, rings, bars, vault and floor. The boys will be challenged with more advanced gymnastics skills in a fun and safe environment. Instructor recommendation required.

STER	Monday	3:30pm
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# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Girls' Kindergym III

**Ages:** 5-6

**Fee:** Member \$111 Community \$166

This is a more advanced gymnastics class for those children for those children who have mastered Girl's Kindergym II skills. Children will learn more challenging skills on the vault, bars, beam and floor and participate in strength exercises in a fun and structured environment. Along with new skills, children will develop self confidence, coordination and independence while making friends and having fun. Class length is one hour, instructor recommendation required.

**STER Tuesday 4:30pm**

**STER Thursday 4:30pm**

**STER Saturday 9:45am**

## Little Gym Squirts

**Ages:** 4-6

**Hour Fee:** Member \$115 Community \$172

**Hour 1/2 Fee:** Member \$138 Community \$208

If your little gymnast is looking for an opportunity to join a team with his/her peers, this is the way to go. The Little Squirts meet at the same time each week to work on their gymnastics skills together. Coaches teach the gymnasts short routines that they will proudly exhibition at our annual Gym Show. Lessons of teamwork, sportsmanship, and dedication are emphasized during the weekly practices. Coach invitation required.

**STER Monday 3:30pm 1 1/2 hour**

**STER Wednesday 4:30pm 1 hour**

**STER Friday 10:00am 1 hour**

## YOUTH GYMNASTICS

### Junior Gym and Swim

**Grades:** 1-4

**Fee:** Member \$138 Community \$208

If your child loves gymnastics and swimming, then Junior Gym and Swim was designed for them! We have combined two of our most popular programs into one fun-filled hour and a half. Gymnastics will get their hearts pumping for 40 minutes, then the instructor will escort them to the pool for their 45 minute swim lesson. Parents will pick up the kids from the pool.

**STER Monday 3:15pm Gymnastics**

**4:15pm Swimming**

**Wednesday 3:15pm Gymnastics**

**4:15pm Swimming**

### Girls' Level I

**Grades:** 1 and up

**Fee:** Member \$111 Community \$166

This beginner class introduces girls to the basics of stretching, gymnastics skills and strength exercises. Basic skills will be introduced on the vault, bars, beam and floor to develop body awareness and coordination. Tumble track, the foam pit and the trampoline will also be explored. This beginner class builds the confidence necessary in the sport of gymnastics.

**STER Monday 3:30pm, 4:30pm\***

**STER Tuesday 3:30pm**

**STER Wednesday 4:30pm**

**STER Thursday 3:30pm, 4:30pm**

**STER Friday 3:30pm**

**STER Saturday 10:30am**

\* This class is inclusive. Children with special needs are encouraged to register and participate.

### Girls' Level II

**Grades:** 1 and up

**Fee:** Member \$111 Community \$166

Once your daughter has mastered the skills introduced in Girls' Level I, it is time for Girls' Level II! In this class, girls will perfect previously learned skills and be further challenged by new and exciting skills. Girls will explore the events of vault, bars, beam and floor to learn body awareness and coordination. Tumble track, the foam pit and the trampoline will be explored. Class length is one hour.

**STER Monday 4:30pm**

**STER Tuesday 3:30pm**

**STER Wednesday 3:30pm**

**STER Thursday 3:30pm, 4:30pm**

**STER Friday 4:30pm**

**STER Saturday 10:30am, 11:30am**

### Girls' Level III

**Grades:** 1 and up

**Fee:** Member \$138 Community \$208

A class for the advanced students who have completed all of the skills in Level II or at least a year of experience. Instructor recommendation required. Class length is one hour and 30 minutes.

**STER Monday 4:30pm**

**STER Wednesday 4:30pm**

**STER Thursday 3:30pm, 4:30pm**

**STER Friday 3:30pm**

**STER Saturday 10:30am**

### Wildcats Bronze - Girls

**Grades:** 1 and up

**Fee:** Member \$138 Community \$208

Each practice begins with the Wildcats' team warm up and includes strength and conditioning exercises. Class runs on an eight week schedule, but a school year commitment is recommended. Gymnasts must be evaluated by coach before registering for this class. Class length is one hour and 30 minutes.

**STER Tuesday 4:30pm**

**STER Thursday 5:00pm**

**STER Saturday 9:00am**

### Wildcats Silver - Girls

**Grades:** 1 and up

**Fee:** Member \$138 Community \$208

Each practice begins with the Wildcats team warm up and includes strength and conditioning exercises. Class runs on an eight week schedule, but a school year commitment is recommended. Gymnasts must be evaluated by coach before registering for this class. Class length is one hour and 30 minutes.

**STER Saturday 10:30am**

### Wildcats Gold - Girls

**Grades:** 1 and up

Wildcats Gold is designed to prepare your child to compete the USAG level 4 routines. Practice is held twice per week for two hours. Gymnasts must try out for this team and are considered to be a Wildcat team member. With this membership comes the requirement to purchase a leotard and participate in fundraisers. Children will perform in our annual Gym Show in May and a mock meet. Monthly fees are drafted electronically and a year round commitment is made. For more information or an evaluation, please contact Eva Van Ness, Gymnastics Director, at 978.564.3903 or [vannesse@northshoreymca.org](mailto:vannesse@northshoreymca.org).

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Youth Trampoline and Tumbling

**Grades: 1 and up**

**Fee: Member \$111 Community \$166**

Also known as T&T, this unique class follows the guidelines outlined by the official sport of Trampoline and Tumbling. This class is designed for children that are interested in exploring the trampoline and tumbling branch of gymnastics. Trampoline, tumble track, tumble strip, and the spring floor will be the focus of this class. Class length is one hour.

**STER Monday 4:30pm**  
**STER Wednesday 4:30pm**  
**STER Friday 3:30pm**

## Wildcats Gymnastics Team

**Grades: 1 and up**

Our nationally ranked gymnastics team strives to train, teach and motivate children to achieve their potential in competitive gymnastics. Our program consists of USAG levels 4-9 and Prep Optional.

Gymnasts compete in local, State, Regional and National YMCA and USAG championships. For more information or an evaluation, please contact Eva Van Ness, Gymnastics Director, at 978.564.3903 or [vannesse@northshoreymca.org](mailto:vannesse@northshoreymca.org).

## Boys' Level I

**Grades: 1 and up**

**Fee: Member \$111 Community \$166**

Designed with boys in mind, Boy's Level 1 will focus on the USAG sanctioned sport of Trampoline & Tumbling. This includes: trampoline, tumble track, spring floor and our new 80 foot rod tumbling strip! The fundamentals of rings, bars and vault will also be explored. The boys will be introduced to the basics of stretching, conditioning and strength exercises. This class will promote confidence, body awareness, coordination and most importantly it is tons of fun! Class length is one hour.

**STER Monday 4:30pm\***  
**STER Tuesday 3:30pm, 4:30pm**  
**STER Thursday 3:30pm**  
**STER Saturday 11:30am**

\* This class is inclusive. Children with special needs are encouraged to register and participate.

## Boys' Level II

**Grades: 1 and up**

**Fee: Member \$111 Community \$166**

Once your child has mastered the skills of Boy's Level 1, it is time for Boy's Level II! In this class boys will perfect previously learned skills and be further challenged by new and exciting skills. Boys will be trained in the events of trampoline & tumbling. The tumble track, rings, bars and vault will also be explored. Class length is one hour.

**STER Wednesday 4:30pm**  
**STER Thursday 3:30pm**

## Boys' Level III

**Grades: 1 and up**

**Fee: Member \$138 Community \$208**

This is an hour and a half class for boys who have mastered the skills of Boy's Level II. Boys will also learn USAG trampoline & tumbling routines in preparation to join our Trampoline & Tumbling Team. Discipline and hard work ethic are introduced in this class. Instructor recommendation required.

**STER Thursday 4:30pm**

## Intro to Cheer

**Grades: 3-5**

**Fee: Member \$111 Community \$166**

This new cheer class is an introduction to tumbling, dance, and jump technique specifically for cheerleaders. Our high-energy instructors teach essential cheering skills by utilizing our spring floor, trampoline, and Tumble Track. The class also includes fun strength and flexibility training to help improve all aspects of cheering. Start your cheerleader off on the right foot with proper training from our experienced instructors. Class length is one hour.

**STER Thursday 5:30pm**  
**STER Saturday 11:30am**

## Cheer Tumble

**Grades: 4 and up**

**Fee: Member \$111 Community \$166**

A one hour class specifically designed for cheerleaders. This class will focus on necessary tumbling skills, proper technique, strength and flexibility.

**STER Monday 4:30pm**  
**STER Wednesday 4:30pm**  
**STER Thursday 4:30pm**  
**STER Friday 4:30pm**  
**STER Saturday 10:30am**

## Cheer Tumbling for Teens

**Grades: 7 and up**

**Fee: Member \$111 Community \$166**

This one hour class is specifically designed for teens and pre-teens that are interested in the tumbling aspects of gymnastics. A variety of skills will be taught ranging from basic to advanced tumbling depending on your current skill level. Instructors will utilize our state-of-the-art equipment including the spring floor, trampoline, and Tumble Track.

**STER Tuesday 3:30pm**  
**STER Wednesday 3:30pm, 5:30pm**  
**STER Friday 2:45pm**  
**STER Saturday 11:30am**



# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Cheer Rentals

Cheer rentals are available for teams looking to utilize our space and equipment. Quality instruction from highly trained and experienced coaches is also available. Private and semi-private rentals offered.

We provide the following services:

- Use of space and high quality equipment
- Tumbling instruction for all levels
- Choreography
- Coaches clinics
- Routine clean-ups
- Proper stunting and tumbling technique
- Rentals for tryouts/captain's practices
- Strength training and flexibility
- Judges for tryouts
- Competition venue

For more information, please contact Eva Van Ness, Gymnastics Director, at [vannesse@northshoreymca.org](mailto:vannesse@northshoreymca.org) or 978.564.3903.

## Open Gymnastics Fees

Family Memberships (all ages) and Youth Memberships (age seven and up): For those with Family Memberships, Open Gymnastics is FREE. If your child is seven years old or older and has a Youth Membership, Open Gymnastics is also FREE.

Youth Memberships (ages 0-6): If your child has a youth membership and is a newborn to six years old, we require that a parent participate in Open Gymnastics. There will be a \$5 participation fee for one parent. If you have an additional adult with you, there will be no charge for that adult.

Community: For Community Members who want to make use of Open Gymnastics we charge a family guest fee of \$20.

## Preschool Open Gymnastics

Ages: 0-6

STER	Monday	11:45am-12:30pm
STER	Tuesday	11:45am-12:30pm
STER	Wednesday	11:45am-12:30pm
STER	Friday	12:45pm-1:30pm
STER	Saturday	8:00am-8:45am
STER	Sunday	2:00pm-2:45pm

## Youth Open Gymnastics

Grades: 1-8

STER	Sunday	9:00am-9:45am, 3:00pm-3:45pm
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## Home School Open Gymnastics

Grades: 1 and up

STER	Thursday	1:15pm-2:00pm
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## Adult Open Gymnastics

Ages: 18 and up

STER	Friday	1:30pm-2:30pm
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## LEADERSHIP DEVELOPMENT

### Myles McPherson Youth Center

4 McPherson Drive Beverly, MA 01915

978.921.6061

The McPherson Youth Center is an amazing place for boys and girls ages 11-18. Our center offers youth and teens a safe and fun place to hang out, shoot some pool, use the computer lab, play video games, get in a game of air hockey, and participate in programs, leagues and much more! Our hours are Monday-Friday 3:00pm-8:00pm and Saturday 12:00pm-10:00 pm. We are closed on Sundays. We also close at 6:00pm on the Friday nights that we have Teen Dances and on the Saturday nights we that we have Teen Town programming. For information about the McPherson Youth Center, teen program and ways you can help out please contact Eric Campbell, Teen Director, at 978.564.3481 or [campbelle@northshoreymca.org](mailto:campbelle@northshoreymca.org).

### McPherson Teen Leader's Club

Grades: 6-12

The McPherson Youth Center is looking for a group of teens to step up and be the future of our city! Teens will have two meetings a month, take part in discussions that directly effect the teen population in Beverly, community service projects, field trips and opportunities to meet locally, regionally and nationally with other teen leader groups. There are requirements to be apart of this opportunity club. For information please contact Eric Campbell, Teen Director, at 978.564.3481 or [campbelle@northshoreymca.org](mailto:campbelle@northshoreymca.org).

MCP	Thursday	7:00pm-8:00pm
	March 1st, 15th	
	April 5th	

### Babysitting 101

Grades: 6-9

Fee: Member \$54 Community \$81

If you are starting your babysitting career and want the "need to know" helpful hints, join this class with Joyce Legan, child development professional, for babysitting basics. Topics will include babysitting etiquette, development stages of children, entertaining a child, behavior management and how to stay safe as a babysitting. Get your career started on the right foot!

STER	April 16th-20th	1:00pm-3:00pm
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## RECREATION

### Kids Fun Night

Grades: 1-5

Fee: Member \$9 Community \$9

Join us on Friday nights at the YMCA for an evening that includes dinner, games, swimming, gymnastics and more! Pick up is at 9:00pm. Additional paperwork required at drop off. Snacks are sold for \$1 each. Go ahead and take a night for yourself.

STER	Friday	6:00pm-9:00pm
	March 2nd, 16th, 23rd, 30th	
	April 27th	

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Kids Fun Night Sleepover

**Grades:** 1-5

**Fee:** Member \$30 Community \$40

After Kids Fun Night on April 27th, stay at the Y until morning participating in more activities around our building! In addition to swimming, sports and open gymnastics during the regular Kids Fun Night time, you will get a chance for more more open gymnastics and then rock climbing after hours in our Teen Center. Watch a movie with popcorn at the end of the night and then its lights out! Pick up is by 7:45am the next morning. Sleepover price includes both Kids Fun Night and Sleepover. For more information or questions please contact Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or sudakl@northshoreymca.org.

**STER** Friday, April 27th 6:00pm-7:45am

## Teen Night Dance at the Y

**Grades:** 6-8

**Fee:** Member \$9 Community \$9

Teen night dances are back for the 2011-2012 school year! Dance the night away as our DJ spins today's hottest music inside the Douglas Stephens Teen Center! Middle school students only and no one will be admitted after 8:15pm! For more information contact Eric Campbell, Teen Director, at 978.564.3481 or campbelle@northshoreymca.org.

**TEEN** Friday 7:00pm-10:00pm  
March 2nd, 16th  
April 6th, 27th

## Middle School Teen Town

**Grades:** 6-8

**Fee:** Member \$9 Community \$9

Middle School Teen Town is the new Saturday night hang out for all middle school students. The pool, gymnastics center and basketball gym will be open for teens to have private access too between 8:00pm-10:30pm. Teens will enter through the Sterling Center side door by the vending machines. Activities in the gym will vary between sport related games and special events. Please note that this program takes place after the Sterling Center is closed, the building will only be open for those teens in grades 6-8! For more information please contact Eric Campbell, Teen Director, at 978.564.3481 or campbelle@northshoreymca.org.

**STER** Saturday 8:00pm-10:30pm  
March 3rd  
April 28th

## Private Skateboard Lessons

**All Ages**

**Fee:** Member \$28 Community \$32

These lessons will help boarders at any level. Participants will learn basic skill ssuch as standing and pumping on the board, landing ricks and riding ramps. Lessons are held on Saturday and Sunday mornings and afternoons. To schedule a lesson or for more information please contact Eric Campbell, Teen Director, at 978.564.3481 or campbelle@northshoreymca.org.

**MCP** Saturdays and Sundays 8:00am-12:00pm

## April Vacation Days

**Full Day K-Grade 5**

**Fee:** Member \$54/day Community \$81/day

Enroll your child in a full day program at the YMCA. Programs are located at a local elementary school. Field trips or in-house entertainment are provided each day. Additional paperwork is required before a child can be admitted in the program. Pre-registration is required one week in advance directly through Lorigan Sudak, Youth, Family and Camp Director. Contact Lorigan at 978.564.3929 or sudakl@northshoreymca.org.

**STER** April 16th-20th 7:00am-6:00pm

## April Vacation Nerf Testing Grounds

**Grades:** 1-5

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

Get out your Nerf toys and get ready for some non-stop, adrenaline inducing action! Our Y staff will lead participants in fast paced, dodge and evade, Nerf action. Games may include: Ultimate Nerf, Humans vs Zombies, Power Struggle, Secret Service, Star Wars, Team Accumulation, and more. Slice of pizza and juice included in the fee. For more information please contact Matt Chmielewski, Adventure Director, at 978.564.3476 or chmielewskim@northshoreymca.org.

**TEEN** Tuesday, April 17th 9:00am-1:00pm  
**TEEN** Thursday, April 19th 9:00am-1:00pm

## April Vacation Adventures

**Ages:** 7-14

**Fee:** Member \$45 Community \$59

Join our Adventure staff for adventure challenges including fun climbing games and activities, archery, dodge ball and a field trip to an Lazer Quest. Pizza and refreshments are included in the fee and the Y provides all necessary equipment. For more information please contact Matt Chmielweski, Adventure Director, at 978.564.3476 or chmielewskim@northshoreymca.org.

**TEEN** Wednesday, April 18th 8:00am-4:00pm

## Circus Week

**Ages:** K-Grade 5

**Fee:** Members \$60/day Community \$90/day

**Extended Morning (8:00am-9:00am) \$20/day**

**Extended Afternoon (4:00pm-6:00pm) \$ 40/day**

Come visit the Sterling YMCA gymnastics center over April Vacation and learn how to juggle, jump through hoops of fire, balance on a tight rope and so much more! Enroll today and you will have a full day of circus fun playing under the big top, tumbling and jumping in our newly renovated gymnastics center! The day will not only be packed full of gymnastics instruction but swimming, adventure and arts and crafts too! Please pack snacks, lunch (peanut/nut free), water, swim suit and towel.

**STER** April 16th-20th 9:00am-4:00pm

## McPherson Vacation Skate Clinic

**Grades:** 3-8

**Fee:** Member \$130 Community \$150

Brush up on your skills with a week of skating. This week will help riders get back into skate shape and preview our summer skate camp! Clinic runs during April school vacation week at the McPherson Skate Park and Youth Center.

**MCP** April 16th-20th 8:00am-12:00pm



Become a fan of the Greater Beverly YMCA on Facebook!

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Boardwalk Skate Shop

**Grades: 3-12 with skating experience**

**Fee: Members \$30 Community \$50**

Boardwalk Skate Shop is Boston's premiere shop and indoor skate park. Located in Woburn, Boardwalk offers riders rails, sets and ramps to continue their passion even in the winter months. We will depart from the Sterling Center YMCA front doors at 11:30 am and skate from 12:00pm-3:00pm. We will return to the Sterling Center YMCA by 3:30 pm. The cost of this trip will cover all park fees, transportation and lunch.

**STER Saturday, March 31st 11:30am-3:30pm**

## Youth Overnights at the Y

**Grades: 1-6**

**Fee: \$50/child**

Sign your kids up for an overnight at the Greater Beverly YMCA! With the night including recreational swimming, open gymnastics in our gymnastics center, rock wall climbing and a movie projected on our Teen Center wall (while snug in your sleeping bags), this event is a great way for the kids (and chaperones) to have fun. A signed contract and waiver forms are needed prior to the overnight date. Chaperones are required. Overnights are scheduled for Saturdays and are only scheduled by appointment with Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or sudakl@northshoreymca.org.

**TEEN Saturday By appointment**

## SPORTS

### Programming on Demand

This new class concept allows the flexibility and freedom to create the ideal YMCA class that meets your busy schedule. To schedule a class that is On Demand, simply determine the type of class, select a few days and times that work for you, and contact the Director below. Many classes have a minimum number of registrations to run so please be prepared to have other children ready to join in the class as well. So make a couple of phone calls and coordinate your On Demand class today! Please contact Casey Sudak at 978.564.3482 or via email at sudakc@northshoreymca.org.

## PARENT/CHILD

### Parent/Child Mini Sports Mania

**Ages: 2-3**

**Fee: Member \$56 Community \$84**

Try some sports with your child. This parent/child option lets you and your child enjoy their first sports experience together. Activities will focus on sports skills that you can do together. The sports will include soccer, basketball, tee ball and basic running/jumping skills. Numbers, shapes and colors along with stretching and warm down techniques will be incorporated in the session!! Class length is 45 minutes.

**TEEN Wednesday 9:00am**

**TEEN Thursday 10:00am**

## PRESCHOOL

### Pee-Wee Sports Mania

**Ages: 3-4**

**Fee: Member \$71 Community \$106**

Mini Sports Mania will introduce children to popular sports include: soccer, basketball, tee ball and basic running /jumping techniques. Classes will focus on dribbling, passing catching, kicking, hitting, running/jumping while they participate in fun group games along with the teaching grids. Class length is 45 minutes.

**TEEN Wednesday 10:00am**

**TEEN Thursday 2:30pm**

### Mini Sports & Craft Mania

**Ages: 3-4**

**Fee: Member \$79 Community \$118**

Mini Sports & Craft Mania will introduce children to popular sports including soccer, basketball, tee ball and basic running/jumping techniques. Sports will focus on dribbling, passing, catching, kicking, and hitting while participating in fun group games. After 30 minutes of sports, your child will receive 30 minutes of crafts/art with related to the sport the children have participated in that day. Tools will include crayons, markers and paint. Class taught by a sports instructor and Lorigan Sudak, Youth, Family, and Camp Director. For more information please contact Lorigan Sudak, Youth, Family and Camp Director, at 978.564.3929 or sudakl@northshoreymca.org.

**TEEN Tuesday 9:00am**

**TEEN Thursday 9:00am**

### Pee Wee Playground Games

**Ages: 3-5**

**Fee: Member \$71 Community \$106**

Let your little one jump, giggle, and run in this new class! The Pee Wee Playground Games program is non-stop fun for your preschooler. YMCA staff will introduce the children to silly group games and fun activities including Duck, Duck Goose, Parachute Games, Tag Games, Simple Sports Games, and more. If you're looking for a safe fun, and active place for your child to socialize and play while you workout, this is a great choice. Class length is 45 minutes.

**TEEN Tuesday 2:30pm**

### Pee-Wee T-Ball League

**Ages: 4-5, Co-ed**

**Fee: Member \$75 Community \$112**

Join the fun in the Y's T-Ball League! Each child is placed on a team with a volunteer coach. Teams will practice for 30 minutes and then play a game against one of the other Pee Wee T-Call teams. Teams are co-ed and games will be played at Lynch Park on Saturday mornings beginning April 14th. Games will be moved indoors to the Douglas Stephens Teen Center for inclement weather. For more information or to be a volunteer coach please contact Stephanie Glowik, Pee Wee Sports Coordinator, at glowiks@northshoreymca.org.

**LYNCH Saturdays April 14th-June 9th**

Please note:  
Spring I is a 9 week session

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Sports Splash! **NEW**

**Ages:** 4-5

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

Who wants to work up a sweat before cooling off in the pool? Drop your child off at the Sterling YMCA for a 40 minute sports class and they will be brought to the pool for a 45 minute swim lesson. Participants will be picked up at the pool at 10:45am. Participants must be dropped off for the sports class in their swim suit.

**STER Friday 9:15am Sports  
10:00am Swimming**

## Mini Sports Mania **NEW**

**Ages:** 5-6

**Fee:** Member \$71 Community \$106

Mini Sports Mania will help every child refine sports skills in soccer, basketball, tee ball, and basic running/jumping techniques. Classes will focus on running, jumping, dribbling, passing catching and hitting while they participate in fun group games along with the teaching grids. Class length is 45 minutes.

**TEEN Tuesday 3:30pm  
TEEN Thursday 3:30pm**

## Sports Mania

**Grades:** 1-3

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

Are you a sports maniac? If so, this is the class for you. Children will play a variety of sports which include basketball, soccer, floor hockey, baseball, lacrosse and many others. Whether a rookie or veteran to sports, this class is great for everyone. Class length is one hour.

**TEEN Friday 3:30pm**

## Beginning Basketball

**Grades:** 1-3, Co-ed

**Fee:** Member \$71 Community \$106

Drills and games will focus on the basics of basketball: passing, dribbling, shooting and ball control. Offensive and defensive skills will be taught, and the rules of the game will be introduced. Class length is one hour.

**TEEN Monday 3:30pm**

## Boys Basketball II

**Grades:** 4-8

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

For children who are ready for the next level of play. Class will focus more on strategy of the game of basketball, while continuing to improve upon the skills of dribbling, passing, and shooting. Class length is one hour.

**TEEN Wednesday 3:30pm**

## Gladiator Day

**Grades:** 2-5

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

Join the sports staff for a fun day of Gladiator Dodgeball. Participants will be divided up into teams for a day of intense games. Lunch will be provided. For more information, please contact Casey Sudak, Sports Director, at 978.564.3482 or sudakc@northshoreymca.org.

**TEEN Wednesday, April 18th 11:00am-2:00pm**

## MARTIAL ARTS

### Intro to Tang Soo Doo Karate

**Grades:** 1-5

**Fee:** Member \$99 Community \$150

Join veteran martial artist Victoria Demarco in learning the basic moves and concepts of Tang Soo Doo Karate. Students will enjoy a fun fitness approach to basic self defense in a safe, structured environment. By the end of the eight weeks students will have better balance and coordination in addition to a better understanding of the Tang Soo Doo discipline, control and respect. Class length is 50 minutes.

**STER Friday 3:30pm Studio A**

### Tang Soo Doo Karate I

**Grades:** 6-8

**Fee:** Member \$99 Community \$150

Join Victoria Demarco, former New England Tang Soo Doo Black Belt Champion, in learning safe partner sparring and artistic combination moves in order to prepare for color belt advancement. Enhance discipline, gain strength and increase endurance during this nine week class. Class length is one hour.

**STER Friday 4:20pm Studio A**

## SWIMMING

### Parent/Child Swimming

We are now offering flexible scheduling for our parent/child classes for those weeks when you can't come at your regular class time. If you miss a class, you can come to any of our other scheduled classes for the same level. We have made arrangements so that every class can handle extra participants. If you have questions please contact Carol Meyer, Associate Aquatics Director, at 978.564.3406 or meyercc@northshoreymca.org.

### Shrimp, Kipper

**Ages:** 6 months-18 months

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

An introduction to the aquatic environment for parents and their babies, filled with simple songs and games. Parent/child teams have an opportunity to bond, talk and play with others. Parents learn basic aquatic safety. Class length is 30 minutes.

**CAB Wednesday 9:00am  
STER Tuesday 9:30am  
STER Thursday 10:00am  
STER Saturday 9:00am  
STER Sunday 10:00am**

### Inia

**Ages:** 18 months-24 months

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

Children start moving independently through the water under their parents' guidance. Experience the fun of blowing bubbles, kicking, paddling and making a splash! Children begin to prepare to work independently with an instructor. Class length is 30 minutes.

**CAB Wednesday 9:35am  
STER Tuesday 9:00am  
STER Thursday 9:30am  
STER Saturday 9:35am  
STER Sunday 10:35am**

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Perch I

**Ages:** 24 months–36 months

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

This is a fun class for those who want to swim with Mom or Dad. Perch I helps children develop safe pool behavior, adjust to the water, and learn basic swimming skills. Children will practice blowing bubbles, kicking and paddling using flotation. Class length is 30 minutes.

CAB	Wednesday	10:10am
STER	Tuesday	4:15pm
STER	Thursday	9:00am
STER	Saturday	10:10am
STER	Sunday	11:10am

## Perch II

**Ages:** 30 months–36 months

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

This is an advanced swim class for those little ones ready to swim without Mom or Dad. Children build off of the skills they mastered in Perch I and continue to experience new skills in the water. Emphasis is put on skill development, being in a class without a parent, and water safety. This is an instructor recommended class. Class length is 30 minutes.

CAB	Wednesday	10:45am
STER	Tuesday	10:00am
STER	Saturday	11:00am

## Pike with Parent

**Ages:** 3–5

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

This parent-child class is geared towards those children that are not quite ready to be separated from their parent. The class is structured just the same as a Pike class and emphasis is put on helping the child become more comfortable away from the parent. Class length is 45 minutes.

CAB	Wednesday	11:30am
STER	Wednesday	9:00am
STER	Saturday	11:00am

## Craft Splash!

**Ages:** 3–5

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

Get the best of both worlds! We have combined two of the best classes at the YMCA! Drop your child off for a 30 minute arts & crafts class, and they will be brought to the pool for a 45 minutes swim lesson. Participants will be picked up at the pool at 10:45am. Participants must be dropped off for art in their swim suit.

STER	Monday	9:15am Arts & Crafts
		10:00am Swimming

## Sport Splash! NEW

**Ages:** 4–5

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

Who wants to work up a sweat before cooling off in the pool? Drop your child off at the Sterling YMCA for a 40 minute sports class and after the class they will be brought to the pool for a 45 minute swim lesson. Participants will be picked up at the pool at 10:45am. Participants must be dropped off for the sports class in their swimsuit.

STER	Friday	9:15am Sports
		10:00am Swimming

## Kindergym and Swim

**Ages:** 4–6

**Fee:** Member \$138 Community \$208

If your child loves gymnastics and swimming, then Kindergym and Swim was designed for them! We have combined two of our most popular programs into one fun-filled hour and a half.

STER	Monday	2:30pm Gymnastics
		3:15pm Swimming
STER	Tuesday	9:00am Gymnastics
		9:45am Swimming
STER	Wednesday	9:00am Swimming
		9:45am Gymnastics

## Junior Gym and Swim

**Grades:** 1–4

**Fee:** Member \$138 Community \$208

If your child loves gymnastics and swimming, then Junior Gym and Swim was designed for them! We have combined two of our most popular programs into one fun-filled hour and a half. Gymnastics will get their hearts pumping for 40 minutes, then the instructor will escort them to the pool for their 45 minute swim lesson. Parents will pick up the kids from the pool.

STER	Monday	3:15pm Gymnastics
		4:15pm Swimming
STER	Wednesday	3:15pm Gymnastics
		4:15pm Swimming

## Preschool Swimming

**Fee:** Member \$83 Community \$124

We've made our swim lessons more convenient for your busy schedule. Sign up for a time that works for you and your children and we'll get them into the correct level. Blowing bubbles, floating, kicking, arm/leg patterns for strokes, rotary breathing, diving safety skills and swimming independence are all a part of the fun. Classes will be split into ability levels. All of our traditional YMCA swim lesson levels and skills will be available: Pike, Eel, Ray and Starfish. Lessons are 45 minutes in length and will meet once per week. We maintain a one-to-six staff to swimmer ratio.

STER	Monday	9:00am, 10:00am, 1:30pm, 3:15pm, 4:15pm
STER	Tuesday	9:00am, 1:30pm, 3:15pm, 4:15pm
STER	Wednesday	9:00am, 3:15pm, 4:15pm
STER	Thursday	9:00am, 3:15pm, 4:15pm
STER	Friday	9:00am, 3:15pm, 4:15pm
STER	Saturday	9:00am, 10:00am, 11:00am, 12:00pm
STER	Sunday	10:00am, 11:00am, 12:00pm

### Pike

Pike children begin to explore the watery world while learning basic paddle strokes and kicking skills. Pool safety, the use of flotation devices, blowing bubbles and jumping in are all a part of the excitement.

### Eel

Eels should be able to swim horizontally on their front and back and float independently. This class teaches kicking, floating, and the paddle stroke. Children have fun sliding down a pole underwater, dribbling a ball across the pool, and learning boating safety.

# FOR YOUTH DEVELOPMENT

## NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

### Ray

This class is for children who comfortably swim 25 yards on their fronts with their faces in the water and on their backs with flotation. Children build endurance, learn front crawl skills, tread water, and perform diving skills. It's fun to swim to the bottom, try a somersault, and jump off the block. Boating safety is also taught.

### Starfish

Starfish is for children who can swim the length of the pool on their fronts and backs without flotation. The class is taught entirely without any use of a flotation device. Endurance is improved, rotary breathing is coordinated, and diving skills are developed. Basic water polo and synchronized swim skills are a blast!

### Beginner Youth Swimming

**Fee: Member \$83 Community \$124**

We've made our swim lessons more convenient for your busy schedule. Sign up for a time that works for you and your children and we'll get them into the correct level. Classes will be split into ability levels. Traditional YMCA swim lesson levels and skills are available: Polliwog and Guppy. Lessons are 45 minutes in length and will meet once per week. We maintain a one-to-eight staff to swimmer ratio.

<b>STER</b>	<b>Monday</b>	<b>3:15pm, 4:15pm</b>
<b>STER</b>	<b>Tuesday</b>	<b>3:15pm, 4:15pm</b>
<b>STER</b>	<b>Wednesday</b>	<b>3:15pm, 4:15pm</b>
<b>STER</b>	<b>Thursday</b>	<b>3:15pm, 4:15pm</b>
<b>STER</b>	<b>Friday</b>	<b>3:15pm, 4:15pm</b>
<b>STER</b>	<b>Saturday</b>	<b>10:00am, 11:00am, 12:00pm</b>
<b>STER</b>	<b>Sunday</b>	<b>10:00am, 11:00am, 12:00pm</b>

### Polliwog

Beginner level for school-age children introduces them to the pool, the use of flotation devices, and floating. They learn the crawl stroke, side and back stroke.

### Guppy

This class is for children who can swim the length of the pool without flotation. Swimmers will explore rotary breathing, back and side stroke, and treading water as well as learn to somersault, jump into deep water, and kneeling dive.

### Minnow

**Grades: 1 and up**

**Fee: Member \$83 Community \$124**

Children learn to set goals and refine strokes, performing basic side stroke, breaststroke, crawl stroke and backstroke. Swimmers will experience more synchronized swimming, diving, boating safety and wet ball. Class length is 45 minutes. Evaluation or instructor recommendation required.

<b>STER</b>	<b>Tuesday</b>	<b>4:15pm</b>
<b>STER</b>	<b>Wednesday</b>	<b>5:15pm</b>
<b>STER</b>	<b>Thursday</b>	<b>3:15pm</b>
<b>STER</b>	<b>Saturday</b>	<b>12:00pm</b>

### Fish

**Grades: 1 and up**

**Fee: Member \$83 Community \$124**

Swimmers will learn to perform the crawl stroke, elementary backstroke, back stroke, and sidestroke with good form. Children will develop teamwork and cooperation, try the butterfly, build endurance and explore the underwater world with a mask and fins. Class length is 45 minutes. Evaluation or instructor recommendation required.

<b>STER</b>	<b>Tuesday</b>	<b>4:15pm</b>
<b>STER</b>	<b>Wednesday</b>	<b>5:15pm</b>
<b>STER</b>	<b>Thursday</b>	<b>4:15pm</b>
<b>STER</b>	<b>Saturday</b>	<b>12:00pm</b>

### Cabot St. Y Swimming

Learn to swim in our warm water Cabot Street pool. Swim lessons meet once per week for 45 minutes.

### Pike

**Ages: 3-6**

**Fee: Member \$83 Community \$124**

Children begin to explore the watery world while learning basic paddle strokes and kicking skills. Pool safety, the use of flotation devices, blowing bubbles and jumping in are all a part of the excitement.

<b>CAB</b>	<b>Tuesday</b>	<b>9:00am combined w/ Eel</b>
<b>CAB</b>	<b>Friday</b>	<b>5:15pm combined w/ Eel</b>

### Eel

**Ages: 3-6**

**Fee: Member \$83 Community \$124**

Eels should be able to swim horizontally on their front and back and float independently. This class teaches kicking, floating, and the paddle stroke. Children have fun sliding down a pole underwater, dribbling a ball across the pool, and learning boating safety.

<b>CAB</b>	<b>Tuesday</b>	<b>9:00am combined w/ Pike</b>
<b>CAB</b>	<b>Friday</b>	<b>5:15pm combined w/ Pike</b>

### Ray

**Ages: 3-6**

**Fee: Members \$83 Community \$124**

This class is for children who comfortably swim 25 yards on their fronts with their faces in the water and on their backs with flotation. Children build endurance, learn front crawl skills, tread water, and perform diving skills. It's fun to swim to the bottom, try a somersault and jump off the block. Boating safety is also taught.

<b>CAB</b>	<b>Thursday</b>	<b>9:00am combined w/ Starfish</b>
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### Starfish

**Ages: 3-6**

**Fee: Members \$83 Community \$124**

Starfish is for children who can swim the length of the pool on their fronts and backs without flotation. The class is taught entirely without any use of a flotation device. Endurance is improved, rotary breathing is coordinated, and diving skills are developed. Basic water polo and synchronized swim skills are a blast!

<b>CAB</b>	<b>Thursday</b>	<b>9:00am combined w/Ray</b>
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# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## Private and Semi-Private Swim Lessons

All Ages

Fee (Private Lessons):

Member \$32      Community \$48      1 Lesson

Member \$115      Community \$172      4 Lessons

Member \$175      Community \$262      8 Lessons

Fee (Semi-Private Lessons):

Member \$25      Community \$37      1 Lesson

Member \$85      Community \$127      4 Lessons

Member \$135      Community \$135      8 Lessons

Do you or your child need a little one-on-one help or are you looking for your own personal coach? Private lessons are a great way to get to the next level of swimming. We offer 30 minutes of one-on-one instruction that produces results. Semi-private lessons are also available. These lessons are set up as appointments to 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 please contact Carol Meyer, Associate Aquatics Director, at 978.564.3906 or meyerca@northshoreymca.org

## Little Sharks

Grades: K-1

Fee: Member \$144      Community \$216

Designed for younger swimmers who are interested in learning the skills needed for competitive swimming. The focus of the mini swim team will be on stroke development, technique, and racing starts and turns. This class is perfect for those who want to be taught in a team environment and have fun at the same time. Swimmers should be able to swim one length of the pool freestyle and backstroke. Class length is 45 minutes.

STER      Monday/Wednesday      4:00pm

## Swim Team

Grades: K-12

The YMCA of the North Shore swim team strives to teach, train and motivate children to achieve their potential in competitive swimming. We create valuable experiences carried throughout life. Our direction and philosophy applies to the novice as well as the national caliber athlete. Our highly specialized coaching staff emphasizes a 10:1 swimmer to coach ratio, a year-round program, and ability-based practice groups. For more information, contact the Competitive Aquatics Office at 978.564.3904.

## Sharks Bronze Group

Grades: 2-5

Fee: Member \$99      Community \$148

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

STER      Thursday      3:15pm

STER      Friday      3:15pm

## Sharks Silver Group

Grades: 6-8

Fee: Member \$99      Community \$148

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

STER      Monday      6:15pm

## Intro to Synchronized Swim

Grades: 2-6

Fee: Member \$79      Community \$118

Designed to teach children the basic skills of synchronized swimming. Swimmers will focus on basic skulling and eggbeater technique as well as learn beginner figures and patterns. Class length is 45 minutes.

STER      Thursday      4:00pm

## Synchronized Swim Team

Grades: 2-12

The YMCA of the North Shore Selkies Synchronized Swim Team promotes the development of self-esteem as swimmers engage physically and creatively in this performance oriented sport. It's highly specialized coaching staff strives to train, teach and motivate young swimmers in a supportive environment that allows each unique participant to achieve excellence. Selkies coaches create valuable experiences that both the novice and nationally ranked swimmer can carry throughout life. For more information, contact the Competitive Aquatics Office at 978.564.3904.

## Intro to Water Polo

Ages: 6-9

Fee: Member \$79      Community \$118

This team is designed for beginner players with little to no experience. Players will learn the basics of water polo including how to dribble, pass and shoot on net. Children will develop the ability to tread water for an extended time and build stamina and confidence. Every practice will end in a scrimmage in order to help players advance their skills. Join this new and exciting group of boys and girls for an opportunity to succeed in the water. Class length is 45 minutes.

STER      Monday      5:00pm

## Water Polo

Ages: 10-15

Fee: Member \$202      Community \$303

Join this active group of boys and girls and become a part of a fun, highly motivated team. Water polo provides swimmers with the opportunity to excel as an athlete in the water. On offense, defense or in goal, players learn the strategies and tactics of water polo. Join the excitement! For more information, contact the Competitive Aquatics Office at 978.564.3904.

STER      Monday/Thursday      6:00pm-7:15pm

# FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

## YOUTH WELLNESS

### Yoga Kids

**Grades:** 1-5

**Fee:** Members \$74 Community \$111

In Yoga Kids we allow your children to develop a sense of well-being through simple, easy to follow yoga programming. Yoga Kids will provide an amazing experience where they can let go, move their bodies, use their imagination and let their mind wander to exciting places. Best of all, it will ultimately allow them to begin a yoga calming practice of their own. Yoga Kids is a fun and creative approach to yoga that can be very helpful for children of all ages. Through the use of animated poses and stretching exercises yoga promotes strength, flexibility, coordination and body awareness. Your kids will gain confidence, self-esteem, and respect for others. This one hour class is taught by Certified Yoga Instructor Becky Jensen.

**STER Wednesday 3:30pm**

### Middle School Girl's Group Fitness

**Grades:** 6-8

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

Here is your chance to enjoy a great workout while learning all aspects of the fitness floor strength and cardiovascular equipment. Let Certified Personal Trainer Lee Benton takes you through exercises on Cardiovascular, Nautilus and Keiser Strength equipment, Cables, and Dumbbells. Learn the proper way to warm-up, cool-down and stretch, and proper fitness floor etiquette. Class is an eight week guide to working out on the fitness floor safely and effectively.

**STER Tuesday 5:00pm Fitness Floor**

## YOUTH & TEEN PROGRAMMING

All classes are one hour and taught by certified instructors and Certified Personal Trainers. Youth and teens can enjoy the comfort of a small group setting as they get in shape, gain confidence and learn new skills.

### Physical Activity Club (PAC) FREE FOR ALL

**Ages:** 10-14

A personalized 12 week healthy lifestyle program, developed in collaboration with Addison Gilbert Hospital, Beverly Hospital and Beverly Hospital at Danvers, focused on increasing physical activity and good nutritional practices to establish and maintain healthy weight. A Certified Personal Trainer guides each participant as they achieve healthy lifestyle goals. This 12 week program with flexible scheduling options can begin at anytime. A YMCA membership is included when participating in this program. For further information please contact Andrew Walker at 978.564.3486 or [walkera@northshoreymca.org](mailto:walkera@northshoreymca.org)

### Teen Cardio Kickboxing

**Grades:** 6 and up

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

This is a fun, non-contact aerobic workout that combines techniques of martial arts with fun music and high energy aerobic moves. Teens will improve balance, strength, focus and cardiovascular endurance. This full body workout will get you in great shape and teach you one of the hottest new ways to stay in shape in the industry today. Class length is one hour and includes strength and flexibility segments.

**STER Tuesday 4:00pm**

### Teen Spinning

FREE FOR MEMBERS

**Grades:** 6 and up

**Fee:** Member FREE Community \$111

During this one hour class the instructor leads you through a motivating bicycling experience that simulates an outdoor ride. Bring water, small towel, and lots of energy. Includes training on bike set up, safety guidelines, warm up, cool down and flexibility. Must wear cycle shoes or crosstrainers. No skate shoes. Please note that registration is required for the free program.

**STER Thursday 4:30pm**

### Teen Yoga

FREE FOR MEMBERS

**Grades:** 6 and up

**Fee:** Member FREE Community \$111

This uplifting class will help you become more flexible, patient and focused. Gain strength from the center of your body while shaping and toning your muscles. Build confidence in your appearance and accept your body and the way it moves. Learn the cultures of yoga, breathing and postures to keep you happy and strong. Start your yoga journey in this fun and easy to follow yoga class taught by Certified Yoga Instructor Becky Jensen.

**STER Wednesday 4:30pm Studio C**



# FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

## HEALTH & WELL-BEING

### ADULT DANCE

#### Young Adult Hip Hop

NEW

**Ages:** 16 and up

**Fee:** Member \$114 Community \$170

Warm up, stretch, condition and dance! Miss Daylisa will teach you the latest moves and routines to a variety of popular music. This is a mixed level class. Dress to dance and sweat! Class length is one hour.

**STER** Wednesday 7:30pm

#### Zumba Dance Party

NEW

FREE FOR MEMBERS

**Ages:** 16 and up

**Fee:** Members FREE Community \$10

Your Saturday nights will never be the same. Come have fun dancing, clapping, and grooving the night away. This 90 minute dance party is sure to make you smile regardless of dance abilities or experiences. Latin based Zumba classes are charged with energy and enthusiasm that parallels a dance club. You get to enjoy it right here at your YMCA. Taught by Certified Zumba Instructor Cheryl Cabral.

**STER** Saturday, March 3rd 5:30pm Studio A

**STER** Saturday, April 14th 5:30pm Studio A

#### Basic/Intermediate Ballroom Dance

**Ages:** 18 and up

**Fee:** Member \$99 per person Community \$139 per person

Dance with the stars! Whether you love to dance, are getting married, or looking for a fun way to stay in shape with your partner, Ballroom Dance will brighten your Friday nights. Come learn how to Ballroom Dance with award winning dance instructors, Paul and Doris Demers. Learn the basics of Swing, Waltz, Latin and Foxtrot. The steps you learn can be put to any social dance rhythm. Intermediate dancers can add more complex steps to their dance routines as they become confident in their skills. Partners are required. Class length is one hour.

**STER** Friday 7:00pm Studio A

#### Advanced Ballroom Dance

**Ages:** 18 and up

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

Take your Ballroom dance to the next level. Advanced ballroom dancers will learn the progressive steps of Waltz, Foxtrot, Swing, Cha-Cha, and Rhumba. New steps will be added from a choice of Bolero, Mambo, Samba, or Tango. Let award winning instructors Paul and Doris take your Ballroom skills to a new level. Partners are required for the advanced class. Class length is one hour.

**STER** Friday 8:00pm Studio A

#### Basic/Intermediate Adult Tap

NEW

**Ages:** 18 and up

**Fee:** Member \$114 Community \$170

New students-come learn the basics of tap dance. Returning students-be challenged at an intermediate level. This class is the perfect blend of technical instruction, cardio exercise, and pure fun. It's great for those who have never tapped or who remember taking tap as a child and want to dance again. Put on some comfortable clothes, grab your tap shoes and get ready to shuffle off to Buffalo! Class length is one hour.

**STER** Thursday 7:00pm

#### Basic/Intermediate Adult Jazz

NEW

**Ages:** 18 and up

**Fee:** Member \$114 Community \$170

Come learn the basics of jazz dance or develop your skills at the Intermediate level. Miss Alana performs with the Salem State Dance Ensemble and wants to share what she's learned with you. Wear exercise attire and prepare to sweat to some great tunes! Class length is one hour.

**STER** Tuesday 7:45pm

#### Social Hip Hop

**Ages:** 18 and up

**Fee:** Member \$114 Community \$170

Refresh your style on the dance floor while also refreshing your spirit! This class is the perfect blend of exercise and pure fun. Miss Daylisa will stretch you out and teach youthful dance moves that everyone can do. No dance background necessary. Class length is one hour.

**STER** Monday 6:30pm

#### Belly Dancing

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

This dance class is offered by Dancer-Artist Mindy Wecker, who has been teaching Belly Dance for over 30 years. Class is one hour with twenty minutes of dance, plus additional time spent on Yoga stretches and strengthening exercises. You will learn to isolate movements, move with grace and control and tone your whole body. Please come on an empty stomach, wear comfortable clothes, and bring a towel. The class is open to all regardless of experience. Class length is one hour.

**STER** Wednesday 7:00pm Studio C

#### DROP IN CLASSES NOW AVAILABLE for ADULT DANCE LESSONS

Pay for an eight class pass and enjoy the flexibility of dropping in on your favorite dance classes at your convenience. Valid through June 24, 2012.

Eight class pass: Member: \$110 Community: \$165

Choose from the following classes\*:

- Basic/Intermediate Ballet, Monday 5:00pm
- Basic/Intermediate Adult Tap, Thursday 7:00pm
- Basic/Intermediate Adult Jazz, Tuesday 7:45pm
- Social Hip Hop, Monday 6:30pm
- Young Adult Hip Hop, Wednesday 7:30pm
- Basic Caribbean Latin Dancing, Monday 7:30pm

\*Class options are subject to change, based on enrollment.

# FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

## Private Dance Lessons

**Ages:** 5-Adult

**Fee (Private Lessons):**

<b>Member \$36</b>	<b>Community \$54 (ages 5-16)</b>	<b>1 Lesson</b>
<b>Member \$105</b>	<b>Community \$158 (ages 5-16)</b>	<b>3 Lessons</b>
<b>Member \$105</b>	<b>Community \$158 (ages 16-adult)</b>	<b>1 Lesson</b>
<b>Member \$275</b>	<b>Community \$413 (ages 16-adult)</b>	<b>3 Lessons</b>
<b>Fee (Semi-Private Lessons, two students):</b>		
<b>Member \$20</b>	<b>Community \$30 (ages 5-16)</b>	<b>1 Lesson</b>
<b>Member \$55</b>	<b>Community \$83 (ages 5-16)</b>	<b>3 Lessons</b>
<b>Member \$55</b>	<b>Community \$83 (ages 16-adult)</b>	<b>1 Lesson</b>
<b>Member \$155</b>	<b>Community \$233 (ages 16-adult)</b>	<b>3 Lessons</b>

Need help with a specific technique, or just want an individual lesson? Meet with one of our dance instructors for your very own dance lesson or facilitated practice time. Private dance lessons take place in our well-equipped dance studio. They are available for children, dancers, gymnasts, and adults of all levels. All private lessons are one hour. Please contact Lorigan Sudak at 978.564.3929 or sudakl@northshoreymca.org to schedule an appointment.

## ADULT ADVENTURE

### Women's Rock Climbing

**Ages:** 18 and up

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

Tired of sitting around while your kid has all the fun! Drop your child off at class and come join us for an awesome time climbing our 24ft wall. Whether you're a beginner, or a seasoned veteran, our staff can give you a challenge that's right for you. Class length is one hour.

<b>TEEN</b>	<b>Tuesday</b>	<b>9:00am</b>
<b>TEEN</b>	<b>Tuesday</b>	<b>4:00pm</b>

### Belay Certification

**Ages:** 18 and up

**Fee:** Member \$15 Community \$25

Our belay certification course will provide participants with the skills necessary to pass a belay exam at any local climbing gym. The course includes knot tying, harnessing, rope checking, basic safety and commands, and a belay exam at the end of the course. Course length is four to six hours and can be scheduled as a one-day or two-day course as needed. Please contact Matt Chmielewski at 978.564.3476 or chmielewskim@northshoreymca.org to schedule an appointment.

**TEEN** By Appointment

### Amazing Adventures for Adults

**Ages:** 18 and up

**Fee:** Member FREE Community \$7/class

This is a great class for adults looking to improve their physical fitness with some great adventures. Our belay certified staff will get your adrenaline flowing with indoor climbing and high ropes! Whether you're a climbing veteran or your just looking for something new to try, this class is great for everyone! Class length is 90 minutes.

**TEEN** Thursday 6:00pm

## ADULT SPECIALTY FITNESS CLASSES

### Treadmill Interval Training NEW

**Ages:** 18 and up

**Fee:** Member \$88 Community \$133

Here is a great way to take advantage of an indoor workout and train in advance for taking your running outside when the weather gets nice. Treadmill training is for all fitness levels to learn warm up, how to train with running intervals, learn specific strength, core and flexibility exercises geared towards running. One hour class is designed for individuals to work, and progress, at their own pace in a small group setting with a trainer. Taught by Certified Personal Trainer, USA Track and Field Coach, and NSHS Certified Coach, Karen Giroux.

**STER** Monday 10:00am Fitness Floor

### Weight Loss 101 NEW

**Ages:** 18 and up

**Fee:** Members \$88 Community \$133

Here is where you need to start. If you have been unsuccessful on your own, it's time to learn the basics and map out a plan to get you the success you want with instructions that gear you towards a healthy eating lifestyle, not a "diet" for quick weight loss. Learn how to avoid obstacles and distractions that continually take you off track and block success. Join Certified Personal Trainer and Nutrition Specialist Kari Marks to start with a clean slate, learn how to stick to a plan and benefit from your hard work. Class is one hour, does not include a workout. Class is a lecture/class participation based format.

**STER** Wednesday 10:30am Conference Room

### Optimum Nutrition NEW

**Ages:** 18 and up

**Fee:** Members \$88 Community \$133

Learn to assemble a simple step by step plan and map out your path for weight loss goals. No more failed attempts or costly meal plans. Work with a Certified Personal Trainer and Nutrition Specialist Kari Marks, to identify obstacles and frustrations, set realistic nutrition and weight loss goals, and how to best use food as a tool for weight loss. Take action now, adapt your nutrition needs to suit your workouts and your lifestyle, and see permanent results that last. One hour class. Class is based on lecture/discussion, does not include workout.

**STER** Monday 6:00pm Conference Room

### Fitness Training for Fat Loss

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

Blast fat, maximize lean muscle and create a measurable difference in your body's shape and performance today! Utilize basic Kettlebell, TRX Suspension Training, traditional training implements along with a sampling of high intensity interval training to push your body into gear quickly. Involved training techniques will work on the basics of enhancing lean muscle and promoting fat loss. Class comes with two free BodyMetrix body composition assessments performed by the Director of Health and Wellness prior to and subsequent to the sessions, so you can measure your progress as a result of this class! For more information please contact Andrew Walker, Health & Wellness Director, at 978.564.3486 or walkera@northshoreymca.org. Class is taught by ACE Certified Personal Trainer, Certified US Track and Field Coach and Certified Spin Instructor, Karen Giroux and is 45 minutes in length.

**STER** Friday 9:00am Fitness Floor

# FOR HEALTHY LIVING

## IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

### Ripped on Ropes Master Class

**Ages:** 18 and up

**Fee:** Member \$10 Community \$18

Want a simple, yet intense way to get chiseled? Check out Ripped on Ropes, the Y's new way of torching your core, arms, shoulders and legs, all muscles at a time! Use the training ropes to engage all major muscle groups at once for a great strength workout while raising your heart rate so high, you'll think your on a piece of cardio equipment. Climb, slam, wave, push, pull, plank, crawl and jump your way into a new kind of strong. Class is for intermediate to advanced levels of fitness. Class length is 45 minutes.

**STER Saturday, March 10th 11:30am**

**Instructor: John Boyle Studio A**

**STER Wednesday, April 11th 7:30pm**

**Instructor: Andrew Walker Studio A**

### Bosu Core

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

Check out the amazing fitness tool that can shake up any workout. Bosu Balls allow the added element of balancing on an unstable surface, delivering strength and engaging your core and major muscle groups, for a super total body workout. Taught by AFAA Certified Personal Trainer Lee Benton, this one hour class is sure to make your body feel the burn of the Bosu. Class is for all levels, as modifications can be provided for all fitness abilities.

**STER Wednesday 10:45am Studio B**

### Women on Weights

**Ages:** 18 and up

**Fee:** Member \$73 Community \$109

Tired of huffing and puffing on every piece of cardio equipment at the gym and still getting zero love from the scale? You need more iron. Not in your diet—in your hands. Studies show that weight training has an amazing effect on your metabolism, and brings you faster, better results than all that cardio. Join AFAA Certified Personal Trainer Lee Benton and begin your weight training journey today. Lee's training will not make you bigger, but instead bring you the long, lean, fat burning muscles you have been waiting for.

**STER Tuesday 6:00pm Fitness Floor**

**STER Thursday 10:00am Fitness Floor**

**STER Friday 9:00am Fitness Floor**

### Women's Total Body Training

**Ages:** 18 and up

**Fee:** Member \$123 Community \$184

Women's Total Body Training incorporates boot camp style callisthenic exercises with strength, cardiovascular and circuit training to maximize your results. Improve your endurance, strength and flexibility while revving up your metabolism and burning fat. Class is taught by Certified Personal Trainer Karen Giroux. Class length is one hour.

**STER Monday 8:45am Fitness Floor**

**Wednesday 8:45am Studio B**

### Boot Camp Mashup

**Ages:** 18 and up

**Fee:** Member \$124 Community \$186

Boot Camp comes indoors for three days this winter with the excitement and intensity you have been waiting for. With the combination of agility, power and strength exercises you are sure to feel the Boot Camp Burn. We have the equipment and tools to bring your workout to the next level. This class incorporates the hard work and discipline of a military-style boot camp with fun and exciting programming designed to get you results. This is one fitness commitment you will not regret. This one hour class is taught by Certified Instructors Caroline Rousseau and Shannon Silvestri and is a three day a week program.

**TEEN Monday/Thursday 5:30am**

**STER Tuesday 5:30am Studio A**

### Workout For Strength & Stamina

**Ages:** 18 and up

**Fee:** Member \$123 Community \$184

This class is designed to reduce body fat, strengthen and tone your muscles and stimulate your workout routine, challenging your body to a new fitness level. Class includes cardiovascular training, drills, Nautilus and free weights, stability balls and more. Led by AFAA Certified Personal Trainer Lee Benton. Class length is one hour.

**STER Tuesday/Thursday 9:00am Fitness Floor**

### Spinning HIIT Training

#### High Intensity Interval Training

**Ages:** 18 and up

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

Take your spinning experience to the next level by training with high intensity intervals. Here is where you can learn how, why and when to use high intensity training and what it can do for you. HIIT training is for experienced spinners to learn how to train within a specific training zone for maximum results and effectiveness. Apply your new knowledge to your spinning training and actually see your performance improve over the 8 weeks of training. For accuracy and individual performance tracking, a Heart Rate Monitor and knowledge of use are required. Taught by Certified Spinning Instructor Amy Battis. Class runs one hour and preregistration is required at the front desk, or online at [www.northshoreymca.org](http://www.northshoreymca.org). Class is not included in the normal spinning sign up procedures and cannot be done over the phone.

**STER Tuesday 7:15pm Studio B**

### Dynamic Strength and Conditioning

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

Redefine your body and your workouts. Mix up your routine with bursts of cardio and intervals of total body strength training circuits that will challenge you to new levels of fitness. This one hour class uses body weight, bosu, stability bars, TRX, dumb bells and body bars to create muscle confusion and improve overall cardiovascular health, strength and endurance. Gain muscle, burn fat and have fun with this class taught by Certified Personal Trainer JoAnna Mooney.

**STER Monday 6:15am Studio C**

**STER Wednesday 5:15am Studio C**

# FOR HEALTHY LIVING

## IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

### TRX Training

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

TRX training is a unique and valuable training method for sports performance and general fitness. TRX exercises combine functional strength, flexibility, balance, and core stability to provide an amazingly efficient workout using a single piece of equipment. With nearly endless modifications that can be made by adjusting your body's posture or position, resistance can be altered to accommodate both beginners and advanced exercisers. Class is one hour and is taught by Certified Personal Trainers and Certified TRX Suspension Group Trainers Amanda Mazzaglia and Lee Benton.

**STER Monday 12:00pm Studio A Lee**  
**STER Saturday 10:00am Studio B Amanda**

### TRX & Kettlebell Combo

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

Combine two of the hottest fitness trends to get a unique blend of strength and power with flexibility and stability. This class will give you the opportunity to use two of the best tools for total body conditioning available. Your body will be challenged with TRX using core strength to stabilize and balance while doing functional movements and positions. Add the swinging action of Kettlebell exercises to improve strength and power to get a total body transformation. Class is taught by Certified TRX Instructor Shannon Silvestri and is one hour in length.

**STER Wednesday 7:00am Studio A**

### TRX Circuit

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

Check out this super total body workout using the revolutionary TRX, combined with weights, Body Bars, and more! Here is your chance to add the variety of strength, flexibility, and balance exercises to your current workout routine and stimulate the changes in your body that you've been waiting for. Taught by ACE Certified Personal Trainer Karen Giroux, this class is one hour in length.

**STER Friday 10:30am Studio B**

### Horizontal Core

**Ages:** 18 and up

**Fee:** Member \$79 Community \$118

This Horizontal Core Strength and Conditioning Class is designed for the intermediate to advanced exercise population. Multiple circuit stations placed in studio setting, rotating multiple exercise routines through a hard core challenging one hour class. Class uses steps, bosu, TRX suspension, body bars, free weights, mats, medicine balls, rubber bands, and more to teach you new and challenging core exercises under the guidance of Certified Personal Trainer Lee Benton. If you're up for a great challenge in an intimate small group setting with positive energy, serious core strengthening and conditioning, then get horizontal!

**STER Monday 6:30pm Studio A**



## 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](mailto:berryb@northshoreymca.org)**

### Races to Look Forward To:

**Chase the Gorilla Down Argilla 5K (Ipswich): 4/14**

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

More info on [www.northshoreymca.org](http://www.northshoreymca.org)

### Spring Sports Conditioning

**Ages:** 18 and up

**Fee:** Member \$123 Community \$182

Work on strength, agility, power, and endurance for peak performance in the powder. Whether its downhill skiing, snow shoeing, X-country skiing, or snow boarding, this class will prepare our muscles for performance and safety. Enjoy the direction and guidance of Certified Personal Trainer Jon Jodoin, in a small group setting, to get you the attention you need for success. Get ready for the rest of the season before it's too late!

**STER Monday/Wednesday 6:00pm Fitness Floor**

### Zumba Toning

**Ages:** 18 and up

**Fee:** Member \$69 Community \$103

Rockin Party-Rock hard body! When it comes to body sculpting, Zumba® Toning raises the bar, or more appropriately, the toning stick. This seven week class combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Students learn how to use light weight, maraca-like toning sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. This amazing one hour class is taught by Certified Zumba Instructor Kim Crowley.

**STER Saturday 10:15am Studio A**

**\*No class April 21st**

# FOR HEALTHY LIVING

## IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

### Family Zumba

**Ages:** 9 and up

**Fee:** Member \$5/family Community \$12/family

Join us for this family friendly, cardio-dance class with multicultural world beats! Designed for families to come together for a fun, energizing workout with no previous dance experience required. Family Zumba provides an amazing aerobic workout infusing Latin rhythms and easy to follow moves, with motivating music as a background. Try this super-fun, high-energy, workout, and begin a new fitness journey with your family. Class will be taught by Certified Zumba instructor Kim Crowley and will run for one hour. Children must be accompanied by an adult.

**STER Sunday 4:00pm March 18th Studio A**  
**STER Sunday 4:00pm April 29th Studio A**

### Prenatal Group Fitness

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

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

Keep yourself in peak health during your pregnancy. This class will introduce you to other expectant moms with many experiences to share. Class includes warm up, low impact exercise, body weight and free weight exercises, and all that is needed to prepare your body. Special emphasis is placed on range of motion muscles involved in labor, flexibility and breathing. Class length is 55 minutes, taught by Helli Sharfman.

**STER Monday/Wednesday 9:45am Studio B**  
**STER Tuesday/Thursday 6:15pm Lobby Studio**  
**Session I February 26th-March 24th**  
**Session II March 26th-April 24th**

### Exercise for Low Back Pain

**Ages:** 18 and up

**Fee:** Member \$89 Community \$133

Back pain is the number one reason why people miss work in the United States every year. Have you ever had an incidence of low back pain? Proper flexibility and strength for stability are imperative for the mitigation and prevention of low back pain. Work with Director of Health and Wellness and ACE Certified Personal Trainer, Andrew Walker to find the proper balance between flexibility and strength and bring more stability to your spine, workouts and the activities of your daily life. Learn how to manage and prevent low back pain. Exercise for low back pain will utilize physio balls, postural assessment, flexibility training and progressive stabilization exercises to keep your back safe and pain free. Class length is one hour.

**STER Thursday 8:00am Studio C**

## HOLISTIC PROGRAMS

### Yoga Fun

**Ages:** 3.5-5 years old

**Fee:** Members \$56 Community \$73

Yoga Fun works with the natural ability of movement for kids to introduce the basics of yoga. Kids will learn breathing techniques and simple yoga poses that can enhance flexibility, help build strength and coordination, and work in a fun group setting. This 45 minute class is taught by Certified Yoga Instructor Becky Jensen.

**STER Tuesday 10:45am Studio C**

### Family Yoga NEW

**FREE FOR MEMBERS**

**Ages:** 10 and up

**Fee:** Members FREE Community \$10/class

No registration/payment is required for members. Non members can pay, per class, at the front desk. Our yoga classes will lead kids and families on the path toward a calm and balanced mind, as well as help build a strong, healthy and flexible body, learning tools that can be used in everyday life! Our Yoga Program provides a safe, creative, fun and interactive environment for everyone! Enjoy the many benefits that yoga can provide, in a fun, calm and relaxed atmosphere. Taught by Certified Yoga Instructor Nicole DuFresne.

**STER Saturday 10:00am-11:15am Studio C**

### Chair Yoga NEW

**Ages:** 18 and up

**Fee:** Members \$54 Community \$80

Chair Yoga is a wonderful way for everyone to experience the benefits of yoga. The poses are done while you sit in a chair so the pelvis and hips are stabilized, enabling easier movement of the torso and arms. From this stable seat, modifications of many common yoga poses can be done without fear of injury or strain. These poses can bring mobility to all parts of the body in a safe and gentle way, help to clear the mind, and relax the body. Taught by certified Yoga Instructor Abi Axelrod.

**STER Thursday 10:45am Studio C**

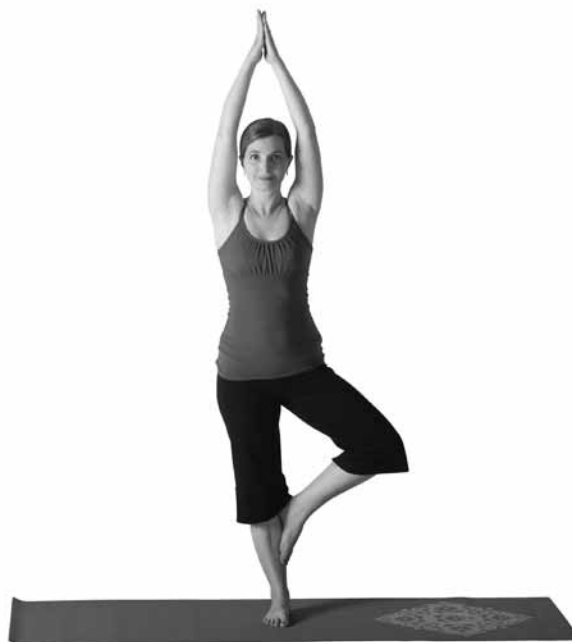
### Yoga for the Athlete - Workshop NEW

**Ages:** 18 and up

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

Although athletic and active individuals are quite healthy and fit, they are also prone to the most overuse injuries. Yoga for Athletes is a workshop tailored to learning the ancient practice of yoga to strengthen and stretch specific areas of the body that are most susceptible to injury. Students will learn to use strength to increase flexibility, stabilize those muscle groups which cause common injuries and build mental strength in preparation for competition. This two hour workshop will enable you to bring your practice home so you can enjoy being active and injury free!

**STER Sunday, March 11th 11:00am Studio C**



# FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

## Expand Your Yoga Practice - Workshop

**Ages:** 18 & Up

**Fee:** Members \$15

**Community:** \$25

**NEW**

Have you been practicing yoga consistently and want to explore new territory? Would you like to discover new aspects of movement and strength within the poses? How about taking those good vibes you pick up in a yoga class off of your mat? Then this is your class. This two hour class will focus on how to safely and effectively expand your poses with focus on alignment, static stretching and breath. You will have the opportunity to learn more about yoga philosophy and how you can practice yoga beyond your mat and into your daily life. When this workshop is complete, you will have the tools and knowledge necessary to more deeply enjoy and experience your yoga practice.

**STER Sunday 11:00am**

**April 15th**

**Studio C**

## Yoga for You: Private Yoga Instruction

**Fee:** Member \$80/hr

**Community \$80/hr**

A one-on-one Private Yoga session with one of Greater Beverly's highly trained Certified Yoga Instructors is the perfect way to take your yoga practice to the next level. Whether you are a beginner with questions, a seasoned veteran looking to refine your practice, or just someone who seeks tailored expert advice, a private Yoga lesson is immensely helpful. Lasting between one and two hours, Private Yoga lessons are a powerful tool that will allow you to see deeper insights, go further into your practice and relieve stress from a long day.

There is a 24 cancellation policy for all Private Yoga lessons. A full refund will be provided if a cancellation is received 24 hours ahead of time, full payment required thereafter. There is no expiration date for all purchased private Yoga instruction sessions. All sessions are nonrefundable unless accompanied by medical documentation. Please contact Carrie Geary, Fitness Class Coordinator, at 978.564.3907 to schedule your private Yoga appointment today.

## Pilates

**Ages:** 18 and up

**Fee:** Member \$61

**Community \$92**

Pilates is a refreshing mind-body workout that dramatically transforms the way your body looks, feels, and performs. It builds strength creating a sleek, toned body and a flat abdomen. Learn proper breathing techniques and correct spinal alignment through smooth flowing exercises. Modifications will allow for any range of difficulty. Props are used to enhance personal experience. Class length is one hour. All levels welcome.

**STER Monday 9:30am**

**9:30am**

**STER Friday 6:00am**

**6:00am**

## Basic and Intermediate Tai Chi Ch'uan

**NEW**

**Ages:** 18 and up

**Fee:** Members \$98

**Community \$147**

This course builds a foundation for those who have never experienced Tai Chi before or have only had limited exposure to this practice. The student will initiate or continue his/her development of the 18 posture Essential Movement form. Students who have achieved proficiency in the form (or a comparable routine of another style) will begin the study of the Lao Jai Yi Lu long form, the main training routine of the Chen Style of Tai Chi Ch'uan. This class will operate under a 12 person minimum registration. Registrations must take place prior to Wednesday February 29th in order to be added to the roster. Lack of a full roster will lead to class cancellation with a full refund being granted. Tell your friends and family that Tai Chi is back at the Y! Taught by Stephen Murphy.

**STER Wednesday 8:30pm**

**8:30pm**

**Studio C**

## PERSONAL FITNESS SERVICES

All Personal Training, Massage Therapy, Fitness Assessments and one-on-one nutrition consulting can be purchased using the rate schedule below. Once you purchase a package, you can use these sessions for any of the four personal services (e.g. a package of 10 sessions can be used for five personal training, two massage, two fitness assessment sessions and one nutrition consulting session.) The more you purchase, the more you save! Semi-private and Group Personal Training packages are also available as fun, cost-efficient options to get fit.

### Personal Services Pricing:

#### All Personal Fitness Services:

**Member: \$61 Community: \$71**

**Member: \$172 Community: \$202**

**Member: \$276 Community: \$326**

**Member: \$546 Community: \$646**

**Member: \$1092 Community: \$1292**

**One Session**

**Three Sessions**

**Five Sessions**

**Ten Sessions**

**Twenty Sessions**

#### Semi-Private: 2 People, personal training only

**Member: \$78 Community: \$88**

**Member: \$220 Community: \$250**

**Member: \$354 Community: \$405**

**Member: \$693 Community: \$746**

**Member: \$1386 Community: \$1586**

**One Session**

**Three Sessions**

**Five Sessions**

**Ten Sessions**

**Twenty Sessions**

#### Group: 3-5 People, personal training only

**Member: \$243 Community: \$273**

**Member: \$364 Community: \$414**

**Member: \$728 Community: \$828**

**Member: \$1455 Community: \$1655**

**Three Sessions**

**Five Sessions**

**Ten Sessions**

**Twenty Sessions**

## Personal Training

Our certified personal trainers are genuinely interested in helping you achieve your health and fitness goals and can design an exercise program specifically for you. Session length is one hour.

**Strength Training:** Learn proper lifting techniques, upper and lower body free weight programs, sets, reps and progression. Look and feel the way you have always wanted, make changes in your physique, be strong and lean.

**Core Conditioning:** Engage your core, strengthen your back and postural muscles, improve balance and coordination, and shape and tone your muscles. Use stability balls, medicine balls, body weight exercises, and lots more to keep you standing tall and proud.

**Sports Conditioning:** Get training geared towards your specific needs. Whether its endurance, strength training, agility or flexibility, our trainers will get you the results you need to play hard!

**Weight Loss:** Not seeing results from your current exercise regime? Get the motivation and guidance you need to make weight loss happen. Exercise and burn calories like never before, safely and effectively.

**Orthopedic Rehabilitation:** Pre-Surgery: Get a jump on your joint replacement operation with a muscle-strengthening program of your affected area. This will help with your post surgical recovery.

**Post-Surgery/Physical Therapy:** A personalized program of restorative exercises to return to normal activities of daily living.

Call Andrew Walker< Health and Wellness Director, at 978.564.3486 to set up appointments for any Personal Fitness Service session. Please allow 24 hours advanced notice.

# FOR HEALTHY LIVING

## IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

### Massage

Massage therapy helps you relax, re-align and rejuvenate. There are many positive aspects to receiving massage therapy and with the busy lives we lead, we can all benefit from a little stress-management. The experienced, professional therapists at the YMCA provide exceptional care and will provide an effective massage treatment to address your individual needs. Research proves that massage therapy increases immune function, decreases stress levels and reduces recovery time in many medical conditions including: Allergies, Depression and Anxiety, Arthritis, Carpal Tunnel Syndrome, Asthma and Bronchitis, Circulatory Problems, Insomnia, Sports Injuries, TMJ, Fibromyalgia and Chronic Fatigue Syndrome. Book your massage today and restore balance to your body and mind, and create a lifestyle of wellness and good health.

### Fitness Assessment

Our Certified Personal Trainers will work with you to gather your body composition information, resting heart rate and blood pressure, muscle and cardiorespiratory endurance, flexibility, body mass index and waist to hip ratio. With this information you will be able to determine your ideal body weight and how to achieve this goal safely. A fitness assessment will also assist you in identifying health risk factors and will give you information to help you create an efficient and effective exercise program. At the end of the assessment you'll receive a copy of your results to take home, share with your doctor or personal trainer, or use as a baseline for future assessments. Assessments are performed by a personal trainer and are one hour in length.

### One-on-One Nutrition Consulting

It is important to engage in healthy habits of energizing your body for it's daily activities with the appropriate types of nutrients in the appropriate amounts. Facilitated by Certified Personal Trainer and Nutrition Specialist Corinne Ray, you will lose fat pounds through a healthy change in diet and prudent, individualized exercise recommendation. Through consultation and body composition analysis you will learn how to efficiently combine diet and exercise for a lifetime of healthy success. Setting of healthy goals and time frames to achieve these goals will be paramount in this safe and empowering learning environment.

### Web Training & Program Design

Web Training and Program Design includes Personal Training programs created just for you, emailed to you in the comfort of your own home or cell phone! These programs will keep you busy for at least 8 weeks and will include written and pictorial descriptions of all exercises in the program. Along with the physical program design, you will have access to your Certified Personal Trainer for follow up correspondence regarding training design and execution. Web Training and Program Design is tailored to the individual looking for a more affordable way to reach their training goals, but not necessarily requiring hands on teaching and exercise demonstration from the personal trainer. For more information regarding the Web Training and Program Design option for YMCA members and community, please contact Andrew Walker, Greater Beverly YMCA, Director of Health and Wellness at [walkera@northshoreymca.org](mailto:walkera@northshoreymca.org) or 978.564.3486.

#### Web Training and Program Design Rates:

**\$185 per 8 week Personalized Training Program  
(with trainer correspondence)**

### Facilitated Stretching

Do you ever wonder if you're performing a stretch safely and efficiently? Do you sometimes struggle to achieve an effective stretch on your own? Facilitated stretching with our experienced and knowledgeable Certified Personal Trainers will allow you to remain in a relaxed state, enabling proper breathing patterns and providing a greater, more efficient, longer lasting stretch. Physiological effects of stretching include increased circulation, maintenance of optimal tissue length across the life span, decrease in faulty biomechanics that lead to injury, and enhanced posture. Sessions are 30 minutes. **Please note: All Personal Services are non-refundable unless documented for medical issues. There is no expiration date for purchased Personal Services sessions.**

**Free services to help get you started on your path to a healthier lifestyle.**

### HEALTHY LIFESTYLE GOAL SETTING CONSULTATION

Making changes can be difficult and intimidating. Starting up again is not necessarily easy. We want to listen to you in order to help you set attainable goals as you pursue a healthier lifestyle. The Y has a lot to offer in making your resolutions a reality. Designed to map out specifically what you would like to achieve with your total experience here at the Y, you will meet with a trained fitness staff member to find out where you would like to begin. At the end of the orientation, you will leave with a specific plan of what and how you will participate in here at the Y in order to accomplish your fitness related goals. This orientation can take as little or as long as is necessary to make sure that you get started on the right track! To schedule a consultation, please contact Andrew Walker, Health and Wellness Director at [walker@northshoreymca.org](mailto:walker@northshoreymca.org).

### PERSONAL FITNESS COACHING SESSIONS (ORIENTATION TRAINING)

Getting started on the road to your fitness goals is easy at the Y! We offer all YMCA members up to four free Personal Fitness Coaching sessions to help you learn the correct use of all the equipment in our fitness center. These sessions are designed for people just beginning a workout routine and people who have been faithful exercisers but want to learn some new exercises to add to their workout. Personal Fitness Coaching Sessions are roughly 75 minutes in length. You'll work one-on-one with a member of our fitness staff, who will answer your questions and give you the training you need to help you meet your fitness goals. Signing up is easy. Please contact our welcome center and ask to make an appointment or email Andrew Walker, Health and Wellness Director, at [walkera@northshoreymca.org](mailto:walkera@northshoreymca.org).

### FREE BODY COMPOSITION ANALYSIS

Using basic, accurate bioimpedance testing from Omron, you will be able to determine your body fat percentage. This will help you set a baseline for training goals or to help assess cardiovascular risk. At the end of the test, you will be equipped with an informational take home sheet. Please make sure your test is done prior to working out. Please limit fluid and caffeine intake within three hours of appointment time. Bioimpedance body composition analysis takes about five minutes and can be scheduled at the Sterling Welcome Center.

# FOR HEALTHY LIVING

## IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING



A Revolutionary Virtual Trainer Program - FREE for YMCA of the North Shore Members!

ActivTrax is available at the Y. ActivTrax is a revolutionary, web-based virtual trainer program that takes the guesswork out of your workout - and it's free to all YMCA of the North Shore members!

We've all been there - wondering what exercises to do, when to do them or even how to do them. That's why we've brought you ActivTrax! This "virtual trainer" serves as your workout partner and understands your wants, needs and goals. It's simple to use, very effective and easy to get started.

### 5-STEP STRENGTH TEST

Simply take a quick 5-step strength test and then perform the prescribed exercises using the specific weights and repetitions on your workout printable from your home computer or the ActivTrax kiosk at the Y.

### CUSTOMIZED WORKOUTS

ActivTrax creates a new workout for you with every visit to the Y - keeping things fresh and interesting. It tells you which equipment to use, how to set the weights and how long to rest between sets. There's even an online exercise library that shows you how to perform the exercises correctly. ActivTrax is for every member at every level - beginner, intermediate or advanced - it guides you, tracks your progress and challenges you on your terms.

### WEEKLY MEAL PLAN

ActivTrax offers an optional nutrition component that complements your workout routine. Once you enter your personal information, it provides a weekly meal plan to help you meet your goals. It will even give you a shopping list that you can print and take to the grocery store.

**SPEAK WITH A YMCA STAFF MEMBER  
TO GET STARTED ON ACTIVTRAX  
TODAY!**

## ADULT SPORT LEAGUES

### Adult Pick Up Volleyball

**Ages:** 18 and up  
**Fee:** Member FREE Community \$100/10 visits or \$11/night

Pick up volleyball is for players looking to get back into or continue this YMCA invented sport! For start dates and other volleyball information please contact Eric Campbell, Teen Director, at 978.564.3481 or campbelle@northshoreymca.org.

**TEEN Thursday/Sunday 8:00pm-10:30pm**

## ADULT MARTIAL ARTS

### Aikido

**Ages:** 18 and up  
**Fee:** Member \$50/month Community \$75/month

The martial art of Aikido evolved out of the historic tradition of the Japanese warrior arts. Studied in earnest, it is more than a form of self-defense, but a way to perfect one's spirit. Aikido teaches self-defense without the use of strength or violence. By redirecting the force of an aggressor, attacks can be dealt with safely and effectively without the need for size or strength. A wide range of techniques can end the attack with joint locks, body throws and pins, designed to remove "the will to fight", without causing permanent injury. Consistent practice of Aikido naturally leads to increased stamina, flexibility, agility and balance. Participants will also learn to master the art of falling safely "ukemi". Often more valuable than the Aikido itself, we may never need to use our skills of self-defense, but everyone falls.

**STER Monday/Wednesday 8:15pm**  
**STER Sunday 6:00pm**

## WATER ACTIVITIES

### Intro to Adult Synchronized Swim

**Ages:** 18 and over  
**Fee:** Member \$83 Community \$124

In this class, you will be introduced to basic synchronized swimming skills in a light-hearted and playful manner. You will be guided through an experience that will get you to explore your physical edge as you stretch your limits. Prepare to let your inner child shine while improving physical fitness in a safe and therapeutic way. Class length is 90 minutes.

**STER Sunday 6:30pm**

### Adult Stroke Clinics

**Ages:** 17 and up  
**Fee:** Member \$83 Community \$124

These clinics are designed for everyone, from those who need to learn the basics to those looking to improve their times. We work with you starting at your skill level. Classes are small with plenty of individual attention. Come give it a try and see results!

**STER Tuesday 8:00am**  
**STER Wednesday 7:15pm**

# FOR HEALTHY LIVING

## IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

### Adult Beginner Swim Lessons

**Ages:** 17 and up  
**Fee:** Member \$83      Community \$124

The place to start for adults who have little to no previous swimming experience. Participants will become more confident in the water and will learn the fundamentals of swimming and aquatic safety.

**STER Wednesday 10:50am**  
**STER Friday 8:00am**

### SwimFit

**Ages:** 18 and up  
**Fee:** Member \$41/month      Community \$80/month  
          Member \$15/drop-in      Community \$20/drop-in

Get the most out of your swimming workout. Whether you're trying to stay fit, train for a triathlon or compete on our Master's Swim Team, our coaches will provide you with workouts based on your goals. All levels are encouraged to participate.

**STER Monday/Wednesday/Friday 7:30pm-8:45pm**  
**STER Monday/Wednesday 6:00am-7:30am**  
**STER Sunday 8:30am-10:00am**

### Prenatal Water Exercise

**Fee:** Member \$83      Community \$124

A great addition to your prenatal exercise program. You will enjoy the safe, supportive buoyancy of our refreshing pool while maintaining or increasing your fitness level during pregnancy. You'll target all areas of fitness including cardiovascular, strength training, flexibility, abdominal work, relaxation and breathing. It's beneficial for expectant Moms with any level of fitness. Class length is 45 minutes.

**STER Wednesday 12:00pm**  
**STER Saturday 11:15am**

### Aquatic Personal Training

**Ages:** 18 and up  
**1 Session Fee:** Member \$57      Community \$67  
**3 Session Fee:** Member \$160      Community \$190  
**5 Session Fee:** Member \$257      Community \$309  
**10 Session Fee:** Member \$494      Community \$597

Marlee Nelson is a nationally certified Master Level/USWFA Personal Aquatics Fitness Trainer and Instructor and certified AFAA Personal Trainer. Please contact the Aquatics Office at 978.564.3906 to schedule an appointment. Session length is one hour.

### Private Coaching

**Ages:** 18 and up  
**Fee:** Member \$100/hr      Community \$100/hr

Feel you need that little extra something in your swimming? Join nationally recognized Coach John Ogden for one-on-one, in-depth analysis of your swimming technique. Coach Ogden will provide you with both above and under water videotaping for state of the art instruction and analysis. Schedule is flexible seven days per week. To schedule an appointment, contact John Ogden at 978.564.3908.

### Arthritis, Stretch and Flex

**Ages:** 18 and up  
**Fee:** 2 day class: \$92 Community \$121  
**Fee:** 1 day class \$46 Community \$62  
**Drop in: \$7.50**

This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in the warm water pool will help you gain strength and flexibility. The instructor has been trained to help anyone with Arthritis or experiences joint pain, stiffness and/or limited range of motion. The ability to swim is not required.

**CAB Tuesday/Thursday 11:00am**  
**CAB Tuesday 11:00am**  
**CAB Thursday 11:00am**



# FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

## COMMUNITY EDUCATION

### YMCA Lifeguard Training

**Ages: 16 and up**

**Fee: Member \$290 Community \$435**

Students are trained in the nationally recognized YMCA Lifeguard Course including CPR, First Aid, O2 and AED. Certification is determined by successful completion of a comprehensive written exam and water test. Swimming skills are a prerequisite and attendance in all classes is mandatory. Participants must be at least 16 years of age by the start of the session. Must attend classes.

**STER Monday-Friday April 16th-20th 9:00am-5:00pm**

### Community Lending Library

The Sterling YMCA has added a Lending Library to the lobby. We have two bookcases full of books for you to read. The first is for the young readers 0-12 years old. The second is for grown ups. We have stocked the book shelves with new or lightly used books. To keep the shelves full, we ask that you swap your last great read for one of our books. Happy reading!

## Y FOR ALL

Our Y cares for ALL in our community. It's the socially responsible thing to do! One out of every 7 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.

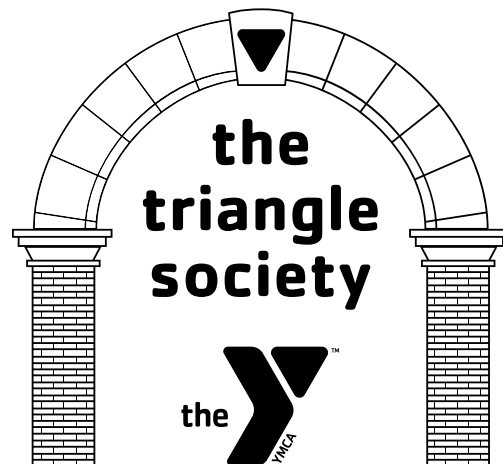
Your gift matters to the 1,400 people in our Y who need our help. The Y's annual campaign, Y FOR ALL, is underway. We hope you'll consider supporting your neighbors in need with a gift. You can make an online donation by visiting [www.northshoreymca.org/donate.cfm](http://www.northshoreymca.org/donate.cfm).

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

We are kicking off our Y FOR ALL campaign in March. Fantastic stories of how the Y FOR ALL campaign has helped some people will be shared during this powerful event. If you are interested in attending or donating please contact Judith Cronin at 978.564.3901 or [croninj@northshoreymca.org](mailto:croninj@northshoreymca.org).

## PLANNED GIVING

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



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**Greater Beverly YMCA**  
**254 Essex Street**  
**Beverly, MA 01915**

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

## GEAR UP FOR SOME SUMMER FUN AT: GREATER BEVERLY YMCA

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

At the Greater Beverly YMCA, we offer over 40 summer camps to choose from:

- Preschool Camps
- Traditional Day Camps
- Specialty Camps
- Swim Clinics
- So Much More!

**CAMP REGISTRATION IS OPEN!**  
For more information please visit  
[www.northshoreymca.org](http://www.northshoreymca.org)

