



NORTHFIELD AREA FAMILY YMCA WINTER 2 SESSION PROGRAMS

FEB 26—APR 19

PRESCHOOL ENRICHMENT

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Kindersports	3 - 5	Mon	9:30 AM	10:15 AM	Feb 26	Apr 15	Mar 25, Apr 1	\$18.00	\$36.00	Heidi	1/2 Gym
Spanish Storytime	3 - 5	Tues	9:30 AM	10:15 AM	Feb 27	Apr 16	Mar 26	\$18.00	\$36.00	Michelle	Comm Room
Monkey Tales	3 - 5	Wed	9:30 AM	10:15 AM	Feb 28	Apr 17	Mar 27	\$18.00	\$36.00	Heidi	Comm Room

YOUTH SPORTS

CLASS	GRADE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Afterschool Sports of All Sorts	1st - 5th	Mon	3:45 PM	4:45 PM	Feb 26	Apr 15	Mar 25, Apr 1	\$24.00	\$48.00	Heidi / Izzy	1/2 Gym
Afterschool Floor Hockey	1st - 5th	Tues	3:45 PM	4:45 PM	Feb 27	Apr 16	Mar 26	\$24.00	\$48.00	Michelle	1/2 Gym
Afterschool Basketball	1st - 5th	Wed	3:45 PM	4:45 PM	Feb 28	Apr 17	Mar 27	\$24.00	\$48.00	Heidi / Izzy	1/2 Gym
Afterschool Volleyball	1st - 5th	Thurs	3:45 PM	4:45 PM	Feb 29	Apr 18	Mar 28	\$24.00	\$48.00	Heidi / Izzy	1/2 Gym
HS Intramural 3 v. 3 Basketball	9th - 12th	Tues	5:30 PM	8:00 PM	Jan 16	Mar 12		Free	Free	Izzy	1/2 Gym
Youth Basketball	PreK - K	Sat	9:00 AM	9:45 AM	Mar 2	Apr 13	Mar 30	TBD	TBD	Heidi / Izzy	1/2 Gym
Youth Basketball	1st - 2nd	Sat	10:00 AM	10:50 AM	Mar 2	Apr 13	Mar 30	TBD	TBD	Heidi / Izzy	1/2 Gym
Youth Basketball	3rd - 5th	Sat	11:00 AM	11:50 AM	Mar 2	Apr 13	Mar 30	TBD	TBD	Heidi / Izzy	1/2 Gym

YOUTH SPECIALTY PROGRAMMING

CLASS	GRADE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Model UN	7th - 12th	Mon	6:30 PM	7:30 PM				TBD	TBD	Brent Horwart	NHS
Afterschool STEM Club	1st - 5th	Tues	3:45 PM	4:45 PM	Feb 27	Apr 16	Mar 26	\$24.00	\$48.00	Izzy	Child Watch
Afterschool Crafts Club	1st - 5th	Wed	3:45 PM	4:45 PM	Feb 28	Apr 17	Mar 27	\$24.00	\$48.00	Heidi	Child Watch
Afterschool Spanish Club	1st - 5th	Thurs	3:45 PM	4:45 PM	Feb 29	Apr 18	Mar 28	\$24.00	\$48.00	Michelle	Comm Room
Homeschool PE	1st - 10th	Fri	10:00 AM	11:00 AM	Mar 1	Apr 19	Mar 29	\$24.00	\$48.00	Heidi / Izzy	1/2 Gym
Parent's Night Out: March 1st	Age 4 - 5th	Fri	5:30 PM	8:30 PM	Mar 1			\$25.00	\$35.00	Izzy / Heidi	Gym, Comm Room
School's Out Day: March 25th	K - 5th	Mon	7:00 AM	5:00 PM	Mar 25			\$60.00	\$85.00	Izzy / Heidi	Gym, Pool, Comm Room
School's Out Day: March 26th	K - 5th	Mon	7:00 AM	5:00 PM	Mar 26			\$60.00	\$85.00	Izzy / Heidi	Gym, Pool, Comm Room
School's Out Day: March 27th	K - 5th	Tues	7:00 AM	5:00 PM	Mar 27			\$60.00	\$85.00	Izzy / Heidi	Gym, Pool, Comm Room
March Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Mar 15			Free	Free	Izzy / Heidi	Gym, Pool, Comm Room
April Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Apr 19			Free	Free	Izzy / Heidi	Gym, Pool, Comm Room

PERSONAL TRAINING

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC	
Group PT			By Appointment (30 & 60 Minute Session Packages)						See Website	See Website	Participant's Choice	Wellness Floor
Individual PT			By Appointment (30 & 60 Minute Session Packages)						See Website	See Website	Participant's Choice	Wellness Floor



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ADULT AND FAMILY WELLNESS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC	
HIIT the Barre	13+	Mon	6:30 PM	7:30 PM	Mar 4	Apr 15		\$75.00	\$130.00	Thea	Studio	
Family Yoga	All Ages	Tues	6:45 PM	7:30 PM	Feb 27	Apr 16	Mar 26	\$45.00	\$90.00	Ashley	Studio	
Senior Fit	18+	Tues	10:45 AM	11:30 AM	Feb 27	Apr 16		\$65.00	\$110.00	Erik	Studio	
Coffee and Conversation - Senior Gathering	18+	Wed	10:30 AM	11:30 AM	Feb 28			Free	Free	Guest Speaker Noel Aldrich	Community Room	
Individual Karate Lessons	All Ages	By Appointment (4 - 45 minute sessions)							\$110.00	\$165.00	Tom	Studio
Personal Safety and Self-Defense	13+	Sat	12:00 PM	2:00 PM	Mar 2			\$15.00	\$30.00	Tom	Community Room and Studio	
Personal Safety and Self-Defense	13+	Sat	12:00 PM	2:00 PM	Mar 16			\$15.00	\$30.00	Tom	Community Room and Studio	
Personal Safety and Self-Defense	13+	Sat	12:00 PM	2:00 PM	Apr 6			\$15.00	\$30.00	Tom	Community Room and Studio	
100 Mile Swim Club	All Ages				Feb 26	Dec 31		\$15.00	\$15.00	N/A	Pool	
Adult Group Swimming Lessons (Intermediate)	13+	Wed	5:30 PM	6:15 PM	Feb 28	Apr 17	-	\$80.00	\$140.00	Emi	Pool	
American Red Cross Adult & Pediatric CPR/AED/First Aid Blended Learning	15+	Tues	4:30 PM	7:00 PM	Mar 12			\$75.00	\$75.00	Anne	Community Room	
American Red Cross Adult & Pediatric CPR/AED/First Aid Blended Learning	15+	Sat	1:00 PM	3:30 PM	Mar 23			\$75.00	\$75.00	Anne	Child Watch	
American Red Cross Adult & Pediatric CPR/AED/First Aid Blended Learning	15+	Tues	4:30 PM	7:00 PM	Apr 9			\$75.00	\$75.00	Anne	Community Room	

SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Parent/Child AB	6mo - 3 years	Mon	4:00 PM	4:30 PM	Feb 26	Apr 15	Mar 25	\$25.00	\$50.00	Emi / Paige	Pool
Prek-K Stage 1	3 - 5	Mon	4:35 PM	5:05 PM	Feb 26	Apr 15	Mar 25	\$45.00	\$65.00	Emi / Paige	Pool
Prek-K Stage 2	3 - 5	Mon	5:10 PM	5:40 PM	Feb 26	Apr 15	Mar 25	\$45.00	\$65.00	Emi / Paige	Pool
Prek-K Stage 2	3 - 5	Mon	5:45 PM	6:15 PM	Feb 26	Apr 15	Mar 25	\$45.00	\$65.00	Emi / Paige	Pool
Prek-K Stage 3	3 - 5	Mon	6:20 PM	6:50 PM	Feb 26	Apr 15	Mar 25	\$45.00	\$65.00	Emi / Paige	Pool
School Age Stage 1	5 - 12	Tues	4:00 PM	4:30 PM	Feb 27	Apr 16	Mar 26	\$45.00	\$65.00	Soren / Maya	Pool
School Age Stage 2	5 - 12	Tues	4:35 PM	5:05 PM	Feb 27	Apr 16	Mar 26	\$45.00	\$65.00	Soren / Maya	Pool
School Age Stage 3	5 - 12	Tues	5:10 PM	5:40 PM	Feb 27	Apr 16	Mar 26	\$45.00	\$65.00	Soren / Maya	Pool
School Age Stage 4	5 - 12	Tues	5:45 PM	6:15 PM	Feb 27	Apr 16	Mar 26	\$45.00	\$65.00	Soren / Maya	Pool
School Age Stages 5/6	5 - 12	Tues	6:20 PM	6:50 PM	Feb 27	Apr 16	Mar 26	\$45.00	\$65.00	Soren / Maya	Pool
Adult Group Swimming Lessons (Intermediate)	13+	Wed	5:30 PM	6:15 PM	Feb 28	Apr 17	-	\$80.00	\$140.00	Emi	Pool

PRIVATE SWIM LESSONS

CLASS	MBR.	COMM.	INST	LOC		
Group Private Swim Lessons	By Appointment (4 - 30 Minute Sessions)		\$60.00	\$85.00	TBD	Pool
Individual Swim Lessons	By Appointment (4 - 30 Minute Sessions)		\$100.00	\$125.00	TBD	Pool