

3 v. 3 Basketball League

Ages 16+

Thursdays (Oct 31–Dec 19)

6:00 – 7:30 PM

\$20 Members / \$30 All Others

Competitive league play. This is a co-ed program that promotes inclusivity and teamwork. Teams consist of 3 to 5 players on each side, with only 3 players per team on the court at a time. This 3 on 3 style promotes games that are quick, exciting, and full of action.

Teams will compete against each other in a pool play style tournament. Games will be played to 21 with standard basketball rules. Games will be self-officiated, with a staff member in attendance for close calls or disagreements. The last 3 weeks of the session will be set aside for single elimination tournament play, where the seeding is determined by the record of the teams in the first 5 weeks.

Teams are encouraged to bring their own uniforms to show their team spirit!

¿Necesita un traductor de español?

Pásate por la recepción los Martes de 9 a 12 y viernes de 8 a 10 y pregunta por Michelle.



REGISTER ONLINE

REGISTRATION OPENS

OCT 7 FOR MEMBERS

OCT 9 FOR COMMUNITY MEMBERS

SPECIAL EVENTS!

PARENT'S NIGHT OUT

Ages 4–12

Nov 8 & Dec 13

5:30 – 8:30 PM

\$25 Members / \$35 All Others

JINGLE BELL BASH

Free for the community!

Saturday, December 14

9:00AM – 12:00PM

Jingle Bell Run (All Ages):

9:00AM – 10:00AM

\$20 Members / \$40 All Others

CONTACT US NOW!

507-645-0088

www.northfieldymca.org

Northfield Area Family YMCA
1501 Honeylocust Dr. Northfield, MN 55057

Adult & Family Programming



Fall 2 Session
Oct 28 – Dec 20



www.northfieldymca.org



507-645-0088

Adult Sports

Ages 18+

Free for Members

Day Pass required for all others

Co-Ed Pickleball

Mondays

9:00 AM - 12:00 PM (Half Gym reserved)

Wednesdays

9:00 AM - 12:00 PM (Half Gym reserved)

Fridays

11:00 AM - 2:00 PM (Half Gym reserved)

Co-Ed Basketball

Tuesdays

5:30 - 7:00 AM (Half Court reserved)

Saturdays

7:15 - 8:45 AM (Full Court reserved)

Co-Ed Volleyball

Wednesdays

6:00 - 7:30 PM (Full Gym reserved)

Sundays

11:30 - 1:30 PM (Half gym reserved)

Personal Training

All Ages

By Appointment Only

30- & 60- Minute Session Packages

Individual or Buddy Options

See Website for more information

Specialty Programs

Breathe for Life: Meditation, Mindfulness & More

Ages 13+

Tuesdays (Oct 29-Dec 17)

6:00 - 6:45 PM

Instructor: Lisa Weis

\$40 Members / \$60 All Others

This class invites you to take some time for yourself, inspiring personal wellness and developing a strong mind body connection.

Strength Training for Weight Loss

Ages 13+

Saturdays (Nov 2-Dec 14)

7:00 - 8:00 AM

Instructor: Trevor Keske

\$175 Members / \$250 All Others

Work with a certified personal trainer to learn how to lose weight while promoting muscle growth and reducing overall body fat.

CRAFT NIGHT

Tuesday Nov 12

5:00 - 6:30PM

\$12 Members / \$16 All Others

Join us for relaxing and crafting at the Y!
We will be creating a fun picture frame craft. All materials will be provided.

Aquatics

Ages 13+

100 Mile Swim Club

\$15 per person

Complete at your own pace.

Adult Swim Lessons - Intermediate

Wednesdays (Oct 30-Dec 18)

5:30 - 6:15 PM

\$65 Members / \$90 All Others

Private Swim Lessons

All Ages

By Appointment Only

4 -30 Minute Session Packages

Individual or Group Options

See Website for more information

PICKLEBALL 101 Ages 13+

Tuesdays (Dec 3-Dec 17)

6:30 - 7:45 PM

\$25 Members / \$50 All Others

This class is the perfect way to start your pickleball journey. You'll learn the rules of the game, essential techniques, and strategies to improve your play. This class will guide you through fun and engaging drills, ensuring you build confidence on the court.