



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Winter/Spring Programming

Northfield Area  
Family YMCA

Programs for everyone!

**Online registration opens:**

Dec 2, 2024 – Members

Dec 4, 2024 – All Others

[northfieldymca.org](http://northfieldymca.org)



# INTRODUCTION

**Hello YMCA Members and Northfield Community Members!**



**Welcome to the renewed Northfield Area Family YMCA Program Guide! We're excited to reintroduce this Winter and Spring edition, filled with opportunities for youth programs, adult fitness, and aquatics classes. Our goal is to provide you an even better way to stay connected with our offerings. Moving forward, we will be releasing three separate program guides each year: Summer, Fall, and Winter/Spring. At the Y, we believe in building a strong, connected community, and we're proud to offer a variety of programs that inspire growth, wellness, and fun for all ages.**

**We are also committed to ensuring that everyone can access our programs and services, regardless of financial situation. We have scholarships available for memberships and programs, making it possible for individuals and families to participate, no matter their ability to pay. Everyone deserves the chance to lead a healthy and active life, and we are here to make that a reality for all.**

**Thank you for being a part of our Y family!**

**Tyler Powell**  
**CEO, Northfield Area Family YMCA**

## WHY THE Y?

### Our Mission

The Northfield Area Family YMCA builds strong kids, strong families, and a strong community.

### Our Vision

We aspire to be a premier gathering place for our community. We will work as a trusted partner and collaborator with many local organizations in our community that provide programs and services to enrich Northfield, building a healthier, more active and engaged community.

### Our Values

The Northfield Area Family YMCA will operate by the values it hopes to cultivate in the communities it serves: caring, honesty, respect and responsibility.

# PRESCHOOL ENRICHMENT

## Kindersports

**Ages 3-5**

This class improves basic motor skills and promotes fitness for kids using various sports. Kids will learn the basic skills for different sports in a non-competitive environment using fun activities and music. The goal for this class is to create a fun, energetic atmosphere perfect for physical activity.

**Tuesdays | 9:30-10:15am**

**Winter Session: Jan 7-Feb 18 (No class Jan 21)**

**Spring 1 Session: Feb 25-Apr 15 (No class Mar 25, Apr 1)**

**Spring 2 Session: Apr 22-Jun 3**

**\$23 Members / \$34 All Others**

**\$23 Members / \$34 All Others**

**\$27 Members / \$40 All Others**

## Monkey Tales

**Ages 3-5**

Come explore the Animal Kingdom with us! Kids will learn about and marvel at the incredible world of animals through guided story time, crafts, and other enrichment activities. Through the magic of reading and our hands-on activities, kids will learn about the planet and imagine what more there is to discover!

**Wednesdays | 9:30-10:15am**

**Winter Session: Jan 8-Feb 19 (No class Jan 22)**

**Spring 1 Session: Feb 26-Apr 16 (No class Mar 26)**

**Spring 2 Session: Apr 23-Jun 4**

**\$23 Members / \$34 All Others**

**\$27 Members / \$40 All Others**

**\$27 Members / \$40 All Others**

## Movin' and Groovin'

**Ages 3-5**

This class is designed for kids who love music and being active. We will explore musical instruments, different types of music and play and dance in a fun interactive environment.

**Thursdays | 9:30-10:15am**

**Winter Session: Jan 9-Feb 20**

**Spring 1 Session: Feb 27-Apr 17 (No class Mar 27)**

**Spring 2 Session: Apr 24-Jun 5**

**\$27 Members / \$40 All Others**

**\$27 Members / \$40 All Others**

**\$27 Members / \$40 All Others**



# AFTERSCHOOL PROGRAMS

**\*Free Transportation available for students at Bridgewater & Spring Creek**

## Basketball\*

**Grades K-5**

Come join us in our gym to learn a classic sport that can be played on courts and blacktops in any season! In this afterschool program, kids will learn the basics of basketball, including shooting form, dribbling moves, defensive positioning, passing essentials, and more. Throughout the session, all kids, from novices who have never touched a basketball to those more familiar who are looking for extra practice time, will improve their skills through drills and minigames.

**Thursdays | 3:45-4:45pm**

**Winter Session: Jan 9-Feb 20**

**\$35 Members / \$53 All Others**

**Mondays | 3:45-4:45pm**

**Spring 1 Session: Feb 24-Apr 14 (No class Mar 24, Mar 31)**

**\$30 Members / \$45 All Others**

## Crafts Club\*

**Grades K-5**

This afterschool program will provide participants with the opportunity to learn about and create a wide variety of craft projects, from perler beads and friendship bracelets to clay sculptures! New craft projects will be offered each week in this casual, fun, low stress program. Beyond just an opportunity for creativity and personal expression, kids will be able to take their crafts home at the end of the session.

**Wednesdays | 3:45-4:45pm**

**Winter Session: Jan 8-Feb 19 (No class Jan 22)**

**\$30 Members / \$45 All Others**

**Spring 1 Session: Feb 26-Apr 16 (No class Mar 26)**

**\$35 Members / \$53 All Others**

**Spring 2 Session: Apr 23-Jun 4**

**\$35 Members / \$53 All Others**

## Gaga Ball\*

**Grades K-5**

Throughout the session, kids will enjoy playing Gaga Ball, a popular recess game. Enjoyable and accessible, this game offers a fun way to stay active - inside or outside. We will play a variety of versions and minigames!

**Mondays | 3:45-4:45pm**

**Winter Session: Jan 6-Feb 10 (No class Jan 20, Feb 17)**

**\$25 Members / \$38 All Others**

**Spring 2 Session: Apr 21-Jun 2 (No class May 26)**

**\$30 Members / \$45 All Others**

## LEGO® & Games Club\*

**Grades K-5**

Join us for a fun, casual hour of LEGO® creations, board games, card games, and everything in between! In this afterschool program, students can play games and compete in a relaxed and welcoming environment, all while making new friends.

**Thursdays | 3:45-4:45pm**

**Winter Session: Jan 9-Feb 20**

**\$35 Members / \$53 All Others**

**Tuesdays | 3:45-4:45pm**

**Spring 2 Session: Apr 22-Jun 3**

**\$35 Members / \$53 All Others**

## Pickleball\*

**Grades 3-5**

Pickleball is a fun sport that combines elements of tennis, badminton, and table tennis. It's easy for beginners of all ages to learn and can be played singles or doubles. In this afterschool program, students will learn the basic rules and skills of this sport through fun drills and activities, with time throughout the session to play games and put their abilities to use.

**Tuesdays | 3:45-4:45pm**

**Winter Session: Jan 7-Feb 18 (No class Jan 21)**

**\$30 Members / \$45 All Others**



# AFTERSCHOOL PROGRAMS

**\*Free Transportation available for students at Bridgewater & Spring Creek**

## Soccer\*

### Grades K-5

Sign up for this program and learn the fundamentals of one of the most popular sports in the world! Join us as kids learn to shoot, make good passes, dribble, and more – all while participating in a variety of fun drills and games that are designed to sharpen their skills and emphasize the importance of being a good teammate. Regardless of your experience with the sport, this program is perfect for getting good exercise and gaining new skills!

**Tuesdays | 3:45–4:45pm**

**Spring 1 Session: Feb 25–Apr 15 (No class Mar 25, Apr 1)**

**Spring 2 Session: Apr 22–Jun 3**

**\$30 Members / \$45 All Others**

**\$35 Members / \$53 All Others**

## Spanish Club\*

### Grades K-5

Try out this afterschool program where students, regardless of their familiarity with the language, will get the opportunity to learn something new and walk away with some basic vocabulary and phrases -- the perfect start to a future in learning the language! Taught by an instructor fluent in Spanish, this is a low pressure, exploratory class perfect for those curious about trying Spanish out.

**Tuesdays | 3:45–4:45pm**

**Spring 1 Session: Feb 25–Apr 15 (No class Mar 25, Apr 1)**

**\$30 Members / \$45 All Others**

## STEM Club\*

### Grades K-5

Join us for a fun, casual hour of science and technology activities, experiments, and everything in between! In this afterschool program, students can learn more about the world of STEM in a relaxed and welcoming environment.

**Tuesdays | 3:45–4:45pm**

**Winter Session: Jan 7–Feb 18 (No class Jan 21)**

**\$30 Members / \$45 All Others**

**Thursdays | 3:45–4:45pm**

**Spring 1 Session: Feb 27–Apr 17 (No class Mar 27)**

**Spring 2 Session: Apr 24–Jun 3**

**\$35 Members / \$53 All Others**

**\$35 Members / \$53 All Others**

## Swim Lessons\*

See page 12 & 13 for additional information.

### Grades K-5

**Stage 1 & 2: Mondays | 3:45–4:45pm**

**Winter Session: Jan 6–Feb 10 (No class Jan 20, Feb 17)**

**Spring 1 Session: Feb 24–Apr 14 (No class Mar 24, Mar 31)**

**Spring 2 Session: Apr 21–Jun 2 (No class May 26)**

**\$25 Members / \$38 All Others**

**\$30 Members / \$45 All Others**

**\$30 Members / \$45 All Others**

**Stage 3 & 4: Tuesdays | 3:45–4:45pm**

**Winter Session: Jan 7–Feb 18 (No class Jan 21)**

**Spring 1 Session: Feb 25–Apr 15 (No class Mar 25, Apr 1)**

**Spring 2 Session: Apr 22–Jun 3**

**\$30 Members / \$45 All Others**

**\$30 Members / \$45 All Others**

**\$35 Members / \$53 All Others**

## Volleyball\*

### Grades K-5

Thanks to popular demand, volleyball is one of our primary sports offerings for kids to participate in after school! Bump, set, spike... and have fun! Join us once a week after school to work on skills, develop teamwork and sportsmanship, and compete during minigames and scrimmages.

**Wednesdays | 3:45–4:45pm**

**Winter Session: Jan 8–Feb 19 (No class Jan 22)**

**Spring 1 Session: Feb 26–Apr 16 (No class Mar 26)**

**Spring 2 Session: Apr 23–Jun 4**

**\$30 Members / \$45 All Others**

**\$35 Members / \$53 All Others**

**\$35 Members / \$53 All Others**

# YOUTH & FAMILY PROGRAMS

## Saturday Morning Youth Basketball League

### Grades K-5

The Northfield Y's youth basketball league offers skill challenges, practices, scrimmages, and actual games. With two age groups offered, players of all skill levels and abilities are welcome to play in this league, which serves as a great introduction to the sport or a way to build skills for more experienced players!

**Spring 1 Session: Mar 1-Apr 19 (No class Mar 29)**

**\$50 Members / \$75 All Others**

**Group 1 (Grades K-2) | 9:45-10:45am**

**Group 2 (Grades 3-5) | 11:00am-12pm**

## School's Out Days

### Grades K-5

Do you want your kids to have fun and stay busy during school breaks? Join us at the YMCA! Enroll for a fun-filled day of swimming, games, crafts, sports, friends and more! These special days replicate YMCA summer camp fun! Register for 1 day or all!

**7:30am-5:00pm**

**\$60 Members / \$85 All Others**

**Monday, Jan 20**

**Monday, Feb 17**

**Tuesday, Jan 21**

**Monday, Mar 31**

**Wednesday, Jan 22**

**Tuesday, Apr 1**

## Middle School Nights

### Grades 6-8

Are you a Middle Schooler looking for a safe and fun space to hang out with friends? You're in luck! The Y will host this supervised themed event for Grades 6-8. Registrants will have access to facilities including the pool, gym, and Community Room. A variety of games, snacks, crafts, raffles, music, and more will be offered! Bring some friends and get ready to have tons of fun at the Y!

**Fridays | 7:30-10:00pm**

**Free**

**Jan 3      Mar 7**

**Feb 7      Apr 25**

## Parent's Night Out

### Ages 4-12

Want a night out without the kids? Drop them off at the Y with our Youth Development Team for a fun, cozy night filled with arts and crafts, a bounce house, games, a movie, and much more. This is a great opportunity for parents to go out on a date, get some errands done, visit friends, and have a few hours of quiet to yourself! Youth attending must be potty trained.

**Fridays | 5:30-8:30pm**

**\$30 Members / \$45 All Others**

**Jan 17      Apr 11**

**Feb 21      May 9**

**Mar 14**

## Homeschool PE

### Grades 1-10

Interested in a physical education class for your homeschooler? We offer the perfect place and space for this type of unique educational opportunity; our Youth Development staff leads students through a variety of lessons that promote fun, physical activity, and the building blocks for general wellness and a healthy lifestyle!

**Tuesdays | 11:00am-12:00pm**

**Winter Session: Jan 7-Feb 18 (No class Jan 21)**

**\$30 Members / \$45 All Others**

**Spring 1 Session: Feb 25-Apr 15 (No class Mar 25, Apr 1)**

**\$30 Members / \$45 All Others**

**Spring 2 Session: Apr 22-Jun 3**

**\$35 Members / \$53 All Others**

**Fridays | 10:00-11:00am**

**Winter Session: Jan 10-Feb 21**

**\$35 Members / \$53 All Others**

**Spring 1 Session: Feb 28-Apr 18 (No class Mar 28)**

**\$35 Members / \$53 All Others**

**Spring 2 Session: Apr 25-Jun 6**

**\$35 Members / \$53 All Others**

# SPORTS LEAGUES/TOURNAMENTS

## Family & Friends Pickleball League

**Ages 9+**

Join our Family & Friends Pickleball League, where fun and fitness come together! This league promotes teamwork, skill-building, and friendly competition. Each team will consist of one player 16+ and one child ages 9-12, encouraging sportsmanship and friendly competition through active play against other teams. Whether you're a pickleball pro or new to the game, this league is the perfect way to stay active, learn together, and enjoy quality time together.

**Saturdays | 9:30-11:00am**

**Winter Session: Jan 11-Feb 15**

**\$40 Members / \$60 All Others**

## High School 5-on-5 Basketball

**Grades 9-12**

The YMCA High School 5-on-5 Basketball League is a competitive, co-ed program designed for students looking to showcase their skills on the court. Open to high school players of all levels, the league offers a structured season with weekly games, referees, and team standings. Teams will compete in regular session games followed by playoffs to determine the league champions. Emphasis is placed on teamwork, sportsmanship, and improving individual skills in a fun and supportive atmosphere. Players should register individually with the name of team and teammates listed.

**Thursdays | 5:30-7:30pm**

**Spring 1 Session: Feb 27-Apr 17 (No game Mar 27)**

**\$14 Members / \$21 All Others**

## Kickball League

**Ages 16+**

The YMCA Kickball League offers a fun and social way to stay active while enjoying a classic playground sport. Combining elements of soccer, baseball, and softball, kickball is played with a large rubber ball that players kick to advance around bases, similar to baseball. Open to participants of all skill levels, this co-ed league will have teams play weekly games, followed by playoffs the last two weeks to crown the league champions. Teams should be 9-12 people, with 9 in the field, and up to 12 can kick. Games will be played at Roosevelt Park.

**Tuesdays | 5:00-7:00pm**

**Spring 2 Session: Apr 22-Jun 3**

**\$32 Members / \$44 All Others**

## Intramural Volleyball

**Ages 16+**

The YMCA Intramural Volleyball League provides an opportunity for players of all skill levels to enjoy friendly competition in a supportive environment. Teams will compete in regular session games for 5 weeks followed by playoff games to determine the league champions. Teams consist of 6-10 players, and matches are played in a best 2 out of 3 sets format. Teams are encouraged to wear a team uniform. Players should register individually with the name of team and teammates listed.

**Wednesdays | 6:00-7:30pm**

**Winter Session: Jan 8-Feb 19**

**\$32 Members / \$44 All Others**

## Pickleball Ladder League

**Ages 16+**

Ladder play consists of matches for 5 players at a similar skill level. Each player plays with every other player in the match. Each week the final scores are used to determine the group for the following week. The better you do, the more challenging the competition gets!

**Tuesdays | 6:00-8:00pm**

**Spring 1 Session: Feb 25-Apr 15**

**\$35 Members / \$50 All Others**

# SPORTS LEAGUES/TOURNAMENTS

## Pickleball Tournament

### Ages 16+

The YMCA is hosting a one-day pickleball tournament open to all skill levels. This fast-paced event will feature a doubles bracket, with round-robin play followed by elimination rounds to crown the champions. Players are encouraged to sign up with a teammate. Whether you're a seasoned player or new to the sport, this tournament offers a great way to test your skills, meet fellow pickleball enthusiasts, and enjoy a full day of action.

**Saturday | 10:00am-12:00pm**

**Winter Session: Feb 22**

**\$10 Members / \$15 All Others**

## 3-on-3 March Madness Tournament

### Ages 16+

The YMCA is hosting a one-day 3-on-3 March Madness Basketball Tournament, where teams will compete in fast-paced, half-court games with a tournament bracket format. Open to ages 16+, this event is perfect for basketball enthusiasts looking to experience the excitement of March Madness in a fun and competitive setting. Teams of 3 players will face off in quick, action-packed games, leading to a single-elimination playoff to crown the champions. Join us for a day of hoops, teamwork, and high-energy competition, with prizes for the winners and plenty of fun for all participants.

**Saturday | 11:00am-2:00pm**

**Spring 1 Session: Mar 15**

**\$10 Members / \$15 All Others**

## Tournament

### Ages 16+

The Y is hosting a one-day Spikeball® Tournament for players of all levels looking to showcase their skills in this fast-paced, fun sport. Teams of two will compete in a series of matches, following a round-robin format leading to playoffs and a championship game. Each match will be filled with exciting rallies and strategic plays, emphasizing teamwork, hand-eye coordination, and agility. This tournament is a great opportunity to meet fellow Spikeball enthusiasts, enjoy friendly competition, and take home prizes. Grab your partner, bring your A-game, and join us for a day of action, camaraderie, and fun!

**Saturday | 11:00am-2:00pm**

**Spring 2 Session: May 10**

**\$10 Members / \$15 All Others**



## Coming Soon!

**Ages 16+**

## Dodgeball Tournament Summer 2025

## Breathe for Life: Meditation, Mindfulness & More

### Ages 13+

Take some time for you to ignite and inspire personal wellness and connect with your whole self! Through breathwork, guided meditation, and mindfulness techniques, we will practice ways to be with ourselves and each other in the present moment. This class is for anyone interested in slowing down and taking some time to connect with yourself. No experience needed!

**Tuesdays | 6:00–6:45pm**

**Winter Session: Jan 7–Feb 18**

**Spring 1 Session: Feb 25–Apr 15**

**Spring 2 Session: Apr 22–Jun 3**

**\$35 Members / \$53 All Others**

**\$40 Members / \$60 All Others**

**\$35 Members / \$53 All Others**

## Pickleball 101

### Ages 13+

Pickleball is a fun sport that combines elements of tennis, badminton, and table tennis. It's easy for beginners of all ages to learn and can be played singles or doubles. In this 4-week class, learn the basics of America's fastest-growing sport, from equipment and rules to drills and skills that can improve your pickleball game. Each session ends with game time to put your education to use.

**Tuesdays | 6:30–7:45pm**

**Winter Session: Jan 7–Jan 28**

**\$25 Members / \$50 All Others**

## Women on Weights

### Ages 13+

Intimidated by the idea of strength training? Do you want to learn but don't know where to start? This beginner level, female focused program will introduce you to weightlifting techniques and equipment that will help you meet your specific goals.

**Saturdays | 11:30am–12:30pm**

**Spring 1 Session: Mar 1–Apr 19**

**\$40 Members / \$60 All Others**

## Intro to Mixed Martial Arts

### Ages 16+

Our Intro to Mixed Martial Arts (MMA) class is designed for those looking to learn the fundamentals of MMA in a safe and supportive environment. Participants will be introduced to basic striking combos, pad work, and essential techniques in boxing, kicking, and grappling. This class also focuses on building muscle endurance and improving cardiovascular fitness through dynamic drills and exercises. Whether you're new to MMA or looking to enhance your fitness routine, this class offers a full-body workout that combines technique, strength, and conditioning. All levels are welcome, with modifications provided as needed.

**Wednesdays | 5:30–6:30pm**

**Spring 2 Session: Apr 23–Jun 4**

**\$35 Members / \$53 All Others**

## Running Club

### Ages 13+

The Running Club is a welcoming community for runners of all skill levels, from beginners to seasoned athletes. Whether you're training for a race or just looking to stay active, our club offers a supportive environment to achieve your running goals. Members meet weekly for group runs, where we focus on building endurance, improving pace, and enjoying the camaraderie of fellow runners. Our routes vary to keep things exciting, and we often incorporate fun challenges to foster a sense of community. Join us for a great workout, share your passion for running, and make new friends along the way!

**Saturdays | 8:00–9:00am**

**Spring 2 Session: Apr 26–Jun 7**

**\$35 Members / \$53 All Others**



# HEALTHY LIVING

## ADULT DROP-IN SPORTS

**Ages 18+**  
Free for members. Day Pass required for all others.  
Times subject to change due to YMCA hours and gym availability.

### Pickleball

**Mondays | 9:00am-12:00pm | Half Gym**  
**Wednesdays | 9:00am-12:00pm | Half Gym**  
**Fridays | 11:00am-2:00pm | Half Gym**

### Basketball

**Tuesdays | 5:30-7:00am | Half Court**  
**Saturdays | 7:15-8:45am | Full Court**

### Volleyball\*

**Wednesdays | 6:00-7:30pm | Half Gym**  
**Sundays | 11:30am-1:30pm | Half Gym**

\*There will be no drop in volleyball Wednesday evenings, Jan 8-Feb 21 due to Intramural Volleyball.



## Personal Training

**Ages 8+**

**By Appointment Only**

**Individual or Buddy options | 30- & 60- Minute Session Packages**

**Get a free, one-hour initial assessment at the YMCA!**

Our certified personal trainers will help you set goals, create a custom plan, and support you with guidance and motivation on your wellness journey.

### Individual Rates:

#### 30-Minute Sessions

**1 Session: \$40-\$45**

**3 Sessions: \$105-\$120**

**6 Sessions: \$205-\$230**

**12 Sessions: \$360-\$405**

#### 60-Minute Sessions

**1 Session: \$65-\$75**

**3 Sessions: \$175-\$200**

**6 Sessions: \$330-\$380**

**12 Sessions: \$625-\$720**

### Buddy Rates:

#### 30-Minute Sessions

**3 Sessions: \$60/person**

**6 Sessions: \$110/person**

**12 Sessions: \$200/person**

#### 60-Minute Sessions

**3 Sessions: \$110/person**

**6 Sessions: \$200/person**

**12 Sessions: \$395/person**

Visit [northfieldymca.org](http://northfieldymca.org) for more session information and personal trainer bios.

## American Red Cross Certifications

The Y offers American Red Cross certifications. Visit [northfieldymca.org](http://northfieldymca.org) for additional information, class dates and times

**Shallow Water Lifeguard Certification**

**\$225 per person**

**CPR/AED/First Aid Certification**

**\$75 per person**

# SPECIALTY TRAINING

## Daily Life Strength & Mobility

### Ages 13+

Focused on building strength and mobility to enhance everyday activities. In this program, participants will work with a certified trainer in a small group setting to learn proper weightlifting techniques and functional movements that promote strength, balance, and flexibility. The exercises are designed to improve core stability, joint mobility, and overall strength, making tasks like lifting, bending, and carrying easier and safer. Whether you're new to weight training or experienced, this session provides personalized guidance and modifications to help you meet your fitness goals in a supportive, small group environment.

**Saturdays | 11:30am-12:30pm**

**Winter Session: Jan 11-Feb 22**

**\$154 Members / \$219 All Others**

## Strength Training for Weight Loss

### Ages 13+

Our Strength Training for Weight Loss Program is designed to help you lose weight while promoting muscle growth and reducing overall body fat. Led by a certified personal trainer, this small-group program focuses on the specific training techniques that effectively support weight loss and muscle development. Throughout the sessions, you'll not only work towards your goals but also gain the knowledge to continue your journey confidently for years to come. Open to participants ages 13 and up, this program provides a supportive, motivating environment to help you feel stronger and more empowered in your fitness journey!

**Saturdays | 10:15-11:15am**

**Winter Session: Jan 11-Feb 22**

**Spring 2 Session: Apr 26-Jun 7**

**\$154 Members / \$219 All Others**

**\$154 Members / \$219 All Others**

## Strength Training for Muscle Growth

### Ages 13+

Our Strength Training for Muscle Growth Program is designed to help you build muscle, increase strength, and improve overall body composition. Led by a certified personal trainer, this small-group program focuses on effective strength training techniques to promote muscle growth. Throughout the sessions, you'll gain valuable knowledge about proper form, progressive overload, and balanced training plans to support your long-term muscle-building goals. Open to participants ages 13 and up, this program provides a motivating and supportive environment where you can feel confident as you increase your strength and transform your fitness routine!

**Saturdays | 8:00-9:00am**

**Spring 1 Session: Mar 1-Apr 19**

**\$175 Members / \$250 All Others**

## Coming Soon!

### Free

The Northfield YMCA will be offering classes for people diagnosed with Parkinson's disease. This free program is specifically designed to slow the progression of Parkinson's related symptoms, such as stiffness, decreased flexibility, small and slow movements, and respiratory weakness. We can't wait to bring this amazing program to our Y!



**More information coming in December!**

# AQUATICS

## Parent/Child A/B

This class introduces infants & toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Parents/guardians will be in the water with the child.

### Ages 6 months–3 years

#### **Mondays | 4:20–4:50pm**

Winter Session: Jan 6–Feb 17

Spring 1 Session: Feb 24–Apr 14

Spring 2 Session: Apr 21–Jun 2

(No class May 26)

\$27 Members / \$44 All Others

\$30 Members / \$50 All Others

\$23 Members / \$38 All Others

#### **Saturdays | 9:00–9:30am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$27 Members / \$44 All Others

\$27 Members / \$44 All Others

\$27 Members / \$44 All Others

## Stage 1: Water Acclimation

This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. This stage is right for your child if they do not go underwater voluntarily.

### PreK: Ages 3–5

#### **Mondays | 4:55–4:25pm or 5:30–6:00pm**

Winter Session: Jan 6–Feb 17

Spring 1 Session: Feb 24–Apr 14

Spring 2 Session: Apr 21–Jun 2

(No class May 26)

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$30 Members / \$45 All Others

#### **Saturdays | 9:35–10:05am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

### School Age: Ages 4–12

#### **Tuesdays | 4:20–4:50pm**

Winter Session: Jan 7–Feb 18

Spring 1 Session: Feb 25–Apr 15

Spring 2 Session: Apr 22–Jun 3

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$35 Members / \$53 All Others

#### **Saturdays | 10:10–10:40am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

## Stage 2: Water Movement

This class encourages movement in water and basic self-rescue skills performed independently. This stage is right for your child if they cannot yet do a front or back float on their own.

### PreK: Ages 3–5

#### **Mondays | 4:55–5:25pm**

Winter Session: Jan 6–Feb 17

Spring 1 Session: Feb 24–Apr 14

Spring 2 Session: Apr 21–Jun 2

(No class May 26)

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$30 Members / \$45 All Others

#### **Saturdays | 9:35–10:05am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

### School Age: Ages 5–12

#### **Tuesdays | 4:20–4:50pm**

Winter Session: Jan 7–Feb 18

Spring 1 Session: Feb 25–Apr 15

Spring 2 Session: Apr 22–Jun 3

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$35 Members / \$53 All Others

#### **Saturdays | 10:10–10:40am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

## Stage 3: Water Stamina

This class develops intermediate self-rescue skills performed at longer distances than in previous stages. This stage is right for your child if they cannot swim 10–15 yards on their front and back.

### PreK: Ages 3–5

#### **Mondays | 5:30–6:00pm**

Winter Session: Jan 6–Feb 17

Spring 1 Session: Feb 24–Apr 14

Spring 2 Session: Apr 21–Jun 2

(No class May 26)

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$30 Members / \$45 All Others

#### **Saturdays | 10:45–11:15am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

### School Age: Ages 5–12

#### **Tuesdays | 4:55–5:25pm**

Winter Session: Jan 7–Feb 18

Spring 1 Session: Feb 25–Apr 15

Spring 2 Session: Apr 22–Jun 3

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$35 Members / \$53 All Others

#### **Saturdays | 10:45–11:15am**

Winter Session: Jan 11–Feb 22

Spring 1 Session: Mar 1–Apr 12

Spring 2 Session: Apr 26–Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

## Stage 4: Stroke Introduction

This class introduces basic stroke techniques in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This stage is right for your child if they cannot swim 15 yards of front and back crawl.

### School Age: Ages 5-12

**Tuesdays | 4:55-5:25pm**

Winter Session: Jan 7-Feb 18

Spring 1 Session: Feb 25-Apr 15

Spring 2 Session: Apr 22-Jun 3

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$35 Members / \$53 All Others

**Saturdays | 10:45-11:15am**

Winter Session: Jan 11-Feb 22

Spring 1 Session: Mar 1-Apr 12

Spring 2 Session: Apr 26-Jun 7

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

## Stage 5/6: Stroke Development and Mechanics

This class introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. It refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. This stage is right for your child to develop and refine stroke technique.

### School Age: Ages 5-12

**Tuesdays | 5:30-6:00pm**

Winter Session: Jan 7-Feb 18

Spring 1 Session: Feb 25-Apr 15

Spring 2 Session: Apr 22-Jun 3

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

\$35 Members / \$53 All Others

## Adult Group Swim Lessons – Beginner

In this program, teens and adults learn personal water safety and progress from basic swimming abilities. Lessons aim to grow your swimming skills to proficiency in the following: Front Crawl and rotary breathing, backstroke, breaststroke, lap swimming for exercise, and general water safety skills.

### Ages 13+

**Wednesdays | 5:30-6:15pm**

Winter Session: Jan 7-Feb 18

Spring 2 Session: Apr 22-Jun 3

\$57 Members / \$84 All Others

\$57 Members / \$84 All Others

## Adult Group Swim Lessons – Intermediate

In this program, teens and adults learn personal water safety and progress from basic swimming abilities. Intermediate lessons aim to grow your swimming skills to proficiency in the following: Front crawl and rotary breathing, backstroke, breaststroke, lap swimming for exercise.

### Ages 13+

**Wednesdays | 5:30-6:15pm**

Spring 1 Session: Feb 26-Apr 16

\$65 Members / \$95 All Others

## Private Swim Lessons

All Ages

By Appointment Only

Individual or Group options | 4 – 30 Minute Session Packages

Private swimming lessons offer personalized instruction tailored to individual goals, whether you're a beginner looking to build confidence in the water or an advanced athlete targeting performance improvements. With one-on-one attention from an experienced instructor, you can receive immediate feedback, overcome specific challenges, and progress at your own pace, all in a comfortable and focused environment. The group option is for up to 2 people.

### Individual Rates:

30-Minute Sessions

4 Sessions: \$100-\$125 per person

### Group Rates:

30-Minute Sessions

4 Sessions: \$60-\$85 per person

Visit [northfieldymca.org](http://northfieldymca.org) for additional information.

# SPECIAL EVENTS

## Craft Night at the Y!

**Ages 12+**

Unleash your creativity at our Craft Night at the Y! Whether you're a seasoned crafter or a complete beginner, you're welcome to explore your imagination. All materials provided.

**Thursday | 5:00–6:30pm**

**Winter Session: Jan 23     \$12 Members / \$18 All Others**

**Tuesday | 5:00–6:30pm**

**Spring 1 Session: Apr 8     \$12 Members / \$18 All Others**

## Easter Egg SPLASH!

**Ages 12 and under**

Join us for a fun twist on the traditional Easter Egg Hunt! Participants will swim in the pool collecting Easter eggs to trade in for prizes. Be on the lookout for special hidden eggs with grand prizes. Youth should bring their own basket. The first heat (youth up to 6) requires an adult with them in the water.

**Saturday, Apr 19     \$5 Members / \$10 All Others**

**Ages 0–6 | 10:30–11:15am**

**Ages 7–12 | 11:30am–12:15pm**

## Valentine's Day

### Family Masquerade Ball

**All Ages**

Celebrate Valentine's Day at the Y! Join us for a Family Masquerade Ball! This enchanting evening is all about togetherness, fun, and creating lasting memories with the ones that matter most. Our Valentine's Masquerade Ball will feature a DJ, dancing, snacks, crafts, and so much more. Bring the whole family – grandparents, parents, kids and friends! Dress your best and don't forget your creative masquerade masks!

**Friday, Feb 14**

**6:30–8:30pm**

**\$10 Members / \$15 All Others**

**Ages 2 and under – Free**

## Birthday Parties

**All Ages**

**Prices range from \$125–\$200**

Celebrate your special day at the YMCA!

We offer gym or pool birthday parties on Saturdays and Sundays. Visit [northfieldymca.org](http://northfieldymca.org) for more information.

# COMING SOON



## Saturday, Apr 26

**Free for the community**

**9:00am–12:00pm**

## Summer Camp

**Jun 9–Aug 29**

**Online registration opens Feb 1**



## Summer 2025

**Online registration opens Feb 1**





# MEMBERSHIP AND MORE!

## Not a Y Member yet?

Start your membership today to enjoy:

- Newly remodeled Wellness Center with cardio and strength equipment
- Gymnasium and Pool
- Group Exercise classes
- Free Child Watch for kids on active household memberships
- Specialty rates on programs and summer camp
- Optional 24/7 Access
- Nationwide Access to YMCAs throughout the country

Stop in anytime for a tour!

Individual and household scholarships are available for all membership types. Visit [northfieldymca.org](http://northfieldymca.org) for pricing and information regarding insurance-based memberships.



## Member Fitness Orientations

**Free**

**Register for specific times listed or walk-in and talk to a Wellness Staff member**

Open to those new to the YMCA or members wanting to learn more about our facility. Our staff will take participants through wellness floor guidelines and how to use the equipment, as well as how to use the YMCA in a healthy fitness routine.

**Ages 10-12**

**2nd Thursday of the month – 5:30pm**  
**3rd Saturday of the month – 10:00am**

**Ages 13+**

**1st Saturday of the month – 10:00am**  
**2nd Tuesday of the month – 5:30pm**  
**3rd Thursday of the month – 9:00am**

# POLICIES & PROCEDURES

## Payments

- All programming payments must be made in full at the time of registration.
- If you are in need of financial assistance for a program, please complete a scholarship application prior to registration. For additional information regarding scholarship options, please contact Suzanne at [suzanne@northfieldymca.org](mailto:suzanne@northfieldymca.org).

## Cancellations

- All program cancellations must be made prior to one week of program start date to receive a full refund.
- If the YMCA initiates cancelling a program due to low registration or unforeseen circumstances, you will be refunded in full for your program registration.
- Refunds will not be given for inclement weather cancellations, illness, or other previously planned missed session days by the participant.
- To cancel a program registration, please email Rachel at [rachel@northfieldymca.org](mailto:rachel@northfieldymca.org), including the program participant's name and program registration you would like to cancel.



## NORTHFIELD AREA FAMILY YMCA

1501 Honeylocust Drive  
Northfield, MN 55057  
507-645-0088 • [northfieldymca.org](http://northfieldymca.org)

# Winter & Spring Programs



### Online registration opens:

Members Dec 2, 2024

All Others Dec 4, 2024

at [northfieldymca.org](http://northfieldymca.org)