

# PRESCHOOL ENRICHMENT

## Kindersports

**Ages 3–5**

This class improves basic motor skills and promotes physical activity for kids using various sports. Kids will learn the basic skills for different sports in a non-competitive environment using fun activities and music. Participants enjoy a fun and energetic atmosphere. Morning and evening offerings are now available.

**Tuesdays | 9:30–10:15am**

**Fall 1 Session: Sept 2–Oct 21**

**Fall 2 Session: Oct 28–Dec 16**

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

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

**Wednesdays | 5:15–6:00pm**

**Fall 1 Session: Sept 3–Oct 22**

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

## Movin' and Groovin'

**Ages 3–5**

This class is designed for kids who love music, being active, and getting their wiggles out! We will explore musical instruments, different types of music, and sing and dance in an interactive environment! Morning and evening offerings are now available.

**Thursdays | 9:30–10:15am**

**Fall 1 Session: Sept 4–Oct 23 (No class Oct 16)**

**Fall 2 Session: Oct 30–Dec 18 (No class Nov 27)**

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

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

**Wednesdays | 5:15–6:00pm**

**Fall 2 Session: Oct 29–Dec 17 (No class Nov 26)**

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



# AFTERSCHOOL PROGRAMS

**Need help getting your child from school to the Y? We've got you covered!**

**Our Y staff provides safe and convenient transportation from **local elementary schools\*** directly to the Northfield Area Family YMCA. After arriving, kids will enjoy a healthy snack, relax with friends in a supervised setting, and transition smoothly into their afternoon Y programs and activities.**

**Whether they're signed up for swim lessons, youth sports, or an afterschool club, this offering makes the hours after school fun and easy for everyone.**

**Spaces are limited – reserve your spot today!**

**For more information, contact Heidi Wilson, Youth Development Director, at [heidi@northfieldymca.org](mailto:heidi@northfieldymca.org) or visit our website: [northfieldymca.org](http://northfieldymca.org).**



## Badminton\*

**Grades K-5**

Get ready to serve up some excitement and friendly competition after school! Badminton is a great way for kids to get together after school to get some exercise and have fun in a casual, low-pressure environment. No experience in badminton? No problem! This sport encourages coordination, confidence, and teamwork, and is a great sport to try for kids who are novices.

**Tuesdays | 3:45–4:45pm**

**Fall 2 Session: Oct 28–Dec 16**

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

## 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! Kids will learn the basics of basketball, including shooting form, dribbling moves, defensive positioning, passing essentials, and more. Throughout the session, kids of all skill levels, from novices who have never touched a basketball to those more familiar with the sport, will improve their skills through drills and mini-games, eventually working towards scrimmages and games. Please bring a water bottle and clean shoes to wear in the gym.

**Thursdays | 3:45–4:45pm**

**Fall 2 Session: Oct 30–Dec 18 (No class Nov 27)**

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

## Crafts Club\*

**Grades K-5**

This 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**

**Fall 2 Session: Oct 29–Dec 17 (No class Nov 26)**

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

# AFTERSCHOOL PROGRAMS

## Flag Football\*

### Grades K-5

Get ready score touchdowns and create some excitement and friendly competition after school! Flag Football is a great way for kids to get together after school to get some exercise and have fun in a casual, low-pressure environment. No experience in football? No problem! This is a non-contact program designed to serve as a fun entry point to the sport as well as a competitive challenge for more familiar players.

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

**Fall 1 Session: Sept 4-Oct 23 (No class Oct 16)**

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

## Gaga Ball\*

### Grades K-5

Kids will enjoy playing different versions of Gaga Ball and other popular recess games, staying active through different versions of the sport, practice drills, and mini-games! Please wear comfortable clothing for physical activity, tennis shoes and bring a water bottle.

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

**Fall 1 Session: Sept 3-Oct 22**

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

## Imagination Club\*

### Grades K-5

This program is a mix of enrichment activities and will provide participants with the opportunity to engage in a variety of craft projects, science experiments, games and more! Beyond just an opportunity for creativity and personal expression, this club will promote engagement and thinking outside of the box.

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

**Fall 1 Session: Sept 3-Oct 22**

**\$40 Members / \$60 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 program, students can play games and let their imagination run wild, all while making new friends and connections. Students do not need to bring anything special with them; all materials will be supplied.

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

**Fall 2 Session: Oct 28-Dec 16**

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

## Mad Scientist Club\*

### Grades K-5

Want to learn more about the world of science? This hour of fun includes science crafts, experiments, and more. Make new friends and participate in strange and silly science activities each week.

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

**Fall 2 Session: Oct 30-Dec 18 (No class Nov 27)**

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

# AFTERSCHOOL PROGRAMS

## 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. Please wear comfortable clothing, shoes, and bring a water bottle.

**Mondays | 3:45–4:45pm**

**Fall 1 Session: Sept 8–Oct 20**

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

## Soccer\*

### Grades K–5

Sign up for this program and learn the fundamentals of one of the most popular sports in the world! Kids learn how 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**

**Fall 1 Session: Sept 2–Oct 21**

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

## Swim Lessons\*

See pages 12 & 13 for additional information.

### Grades K–5

Students will develop skills and gain confidence using YUSA's swimming lesson curriculum. Water safety and skill progression are a priority for all lessons! Students will be in the water 3:45–4:15pm and can be picked up on the pool deck after the lessons are complete or in the Community Room at 4:45pm where staff will have given kids a snack.

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

**Fall 1 Session: Sept 8–Oct 20**

**Fall 2 Session: Oct 27–Dec 15 (No class Nov 3)**

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

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

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

**Fall 1 Session: Sept 2–Oct 21**

**Fall 2 Session: Oct 28–Dec 16**

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

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

## Volleyball\*

### Grades K–5

By popular demand, volleyball will be one of our primary sports offerings for kids to participate in after school! Bump, set, spike... and have fun! Join us after school to work on skills, develop teamwork and sportsmanship, and compete during mini-games and scrimmages. Knee pads, arm sleeves, and volleyball shoes are all optional; we encourage each participant to bring a water bottle!

**Tuesdays | 3:45–4:45pm**

**Fall 1 Session: Sept 2–Oct 21**

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

**Thursdays | 3:45–4:45pm**

**Fall 1 Session: Sept 4–Oct 23 (No class Oct 16)**

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

**Mondays | 3:45–4:45pm**

**Fall 2 Session: Oct 27–Dec 15 (No class Nov 3)**

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

**Wednesdays | 3:45–4:45pm**

**Fall 2 Session: Oct 29–Dec 17 (No class Nov 26)**

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

# YOUTH & FAMILY PROGRAMS

## Saturday Morning Youth Basketball League

### 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! This program offers skill challenges, practices, scrimmages, and actual game play on Saturday mornings. 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!

All players should bring comfortable shoes and a water bottle and will receive a t-shirt with their registration fee!

**Grades K-2 | 9:45-10:45am**

**Grades 3-5 | 11:00am-12:00pm**

**Fall 2 Session: Nov 1-Dec 13**

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

## Saturday Morning Youth Soccer League

### Grades K-5

Come join us to learn a classic sport that can be played in any season! This program offers skill challenges, practices, scrimmages, and structured game play on Saturday mornings. 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 as a fun way to build skills for more experienced players!

All players should bring comfortable shoes and a water bottle (cleats and shin guards are optional) and will receive a t-shirt with their registration fee!

**Grades K-2 | 9:45-10:45am**

**Grades 3-5 | 11:00am-12:00pm**

**Fall 1 Session: Sept 6-Oct 11**

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

**If you are interested in helping with our Saturday morning sports leagues as a volunteer, email Izzy at [izzy@northfieldymca.org](mailto:izzy@northfieldymca.org)**

## 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 with our Youth Development staff leading students through a variety of lessons that promote fun, physical activity, and the building blocks for general wellness and a healthy lifestyle!

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

**Fall 1 Session: Sept 5-Oct 24 (No class Oct 17)**

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

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

**Fall 2 Session: Nov 7-Dec 19 (No class Oct 31, Nov 28)**

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



# YOUTH & FAMILY PROGRAMS

## Middle School Nights

### Grades 6–8

Are you a Middle Schooler looking for a fun and safe space to hang out with friends? You're in luck! The Y hosts this supervised themed event for grades 6–8 after regular scheduled hours. Participants will have access to the 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 for All**

**Oct 3**

**Nov 7**

**Dec 5**

## Parents' 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, or have a few hours of quiet to yourself!

**Fridays | 5:30–8:30pm**

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

**Sept 26    Nov 21**

**Oct 24    Dec 19**

## 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 Y! Enroll for a fun-filled day of swimming, games, crafts, sports, friends and more! These special days replicate Y camp fun! Youth attending must be potty trained. Register for one day or for all!

**7:30am–5:00pm**

**\$60 Members / \$90 All Others**

**Fri, Oct 31**

**Mon, Nov 3**

## Celebrate your birthday at the Y!

Are you looking for a fun and active way to celebrate your special day? Look no further than the Y!

### Gym Party

**\$125 Members / \$150 All Others**

Choose up to 3 options:

Basketball, Soccer, Volleyball, Hockey,  
Football or Parachute

### Pool Party

**\$175 Members / \$200 All Others**



Pricing includes birthday child and up to 11 guests. (Additional guests \$10 each)  
For available dates and additional details, check out our website: [northfieldymca.org](http://northfieldymca.org)

## Breathe for Life: Meditation, Mindfulness & More

**Ages 13+**

Ignite and inspire personal wellness throughout this 8-week program! 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.

**Wednesdays | 7:00-7:45pm**

**Fall 1 Session: Sept 3-Oct 22**

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

## Fitness Orientations

**Ages 10+**

Open to those new to the YMCA or members wanting to learn more about our facility. Our personal trainers 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. Schedule an appointment online with one of our certified personal trainers.

**Free for members**

## Intermediate Pickleball

**Ages 13+**

Do you know how to play pickleball but want to improve your skills? Join us for this 3-week class where you will learn intermediate and advanced skills and drills of America's fastest-growing sport. Each session ends with game time to put your education to use.

**Tuesdays | 6:30-7:45pm**

**Fall 2 Session: Dec 2-Dec 16**

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

## Sound Healing: Inner Stillness and Healing

**Ages 13+**

This immersive 60-minute experience blends the ancient wisdom of breathwork (Pranayama), deep rest (Yoga Nidra), gentle movement, and therapeutic sound to guide students through layers of tension into deep inner stillness. Designed to suit all levels—from beginners to advanced seekers—this program activates the parasympathetic nervous system, balances energy, and nurtures holistic healing.

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

**Fall 1 Session: Sept 6-Oct 18**

**Fall 2 Session: Nov 1-Dec 13**

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

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

## Virtual Couch to 5k: Zombie 5k Challenge

**All Ages**

Ready to go from the couch to crossing the finish line? Join our 8-week Couch to 5K Challenge using the YMCA360 app! Whether you've never run before or just need some motivation, this program is designed to gradually build your strength, stamina, and confidence with a series of guided video workouts.

\*Online registration and \$15 fee required if you would like a shirt for bragging rights.

**Free for members\***

## 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**

**Fall 2 Session: Nov 1-Dec 13**

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

# HEALTHY LIVING

## Create & Connect Craft Night

**Ages 12+**

Whether you're an experienced DIYer or just love to get crafty once in a while, this event is for everyone. Come as you are and leave with a beautiful handmade decoration to celebrate the seasons! No prior crafting experience needed, just come ready to create, share stories, and leave with a beautiful, handmade gift. Feel free to come for the whole two hours or just drop in and stay a bit.

If you are not interested in creating a seasonal gift but have your own project to work on, bring it along. Just show up and we will be happy to have you!

### Fall Door Sign Workshop

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

**Fall 1 Session: Sept 16**

**\$12 Members / \$18 All Others**

### Holiday Picture Frame Workshop

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

**Fall 2 Session: Dec 2**

**\$12 Members / \$18 All Others**

## 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.

**Get to know our trainers and register for your session on our website: [northfieldymca.org](http://northfieldymca.org)**

## American Red Cross Certification

Adult and Pediatric First Aid/CPR/AED blended learning course equips students to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants. This class is taught in a blended learning format. The online portion must be completed prior to attending the instructor-led skills session. Upon successful completion, a valid 2-year digital certificate for Adult and Pediatric First Aid/CPR/AED is issued.

**Adult and Pediatric First Aid/CPR/AED Certification**

**\$75 per person**

**Saturday | Sept 13 | 1:00-3:30pm**

**Tuesday | Oct 14 | 4:30-7:00pm**

**Saturday | Nov 8 | 1:00-3:30pm**

**Tuesday | Dec 9 | 4:30-7:00pm**

# DROP-IN PROGRAMS

**Free for members. Day Pass required for all others.**

**No registration required**

There are many ways to stay active beyond typical workout routines at the Y. Pick up your favorite sport again or try a new one and build connections along the way. With friendly competition, lots of variety and a supportive environment, you'll have fun while improving your health. Come in on your own or come with a group to play! View our online schedule for the most up to date information.

\*Schedule subject to change pending weather and Y programs.

## Adult Drop-In Sports – Ages 18+

- Basketball
- Volleyball
- Pickleball



## New this Fall – Youth Drop-In Volleyball – Ages 11-17

Please Note: This is a drop-in program offered for youth. This program is unstaffed. Youth will work together to create teams or use this time to get in some extra practice time with the net.

## Sensory Swim

**All Ages**

**First Saturday of Every Month**

**2:30–3:30pm**

**NEW THIS  
FALL!**

We recognize that not all swimmers appreciate the sounds and environment that a pool typically generates. Our new Sensory Swim is an inclusive swimming time designed for anyone who struggles with overstimulation, sensory processing issues, or has a preference for a quieter swim time. This hour of swim time is a protected time without the distractions of the busy slide, noisy water features, and extra commotion. The YMCA is a place for all to feel welcome and included! We are excited to add this new offering to our pool schedule!

**Free for Members | Day Pass required for All Others**

# AQUATICS

## Parent/Child

This class introduces infants and 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**

Fall 1 Session: Sept 8–Oct 20

Fall 2 Session: Oct 27–Dec 15

\$27 Members / \$44 All Others

\$30 Members / \$50 All Others

**Saturdays | 9:00–9:30am**

Fall 1 Session: Sept 6–Oct 18

Fall 2 Session: Nov 1–Dec 13

\$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 | 4:55–5:25pm**

5:30–6:00pm

Fall 1 Session: Sept 8–Oct 20

Fall 2 Session: Oct 27–Dec 15

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

**Saturdays | 9:35–10:05am**

Fall 1 Session: Sept 6–Oct 18

Fall 2 Session: Nov 1–Dec 13

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

### School Age: Ages 5–12

**Tuesdays | 4:20–4:50pm**

Fall 1 Session: Sept 2–Oct 21

Fall 2 Session: Oct 28–Dec 16

\$40 Members / \$60 All Others

\$40 Members / \$60 All Others

**Saturdays | 10:10–10:40am**

Fall 1 Session: Sept 6–Oct 18

Fall 2 Session: Nov 1–Dec 13

\$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**

Fall 1 Session: Sept 8–Oct 20

Fall 2 Session: Oct 27–Dec 15

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

**Saturdays | 9:35–10:05am**

Fall 1 Session: Sept 6–Oct 18

Fall 2 Session: Nov 1–Dec 13

\$35 Members / \$53 All Others

\$35 Members / \$53 All Others

### School Age: Ages 5–12

**Tuesdays | 4:20–4:50pm**

Fall 1 Session: Sept 2–Oct 21

Fall 2 Session: Oct 28–Dec 16

\$40 Members / \$60 All Others

\$40 Members / \$60 All Others

**Saturdays | 10:10–10:40am**

Fall 1 Session: Sept 6–Oct 18

Fall 2 Session: Nov 1–Dec 13

\$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 yet swim 10–15 yards on their front and back.

### PreK: Ages 3–5

**Mondays | 5:30–6:00pm**

Fall 1 Session: Sept 8–Oct 20

Fall 2 Session: Oct 27–Dec 15

\$35 Members / \$53 All Others

\$40 Members / \$60 All Others

### School Age: Ages 5–12

**Tuesdays | 4:55–5:25pm**

Fall 1 Session: Sept 2–Oct 21

Fall 2 Session: Oct 28–Dec 16

\$40 Members / \$60 All Others

\$40 Members / \$60 All Others

**Saturdays | 10:45–11:15am**

Fall 1 Session: Sept 6–Oct 18

Fall 2 Session: Nov 1–Dec 13

\$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 yet swim 15 yards of front and back crawl.

**School Age: Ages 5-12**

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

**Fall 1 Session: Sept 2-Oct 21**

**Fall 2 Session: Oct 28-Dec 16**

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

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

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

**Fall 1 Session: Sept 6-Oct 18**

**Fall 2 Session: Nov 1-Dec 13**

**\$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**

**Fall 1 Session: Sept 2-Oct 21**

**Fall 2 Session: Oct 28-Dec 16**

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

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

## Adult Group Swim Lessons – Beginner

In this program, teens and adults learn personal water safety and progress from basic swimming abilities. Grow your swimming skills to proficiency in the following: general comfort in the water, front and back float, front crawl, backstroke, elementary back stroke, and general water safety skills.

**Ages 13+**

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

**Fall 1 Session: Sept 3-Oct 22**

**\$65 Members / \$95 All Others**

## Adult Group Swim Lessons – Intermediate

In this program, teens and adults learn personal water safety and progress from basic swimming abilities. 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**

**Fall 2 Session: Oct 29-Dec 17**

**\$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. Groups can be up to 4 individuals of similar swimming ability.

### Individual Rates:

**30-Minute Sessions**

**4 Sessions: \$100 Members / \$125 All Others**

### Group Rates (per person):

**30-Minute Sessions**

**4 Sessions: \$60 Members / \$85 All Others**

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

# SPECIAL EVENTS

## Fall Fest

**Saturday, Oct 25 | 9:00am–12:00pm**

**Free for the community – No registration required**

All ages welcome! Join us in the gym for games, treats, cookie decorating, popcorn, bounce house and more. Costumes welcome!



**Registration required for:**

**Zombie 5k | 9:00am**

Grab a running buddy, wear your favorite costume and join us for this 5k!

Register by Tuesday, Oct. 7th to guarantee a T-shirt on race day! Check in begins at 8:00am.

**\$20 Members / \$40 All Others**

**Floating Pumpkin Patch | 10:00–11:00am**

Come swim the pumpkins and find the perfect one to decorate. Once you find your pumpkin, hop out of the pool, dry off and come to the gym to do some decorating!

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

## Jingle Bell Bash

**Saturday, Dec 20 | 9:00am–12:00pm**

**Free for the community – No registration required**

All ages welcome! Join Santa in the gym for games, cocoa, cookie decorating, popcorn, bounce house and more!



**Registration required for:**

**Jingle Bell Run 2k/5k | 9:00am**

Grab a friend, your family, and your warmest clothes and join us for this 5k! Register by Tuesday, Dec 1st to guarantee a T-shirt on race day! Check in begins at 8:00am.

**\$20 Members / \$40 All Others**

**Jingle Bell Splash | 9:00–11:00am**

This winter wonderland pool transformation will dazzle swimmers of all ages. Enjoy reindeer races, a magical underwater photo shoot, and more!

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

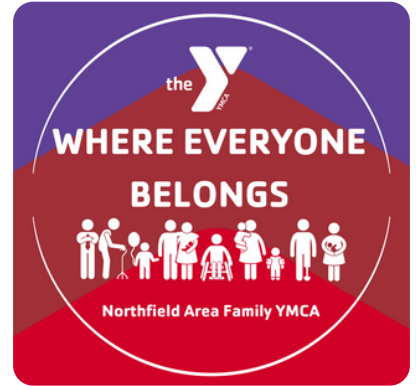
# MEMBERSHIP AND MORE!

## Not a Y member yet?

### Stop in any time for a tour!

Start your membership today to enjoy:

- 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
- Access to our YMCA360 app, with thousands of on-demand videos
- Visit [northfieldymca.org](http://northfieldymca.org) for pricing and information regarding insurance-based memberships



## Membership for All Program

The Northfield Area Family YMCA makes every effort to provide membership and program services to anyone who wishes to participate, regardless of ability to pay. All financial assistance is made possible through contributions to our Annual Campaign.

# POLICIES & PROCEDURES

## Payments

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

## Cancellations

- Program cancellations must be made one week prior to 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 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.