THE MALDEN YMCA

The Malden YMCA was founded in 1881. Governed by a 17 member Board of Directors, The Malden YMCA employs 270 staff and 150 volunteers and provides services to over 15,000 individuals each year in the communities of Malden, Medford, and Everett.

OUR IMPACT PROMISE

The Malden YMCA is committed to strengthening the community and supporting community needs through youth development, healthy living, and social responsibility.

DIVERSITY AND INCLUSION

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of gender identity, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest. We share the values of caring, honesty, respect and responsibility—everything we do stems from it.

FINANCIAL ASSISTANCE

The Malden YMCA is a community based non-profit, committed to helping all people reach their full potential. The Y believes its programs and services should be available to everyone. That’s why the Y offers a sliding fee scale that is designed to fit each individual’s or families’ financial situation. Contact Cindy Goetz for more information at 781-851-4442 or at cgoetz@ymcamalden.org

VOLUNTEER OPPORTUNITIES

At the Y, we believe that when people come together for a common cause, the whole community is strengthened. When you become a volunteer, you have the opportunity to share your blessings with those who need it most. Whether you mentor a student on the verge of dropping out, coach a team to their personal best or become a friend to an isolated senior, your time and talent changes lives. When you help a neighbor, you make a difference in their life... and yours. Please contact Sam McAndrew at smcandrew@ymcamalden.org for more information.

CAREER OPPORTUNITIES

The Y employs people in a variety of full-time, part-time and seasonal positions. We offer a great working environment, competitive pay and excellent benefits. Available positions can range from management and administration to programs, facilities and camp. Visit www.ymcamalden.org/our-y/career-opportunities for open positions.

CLASS CANCELLATIONS

We’re sorry, the YMCA does not offer individual make-up classes for those who must miss class for a personal conflict. Credits/refunds will not be issued.

POOL CLOSURE: If the YMCA must cancel a class completely due to chemical imbalances or contamination in the pool, or due to inclement weather (thunder/lightning, snow), make-up classes may be offered or a YMCA credit will be issued. Credits cannot be refunded onto a credit card or in check form.

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2020 SESSION & REGISTRATION DATES

Spring 1
2/24/2020 – 4/19/2020
Members – Monday, February 10th
Community – Wednesday, February 12th

Spring 2
4/27/2020 – 6/14/2020
Members – Monday, April 13th
Community - Wednesday, April 15th

PROGRAM REFUND POLICY

Program fees are refunded only upon receipt of a written request and under the following conditions:

- If the YMCA cancels program 100% Refund.
- Prior to first class 100% YMCA credit or 100% refund.
- After the first class a 75% YMCA credit or 75% refund.
- After the second class there will be no refund.
- The schedule applies whether you attend class or not.
- The YMCA reserves the right to cancel or relocate any class.
- If for any medical reason you cannot continue the program you can be credited. A doctor’s note must accompany your request for program credit. Requests must be made for half the session or more.

HOURS OF OPERATION

Monday-Friday 5:30am-10:00pm
Saturday 7:00am-8:00pm
Sunday 7:00am-6:00pm

CLOSURES

Easter Sunday, April 12th

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SPRING HIGHLIGHTS

Kids Night Out (AGES 3–12), Fridays
Kids can enjoy a night out at the YMCA! We provide dinner (pizza) with a snack. Kids must be potty trained.

DANCE PARTY!
Date: February 28, 6pm–9pm

TACO FIESTA!
Date: March 20, 6pm – 9 pm

PAJAMA PARTY!
Date: March 13, 6pm – 9 pm

PAINT NIGHT
Date: April 10, 2020

Youth Members: $10–First child & $5 each additional child
Community: $20 – Frist child & $5 each additional child
Contact Carissa Contreras, Youth and Family Program Coordinator, for more information at 781-851-4452 or at ccontreras@ymcamalden.org.

Participants must be signed up 2 days prior to the Kids Night Out date. Any late registrations will be subject to a $5 per child additional charge.

Kids Night OUT EXTREME (AGES 3 – 12)
Kids can enjoy a night out at the YMCA! We provide dinner (pizza) with a snack, with an HOUR of swimming. Kids must be potty trained.

DANCE PARTY: March 14, 2:30 pm – 5:30 pm
MOVIE NIGHT: March 28, 2:30 pm – 5:30 pm
PAJAMA PARTY: APRIL 11, 2:30 pm – 5:30 pm

Youth Members: $10–First child & $5 each additional child
Community: $20 – Frist child & $5 each additional child
Contact Carissa Contreras, Youth and Family Program Coordinator, for more information at 781-851-4452 or at ccontreras@ymcamalden.org.

Participants must be signed up 2 days prior to the Kids Night Out date. Any late registrations will be subject to a $5 per child additional charge.

ENGLISH CONVERSATIONS
Join us every Wednesday for English Conversations. All levels are welcome. Come to learn, to help, to practice and to enjoy conversations with each other about various topics. The conversations are facilitated by our ESOL teacher. Everyone is welcome.

Day and Time: Every Wednesday, 11 am—1pm

Who: Any one, member or non-member is welcome to come. No registration, no cost. All levels are welcome to come. English speakers are welcome as well to come to join the conversations.

What to bring: You do not need to bring anything with you to participate. You can bring snacks or your lunch to enjoy while you are at the conversations.

Healthy Kids Day 2020! Free Community Event. Saturday, April 25th, 11:00 am – 2 pm

Food Pantry Hours

Monday 10am to 3pm
Tuesday 10am to 3pm,
5:30 to 7:30pm
Wednesday 10am to 3pm
Thursday 10am to 3pm
Friday 10am to 3pm

Thank you for the support of one of our amazing food sponsors:

Wegmans Food Markets
AQUATICS, SAFETY AROUND WATER
71% OF THE WORLD IS WATER, CHILDREN ARE 100% CURIOUS

PRESCHOOL

Parent/Child Program (6 mos – 3yrs)

Parent/child classes are designed to encourage fun in the water while the parent guides the child through basic swimming and water safety skills. All children who are not yet potty trained must wear a water-proof swim diaper underneath their swimsuit. Classes meet for 30 minutes, once a week. For all parent/child classes, there must be one adult per child in the water.

SWIM LESSON POLICY

Thunder and/ or Lightning
The pools must close for a minimum of 30 minutes in the event of thunder and/or lightning.

Parent/Child and Preschool Classes
All children who are not yet potty-trained must wear a swim diaper or rubber pants during their time in our pools. Strollers should be left in the hallway outside the therapy pool; they are not allowed on deck.

Preschool/Youth Classes
Parents must accompany children to the pool deck. Children 8 and under must be picked up by an adult 18 years or older after class. Parents must remain in the lobby for the entire duration of the swim lesson. Parents may come onto the deck during Peek Week and sit on the bench to watch. Please do not interfere with the instructor’s lesson and save all questions and comments until the class is over. This is the only week where you may take pictures or videos during the class. Street shoes are not allowed on deck; parents must wear shower shoes or go barefoot when picking up/dropping off their children for lessons.

POOL ETIQUETTE

• Take a cleansing shower prior to entering the pool.
• "Infants, toddlers and children not fully potty trained are required to wear a swim diaper with their bathing suit.
• Acceptable swim wear includes one or two-piece bathing suits, Hijabs or Berkas made for water. Cotton or linen is not an appropriate material for the pool.

The Malden Y welcomes all. Please see the Aquatics Director if you feel an exception is needed.

Stage A Water Discovery (6mos-18mos)
Stage A introduces infants and toddlers along with their parents to the aquatic environment through exploration and encourages the child to enjoy themselves while learning about the water. There must be one parent, adult or guardian per child in the water.

Monday 9:20am
Tuesday 9:20am
Thursday 5:50pm
Saturday* 8:05am 10:25am
Sunday* 10:25am

Stage B Water Exploration (18mos-3yrs)
Stage B, parents work with their child to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. There must be one parent, adult or guardian per child in the water.

Monday 9:20am
Tuesday 9:20am
Thursday 5:50pm
Saturday* 8:05 am 8:40am 10:25am
Sunday 10:25am

Membership: $65 Community: $116

* Sunday Classes are 7 weeks due to Easter Sunday

Membership: $57 Community: $101

To register for programs, visit: WWW.YMCA MALDEN.ORG
For more Aquatic information contact: Rosemarie Anastasiades, Aquatics Director, at RAnastasiades@ymcamalden.org or at 781-324-7680 ext 214
**AQUATICS, SAFETY AROUND WATER**

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**PRESCHOOL PROGRAM (3 yrs – Kindergarten)**
The Malden YMCA follows the National YMCA Aquatics Program. The National YMCA Aquatics Program is based around SAW, Safety around Water. The Malden YMCA will teach not only essential skills to form a foundation in swimming, but water safety while in and around water. Students will learn to always ask permission before entering the water and how to safely exit in the event of falling into a body of water. The Malden YMCA will teach swimming as a life-long physical activity. **Classes meet for 30 minutes, once a week.**

**Stage 1 Water Acclimation (ages 3–6yrs)**
Students develop comfort with underwater exploration and learn to safely exit the water during recreational swimming and in the event of falling into a body of water.

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**Stage 2 Water Movement (ages 3–6yrs)**
In this stage, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit the water. In this stage, students must be comfortable with skills such as voluntarily placing their face under the water.

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**Stage 3 Water Stamina**
Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced. Students will be practicing skills and safety techniques in deeper water.

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**Stage 4 Stroke Introduction**
Students must have completed Stage 3 prior to being registered for this class. Students will learn stroke technique in front crawl and back crawl and reinforce their water safety through treading water and elementary backstroke. Goggles are recommended for this stage.

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**Members:** $84  
**Community:** $134

* Sunday Classes are 7 weeks due to Easter Sunday

**Members:** $75  
**Community:** $118

To register for programs, visit: WWW.YMCAMALDEN.ORG

For more Aquatic information contact: Rosemarie Anastasiades, Aquatics Director, at RAnastasiades@ymcamalden.org or at 781-324-7680 ext 214
AQUATICS, SAFETY AROUND WATER
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YOUTH PROGRAM (1st grade – 18 years)
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Stage 5 Stroke Development
Parents, please speak with current instructors prior to registering for this class. Swimmers must be able to swim the entire length of the pool with correct technique in front crawl and backstroke and tread water for one minute to enter this class. Goggles are recommended for this stage.

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Stage 6 Stroke Mechanics
Parents, please speak with current instructors prior to registering for this class. Swimmers must be able to swim the entire length of the pool with correct technique in front crawl and backstroke. Students must tread water for two minutes to enter this class. Goggles are recommended for this stage.

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For more Aquatic information contact: Rosemarie Anastasiades, Aquatics Director, at RAnastasiades@ymcamalden.org or at 781-324-7680 ext 214
ADULT (18 years old and older)

Our Adult Swim programs are designed for adults of all ages and abilities. These classes meet in the lap pool for 45 minutes, once a week. It is highly recommended and encouraged that students purchase goggles for adult swim lessons.

Adult Beginner
No minimal skills are required to enter this class. The Adult Beginner class is for the beginner or fearful participant who is unable to swim the width of the pool without assistance.

Tuesday 7:00pm
Thursday 7:30pm

Adult Intermediate
Swimmers in this class will be introduced to proper breathing and stroke techniques. Swimmers must be able to swim the width of the pool without assistance.

Tuesday 7:45pm
Thursday 8:15pm

Adult Advanced
This class is for those who swim well but want to increase endurance and improve stroke. Students should be able to comfortably swim a complete lap, non-stop.

The class is intended to help design swim routines for lap swimmers and training, if desired, for students that want to learn to swim competitively.

Tuesday 8:30pm

Members: $84  Community: $134

AQUA FITNESS

Come join us for a workout in the water! The resistance of the water will naturally provide strength and cardiovascular work, while your joints will thank you for the low-impact workout. Pick the class that is right for you and get moving! Please see aquatics schedule for class days & times. Classes are drop-in with no more than 30 participants per class.

Shallow Water Aerobics  45min
Held in our Therapy Pool, this class concentrates on improving balance and flexibility while toning muscles and strengthening bones.

Monday 8:30am  7:00pm
Tuesday 8:30am  7:00pm
Wednesday 8:30am  7:00pm
Thursday 8:30am  7:00pm
Friday 8:30am

Aqua Jogging  45min
A high intensity workout for all abilities, this class is held in our lap pool. Instructor introduces different exercises, stretches, aerobic conditioning and core exercises.

Tuesday 5:45am  8:30am
Wednesday 5:45am
Thursday 5:45am  8:30am

BECOME LIFEGUARD CERTIFIED

Are you 15yrs old or over? Have you been looking for an opportunity to make a difference in your community? Participate in our lifeguard training and you will gain American Red Cross Lifeguard, CPR/AED and First Aid Certification. Shifts are immediately available for participants who pass, if hired.

Prerequisites: will be tested on these skills first day of each course
• 300 yard swim or either freestyle or breaststroke
• 2 minute tread using only their legs
• 10lb brick retrieval from 9 ½ feet of water and 25yd swim

WHEN: TBD
9 am – 5 pm

REGISTRATION INFORMATION
• Members: $300
• Register at the Malden YMCA Welcome Center or over the phone at 781-324-7680. Once registered you will receive an e-mail from the trainer about class preparation.

To register for programs, visit: WWW.YMCAMALDEN.ORG
For more Aquatic information contact: Rosemarie Anastasiades, Aquatics Director, at RAnastasiades@ymcamalden.org or at 781-324-7680 ext 214
YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

EDUCATION

Malden YMCA Early Learning Center
Ages: 2.9 - 5 yrs.

Our curriculum addresses all aspects of child development, offering carefully planned activities to ensure that children achieve their full potential in language, emerging literacy, cognitive and physical skill development. We focus on the emotional and social growth of children, stressing the YMCA’s values of caring, honesty, respect and responsibility. We offer a wide range of enrichment activities, including swimming, music and movement, and health and nutrition curriculum. Breakfast, lunch and an afternoon snack are served daily. Transportation to and from the program is available.

Fee: $275 per week (must enroll 5 days per week)
Transportation: $6 (1 way) $9 (2 way)
• Morning and evening transportation is limited.

Please contact us to be placed on our waitlist. This program also accepts vouchers.

Contact Administrative Assistant Helen DaPonta for more enrollment information. 781-324-7680 x234 or hdaponta@ymcamalden.org

KID ZONE

The Malden YMCA offers the Kid Zone service in order to allow your whole family to enjoy the great activities we offer. Our program is designed and implemented by people trained in child care, certified in first aid and CPR and dedicated to engaging your child in entertaining and educational experiences. Free with family membership. Community: $3/hour per child for children 3 months to 9 years old.

Monday-Thursday: 9:00am-12:30pm, 5:00pm-8:30pm
Friday: 9:00am-12:30pm
Saturday: 7:45am-12:30pm

SUNDAY FAMILY FUN DAY

Sunday Family Fun Days (FREE with family membership) you can enjoy Family Zone with a craft project and play time, 4 hours of designated Family Gym Time, Open Family Swim, once-a-month Special Event show such as music or Curious Creatures. (10am -2 pm) This program is generously supported by Tufts Health Plan.

School Age Child Care (Year Round)
Grades: K-6

Children are picked up from school on YMCA school buses. A nutritional snack is served each afternoon. On full days, breakfast, lunch, and an afternoon snack are served. Group and individual choices are given on a daily basis. Children are grouped according to age, allowing us to make activities age appropriate. Activities include homework, tutoring, athletics, swimming, arts & crafts, games, field trips and more! The Program follows the public school schedule accommodating early release and teacher professional days. Full-day care (7:30am-6:00pm) during vacation weeks, selected school holidays and summer break.

Locations: Malden YMCA or Medford Youth Center

Full Day Vacation and Summer Camp
$41/day (minimum 2 days/week)

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*After school rates are blended and will not increase on full days when the program is open from 7:30 am-6:00 pm
**Prices include transportation from school to the Y at $6/day

Suzuki-style Family Guitar (5-6yrs)
(Children study alongside their parents.)

Learn guitar together with your young children! “Suzuki-style classes” means that parents sit side-by-side with their children and learn music together. This is a tried and true method of music education and a great way to bond as a family. NOTE: sign at least one parent up for each child registered.

Saturday 10:00am-10:50am - level 1 (5-6yrs) No Class 3/21
Members: $48 Community: $85

Morning Play Group (0-6yrs), 10 am – 12 pm

Join our play group for parents to play with their children as they learn and grow. This program is most helpful in teaching the youngest of children early social skills and friendship building. Parents are required to be with their children throughout the program. NO CLASS MARCH 20.

MEMBER FIRST CHILD: $40 COMMUNITY: $75
SECOND CHILD MEMBER: $0 COMMUNITY: $5
DROP IN RATE: MEMBER $5 COMMUNITY: $5

Zumba Kids

Join us for a fun, interactive class as a family! This is a dancing class where the kids lead the party while the parents join in for the fun. Everyone is welcomed to join the dance party!

Wednesdays at 6:00 pm, Free for members
Little All-Star Sports & Swim (4–6yrs)
This is your chance for your child to try a variety of sports in one class! Each week your child will participate in a different sport such as T-ball, Soccer, Floor Hockey, Basketball and more for one hour; then enjoy a 30-minute swim lesson! For faster changing we ask that each child come with their swimsuit already on during gym time. A great way for your child to explore different sports and have a terrific swim lesson! Don’t miss out, space is limited!

Monday 4:30pm -6:00pm  No Class 3/30
Members: $65  Community: $116

Rookie Sports (4–6yrs)
This is your chance for your child to try a variety of sports in one class! Each week your child will participate in a different sport such as T-ball, Soccer, Floor Hockey, Basketball and more for one hour.

Thursday 4:15pm - 5:15pm  No Class 4/2
Members: $16  Community: $50

Mad Scientists (4–6yrs)
Introduce your child to the wonderful world of science! Each week your child will be able to participate in hands on experiment using a variety of household items. Your child will get to investigate, observe and so much more!

Wednesday 5:00pm -5:30pm  No Class 4/1
Members: $20  Community: $56

Arts and Crafts Explorers (2–7yrs)
Kids become artists themselves and explore their creativity!

Monday 10:00am-10:30am  No Class 3/30
Wednesday 4:00pm-4:30pm  No Class 4/1
Members: $20  Community: $56

Messy Play (2–6yrs)
Let your children explore all their senses with crafty experiments, just some good old fashioned fun to help their creative development.

Monday 10:45am-11:15am  No Class 3/30
Wednesday 4:30pm -5:00pm  No Class 4/1
Members: $20  Community: $56

Kicks and Crafts (4–6yrs)
This is your chance for your child to try a variety of sports in one class combined with time for creative art projects.

Friday 4:15pm-5:15pm  No Class 4/3
Members: $20  Community: $56

To register for programs, visit: WWW.YMCAMALDEN.ORG
contact Carissa Contreras, Youth and Family Program Coordinator, for more information at 781-324-7680 or at ccontreras@ymcamalden.org
FOR YOUTH DEVELOPMENT
NURTURE THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH

Intro to Lacrosse (7–12yrs)
Come learn some basic skills and drills of Lacrosse.
Saturday   Ages 5–6   10:00am-10:50am
No Class 4/4

Members: $10   Community: $40

Youth Fitness
Tuesday 4:30pm–5:15pm, NO CLASS 3/31
Member: $20   Community: $56

Gaga Ball (8–14yrs)
Love Dodgeball? Then this class is for you. This action packed class is full of dodging, running and jumping until there is one person left standing.

Wednesday   6:45pm–7:15pm
Friday       7:00pm–7:30pm

Members: $5   Community: $10

Youth Dodge Ball (7–14yrs)
Join us for an action packed hour of dodge ball. Participants will go through various stretches and warm-ups before various styles of dodge ball games.

Thursday     5:20pm - 6:15 pm   NO CLASS 4/2
Friday        6:15pm - 7:00 pm

Members: $5   Community: $35

Kickball (7–14yrs)
Join us for an action packed hour of dodge ball. Participants will go through various stretches and warm-ups before various styles of dodge ball games.

Thursday     6:15 pm - 6:45 pm   NO CLASS 4/2

Members: $10   Community: $45

KEMPO KARATE

Tots (ages 2–3)
Tuesday 10:30am–11am
Thursday 10:30am–11am

Tiny Dragors (ages 4–6)
Monday   4:00 - 4:45 pm
Wednesday 4:00 - 4:45 pm
Saturday 11:00-11:45 am

Teens/adults (12 & up)
Monday   6:00 - 6:45 pm
Saturday 1:00 - 1:45 pm

Monthly $64 draft

Dragons (ages 7–11)
Monday   5:00 - 5:45 pm
Wednesday 5:00 - 5:45 pm
Wednesday* 6:00 - 6:45pm
Saturday 12:00-12:45 pm

Sparring (ages 7–11)
Saturday* 2:00 - 2:30 pm

*Instructor permission only for this advanced class

BASKETBALL

Mini-Basketball (4–6yrs)
This program is designed to provide each kid the opportunity to improve their fundamental skills and increase their knowledge of the game while focusing on sportsmanship and having fun.
Saturday 9:00am -9:55am

Members: $48   Community: $85

Youth Basketball (7–13yrs)
A great opportunity to improve fundamental skills (ball handling, passing, footwork, shooting and defense) and increase knowledge of the game while focusing on sportsmanship and having fun.

Saturday   10:00am-11:00am   (7-8yrs)
Saturday   11:00am-12:00pm   (9-11yrs)
Saturday   12:00pm-1:00pm   (12-13yrs)
Tuesday    6:20pm-7:20pm   (8-13)

Members: $45   Community: $80

Girls Basketball (7–13yrs)
This is a skills and drills basketball class for girls only.
Monday (7-10)   6:00pm-7:00pm

Members: $48   Community: $85
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

MUSIC

Guitar Lessons (7–13yrs) + (18 plus)
Progress through the introductory guitar levels. Learn
 guitar and music basics and create a foundation for
further musical exploration.

Saturday LEVEL 1 1:00pm - 1:55pm (7-11yrs)
Saturday LEVEL 2 11:00am -11:55am (7-11yrs)
Saturday LEVEL 3 4:00 pm -4:55pm (9-13yrs)
Saturday Adult 2:00pm - 2:55pm (18+)

NO CLASS 3/21

Members: $48 Community: $85

Level 4 Guitar Lessons (7–13yrs)
Build your skills and master the guitar with this upper
level guitar course. Students who have completed
levels one through three will join this course as a way
to continually develop their mastery of the guitar and
potentially participate in concerts locally.

Saturday 5:00pm -5:55pm

NO CLASS 3/21

Members: $48 Community: $85

Level 5 (7–13yrs)
Admission into this course is by recommendation
of the Malden YMCA Guitar Instructors only. This
course is designed for students who have shown
excellent achievement, growth and work ethic in
the Level 4 course and are ready for an even higher
level of instruction. Students will further develop
their music reading and technical skills. There will
be much emphasis on playing music together as an
ensemble and preparing for community events.

Saturday 3:00pm -3:55pm

NO CLASS 3/21

Members: $48 Community: $85

The Music Studio Clubhouse
(New to Malden)

The Music Studio Clubhouse is
a drop-in recording studio for
teens in 6th-12th grade to work
on independent or collaborative
projects focused on beat making,
songwriting, and music production
with the ultimate goal to publish or
perform fully original tracks.

Please contact us at music@ymcamalden.org for more information.

MON/WED/FRI: 2:30pm – 8:00 PM
TUES/THURS: 2:30 PM – 6:30 PM

Members – FREE
(You must have a Youth/teen
Membership to participate).
YMCA YOUTH in GOVERNMENT
(High School Students in grades 9-12)

The YMCA Youth & Government motto is “Democracy must be learned by each generation.” Every person can make a difference.

YMCA Youth in Government offers you a hands on opportunity to learn how government works, become a better citizen of your community, and have fun! Write bills, debate issues, participate in committees, run for office and hear judicial cases. Over the school year, you will meet regularly with your local delegation, participate in 3 state wide sessions and in the Model Government Conference held at the Statehouse in Boston. Will you be a Senator, a House Representative, a Judge, Lawyer or Governor? Perhaps a Journalist or Lobbyist or a member of the Governor’s Cabinet? The choice is yours. Have your voice be heard and learn how you can make change happen!

For more information contact: Karen T. Gately, kgately@ymcamalden.org or at 781-324-7680x217

Malden YMCA Leader Corps
(High School Students in grades 9-12)

The Malden YMCA has been providing youth leadership programs for more than 100 years. While the activities may have changed over time, the goals remain the same. They aim to provide teens with opportunities for leadership development, personal growth, service to others and social development. The Malden YMCA Leaders Corps follow the Y’s tradition of phenomenal leadership programming for youth. Through service learning, group activities and training, youth learn about communication, teamwork, problem solving, planning and organizing, health and safety, philanthropy and fundraising, group dynamics, volunteering, and the development of individual leadership qualities.

New leaders can join any time! The program is open to any high school youth. Meetings are held at the Malden YMCA.

For more information call Frank Molis at 781-324-7680, x232 or e-mail fmolis@ymcamalden.org
HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

ADULT

YMCA Diabetes Prevention Program
This is a one-year program designed to help adults adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing type 2 diabetes. In order to qualify you must meet the following:
• be at least 18 yrs. Old, overweight BMI >25 (required) Asian individuals BMI>23, or have been diagnosed with prediabetes by a healthcare provider.
• A1c value must be 5.7%-6.4%.
• Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify
• $429 per year, Financial Assistance available
Please contact Diego Nascimento, 781-324-7680 x 238 or email DNascimento@ymcamalden.org

LIVESTRONG® at the YMCA
Participants work with trained Y staff in supportive cancer care to achieve their goals, such as building muscle mass and strength; increase flexibility and endurance, improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by provided supportive community.
Program is 12 weeks with two 75 minute classes per week. Includes a complimentary 12-week adult Y membership.

NO Charge for the program.
Morning class Wed/ Fri 10:15AM – 11:30AM
Evening classes Tue/Thu 6:00PM-7:15PM
Contact Sam McAndrew at 781-324-7680 x 217 or smcandrew@ymcamalden.org

Enhance® Fitness
Enhance® Fitness is an evidence based program geared toward older adults, and those with a chronic condition, such as arthritis. Chairs can be used and soft, adjustable wrist and ankle weights allow each participant to perform at a level that is appropriate for them. Class combines strength, flexibility and cardiovascular conditioning.
• Malden YMCA (M, W, F) 10:30am
• Medford Housing Authority (T, Th, Sat) 121 Riverside Ave.
• Everett Community Family (M, W, F) 6 Wyllis Ave.
For more information contact: Diego Nascimento at 781-324-7680 x238, dnascimento@ymcamalden.org

PROGRAM IS GENEROUSLY SUPPORTED BY MYSTIC VALLEY ELDER SERVICES

Moving For Better Balance
Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility—this is not true. You can build strength, improve balance, and gain confidence in your mobility through Moving For Better Balance. This is a 12 week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility and mobility through slow, therapeutic movements based on Tai Chi. This program includes two class sessions and 2-plus hours of at-home practice per week. The program takes place in a safe and supportive group setting.
Tuesday 11:15am
Thursday 11:15am
Class is included with membership.
For more information contact Diego Nascimento at: 781-324-7680 x 238 or at dnascimento@ymcamalden.org

To register for programs, visit: WWW.YMCA MALDEN.ORG
HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

Healthy Weight and Your Child
An evidence-based lifestyle change intervention to address childhood obesity for children. The program empowers 7–13 year olds with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program includes a Family Information Session followed by 25 sessions delivered over four months.

- BMI of the 95th percentile or higher
- Child must have healthcare provider clearance or school nurse to participate in physical activity.
- One Adult must attend ALL session with child.
- Child must be 7-13 year old

Family information Session: Come learn more about the program, meet the instructors and confirm your child qualifies.

Dates to be determined

Contact Diego Nascimento, 781-324-7680 x 238 or email DNascimento@ymcamalden.org

Blood Pressure Self-Monitoring Program
Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Record blood pressure readings using an easy-to-use tracking tool of your own choosing. Healthy Heart Ambassadors are available each week for one-on-one 10-minute consultations to support you as you continue to better manage your blood pressure.

To qualify:
- 18yrs. or older
- Diagnosed with high blood pressure
- Not have experienced recent cardiac event
- Not have atrial fibrillation or arrhythmias
- Not be at risk for lymphedema

Cost: $40 for the 4 month program. Plus BP monitor if needed.

Time: 6:00PM
Location: Malden YMCA
For more information Contact Crissy Jache, cjache@ymcamalden.org
P: 781-324-7680

Program is generously supported by:

TUFTS Health Plan
MEMBER FITNESS ORIENTATION
HOW CAN WE HELP YOU?
Would you like to learn how to use the equipment and create your own workout?

ORIENTATIONS ARE AVAILABLE FOR ALL!
Orientations available in Portuguese and Spanish.

PLEASE SCHEDULE IN ADVANCE
Appointments can be made at the Welcome Center or by contacting Diego Nascimento at 781-324-7680 ext 238 or dnascimento@ymcamalden.org

Personal Training
Need someone to develop an exercise plan for you and keep you motivated? We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer. A Personal Trainer can help you focus on the goals that you have set for yourself. Invest in your future and contact Diego Nascimento to set up your first appointment (781) 855-4441 or dnascimento@ymcamalden.org.

ONE HOUR PERSONAL TRAINING
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1/2 HOUR PERSONAL TRAINING
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Group Exercise
Connecting with a group of people with similar fitness and wellness goals can increase your chances for success. From low-impact, strength training, yoga, indoor cycling to Zumba, Malden YMCA offers group exercise classes to suit every age, interest and ability level. Come enjoy the benefits of a social fitness experience.

Check our Group Exercise Schedule for class information.

Women on Weights
Interested in learning more about free weights and how to incorporate them into your routine? Then WOW is perfect for you! This small group class teaches women proper weight-lifting technique and routine. The goal is to improve posture, increase strength while getting comfortable with our fitness center. You will see positive transformation in a stronger you.

Monday, 7 pm – 8 pm
Wednesdays, 7 pm – 8 pm

COST: $70 members/$115 community
HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

ADULT SPORTS

Pick-up Volleyball
This co-ed volleyball drop in will allow you to practice your skills and play in a safe, fun and inviting environment. This is a drop in style of play where teams will be made on a week to week basis.
Wednesday 7:45pm – 9:45pm
Members – FREE
Community – $5 with a Y member / $10 day guest pass

Pickleball
This exciting game incorporates aspects of tennis, ping pong and badminton. Drop in to see what this exciting new game is about. All are welcome!
Monday, 8:00 am-10:00 am
Members: FREE
Community: $5 guest pass

Men’s Basketball League
Our adult’s Men’s Basketball League is a great way to get exercise, meet new people and have a little competitive fun while playing basketball. We welcome all men, 18 and over to join in for fun and earning a little bragging right to call themselves Malden YMCA champs. League consists of game officials, official jerseys and stat keeping.

Contact Diego Nascimento at dnascimento@ymcamalden.org for information on the upcoming season!

Lunchtime Pick-up Basketball
We offer Adult Pickup Basketball on our courts throughout the week. Games are self-monitored and open to any member 18 years old and up. There is no need to sign up, just stop by and play. Please observe the Y core values of Caring, Honesty, Respect and Responsibility during games.
Wednesday/Fridays 12:15-1:30pm
Members: FREE
Community: $5 with a Y member
CHINESE LANGUAGE & ART CLASSES AT MALDEN YMCA

Entrance to CCC’s Saturday and evening classes at the YMCA is on Mountain Ave.

CCC YOUTH

**Bilingual Mandarin I (5–7 yrs)**
Students will learn to read, write and speak basic Mandarin.

**Bilingual Mandarin II (6–10 yrs)**
Students will learn to read, write and speak basic Mandarin with small or no prior experience.

**Bilingual Mandarin III (8–10 yrs)**
Students are required to have at least 2 years of prior Mandarin learning experience.

**Bilingual Mandarin IV (9–14 yrs)**
More advanced class for experienced students, or those who have passed Bilingual Chinese III.

**Chinese/Mandarin (7+ yrs)**
Full immersion class with Mandarin instruction for learners with prior Mandarin experience and the desire to challenge themselves for speedy progress, or for those who speak Mandarin at home.

**Mommy & Me Chinese (3–5 yrs)**
For parents who are interested in bilingual education with their children. Both adults and children with no prior exposure to Chinese can join in the fun. Simple Chinese characters and phrases will be the base of curriculum. Learning activities may include music and physical movement, storytelling and interactive puppet shows.

**Math, English & Science Tutoring (6–14 yrs)**
Provide explanation, drills and training based on individual’s needs.

**Chinese Gongfu I & II (5–14 yrs)**
This is an Introductory Chinese Martial art class with discipline and fitness. The instructor will go through the basic gongfu steps and forms. Children are encouraged to wear appropriate clothing for high levels of activity.

**Violin Lessons I & II (3–14 yrs)**
**Small class size (5–8)**
Students will learn the basic scales and techniques in handling and playing the instrument. Students are required to have their own instrument. Private lessons may be available. Please ask for more details.

**Piano Group Lessons I & II (5–14 yrs)**
Taught by a professional pianist from the New England Conservatory of Music. Students will need to bring your own keyboard. Private lessons may be available. Please ask for more details.

**Creative Art I, II & III (5–16 yrs)**
Taught by a retired art professor from China. A perfect place for young artists to develop their skills. Students will learn a variety of different artistic techniques and levels based on their prior experience.

CCC ADULT – On Saturdays and/or Evenings

**Chinese Calligraphy: Beginner/Intermediate**
Introduction to the art of Chinese calligraphy. The instructor will teach the basics of calligraphy and introduce the basic structure and techniques of Chinese writing.

**Chinese Painting: Beginner/Intermediate**
This class offers students a set of basic calligraphy techniques. Then, it will focus on learning how to create birds, plants and flowers to build dexterity of brush stroke handling for more complicated composition.

**Mandarin: Beginner**
Adults will learn how to pronounce and recognize characters. Participants will learn to compose sentences to carry on simple conversation.

**Mandarin: Intermediate**
For students who have prior learning experience and understand the basic structure to build on advanced conversation. It will teach how to write some simple Chinese characters and create sentences.

**Fundamental English ESL I & II (Ages 15+)**
Learn the basic fundamentals of the English language. Students will learn to build vocabulary, create basic sentences. This class is intended to build language skills and confidence for new immigrants.

Please contact Mei Hung, the Director of the Chinese Culture Connection at 617-285-8998 for details on all the classes.
WE RENT OUR FACILITY & BUSES

BUS RENTALS
If you are a Principal, Teacher, or Church organizer and you are thinking about renting a bus, book buses with The Malden YMCA today! We charter out our school buses. Our school buses are available weekdays, weeknights and weekends. Our drivers are experienced and certified school bus operators through the DPU and RMV.

Rates:
Minimum of 4 hrs $250
Additional hours $ 30/half hour

Contact
781-324-7680 x231 or bcameron@ymcamalden.org

FACILITY RENTALS
Whether you are planning a birthday party, a Baby Shower or a special event, the Malden YMCA offers rental facilities that can accommodate your needs for any special occasion.

Birthdays • Corporate Events • Graduation Party
Bridal Showers • Baby Showers • Milestone Celebrations
Pool Party • Family Reunions

Pool Parties
Parties are two hours long, which includes, one hour in the therapy pool and one hour in the party room. Pool parties are hosted on Saturdays from 2-4pm or 3–5pm.
Members: $185
Community: $240

Gym Party
Parties are two hours long and take place in half of our gym. If you have a specific activity in mind, we have party hosts that can run your child’s favorite game. Tables and chairs are provided.
Members: $175
Community: $225

Please contact: Carissa Contreras at ccontreras@ymcamalden.org or at 781-324-7680 ext 226.
JOIN OUR CAUSE

WELCOMING: Thank you for your interest in the Malden YMCA. We are here for everyone and are excited you chose us. You have joined an organization committed to making a difference in our community.

CONNECTING: Here at the Y we provide opportunities for everyone to learn, grow and be part of a community. You can strengthen your bonds with your family at a family night or Sunday Fun days, build confident in child by teaching them to swim and stretch your heart strings by volunteering. Connecting with the Y and its members will open new doors for you and your family.

SUPPORT: Our team is ready to assist you in reaching your goals and is here to encourage you to try new things. We have caring staff with listening ears as well as a high 5 ready and waiting for you to cheer you on.

INVITE: Did you know the Malden Y is a non-profit charity? The Malden YMCA works tirelessly to meet the needs of our community. We invite you to share your talents and get involved in one of our many opportunities to strengthen our community.

MEMBERSHIP: Use any Y in the United States

We are for healthy living and we want you to stay active and keep moving. We have now made sure there is a Y wherever you are. Your Y card now provides free access to y’s across the country. Simply bring your facility/full privilege membership card and a photo ID with you and then you utilize their gym, pool, fitness, and other wellness facilities, just like any other member! We simply ask that you maintain a current membership at the Y you visit most frequently.

If you have any questions about joining the Malden YMCA you can contact Crissy Jache, Director of Member Operations at cjache@ymcamalden.org – ext 233

PAYMENT INFORMATION: Monthly amount is automatically drafted via the YMCA’s bank or credit card draft.

FINANCIAL ASSISTANCE: As a non-profit, charitable organization, the Malden YMCA is an inclusive organization. Financial assistance is available for all membership types and your rates will be based on household income. The process is quick and easy so you can get involved soon!

Please contact Cindy Goetz ext. 221 cgoetz@ymcamalden.org

Membership Monthly Rates

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPES</th>
<th>JOINER FEE*</th>
<th>REGULAR RATE</th>
<th>TOGETHER 20 PROGRAM RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior (65+)</td>
<td>$25</td>
<td>$35</td>
<td>$28</td>
</tr>
<tr>
<td>Adult (ages 24 – 64)</td>
<td>$25</td>
<td>$51</td>
<td>$40.80</td>
</tr>
<tr>
<td>1-Adult Family</td>
<td>$25</td>
<td>$60</td>
<td>$48</td>
</tr>
<tr>
<td>2-Adult Family with children</td>
<td>$50</td>
<td>$75</td>
<td>$60</td>
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<tr>
<td>2-Adult Family without children</td>
<td>$50</td>
<td>$69</td>
<td>$55.20</td>
</tr>
<tr>
<td>3-Adult with children</td>
<td>$65</td>
<td>$98</td>
<td>$78.40</td>
</tr>
<tr>
<td>3-Adult Family without children</td>
<td>$50</td>
<td>$94</td>
<td>$75.20</td>
</tr>
<tr>
<td>Young Adult (ages 19-23)</td>
<td>$25</td>
<td>$35</td>
<td>$28</td>
</tr>
<tr>
<td>Teen (ages 13–18)</td>
<td>$10</td>
<td>$14</td>
<td>N/A</td>
</tr>
<tr>
<td>Youth (ages 0–12)</td>
<td>$10</td>
<td>$14</td>
<td>N/A</td>
</tr>
</tbody>
</table>

TOGETHER 20 PROGRAM: Invite as many friends as you want. When a friend joins, you’ll both receive a 20% reduced rate on your monthly membership dues. The reduced rate is valid as long as you both remain active members in good standing. Additional details are available at the Malden YMCA or visit us at www.ymcamalden.org.