

# Norton Outdoor Center

## Swim Lessons!

**NOC Swim Lessons  
are all  
8 class sessions  
with your families  
needs in mind:**

**Weekend Lessons  
Meet once per week  
July 5th—Aug 24th**

**Weekday Lessons Meet  
twice per week**

**July 8th—31st  
August 5th—28th**

**\$75 Non-Members**

**\$50 Y Members**

**\$40 Y Family Members**

### **PIKE/EEL**

*Ages 3-6*

Basic skills for children still using floatation devices.

SAT or SUN 10:30 AM

SAT or SUN 4:30 PM

TUES & THUR 6:30 PM

### **RAY/STARFISH**

*Ages 4-6*

Use one or no bubbles, work on advanced skills and stamina.

SAT or SUN 11:00 AM

SAT or SUN 4:00 PM

TUES & THUR 7:00 PM

### **POLLIWOG**

*Ages 6-17*

Basic beginning skills for swimming, safety & floating.

SAT or SUN 11:30 AM

TUES & THUR 5:00 PM

### **GUPPY**

*Ages 6-17*

No bubbles. Front & back crawl, rotary breathing, diving, safety.

SAT or SUN 11:30 AM

TUES & THUR 5:00 PM

### **MINNOW**

*Ages 6-17*

Developing stronger & more relaxed strokes., learn elementary backstroke, practice survival/safety skills & increase endurance.

SAT or SUN 11:30 AM

TUES & THUR 5:00 PM

### **FINBERG FLYERS SWIM TEAM**

**Ages 6—16**

**For more information contact:**

**Tim Kelly**

**508-222-7422 ext 133**

**YMCA of Attleboro**



[www.attleboroyymca.org](http://www.attleboroyymca.org)

**Attleboro YMCA**

63 North Main St.  
Attleboro, MA 02703  
508-222-7422

**YMCA Activity Center**

537 Pleasant St.  
Attleboro, MA 02703  
508-226-7700

**Norton YMCA Program**

**Center**  
111 West Main St.  
Norton, MA 02766  
508-285-7574

**Norton YMCA Outdoor**

**Center**  
290 West. Main ST.  
Norton, MA 02766  
508-222-7292 (in season)

**YMCA CORE VALUES: HONESTY RESPECT CARING RESPONSIBILITY**