



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ATTLEBORO YMCA

DOWNTOWN BRANCH

63 North Main Street, Attleboro
Phone: 508-222-7422
Fax: 508-222-4288

FALL HOURS BEGIN SEPT 11

MON-FRI 5:00 a.m.-10:00 p.m.
SAT & SUN 7:00 a.m.-8:00 p.m.

PLEASANT STREET BRANCH

537 Pleasant Street, Attleboro
Phone: 508-226-7700
Fax: 508-226-7717

FALL HOURS BEGIN SEPT 11

MON-FRI 5:00 a.m.-10:00 p.m.
SAT 7:00 a.m.-8:00 p.m.
SUN 7:00 a.m.-4:00 p.m.

NORTON OUTDOOR CENTER

295 West Main Street, Norton
Phone: 508-226-7700 (out of season)

Open for special programs and events.

FALL I: SEPT 11 - OCT 29

FALL I Registration:

August 13 Members
August 27 Non-Members

FALL II: OCT 30 - DEC 24

FALL II Registration:

October 1 Members
October 15 Non-Members

Register online at
www.attleboroymca.org

YOUTH SWIM

PLEASANT STREET BRANCH

FALL I: SEPTEMBER 11-OCTOBER 29 | FALL II: OCTOBER 30-DECEMBER 24

Parent & Child – Stages A & B – Water Discovery and Exploration Ages 6 months – 3 years

Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Preschool – Stage 1 – Water Acclimation Ages 3-5

Increases comfort with underwater exploration and basic self-rescue skills performed with assistance. While using flotation device, swimmers will learn to swim independently in correct body position, become comfortable getting face wet, floating on back and jumping into the pool without assistance.

Preschool – Stage 2 – Water Movement Ages 3-5

Encourages forward movement in water and basic self-rescue skills performed independently. Swimmers in this level swim independently with flotation device, get their face wet, and jump in and exit pool without assistance. Swimming in correct body position, forward movement, back gliding and safety skills will be emphasized.

Preschool – Stage 3 – Water Stamina Ages 3-5

Develops intermediate self-rescue skills performed at longer distance than in previous stages. At this level, students swim without a bubble or with only a single slice flotation. They will learn to swim in a correct prone front position with face in the water and back glide 10 yards without bubble. This class builds endurance to swimming on front one length of the pool without flotation device and develops stroke technique on front and back.

Fall I Session – 7 weeks

\$74 Y Member
\$110 Non-Member

Fall II Session – 8 weeks

\$84 Y Member
\$126 Non-Member

Swim Level Testing

FREE Swim Testing available. Call Noreen Foley, the Pleasant Street Branch Aquatics Coordinator, at 508-409-0737 or email at nfoley@attleboroymca.org for information and appointments.

Youth – Stages 1 & 2 – Water Acclimation & Movement Ages 6-12

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water. Swimmers learn to be comfortable in water and getting face wet and submerging. Swimming with correct body position in a forward movement and safety skills is focus of this level.

Youth – Stages 3 & 4 – Water Stamina & Stroke Introduction Ages 6-12

Develops intermediate self-rescue skills performed at longer distance than in previous stages. Introduces basic technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Rhythmic breathing & flutter kick will be practiced. Swimmers will develop front and back crawl stroke and elementary backstroke. They will learn to tread water. Swimmers will build endurance.

Youth – Stage 5 – Stroke Development Ages 6-12

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. The four competitive strokes and sidestroke will be taught. Swimmers will continue to build endurance and stamina. Participants should be able to swim length of pool with proper rotary breathing before joining this class.

Youth – Stage 6 – Stroke Mechanics – Pre Competitive Swim Training Ages 6 and over (by recommendation of instructor/Aquatic Director)

Over the course of the session, you will build stamina and get ready to join a team in the future. Requirement: Must be able to swim two lengths of pool, overarm freestyle with rotary breathing. Choose any two times below.

TUE 4:30 p.m., 7:00 p.m.
THU 5:40 p.m., 7:00 p.m.
SAT 9:00 p.m.

FALL I

\$129 Y Member
\$193 Non-Member

FALL II

\$147 Y Member
\$211 Non-Member
Pleasant Street

PLEASANT STREET BRANCH

		Parent/Child Stages A & B	Preschool Classes			Youth Classes			Pre-Comp Stage 6
			Stage 1	Stage 2	Stage 3	Stages 1 & 2	Stages 3 & 4	Stage 5	
TUE	10:00		X						
TUE	10:30	X							
TUE	11:00			X					
TUE	4:30							X	X
TUE	5:15		X	X	X				
TUE	5:50					X	X	X	
TUE	6:30		X		X	X			
TUE	7:00							X	X
WED	4:30		X	X	X				
WED	5:05					X	X		
WED	5:40			X				X	
THU	10:00			X					
THU	10:30		X						
THU	4:30		X	X					
THU	5:05				X	X	X		
THU	5:40			X				X	X
THU	6:25	X			X	X			
THU	7:00							X	X
FRI	10:30			X					
FRI	11:00	X							
FRI	11:30		X						
FRI	4:30		X	X	X				
FRI	5:00					X	X	X	
FRI	5:45		X	X	X				
SAT	9:00							X	X
SAT	9:45		X			X	X		
SAT	10:20	X		X					
SAT	10:50		X	X				X	
SAT	11:30					X	X		

Private Lessons (30 Minutes)

Ages 3-adult

Call 508-409-0737 for a schedule and more information.

\$24 per lesson Y Member

\$40 per lesson Non-Member