



AFTER-SCHOOL TEEN PROGRAMS

at the Attleboro YMCA's Downtown Branch

OCTOBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday

OPEN GYM

w/ Nate
Tappan Gym
4pm-5pm

TRIVIA NIGHT

w/ Brian
Tappan Gym
5pm-6pm

YOUTH & GOVERNMENT

w/ Nate
Fishbowl
5pm-6pm

LEADERS CLUB

w/ Nate
Fishbowl
6pm-7pm

TEEN DODGEBALL

w/ Nate
Augat Gym
4pm-5pm

CHALLENGE DAY

w/ Brian
Tappan Gym
5pm-6pm

GIRLS KICKBOXING

w/ Jennie
Kickboxing Studio
5:00pm-5:55pm

WOMEN ON THE RISE

w/ Susan
Aerobics Studio
3pm-5pm

OPEN GYM

w/ Nate
Augat Gym
4pm-5pm

TEEN WORKOUT

w/ Nate
Reilly Fitness Center
5pm-6pm

ART NIGHT

w/ Jackson
Tappan Gym
5pm-6pm

KIDS YOGA (Ages 10-13)

w/ Lisa
Kickboxing Studio
5:15pm-6pm

HOMEWORK HELP

w/ James
Augat Gym
4pm-5pm

TEEN CHOICE SPORT

w/ James
Tappan Gym
5pm-6pm

ATTLEBORO YMCA TEEN PROGRAMS—For ages 12-18

These programs are free for our teen members. Teens must have a Y Code of Conduct sheet signed before participating in a program. When coming into one of these programs, teens will sign in/out with the staff running the program. Please make sure to follow the rules and core values of the Attleboro YMCA. We look forward to seeing you all here!

CONTACT: Nate Packert, Youth & Teen Director, npackert@attleboroymca.org, (508) 409-0778