




# STRONGER TOGETHER

ATTLEBORO YMCA  
FALL 2018

[AttleboroYMCA.org](http://AttleboroYMCA.org)



# **STRONGER, HEALTHIER, HAPPIER TOGETHER: REFER YOUR FRIENDS TO JOIN THE Y AND GET A MONTH FREE!**



**Friends and the YMCA go together. And when we get together, we create positive change in each other ... and in our community.**

**And now, when you refer a friend to join the Y, we'll waive their joining fee - and you'll get a free month of Y membership. What's even better, there is no limit on how many friends you can refer ... or how many free months you can earn.**

**It doesn't matter if you're looking to prioritize your health, learn new skills, or connect with your community, bring your friend along!**

**For details, stop by the Y's Welcome Center or go to [AttleboroYMCA.org/ReferAFriend](http://AttleboroYMCA.org/ReferAFriend).**



When you join the Y, you're committing to more than simply becoming healthier. You become an important part of our cause – a cause for nurturing each kid's potential, for improving our neighbors' health and well-being, and for fostering a sense of connection throughout our community.

More than a gym, a pool, or a place for fitness, our Y offers Members a sense of belonging, achievement, and friendship that's hard to find anywhere else.

When you join the Y, you become a member of our one big happy, active, healthy, caring, connected Y family.

## OUR MISSION

The Attleboro YMCA is a charitable organization dedicated to the physical, mental and spiritual development of all. It fosters personal growth through quality programs and services provided in a positive environment by committed staff and volunteers.

## ATTLEBORO Y LOCATIONS

### DOWNTOWN BRANCH

63 North Main Street, Attleboro, MA  
508-222-7422  
FALL HOURS (Begin September 4)  
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, MA  
508-226-7700  
FALL HOURS (Begin September 4)  
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, MA  
508-222-7292  
OPEN FOR PROGRAMS AND SPECIAL EVENTS.

### Attleboro YMCA Associations Office

Robin McDonald – CEO  
508-409-0763 / rmcDonald@attleboroyMca.org  
Susan Mastandrea – Program Director, Aquatics & Camps  
508-409-0765 / smastandrea@attleboroyMca.org  
Peepers Flanagan – Camp & Program Registrar  
508-409-0753 / pflanagan@attleboroyMca.org  
Paula Abouzeid – Program Billing Coordinator  
508-409-0775 / pabouzeid@attleboroyMca.org

### Downtown Branch

Cyndee Goodinson-Lindsey –  
Associate Branch Executive & Sr. Health & Wellness Director  
508-409-0767 / cgoodinsonlindsey@attleboroyMca.org  
Carol Mahoney – Senior Child Care Director  
508-409-0774 / cmahoney@attleboroyMca.org  
Caitlin Marshall – School's Out Director  
508-409-0769 / cmarshall@attleboroyMca.org  
Ryan Perron – Sports Coordinator  
508-409-0778 / rperron@attleboroyMca.org  
Steve Beane – Camp Finberg Director & Integration Specialist  
508-409-0758 / sbeane@attleboroyMca.org  
Kim Lapierre – Welcome Center Coordinator  
508-409-0771 / klapierre@attleboroyMca.org  
Carissa Phillips – Welcome Center Coordinator  
508-409-0760 / cphillips@attleboroyMca.org

### Pleasant Street Branch

Amanda Cyr – Gymnastics Director  
508-409-0735 / acyr@attleboroyMca.org  
Noreen Foley – Aquatics Coordinator  
508-409-0737 / nfoley@attleboroyMca.org  
Nancy Larochelle – Dance Coordinator  
508-409-0743 / nlarochelle@attleboroyMca.org  
Lynn McHugh – Welcome Center Coordinator  
508-226-7700 / lmchugh@attleboroyMca.org  
Brian Gannon – Camp Pleasant Director  
508-409-0734 / bgannon@attleboroyMca.org

### Health & Wellness Specialists

Ryan Ohnemus – Youth Wellness Specialist  
508-409-0773 / rohneMus@attleboroyMca.org  
Lisa Hooker – Healthy Lifestyles Specialist  
lhooker@attleboroyMca.org  
Renee Maxwell – Chronic Disease Specialist  
rmaxwell@attleboroyMca.org  
Nicole Szeliga – Healthy Lifestyles Specialist  
nszeliga@attleboroyMca.org  
Cortney Wall – Senior Wellness Specialist  
cwall@attleboroyMca.org



# MEMBERSHIP. HEALTHY LIVING FOR ALL

We believe our communities are stronger when everyone feels welcome and works together for the common good. Membership is open to the entire community – regardless of age, income, or fitness level. Whether you're an adult, student, an active senior, or a family with or without kids, we have a membership type for you!

## MEMBERSHIP BENEFITS

As a Y Member, you'll enjoy the support and programs you need to strive for total health – striking a balance of healthy spirit, mind, and body. As a Y family, you'll find a spectrum of care and programs to make every member of your family happier and healthier. Whether your goals are to improve your fitness, reduce stress, enhance your family connections, or to find a welcoming and supportive community, we're here to help.

Your membership includes access to the Y's facilities, unlimited group exercise classes, membership program rates, and much more!

## GET STARTED PROGRAM

Get the most out of your Attleboro Y membership with our Get Started program—included with every membership. Recognizing that each person is unique, this program pairs you with a Wellness Specialist for three complimentary sessions to identify your goals and develop an achievable plan for success. Open to both new and existing members. Stop by the Welcome Center to schedule your first session!

## NATIONWIDE MEMBERSHIP

Your Attleboro Y membership now entitles you to free access to Y facilities throughout the United States! Whether you travel often or if you live near one Y location and work near another, this is a fantastic new benefit for all Y Members! Join the Y you'll frequent the most, but enjoy the convenience of being able to visit another. (Please contact the Y you intend to visit, as restrictions may apply.)

## DID YOU KNOW?

If you have more than two adults living at home, the Attleboro Y now offers **Family Plus!**

Whether you have an adult child living at home, a parent living with you, a nanny, or any other adult residing in the household, you can now add an additional adult to your Family, Couple, or Senior Couple Membership for only \$15 a month!

To add another adult to your membership, please stop by the Welcome Center on your next visit.

## WELCOMING WEEK

SEPTEMBER 14-23, 2018

**As part of our cause for strengthening community, Ys across the country will celebrate diversity and foster community connections with Welcoming Week this September. Welcoming Week brings together immigrants and U.S.-born residents at community-based events to promote cross-cultural understanding. The Attleboro Y is excited to participate with a series of events to welcome our newest neighbors! Go to [attleboroymca.org/WelcomingWeek](http://attleboroymca.org/WelcomingWeek) for details.**

## MEMBERSHIP FOR ALL

To ensure that our programs and services are accessible to everyone, the Attleboro Y offers the "Membership for All" program. This income-based membership rate scale welcomes all individuals and families to become active members of the Y, no matter what their financial circumstances may be. The Attleboro Y is able to offer Membership for All because of donations made through our Annual Fundraising Campaign. To find out what your membership rate is, go to [attleboroymca.org/membership](http://attleboroymca.org/membership).





# SOCIAL RESPONSIBILITY

The Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders. When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens or to give back and support your neighbors, your involvement with the Y will positively impact those in your community.

## **VOLUNTEER**

Take an active role in bringing about meaningful, enduring change right in your own neighborhood. Whether it's once a week or twice a year, there are so many ways to give your time, share your talents, and change lives.

### **Togetherhood**

Togetherhood is a program that gives Y members the opportunity to select, plan, and lead meaningful community service projects that benefit people and organizations right here in our neighborhood! Interested in joining the Togetherhood committee or volunteer team? Contact Carol Mahoney at [cmahoney@attleboroymca.org](mailto:cmahoney@attleboroymca.org).

### **Reach & Rise Mentors**

Your time makes a difference! Reach & Rise group mentoring supports youth ages 12 to 15 who may often experience social issues, poverty, community violence, educational disparities. As a group mentor, you can build a supportive, consistent relationship with a group of young people. You will help to improve each mentee's self-esteem, confidence, sense of belonging, decision-making skills, school performance and relationships. With the support of Y staff and a social worker, two Reach & Rise Mentors work together with a group of six mentees over the course of 16 weeks. For more information, contact Susan Mastandrea at [smastandrea@attleboroymca.org](mailto:smastandrea@attleboroymca.org) or 508-409-0765.

### **Program & Special Event Volunteers**

The Y is always looking for friendly, community-focused volunteers to give their time and talent to Y programs and special events all year long. For a listing of the Y's current volunteer positions, please go to [attleboroymca.org/support-the-y/volunteer](http://attleboroymca.org/support-the-y/volunteer). Please note: In keeping with the Attleboro Y's Child Protection Policy, volunteers are required to complete a CORI and SORI screening and fill out a Volunteer Application.

## **DONATE**

At the Attleboro YMCA, we believe our community is stronger when everyone has the opportunity to reach their full potential. Even as our community and its needs evolve, our primary goal remains simple: To make each person we serve feel a sense of accomplishment, friendship, belonging, and welcome.

One way that we extend that welcome is by removing barriers. Through subsidized memberships, program scholarships, and impactful programs designed to engage and celebrate all members of our diverse community, we work hard to ensure that everyone can access and thrive at the Y.

Your gift to the Attleboro YMCA's Annual Campaign helps make that possible. Your gift helps ensure a brighter future for all.

To make a gift, go to [attleboroymca.org/donate](http://attleboroymca.org/donate) or contact CEO Robin McDonald at [rmcdonald@attleboroymca.org](mailto:rmcdonald@attleboroymca.org) or 508-409-0763.

## **FUNRAISING EVENTS**

Throughout the year, the Attleboro Y hosts a series of annual fundraising events to bring our community together and support our cause. By coming together, we're able to make a greater impact – and have a lot of fun at the same time!

**Rooftop Party** – Friday, September 7

**Fall Festival & Haunted Woods** – Saturday, October 20

**Gobble Wobble 5K** – Thanksgiving Day, November 22

## ATTLEBORO YMCA SPECIAL EVENTS & IMPORTANT DATES

**Wednesday, August 1**

**Member registration for Fall Programs begins**

**Wednesday, August 15**

**Non-Member registration for Fall Programs begins**

**Friday, August 17**

**Back to School Family Night**

Get ready for fall with an evening of fun family activities! We're filling the Y with fun - including music, family wellness and sports challenges, family swim, crafts, food from the grill, facility tours, and much more.

5:00-7:00 p.m.

Downtown Branch

**Monday, September 3**

**Labor Day**

Downtown Branch open 5:00 a.m.-8:00 p.m.

Pleasant Street Branch closed.

Norton Outdoor Center open 12:00-4:00 p.m.

**Tuesday, September 4**

**Fall and School Year Programs begin**

**Friday, September 7**

**Rooftop Party**

The Y invites our members and friends from the community to gather on our rooftop for a festive night atop the Y! Enjoy panoramic views of our city along with live music, silent auction, beer and wine, fabulous food, and great friends. To purchase your tickets, go to [attleboroyymca.org/RooftopParty](http://attleboroyymca.org/RooftopParty).

6:00-10:00 p.m.

Downtown Branch

\$50 per person

**September 14-23**

**Welcoming Week**

The Attleboro Y is excited to present a series of special events to welcome our newest neighbors! Go to [attleboroyymca.org/WelcomingWeek](http://attleboroyymca.org/WelcomingWeek) for details.

**Saturday, October 20**

**Fall Festival & Haunted Woods**

Bring the whole family out to our Norton Outdoor Center for carnival games, face painting, pony rides, and more fall family fun. Once the sun goes down, venture through our haunted woods!

12:00-8:00 p.m.

Norton Outdoor Center

\$10 per individual / \$25 per family

Rain date: Sunday, October 21

**Friday, October 26**

**Swim with the Pumpkins**

Jump in for this fun Halloween tradition! Enjoy a family swim in the pool filled with bobbing pumpkins. Then stick around for a healthy snack and Halloween story.

6:30-8:30 p.m.

Both Attleboro Y branches

Y Members: Free / Non-Members: \$5 per child

**Thursday, November 22**

**Thanksgiving**

Both branches open 7:00-10:00 a.m.

Downtown Branch: Thanksgiving Aerobathon

Pleasant Street Branch: Gobble Wobble 5K (p. 33)

**Friday, December 7**

**Cookies with Santa**

Join all your friends from the Y and our favorite visitor from the North Pole for this festive event!

6:00-8:00 p.m.

Downtown Branch

Y Members: Free / Non-Members: \$5 per child

**December 24-31**

**December Vacation Camp**

**Monday, December 24**

**Christmas Eve**

Both branches open 5:00 a.m.-2:00 p.m.

**Tuesday, December 25**

**Christmas Day**

Both branches closed.

**Monday, December 31**

**New Year's Eve**

Both branches open 5:00 a.m.-6:00 p.m.

**Tuesday, January 1**

**New Year's Day**

Downtown Branch open 7:00 a.m.-4:00 p.m.

Pleasant Street Branch closed.



A photograph of two young girls in a gymnasium. The girl on the left has short brown hair and is wearing a pink patterned tank top. The girl on the right has long blonde curly hair and is wearing a yellow tank top with colorful polka dots and pink shorts. They are both smiling and looking at each other. A semi-transparent purple banner is overlaid across the middle of the image, containing the text 'YOUTH DEVELOPMENT'.

# YOUTH DEVELOPMENT

All kids have great potential. At the Y, we want young people to explore their possibilities and think big! That's why we offer such a diverse array of activities in an encouraging and supportive environment, where kids can explore new interests and passions. Led by positive role models, the Y's programs encourage young people to develop healthy, trusting relationships and self-reliance through the Y core values of caring, honesty, respect, and responsibility.



## EARLY LEARNING & CARE PROGRAMS

In our licensed preschool and school age childcare programs, children learn and grow through developmentally appropriate programs that foster friendships, self-confidence, and a love of learning. All of our programs encourage social, emotional, physical and cognitive development, assuring that all children are either ready to start school or to continue learning in school with success.

### PRESCHOOL PROGRAMS – FULL-DAY AND HALF-DAY

Our Early Learning & Care programs provide your child with developmentally appropriate and stimulating learning experiences. Led by certified teachers and assistants, our preschool child care program encourages children to learn through play. Our program activities are designed to enhance every child's socio-emotional, cognitive, and physical development.

#### Preschool & Pre-Kindergarten Full-Day:

Monday-Friday 7:00 a.m. to 6:00 p.m.

Registration: Register for 3, 4, or 5 days per week

2018-2019 Fees:

5 days per week: \$196 (members), \$226 (non-members)

4 days per week: \$183 (members), \$213 (non-members)

3 days per week: \$170 (members), \$200 (non-members)

#### Preschool Half-Day Program:

Tuesday, Thursday 8:30 a.m. to 12:30 p.m.

2018-2019 Fees:

\$60 per week (members), \$90 per week (non-members)

Enrollment is accepted year round, depending upon availability. Financial assistance is available, thanks to donations made through the Y's Annual Campaign. Third-party payments and state vouchers are also accepted.

For more information or to register, contact our Child Care Director Carol Mahoney at 508-409-0774.

### AFTERSCHOOL CARE – SCHOOL'S OUT PROGRAM

We believe that childhood afternoons are meant for active play, new discoveries, and adventures of the imagination. This vision is what guides our School's Out team as we develop the activity plan for each afternoon. We provide a safe, encouraging environment that promotes positive self-esteem, life skills, teamwork, leadership, creativity and education support.

The YMCA provides transportation from all Attleboro public elementary and middle schools as well as St. John's.

Care is available for all Attleboro Public Schools half days, professional development days, and vacation weeks.

Schedule: Monday-Friday, school dismissal – 6:00 p.m..

Location: Downtown Branch

2018-2019 School Year Fees:

2 days per week: \$52 (members), \$82 (non-members)

3 days per week: \$69 (members), \$99 (non-members)

4 days per week: \$88 (members), \$118 (non-members)

5 days per week: \$93 (members), \$123 (non-members)

For more information, contact our School's Out Director Caitlin Marshall at (508) 409-0769 or [cmarshall@attleboroyymca.org](mailto:cmarshall@attleboroyymca.org).

### Vacation Camps

When schools are out, come to the Y for a week of fun with friends! We offer a variety of vacation week options to ensure that there's something for every kid of every interest! With swimming, games, crafts, and special theme days, every day is a new adventure. Our flexible registration allows you to sign up for two to five days.

#### Vacation Camp at the Downtown Branch

December Vacation: December 24-31

February Vacation: February 18-22

April Vacation: April 15-19

MON-FRI 7:00 a.m.-6:00 p.m.

Y Member: \$40 per day

Non-Member: \$60 per day

#### Gymnastics Camp at the Pleasant Street Branch

December Vacation: December 26-28

February Vacation: February 18-22

April Vacation: April 15-19

MON-FRI 7:00 a.m.-6:00 p.m.

Y Member: \$40 per day

Non-Member: \$60 per day

## YOUTH SWIM

Learning to swim is more than just stroke development. In our swim lessons, children learn to be safe around water and feel that sense of accomplishment that comes with learning something new. Through our competitive swim programs, young swimmers strive to meet personal and team goals, learn the value of hard work, and to enjoy spirited competition.

### PROGRESSIVE SWIM LESSONS

Our Y now offers the enhanced National YMCA Swim Lessons Curriculum to help ensure that every child has the tools he or she needs to be confident in and around the water. These student-centered lessons offer a heightened emphasis on water safety, while taking a progressive approach to building confidence, skills, and stamina.

### SWIM STARTERS

#### Ages 6 months–3 years with parent

In this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters, including how to best supervise children in the water, how to prevent accidents, and how to plan for emergencies.

#### Stages A & B – Water Discovery and Exploration

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

### SWIM BASICS

In these three stages, students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress. By the end of this series of stages, students achieve basic swimming competency by learning two benchmark skills – “swim, float, swim” and “jump, push, turn, grab.”

#### Stage 1 – Water Acclimation

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.

#### Stage 2 – Water Movement

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.

#### Stage 3 – Water Stamina

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.

### SWIM STROKES

In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

#### Stage 4 – Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Rhythmic breathing & flutter kick will be practiced.

#### Stage 5 – Stroke Development

Introduces breaststroke and butterfly. Reinforces water safety through treading water and sidestroke. The four competitive strokes and sidestroke will be taught. 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 6–15

By recommendation of the Aquatics Director. Build on your stamina to get ready for the team in the future or simply work on your strokes to improve your stroke mechanics and gain strength and endurance as a swimmer. Participate in 40-minute training sessions once or twice each week.

#### Downtown Branch:

WED & FRI 4:30 p.m.

#### Pleasant Street Branch:

TUE 4:30 p.m., 7:00 p.m.

THU 5:40 p.m., 7:00 p.m.

SAT 9:00 a.m.

#### Y Member

1 day per week: \$41 per month

2 days per week: \$62 per month

#### Non-Member

1 day per week: \$62 per month

2 days per week: \$93 per month

### JOIN OUR SWIM PROGRAM TODAY

Our Swim Lesson Programs begin September 4th. However, with the Y's monthly based programs, you can start swimming with us at any time during the year! Please register 5 days in advance of your first class and continue for as long as you like!

#### Swim Lesson Monthly Fees

\$41 Y Member

\$62 Non-Member



## DOWNTOWN BRANCH

Member: \$41/month | Non-Member: \$62/month

## SWIM LESSONS BEGIN SEPTEMBER 4TH!

		Parent/Child Stages A & B	Preschool Classes			Youth Classes		
			Stage 1	Stage 2	Stage 3	Stages 1 & 2	Stages 3 & 4	Stage 5
MON	9:35	X						
MON	10:10		X	X	X			
MON	4:30						X	
MON	5:40		X	X	X			
MON	5:05					X		
MON	6:15	X					X	X
WED	9:30	X						
WED	10:05		X	X	X			
WED	10:35		X	X	X			
WED	4:30					X		
WED	5:05		X	X	X		X	
WED	5:40					X		X
WED	6:15		X	X	X			
WED	6:50					X	X	X
THU	9:30	X						
THU	4:30					X		
THU	5:05		X	X	X		X	
THU	5:40			X	X			X
THU	6:15	X	X	X	X			
SAT	9:00	X	X	X	X			
SAT	9:35			X	X		X	
SAT	10:10		X	X	X			
SAT	10:45	X				X		
SAT	11:20						X	X
SUN	9:35	X	X	X	X			
SUN	10:10		X	X	X	X		
SUN	10:45		X	X	X		X	X

### Private Lessons

#### Ages 3-adult

Call the Aquatics Director at your location of choice for a schedule.

\$25 per 30-minute lesson      Y Member  
\$40 per 30-minute lesson      Non-Member

6-pack

\$115      Members  
\$165      Non-Member

### Swim Level Testing

FREE Swim Testing available. Call Susan Mastandrea, the Downtown Branch Aquatics Director, at 508-409-0765 or email [smastandrea@attleboroymca.org](mailto:smastandrea@attleboroymca.org) for information and appointments.

### Swim Lessons for Youth with Special Needs

#### Seahorses (30 Minutes) Ages 4-12

These 30-minute classes have smaller student-to-instructor ratios to help acclimate children with special needs to the water and teach them basic swimming skills. Parents and/or aides are welcome to get in the water to help during the class.

Ages 4-7

WED 4:30 p.m.

WED 6:15 p.m.

Ages 8-12

WED 5:00 p.m.

Downtown

\$48      Members

\$68      Non-Member

#### Integrated Classes

We encourage children of all abilities to participate in our typical swim lessons. If your child has special needs, please contact the Aquatics Director so that we can set up a plan for your child to be successful in our swim program!

# PLEASANT STREET BRANCH

Member: \$41/month | Non-Member: \$62/month

# SWIM LESSONS BEGIN SEPTEMBER 4TH!

		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		
TUE	6:25		X		X	X			
TUE	7:00							X	X
WED	4:30		X	X	X				
WED	5:05					X	X	X	
WED	5:40		X	X	X				
THU	10:00	X							
THU	10:30			X					
THU	11:00		X						
THU	4:30		X	X					
THU	5:05				X	X	X		
THU	5:40							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	X	
SAT	11:20				X	X	X		



# COMPETITIVE SWIMMING

The Attleboro Y has a long-standing history of swimmers who have achieved personal and national excellence as part of the Y's competitive swim program. Through the Y's Tsunami Swim Team and the Synchronettes synchronized swim program, young swimmers strive to meet personal and team goals, learn the value of hard work, and to enjoy spirited competition.

## Tsunami Swim Team

### Ages 5-18

The YMCA's swim team program offers a variety of options for swimmers of all skill levels - from beginners looking to improve their strokes to dedicated swimmers with national qualifying aspirations. The team competes in the Y SENECEY swim league and US Swimming. For more information, email the coaches at [swimteam@attleboroymca.org](mailto:swimteam@attleboroymca.org) or call 508-409-0765.

**Short-Course Season:** September 10-March

**Location:** Downtown Branch

All Tsunami swimmers must be Attleboro Y Members.

### Tsunami Placement Nights

At our placement nights, each swimmer will have an opportunity to meet the coaches, participate in a trial practice, and find out which level is best for him or her.

SEPT 4, 5, 6

5:30-6:30 p.m.

### Swim Team Levels

#### Age Group I (ages 5-7)

Should be able to swim 25 yards non-stop front crawl with rotary breathing. Swimmers will spend time further developing their stroke skills, learning starts and turns, and building their endurance. It's recommended they attend 2-3 practices a week and one dryland practice.

\$98 per month

#### Age Group II (ages 8-10)

Should have 1-3 years of swim experience and understand all four strokes. Must be able to swim 25 yards non-stop front crawl with rotary breathing and know basic back and breast strokes. Swimmers will spend time further developing their stroke skills, learning starts and turns, and building their endurance. Opportunities to compete in YMCA and USS swim meets. It's recommended they attend 2-3 practices a week and one dryland practice.

\$103 per month

#### Juniors (ages 11-13)

Should have 3-5 years of swim experience and understand all four strokes. Must be able to swim 25 yards non-stop front crawl with rotary breathing and know basic back and breast strokes. It is recommended they attend 3-5 practices a week with one dryland practice.

\$124 per month

#### Seniors (ages 14-18)

Should have 3-5 years of swim experience and understand all four strokes. Must be able to swim 25 yards non-stop front crawl with rotary breathing and know basic back and breast strokes. As a team, the seniors will be looked up to and asked to lead group exercises and routines for team building.

\$134 per month

## Lyonfish Synchronettes Team

### Ages 6-18

Open to athletes of all ability levels, the Lyonfish Synchronettes is a competitive synchronized swimming team that competes locally, regionally and beyond. The Attleboro Y offers Novice, Intermediate & Age Group levels for practice and competitions. Practices focus on skills and routine preparation. The Synchronettes are fortunate to work with program support from Wheaton College's synchronized swim program, so some of our weekly practices take place at Wheaton.

For more information, please contact Aquatics Coordinator

Susan Mastandrea at [smastandrea@attleboroymca.org](mailto:smastandrea@attleboroymca.org).

**Season:** September 11-June

**Location:** Practices at the Downtown Branch & Wheaton College  
All Synchronettes must be Attleboro Y Members.

### Synchronettes Placement Nights

Join us at our placement nights to learn more about the sport of synchronized swimming and to try out a free practice with the team.

SEPT 4, 6

6:30-7:30 p.m.

Downtown Branch

### Synchronettes Swim Levels

Depending upon each swimmer's level of interest and schedule availability, the Synchronettes offer one, two, or three days of practice per week.

Beginner, 1 day per week (60 minutes - 3 hours)

Member: \$79/month

Intermediate, 2 days per week (4-5 hours per week)

Member: \$115/month

Advanced, 3 days per week (6+ hours per week)

Member: \$136/month

### Special Olympics Training Team

#### Ages 9 to Adult

This program is designed for youth, teens, and adults with special needs who'd like to train for competitive swimming. Our swimmers train once a week with our Tsunami Swim Team coaches. Many of our swimmers compete in Special Olympics competitions. For more information, contact Susan Mastandrea at [smastandrea@attleboroymca.org](mailto:smastandrea@attleboroymca.org) or (508) 409-0765.

1 day per week (40 minutes)

Member: \$41/month

Non-Members: \$62/month

## YOUTH SPORTS

Our sports programs celebrate the joy of physical activity and being part of a team. Led by caring adults in a fun, supportive environment, our sports classes and leagues encourage young athletes to meet new friends, build skills, and discover what they're capable of.

### SPORTS PROGRAMS

#### Preschool Sports

##### Ages 3-5

This class introduces children to a wide range of sports with a new sport to discover each week. Class will consist of age-appropriate drills and skills followed by a scrimmage. Sports include basketball, soccer, kickball, and more!

SAT 9:00-9:45 a.m. Pleasant Street Branch

Y Member: \$42 per month

Non-Member: \$65 per month

#### Karate

##### Ages 4.5-adult

The Y's "Eclectic Karate" program combines the strengths of various disciplines to emphasize self-defense, control, positive attitude and spirit. Year-round program.

Pleasant Street Branch

Ages 4.5-6 TUE & FRI 4:30-5:00 p.m.

Y Member: \$56 per month Non-Member: \$71 per month

Grades 1 & Up / White-Purple Belts

TUE & FRI 5:00-5:45 p.m.

Y Member: \$72 per month Non-Member: \$88 per month

Grades 1 & UP / Purple-Brown Belts

TUE & FRI 5:45-6:30 p.m.

Y Member: \$72 per month Non-Member: \$88 per month

Teen Combination & Jr. Black Belts

TUE & FRI 6:00-7:00 p.m.

Y Member: \$88 per month Non-Member: \$104 per month

#### Youth Instructional Basketball

##### Ages 5-11

This class introduces participants to the basics of basketball, including dribbling, shooting, and passing as well as basic game rules. Class time will be divided between drills and skills and a scrimmage.

Ages 5-6 SAT 9:00-10:00 a.m. Downtown Branch

Ages 7-8 SAT 10:00-11:00 a.m. Downtown Branch

Ages 9-11 SAT 11:00 a.m.-12:00 p.m. Downtown Branch

Y Member: \$42 per month

Non-Member: \$65 per month

#### Floor Hockey

##### Ages 6-12

This class uses the skills players already know and develops them. It will also allow new participants to learn the basics of floor hockey including puck handling, shooting, and passing as well as basic game rules. Class time will be divided between drills and skills as well as a scrimmage. Recommended equipment: Stick and Gloves. Required Equipment: Mouth guard and Sneakers.

Ages 6-8 THU 5:00-6:00 p.m. Downtown Branch

Ages 9-12 THU 6:00-7:00 p.m. Downtown Branch

Y Member: \$42 per month

Non-Member: \$65 per month

#### Instructional Volleyball

##### Ages 11-18

Pass, set, hit. In this drop-in program, players will improve their volleyball skills by building from the fundamentals. This class is for beginners and advanced players alike.

Middle School

MON 6:00-7:00 p.m.

High School

MON 7:00-8:30 p.m.

Middle School

WED 6:00-7:00 p.m.

Pleasant Street Branch

Y Member: \$5 per visit

Non-Member: \$5 per visit

#### Youth Racquetball

##### Ages 7-18

In this weekly drop-in instructional program, Youth and Teen Members are welcome to learn the basics of racquetball and refine their skills in a fun environment.

TUE 6:30-7:30 p.m.

Downtown Branch

Free to Y Members

#### Our Sports Programs begin September 4th!

However, with the Y's monthly based programs, you can start playing with us at any time during the year! Please register 5 days in advance of your first class and continue for as long as you like!



## SEASONAL LEAGUES

### Soccer League

Kids in the Y's soccer program learn what it means to be part of a team. Early in the season, players focus on skills, such as dribbling, passing, and shooting. The remaining weeks include games where our young athletes use their skills and teamwork to work together and have fun. All players receive a team shirt.

#### Fall Season: Sept. 8 - Oct. 27

Ages 4-6 SAT 10:00-10:50 a.m. Pleasant Street Branch  
Ages 7-9 SAT 11:00-11:50 a.m. Pleasant Street Branch

Y Member: \$55 per season  
Non-Member: \$82 per season

### Flag Football League

Learn to pass, catch, kick, and run with the football in our developmental flag football league that emphasizes teamwork and having fun. Classes are broken up into skills development and scrimmages. Parent participation is encouraged.

#### Fall Season: Sept. 8 - Oct. 27

Ages 6-8 SAT 9:00-9:50 a.m. Pleasant Street Branch  
Ages 9-12 SAT 10:00-10:50 a.m. Pleasant Street Branch

Y Member: \$55 per season  
Non-Member: \$82 per season

### Jaguars Youth Track & Field Program

#### Ages 5-18

Under the direction of the Jaguars coaching staff, youth athletes participate in running, shot put, Javelin, long jump, and Cross Country. The program offers both parent and child fitness activities, including weekly fitness runs and walks. No mandatory practices or events. Come when you can! For more information, contact Aaron Filipe at [afilipe@attleboroyca.org](mailto:afilipe@attleboroyca.org).

**Fall/Winter season:** October-April at the Downtown Branch  
TUE 5:00-6:30 p.m.

Y Member: \$10 per month  
Non-Member: \$20 per month

### Youth Cross-Country Meets

Over the hill and through the woods! Take part in our one-mile cross-country races for beginners and advanced athletes at the Norton Outdoor Center. With so many trails and paths, our outdoor recreational facility can accommodate a different challenging course each week. Registration and course review begins 30 minutes prior to race time.

SEPT 18 & 25

OCT 2, 9, 16

TUE 5:00 pm

(Registration begins at 4:30 pm. Course review is at 4:45 pm.)

Norton Outdoor Center

\$3 per race

Register at the meet



# GYMNASTICS

The Attleboro Y Gymnastics program offers a fun, safe, and encouraging environment for gymnasts of all skill levels – from beginning tumblers to our competitive team. Through our progressive co-ed program, gymnasts work with a committed team of coaches to build on their skills throughout the school year, culminating in an end-of-the-year performance. All Gymnastics classes take place at the Pleasant Street Branch.

## Me & My Gymnast

### Ages 18 months–2 years with parent

This class is for the child who wants to get in the gym, jump around, and tumble, but is not ready to be without a parent yet.

TUE 4:15–5:00 p.m.  
WED 10:25–11:10 a.m.  
THU 9:30–10:15 a.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## Teeny Tiny Tumblers

### Ages 2 & 3

Parent participation allowed, but not required. In this class, we encourage our youngest gymnasts to do the class on their own, but at times, they might need assistance from parents. This class helps children become familiar with all the gymnastics equipment, but focuses on having fun, making friends, and learning to follow directions and take turns. School-year program.

MON 4:40–5:25 p.m.  
WED 9:30–10:15 a.m.  
FRI 10:25–11:10 a.m.  
SAT 9:30–10:15 a.m.

Y Member: \$44 per month  
Non-Member: \$67 per month

## Tiny Tumblers

### Ages 3 & 4

Parent participation is not allowed in this class. This class allows children to become comfortable on the gymnastics equipment, while learning basic gymnastics movements, such as rolls, donkey kicks/handstands, beginner cartwheels, jumps on tumble trak, swings on bars, and different walks on the beam. School-year program.

MON 10:25–11:10 a.m.  
MON 5:00–5:45 p.m.  
WED 5:00–5:45 p.m.  
FRI 9:30–10:15 a.m.  
SAT 10:00–10:45 a.m.

Y Member: \$44 per month  
Non-Member: \$67 per month

## Kinder Tumblers

### Ages 4–6

In this class, children will continue working on basic gymnastics skills and begin to learn correct form (ie. straight legs, pointed toes) while performing the skills. This class introduces new skills, such as bridges, forward rolls on the beam, and back hip circles on the bars. School-year program.

MON 9:30–10:15 a.m.  
TUE 5:05–5:50 p.m.  
WED 5:55–6:40 p.m.  
THU 10:25–11:10 a.m.  
THU 6:05–6:50 p.m.  
FRI 4:45–5:30 p.m.  
SAT 11:00–11:45 a.m.

Y Member: \$44 per month  
Non-Member: \$67 per month

## Boys Only Kinder Tumbler

### Ages 4–6

As with the regular Kinder Tumbler class, children will continue working on basic gymnastics skills and begin to learn correct form (ie. straight legs, pointed toes) while performing the skills. The boys will go on all gymnastics equipment including the pommel horse and parallel bars. School-year program.

THU 4:40–5:25 p.m.

Y Member: \$44 per month  
Non-Member: \$67 per month

## Y Gymnasts

### Grades 1 & Up – Beginner

Children work on basic gymnastics skills as well as more challenging skills. This class is good for the first time, recreational gymnast or the gymnast who aspires to move up to the competitive team. Trying your best is the emphasis of this class.

MON 6:00–7:00 p.m.  
TUE 6:00–7:00 p.m.  
WED 5:05–6:05 p.m.  
THU 5:00–6:00 p.m.  
FRI 5:00–6:00 p.m.  
SAT 10:30–11:30 a.m.

Y Member: \$49 per month  
Non-Member: \$73 per month

## Boys Only Youth

### Grades 1 & Up – Beginner / Intermediate

The curriculum in this class is similar to our Y Gymnast class with instruction on the male events as well. This class also focuses on building the muscles needed to accomplish boys only gymnastics.

THU 5:30–6:30 p.m.

Y Member: \$49 per month  
Non-Member: \$73 per month

## Teen Recreational Gymnastics

### Ages 12 & Up

This class is for older gymnasts. It is for the beginner who is not comfortable being in a class with younger gymnasts. It is also for the more advanced gymnast who does not want to compete. This class will also allow gymnasts to have a little more freedom in choosing what events and skills they want to work on.

WED 6:45–7:45 p.m.

Y Member: \$49 per month  
Non-Member: \$73 per month



## INVITATION ONLY CLASSES

### Kinder Tumbler 2

This class is for the more advanced preschool/kindergarten gymnast. The class is designed to challenge young gymnasts who show strong gymnastics potential.

TUE 5:00–6:00 p.m.  
FRI 5:35–6:35 p.m.

Y Member: \$49 per month  
Non-Member: \$73 per month

### Girls Hot Shots

#### Grades 1 & Up – Intermediate

This class is for gymnasts who are working on polishing their basic skills as well as more difficult skills. The class will teach the skills necessary to move up to pre-team or team.

MON 5:30–7:00 p.m.  
WED 6:10–7:40 p.m.  
FRI 6:10–7:40 p.m.

Y Member: \$61 per month  
Non-Member: \$91 per month

### Boys Hot Shots

#### Grades 1 & Up – Advanced

This class is for gymnasts who are working on polishing their basic skills as well as learning more difficult skills. The class will challenge young male gymnasts. School-year program.

THU 6:30–8:00 p.m.

Y Member: \$61 per month  
Non-Member: \$91 per month

### Pre-Team

#### Advanced

If you only need to accomplish a couple more skills to complete and compete the level 3 routines, this is the class for you. The focus of this class will be to complete all the skills necessary to move up to the competitive team.

TUE 6:00–8:00 p.m.  
WED 6:00–8:00 p.m.

1 night per week  
Y Member: \$71/month, Non-Member: \$106/month  
2 nights per week  
Y Member: \$98/month, Non-Member: \$146/month

### Our Gymnastics Programs begin September 4th!

Due to the progressive nature of our program and limited spaces available, we encourage gymnasts to start off the year with us if possible. However, we accept registrations throughout the year as space allows.

### Girls Team

For experienced gymnasts who are ready to compete, our competitive team welcomes gymnasts in the compulsory level 3 and Xcel levels.

At the Attleboro Y, our coaching staff fosters an encouraging, supportive team environment. While encouraging our gymnasts to achieve and compete at a high level, our coaches also prioritize a healthy school-life-gymnastics balance to create a positive experience for each gymnast.

Our team competes in both the YMCA and Get Your Feet Wet leagues. All gymnasts are required to compete and purchase the competition leotard.

For more information or to set up a tryout time, please contact Head Coach Stephanie Preve at [spreve@attleboroyymca.org](mailto:spreve@attleboroyymca.org).

Compulsory Levels 3–6: TUE, FRI 5:45–8:15 p.m.  
Xcel Levels Silver–Platinum: MON, THU 5:45–8:15 p.m.

Monthly Fee:  
1 night/week, Y Member: \$71, Program Participant: \$106  
2 nights/week, Y Member: \$98, Program Participant: \$146

## RECREATIONAL GYMNASTICS

### Open Gym

#### All ages

If your child wants some extra time in the gym, here is your chance! You can use this time to work on specific skills, introduce a friend to gymnastics, or just have some fun. Open Gym is a drop-in program, offered once a month. There will be a coach in the gym for supervision, safety, and some spotting. Children under 6 must be accompanied by an adult in the gym.

SUN, SEPT 23	10:00 a.m.–12:00 p.m.
SAT, OCT 6	12:30–2:30 p.m.
SUN, OCT 21	10:00 a.m.–12:00 p.m.
SAT, NOV 3	12:30–2:30 p.m.
SUN, NOV 18	10:00 a.m.–12:00 p.m.
SAT, DEC 1	12:30–2:30 p.m.
SUN, DEC 16	10:00 a.m.–12:00 p.m.

\$10 per child per class

### High School Open Gym

#### Ages 13–18

Are you in high school and looking for extra practice time? This is a time for you to have free time in the gym and work on the skills of your choice. This is a weekly, drop-in program. There will be a coach present in the gym for supervision and skills tips, but not direct spotting.

WED 7:30–9:00 p.m.

\$5 per class

# DANCE

The Attleboro YMCA School of Dance offers instruction in a variety of dance genres for toddlers through teens. Understanding that dance is more than just learning the steps, our instructors teach dance as a powerful way for youth to express themselves, to gain confidence in their abilities, and to stay active and healthy, too. The school-year dance program concludes with a dance recital in May. All Dance classes take place at the Pleasant Street Branch. **Our Dance Program begins September 4th!**

## **Tiny Toes (Pre-Ballet & Creative Movement)**

### **Ages 2-3**

This class will focus on teaching your child the basics of ballet and creative movement. Your child will improve and enhance coordination skills.

MON	9:30-10:00 a.m.
TUE	9:00-9:30 a.m.
THU	5:30-6:00 p.m.
SAT	9:00-9:30 a.m.

Y Member: \$38 per month  
Non-Member: \$61 per month

## **Tap and Toes I (Tap & Ballet Combo)**

### **Ages 3-5**

Tap and Toes will encourage self-discipline, self-confidence while incorporating coordination, rhythm and basic dance steps. Children will work on large motor skills, spatial awareness and flexibility.

MON	10:30-11:15 a.m.
MON	5:15-6:00 p.m.
TUE	10:00-10:45 a.m.
THU	6:00-6:45 p.m.
SAT	9:30-10:15 a.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## **Little Rock Stars (Hip Hop)**

### **Ages 3-5**

Does your child love to dance? Your child will learn the latest and coolest moves while improving coordination, self-confidence through rhythmic hip hop moves.

MON	10:00-10:30 a.m.
TUE	9:30-10:00 a.m.

Y Member: \$38 per month  
Non-Member: \$61 per month

## **Tap & Toes II (Ballet & Tap Combo)**

### **Grades K-3**

Tap and Toes will encourage self-discipline, self-confidence while incorporating coordination, rhythm and basic dance steps. Children will work on large motor skills, spatial awareness and flexibility.

MON	6:00-6:45 p.m.
WED	6:00-6:45 p.m.
SAT	10:15-11:00 a.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## **Ballet**

### **Grades 1-6**

Your child will continue to progress in ballet through technique, ballet positions, turns, jumps, balance and poise.

Grades 1-3	WED	4:30-5:15 p.m.
Grades 1-3	THU	5:15-6:00 p.m.
Grades 4-6	MON	6:45-7:30 p.m.
Grades 4-6	WED	5:15-6:00 p.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## **Hip Hop – Level 1**

### **Grades K-3**

Does your child love to dance to the latest music? Your child will learn the latest and coolest moves in our hip hop class.

THU	4:30-5:15 p.m.
SAT	11:00-11:30 a.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## **Hip Hop – Level 2**

### **Grades 3-5 (With director's approval)**

This class is for the dancer with 1 year or more of jazz or hip hop training. Your child will continue to master the technique of jazz while learning the latest styles of hip hop dance. Turns, jumps and technique will enhance your child's coordination skills while learning the latest moves.

MON	4:30-5:15 p.m.
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Y Member: \$42 per month  
Non-Member: \$65 per month

## **Acro**

### **Grades K-6**

Students will be introduced to the foundations of Acrobatics. Tumbling and floor work is involved, with a mat. Students will continue to increase body strength and flexibility.

SAT	11:30 a.m.-12:15 p.m.
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Y Member: \$38 per month  
Non-Member: \$61 per month

## **Teen Lyrical/Jazz**

### **Grades 6-12**

Lyrical dance blends ballet and jazz dance. Lyrical is generally smoother and a bit faster than ballet, but not quite as fast as jazz. A lyrical dancer uses movement to express emotions. Your dancer will continue to enhance dance skills.

WED	6:45-7:15 p.m. (advanced)
THU	6:30-7:15 p.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## **Teen Hip Hop**

### **Grades 6-12**

Learn the latest moves to the latest music while improving coordination and self-confidence through rhythmic hip hop moves.

WED	7:15-8:00 p.m. (advanced)
THU	7:15-8:00 p.m.

Y Member: \$42 per month  
Non-Member: \$65 per month

## **Adult Tap**

MON	7:30-8:00 p.m.
TUE	8:30-9:00 a.m.



# YOUTH & TEEN FITNESS

It's never too early to begin forging healthy lifetime habits. The Y's Youth Wellness programs encourage young people to make healthier choices about what they eat, what they do, and how they can live to their best potential.

## Kids Yoga

### Ages 5-13

Yoga for kids is a dynamic class where the kids will learn yoga poses and apply those poses in games and activities. Kids benefit from yoga as it helps relieve stress, be active, and think in positive ways. Kids Yoga is a drop-in program that is included in your Youth or Family Membership at no additional cost.

Ages 5-10 THU 4:30-5:15 p.m.

Ages 10-13 THU 5:15-6:00 p.m.

Downtown Branch Kickboxing Studio

## Youth Wellness Center Orientation

### Ages 8-13

Youth Members who would like to use the strength and cardio equipment need to make an appointment for an orientation with the Health and Wellness staff. The orientation will teach youth members how to safely and efficiently use the equipment, and instruct them about general Wellness Center rules and etiquette. More than one appointment may be necessary depending on the youth member's needs and understanding. Once training is completed, an access pass will be given. Children who are 11 or younger must continue to workout alongside a parent or guardian. To schedule a Youth Orientation, stop by the Y's Welcome Center or contact Ryan Ohnemus at rohnemus@attleboroymca.org.

Free for Attleboro YMCA Members

## Powerlifting Team

### Ages 13 & older

Powerlifting is the sport of competitive lifting in the back squat, bench press and deadlift. Participants follow commands from judges in competition and must meet specifications for a "good lift". This program will teach participants how to properly execute these lifts to the USA Powerlifting standards, coached by a USA Powerlifting Club level coach. This program is intended for those who are just interested in becoming stronger along with those who are interested in competing in a USA Powerlifting meet. Team will meet twice a week. Competition registration is optional and requires additional meet fees. For more information, contact Ryan Ohnemus at rohnemus@attleboroymca.org. The Powerlifting Team sessions begin September 4th, but we accept registrations throughout the year.

TUE 3:00-4:30 p.m.

TUE 6:00-7:00 p.m.

SAT 11:00 a.m.-12:00 p.m.

Downtown Branch

Y Member: \$10 per month

Non-Member: \$25 per month

## Walk to 5K for Kids

### Ages 6 and up

The Y's Run Club has added a Walk to 5K group specifically for kids who'd like to participate in the Y's Gobble Wobble 5K on Thanksgiving morning. Coached by one of our Youth Wellness Specialists, this walk-run training plan makes it possible for young runners to build their confidence and endurance, as they slowly increase their running time until they complete the full 3.1 mile course!

AUG 22-NOV 14 WED 5:30 pm

Pleasant Street Branch

Free to Y Members

\$40 for Non-Members

## Teen Strength Conditioning

### Ages 12-18

This program teaches middle school and high school students the importance of a well-balanced strength training program, including proper warm up, strength training, conditioning, and flexibility. Participants will receive a personalized program to follow based on their abilities and goals. Our trainers will provide guidance and assistance to ensure that participants are working out in a safe and efficient manner. This program is designed for any teen, whether you're new to lifting, an athlete, or someone just looking to improve your overall fitness. Program meets twice a week.

For more information, contact Ryan Ohnemus at rohnemus@attleboroymca.org.

MON & WED 3:00-4:30 p.m.

Downtown Branch

Free to Y Members

## Teen Girls Kickboxing

### Ages 12-18

Held in our Kickboxing Studio, this energetic class combines the punches of boxing with the kicks of karate. Kickboxing has numerous benefits for both your physical and mental health. This class is especially reserved for girls, ages 12-18.

WED 5:00-5:55 p.m. Downtown Branch

Free to Y Members. Drop-in class. Come when you can!

## Mother & Daughter Kickboxing

### Ages 9-12

This program encourages moms and daughters to strengthen their relationships while strengthening their physical and mental fitness as well.

SUN 3:00-4:00 p.m.

Downtown Branch

Free to Y Members. Drop-in class.

## Kids WATERinMOTION®

### Ages 7 and older

This new class brings water fitness to kids! While they move to the top 40 music, kids have a blast splashing and moving in the water while improving their cardio fitness and strength in fun new ways.

WED 5:00-5:30 p.m.

Downtown Branch

Free to Y Members. Drop-in class.

## HEALTHY WEIGHT & YOUR CHILD

Healthy Weight and Your Child is a 25-session evidence-based program for children with obesity. The program includes a Family Information Session followed by 25 sessions delivered over four months. The family-based weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight. For more information, contact Cyndee Goodinson-Lindsey at (508) 409-0767 or cgoodinsonlindsey@attleboroymca.org.

TUE 5:30-7:30 p.m.

SAT 9:00-11:00 a.m.

## YOUTH & TEEN ENRICHMENT

All kids have great potential. We want young people to explore their possibilities and think big! That's why we offer such a diverse array of activities in an encouraging and supportive environment, where kids can explore new interests while making friends and developing confidence in themselves. All of our teen programs put a special emphasis on making positive, healthy choices.

### **Socialize & Swim**

#### **Ages 6-14**

We invite individuals with special needs and peers that are typically developing to join us. Our program consists of a 45-minute activity to enhance and maintain social skills followed by a 45-minute opportunity to swim. Individuals should come in their bathing suits and, if necessary, parents or caregivers should plan to help assist with changing after class. Please contact Steve Beane at [sbeane@attleboroyymca.org](mailto:sbeane@attleboroyymca.org) if you have a child who may benefit from this program or if you have a typically developing child that would be interested in volunteering.

TUE 6:00-7:30 p.m.

Downtown Branch

THU 6:00-7:30 p.m.

Downtown Branch

Y Member: \$51 per month

Non-Member: \$71 per month

### **Reach & Rise Group Mentoring Program**

#### **Ages 12-15**

The Reach & Rise Group Mentoring Program brings together positive adult role models with small groups of young teens to improve each mentee's self-esteem, confidence, sense of belonging, decision-making skills, school performance and relationships. With the support of Y staff and a social worker, two Reach & Rise Mentors work together with a group of six mentees over the course of 16 weeks. If you believe your child would benefit from the program or if you'd like to volunteer as a Mentor, please contact Susan Mastandrea at [smastandrea@attleboroyymca.org](mailto:smastandrea@attleboroyymca.org) or 508-409-0765. Thanks to support from the Y's Annual Campaign, there is no cost to participate in this program.

### **Babysitting Basics**

#### **Ages 11 & up**

Our 4-hour babysitting class prepares students to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and basic first aid information. Topics include developmental stages of children, injury prevention, basic first aid, care of a choking infant/child, emergencies, safety of a sitter and babysitting as a job.

SAT, OCT 13 1:00-5:00 p.m.

SAT, DEC 1 1:00-5:00 p.m.

Downtown Branch

Y Member: \$95 per class

Non-Member: \$135 per class

### **Leaders Club**

#### **Grades 9-12**

Be someone! Leaders is a nationwide YMCA program that teaches leadership skills through community service, volunteerism, and personal growth. In Leaders, you can meet other teens, plan events and field trips, participate in regional leadership retreats, and serve your community through volunteer projects and events. Are you ready to make a difference? Then join the Leaders Club.

For more information, please contact Meg Sullivan at [msullivan@attleboroyymca.org](mailto:msullivan@attleboroyymca.org).

Downtown Branch

Free for all Y Teen Members.

### **Junior Leaders Club**

#### **Grades 6-8**

Our Junior Leaders Club is designed for middle school youth who are interested in making a difference! This introduction to Leaders Club is specially designed for middle schoolers, but includes much of what you'll experience as a high school Leader, including weekly meetings, community service projects, social events, and more. For more information, please contact Meg Sullivan at [msullivan@attleboroyymca.org](mailto:msullivan@attleboroyymca.org).

Free for all Y Members.

### **College Planning Series**

There is a lot to consider when choosing a college. Feeling overwhelmed? Don't worry. We are here to help! This fall, Bristol Community College and Bridgewater State University are partnering with the YMCA's Educational Partnership Task Force to host a series of free events throughout the Attleboro area to cover all aspects of the college process. Everything from what to do at a college fair or an open house, how to consider your financial aid options, and all the way through how to be successful after you have enrolled. Events will start this September. For more information, high school students can contact their Guidance Counselor or go to [attleboroyymca.org/CollegePlaning](http://attleboroyymca.org/CollegePlaning).





## FAMILY PROGRAMS

The Y has always been a place where families can play and be active together. Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, and improve their health and well-being. Your Family Membership includes many opportunities to strengthen bonds and connect with your community.

### Parent & Child Play Group

Join other parents and their young children in this fun, active program that helps kids socialize through play while families connect with one another. This is a drop-in program. Come when you can!

WED & FRI 10:00-10:45 a.m.  
Downtown Branch

Free to Y Members

### Parent & Child Free Swim

These drop-in sessions foster a sense of comfort, confidence, and fun in the water for young children and their parents. Socialize with other families while splashing around in the pool!

WED & FRI 10:45-11:15 a.m.  
Downtown Branch

Free to Y Members

### Family Workout Sessions

#### Ages 8 and older

Meet our trainer in the fitness center for a special workout designed for parents and kids to do together! This program is offered every week at the times below. No advance registration required. Drop-in when you can!

MON	6:15-7:00 p.m.	Pleasant Street Branch
WED	6:45-7:30 p.m.	Downtown Branch

Free for Y Members

### Grandparents Swim

Y Members are invited to bring their grandchildren (or their grandparents) for a fun swim together at the Downtown Branch. Your grand can come along for free as your guest!

SUN	1:00-3:00 p.m.	Downtown Branch
SAT	4:00-6:00 p.m.	Pleasant Street Branch

Free to Y Members and their grand guest.

### Family Swim

Enjoy some quality time being active in the pool with your family! All ages are welcome. Family Swim is included in your Y Membership. Non-Members may join in the fun by purchasing a Day Pass.

Downtown Branch – Family Swim Times  
MON 11 a.m.-12 p.m. / 1:35-4:30 p.m. / 7-9 p.m.  
TUE 11 a.m.-12 p.m. / 1:35-6:30 p.m. / 8:15-9 p.m.  
WED 11 a.m.-12 p.m. / 1:35-4:30 p.m. / 7-9 p.m.  
THU 11 a.m.-12 p.m. / 1:35-4:30 p.m. / 7-9 p.m.  
FRI 11 a.m.-12 p.m. / 1:35-9 p.m.  
SAT 12-7:30 p.m.  
SUN 12-7:30 p.m.

### Family Swim (continued)

Pleasant Street Branch – Family Swim Times  
MON 11:30 a.m.-12:15 p.m. / 2-6 p.m.  
TUE 11:30 a.m.-12:15 p.m. / 8-9:30 p.m.  
WED 11:30 a.m.-12:15 p.m. / 2-4:30 p.m. / 8-9:30 p.m.  
THU 11:30 a.m.-12:15 p.m. / 8:30-9:30 p.m.  
FRI 12-12:45 p.m. / 2-4:30 p.m. / 6:15-9:30 p.m.  
SAT 1:30-7:30 p.m.  
SUN 10:30 a.m.-3:30 p.m.

### Family Gym

Play some hoops and get your heart pumping during our dedicated Family Gym times, when the basketball courts are reserved for younger athletes who are supervised by adults, 18 and older.

Downtown Branch – SAT 12:00-2:00 p.m., Augat Gym  
Pleasant Street Branch – THU 6:00-7:00 p.m.

### Child Watch

#### Ages 2 months and older

Child Watch is a drop-off service for Youth, Family, and Single-Parent Family Members of the Y. Our caring Child Watch staff provide your children with positive social experiences in a secure and playful environment, while you take advantage of the Y facility. Parents must remain in the Y building while their child is in Child Watch.

### Downtown Branch Child Watch

**MON:** 8:30 a.m.-1:15 p.m. / 4:15-8:15 p.m.  
**TUE:** 8:30 a.m.-1:15 p.m. / 4:15-8:00 p.m.  
**WED:** 8:30 a.m.-1:15 p.m. / 4:15-8:15 p.m.  
**THU:** 8:30 a.m.-1:15 p.m. / 4:15-8:00 p.m.  
**FRI:** 8:30 a.m.-1:15 p.m. / 4:15-7:30 p.m.  
**SAT:** 7:45 a.m.-12:00 p.m.

### Pleasant Street Branch Child Watch

**MON:** 8:30 a.m.-12:00 p.m. / 4:30-7:45 p.m.  
**TUE:** 8:30 a.m.-12:00 p.m. / 4:30-8:15 p.m.  
**WED:** 8:30 a.m.-1:15 p.m. / 4:30-7:45 p.m.  
**THU:** 8:30 a.m.-1:15 p.m. / 4:30-8:15 p.m.  
**FRI:** 8:30 a.m.-12:00 p.m. / 4:30-7:45 p.m.  
**SAT:** 8:00 a.m.-12:00 p.m.

### Kids Club

#### For Youth and Family Members, ages 8-12.

Kids Club offers a great alternative to Child Watch for older kids who like to stay active and have fun with friends while their parents workout at the Y.

MON & WED 5:30-7:00 p.m.  
Pleasant Street Branch

## BIRTHDAY PARTIES

Invite your friends to jump, splash, twist, tumble, and play with a fun, active party at the Y! The Y has a variety of parties to keep all the kids on your invitation list happy! All parties are two hours, including a one-hour activity and one hour in our party room. The fee includes invitations and a party coordinator to run the activities and help out in the party room. Plus, the birthday boy or girl gets a special gift from the Y!

\$175 Y Member / \$225 Program Participant  
(\$50 deposit due at registration to reserve your party.)

Please note that different parties have participant limits. You may bring extra guests for an additional fee.

For parties at the Downtown Branch: 508-222-7422

For parties at the Pleasant Street Branch or Norton Outdoor Center: 508-226-7700

### Pool Party

#### All ages

Celebrate your next birthday with a great time of playing pool games and splashing around with friends! Games and relay races can be arranged or have free swim time. Depending on ages and swim ability, adults may need to be in the water with kids.

Downtown Branch and Pleasant Street Branch

### Gymnastics Party

#### Ages 3-12

Spend your birthday jumping, tumbling, and having tons of fun on the gymnastic equipment with the Y's coaches! Limit of 14 guests.

Pleasant Street Branch

### Dance Birthday Party

#### Ages 3-12

What's your dream dance party? Choose from one of our favorite dance themes or create your own! All of our dance parties include party games, crafts and of course, dancing! Limit of 14 guests.

Pleasant Street Branch

### Sports Party

#### Ages 5-12

Get your friends together for a sports-themed party! Pick your favorite sport – basketball, floor hockey, soccer – and get ready to play in the Y gymnasium. After an hour of games, move inside to the party room for some more fun together.

### Outdoor Sports / Camp Games

#### Ages 5-12

Bring your active party outside! Choose your favorite sport or opt for a series of field games on our expansive sports fields. After a great game, move the party to one of our outdoor pavilions or our inside party room. (April-October)

Norton Outdoor Center

### Summer Pool Party

#### All ages

Get ready for a splashing good time at our beautiful outdoor pool! Then let the fun continue in our party pavilion. Depending on the age and swim ability, adults may need to be in the water with the kids. (June 16-September 1)

Norton Outdoor Center

### Ropes Course Adventure Party

#### Ages 8-14

Young adventurers can have the party of a lifetime up in the trees of our outdoor recreational facility. Activities may include an obstacle course race, team challenges on our intermediate ropes course, or some high-flying adventures from our 45-foot double trapeze jump. (April-October. 3-hour party. Limit of 12 participants. Ropes course party fees: \$250 Y Member / \$350 Non-Member)

Norton Outdoor Center

### Outdoor Ninja Party

#### Ages 7 & up

This active party includes training on our ninja obstacle course as well as some team challenges on our low and intermediate challenges on our Ropes Course. (April-October. 3-hour party. Limit of 12 participants. \$250 per Y Member / \$350 per Non-Member)

Norton Outdoor Center







# HEALTHY LIVING

Whether you're a serious athlete, a group exercise devotee, or just beginning a wellness routine, the Attleboro YMCA applauds your commitment to healthy living. At the Y, we strive to help you achieve your personal Health and Wellness goals through our group exercise classes, personal fitness programs, recreational programs, Wellness Centers, and educational programming.

### Get Started Sessions

Not sure where to begin? Get the most out of your Attleboro Y membership with our Get Started program – included with every membership. This program pairs you with a Wellness Specialist for three complimentary sessions to identify your goals and develop an achievable plan for success. Open to both new and existing members.

To schedule your first Get Started session, call the Downtown Branch at 508-222-7422 or the Pleasant Street Branch at 508-226-7700.

### Fitness Studios

Both of our Y branches include multiple studios for your workouts! In addition to our Aerobics Studio, the Downtown Branch is home to newly renovated Kickboxing and Cycle Studios. The Pleasant Street Branch offers classes in our Aerobics Studio, Dance Studio, and Cycle Loft.

### Wellness Centers

Catering to all fitness levels, our Wellness Centers feature a broad array of the latest cardio and strength equipment. Our Downtown Branch houses two fitness areas: the Reilly Fitness Center, which features an entire mezzanine of cardio equipment along with a strength floor with strength machines and free weights; and the Carpenter Gym, which includes the necessary equipment and space for functional training, as well as an area for Olympic-style lifting. The Pleasant Street Branch's Wellness Center includes cardio and strength equipment, as well as an area for functional training.

All of our Wellness Centers are staffed with knowledgeable trainers who can assist and guide you through the equipment. We encourage you to schedule a Wellness Center Orientation with one of our trainers.

## GROUP EXERCISE CLASSES

The Attleboro Y's group exercise program offers the highest quality classes for members of all interests and fitness levels. With more than 130 classes on the schedule each week, we offer a wide variety of class formats and styles of varying intensity to meet each member's needs.

For the latest Group Exercise class schedules, go to [attleboroymca.org/schedules](http://attleboroymca.org/schedules) or download the Attleboro YMCA Mobile App at iTunes or Google Play. All Group Exercise classes are included in your Y Membership.

### CARDIO AND STRENGTH

**Active Together:** ACTIVE TOGETHER gives you all the training you need – cardio, strength, balance and flexibility. Get stronger and healthier with adjustable dumbbells, weight plates, body weight and simple athletic movements.

**Barre:** This ballet-inspired class mixes elements of Pilates, dance, yoga and functional training. The classes uses the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim, and stretch the entire body.

**Y H.I.T.:** This high-energy, interval-based class offers a full-body workout to increase endurance and strength.

**Keeping Fit:** Designed for Active Older Adults, this class focuses on cardio, balance, and strength for overall health and wellness.

**Kickboxing:** Combines the punches of boxing with the kicks of karate. Kickboxing has numerous benefits for both your physical and your mental health.

**Kickboxing Strike:** For experienced kickboxers, this class incorporates elements of sparring into the workout.

**Strength Train Together:** This high-rep weight training workout uses an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

**TRX:** Build muscle and core strength with this essential TRX strength workout. We begin with basic exercises and show you how to scale the moves to make them as challenging as you can handle.

**WERQ:** This dance fitness class incorporates pop, rock, and hip hop music for a fun, energizing workout that promotes cardiovascular health.

**Zumba®:** Latin rhythms and moves combined to create a fun and energetic workout.

## CYCLE

**Cycle Freestyle:** A high-energy stationary bike workout that includes climbing, sprints, and interval training, as designed by our certified instructors.

**Cycle Together:** This 60-minute cycling experience encourages you to chase the pack, spin the flats, climb mountains and sprint to the finish as you get all the fitness and motivational benefits of interval training.

**Cycle 30:** This class will get you moving and feeling better in only 30 minutes with inspiring music and motivating coaching to help you burn calories, improve muscular endurance, and build cardio fitness.

## MIND & BODY

**Balance & Flex Together:** BALANCE & FLEX TOGETHER will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core.

**Gentle Yoga:** A class for beginners or those wanting a slower paced, gentler yoga experience. Includes modifications for postures and options to use a chair, yoga blocks or other props to make all poses accessible.

**Pilates:** A full-body program intended to enhance core strength, flexibility, and balance using integrated movements and the weight of your own body.

**Yoga Flow:** Classes are invigorating and often include a slow aerobic element. Postures flow continually, linking breath to movement and building internal heat.

**Yoga Foundations:** In this alignment-oriented class, you'll learn the basics of yoga, including some slow flowing, standing, seated and reclined postures. May include some balance and core work. Finishes with guided relaxation.

**Y Chair Yoga:** This safe, gentle yoga class aims to increase flexibility and range of motion from the comfort and support of a chair.

## AQUA FITNESS

**Tabata Splash:** This class brings high intensity cardio and strength interval training into the water!

**Y Water Fit:** A shallow-water aerobic workout to improve strength and stability without impact on knees and joints.

**Y Water Yoga:** Move through a series of postures connecting the mind and body to improve flexibility and strength.

**WATERinMOTION® Platinum:** A shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

**WATERinMOTION®:** Aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body.

**Water Rehab & More:** This class is modified for those who have experienced arthritis, injuries, or de-conditioning.

## YOUTH & FAMILY FITNESS

**Kids Yoga:** Yoga for kids is a dynamic class where the kids will learn yoga poses and apply those poses in games and activities. Kids benefit from yoga as it helps relieve stress, be active, and think in positive ways.

**Mother & Daughter Kickboxing:** This program encourages moms and daughters to strengthen their relationships while strengthening their physical and mental fitness as well.

**Kids WATERinMOTION®:** This new class brings water fitness to kids! While they move to the top 40 music, kids have a blast splashing and moving in the water while improving their cardio fitness and strength in fun new ways.

### FALL EQUINOX YOGA IMMERSION WORKSHOP

Saturday, September 22, 10 am - 2 p.m.

Are you looking to learn or deepen your yoga practice? Join us for an immersion into several yoga styles and holistic practices offered during the conclusion of the lunar cycle. The full moon is the perfect time for learning new yoga styles, releasing that which no longer serves us so that we may create space for learning new and exciting things.

Downtown Branch  
Free for Y Members





## PERSONAL TRAINING & NUTRITION

Looking for guidance to help you achieve your personal wellness goals? The YMCA's Wellness Team Members can provide the knowledge, support, and motivation to help you develop an action plan that is individually tailored to you and your goals.

### Personal Training

The Y's Personal Trainers are certified professionals with the education and experience to provide you with a customized fitness plan that fits your needs, budget, and schedule. Personal Training is ideal for beginners who may be intimidated by a new routine, an experienced person who is not getting the results you're looking for, someone recovering from injury, or someone who is training for a specific sport or event. Our Personal Training provides constant challenges, evolves with your fitness level, and produces the results you deserve.

For more information or to set up your first appointment, call 508-222-7422 to schedule an appointment with the trainer of your choice.

### Single Sessions:

60-Minute Session: \$65 per session  
30-Minute Session: \$35 per session

### Training Plans:

Once-a-Week Training  
\$220 per month (\$55 per session)

Twice-a-Week Training  
\$400 per month (\$50 per session)

Buddy Training – Weekly  
\$140 per month per person (\$35 per session)

### Healthy Nutrition Counseling

As part of our cause for healthy living, the Y offers Healthy Nutrition Counseling to help you meet all of your wellness goals from the inside out. Whether you want to lose weight, eat healthier to fuel your activities, or reduce your risk of chronic disease, our Nutrition Director Joy Tetreault will help you design a plan customized specifically for you and your lifestyle. Joy is a Registered Dietician who offers counseling for many conditions and lifestyle changes, including mindful eating, weight loss, diabetes education, cardiovascular disease management, obesity, pediatric disorders, and many more.

Initial 1-hour consult: \$75  
30-minute follow-up session: \$38

To schedule an appointment, call (508) 409-0752 or email Joy at [jtetreault@attleboroymca.org](mailto:jtetreault@attleboroymca.org).

### Small Group Training Program

The new Small Group Training Program empowers you to improve your strength and fitness with specially designed training sessions to meet your needs and challenge you at the right intensity. By working in a small group setting, you'll benefit from specified training while gaining support from others in your group with similar wellness goals.

For more information, contact Ryan Ohnemus at [rohnemus@attleboroymca.org](mailto:rohnemus@attleboroymca.org).

Once a week: \$45/month  
Twice a week: \$65/month

### HEALTHY LIVING SEMINAR SERIES

The Attleboro Y is excited to host a series of Healthy Living Seminars to help you develop the healthiest, safest, and most efficient methods for achieving your specific wellness goals.

Topics will include:

- Powerlifting
- Endurance Training
- Healthy Weight Loss
- Nutrition

For the full schedule and topics, go to [attleboroymca.org/HealthyLivingSeminars](http://attleboroymca.org/HealthyLivingSeminars).

### **Shape Up Weight Loss Program**

This program is ideal for someone new to fitness, who would like to develop a healthier relationship with food and take those beginning steps to get healthier through a sustainable fitness routine.

Over the course of eight weeks, you'll work with a Wellness Coach and Dietitian in a welcoming and encouraging team environment. Armed with strength, heart, accountability, positivity, and effort, you'll work toward a goal of forging a healthier, more active lifestyle. The program is structured to give you the support you need and to celebrate your successes.

The 8-week program includes:

- One-hour Group Meeting with a Dietitian or Health Coach each week - MON 7:00 PM
- One-hour Small Group Training session each week
- Challenges & Prizes to celebrate your progress
- Body Composition Analysis
- Weekly weigh-ins
- SHAPE Up T-shirt
- End-of-program celebration

Meet & Greet: TUE, SEPT 18 at 7:15 p.m.

SEPT 23-NOV 17

Y Member: \$150

Non-Member: \$225

(Monthly billing options available)

### **Deadlift Program**

This 8-week program will give participants a solid base of knowledge about the deadlift. The deadlift is an exercise in which you pick up dead weight from the floor to your hip. No experience is required. Over the course of the program participants will progress their deadlift strength and technique. At the end of the program, the Y will be holding a deadlift only meet on Sunday, January 6th. Participants are encouraged to participate.

Begins November 12

MON 7:00 p.m.

Downtown Branch

Free for Y Members

Non-Members: \$20

### **Powerlifting Team**

Powerlifting is the sport of competitive lifting in the back squat, bench press, and deadlift. Participants follow commands from judges in competition and must meet specifications for a "good lift." This program will teach participants how to properly execute these lifts to the USA Powerlifting standards, coached by a USA Powerlifting Club level coach. This program is intended for those who are just interested in becoming stronger along with those who are interested in competing in a USA Powerlifting meet. Team will meet twice a week. Competition registration is optional and requires additional meet fees. For more information, contact Ryan Ohnemus at rohnemus@attleboroymca.org.

TUE 3:00-4:30 pm

TUE 6:00-7:00 pm

SAT 11:00 am-12:00 pm

Downtown Branch

Y Member: \$10 per month

Non-Member: \$25 per month

### **Deadlift Competition**

Save the date for our Deadlift Competition on January 6th! This unsanctioned powerlifting event will showcase your deadlift strength. Each competitor will have three attempts to lift the most weight possible. Competitors will be broken into weight classes by gender. No wrist straps will be allowed and long socks must be worn. All proceeds will benefit the Attleboro YMCA Annual Campaign, which allows the Y to provide financial assistance to members to be able to participate in our programs.

SUNDAY, JANUARY 6

Weigh-In: 7:00-8:00 a.m.

Lifting begins at 9:00 a.m.

Downtown Branch

\$20 per participant



## HEALTHY AGING

The Attleboro Y has a thriving community of active older adults who make the Y, physical activity, and social interaction an important part of their healthy lifestyle. In fact, because we appreciate their commitment to healthy living, we offer senior members reaching their 76th birthday a membership price freeze for life!

### Specialized Group Exercise Classes

The Attleboro Y's group exercise program offers the highest quality classes for members of all interests and fitness levels. Many of these classes are designed to meet the needs of older members with specific health considerations or physical limitations. While all of our classes can be modified to meet your needs, we recommend the following classes for older members and those with health concerns:

- Keeping Fit
- Line dancing
- Cycle 30
- Chair Yoga
- Golden Beats
- Y Water Fit
- Y Water Yoga
- WATERinMOTION Platinum
- Water Rehab & More

For class schedules, go to [attleboroymca.org/schedules](http://attleboroymca.org/schedules).

### Enhance Fitness

Join us for Enhance Fitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance, and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship, and smiles.

MON, TUE	8:30-9:25 a.m.	Downtown Branch
WED	8:30-9:25 a.m.	Pleasant Street Branch

Free for Members

Non-Members: \$35 per 16-week program

### Senior Strength Training

By learning proper use of strength equipment and cardiovascular equipment, you will improve your strength, increase your bone density, and build your endurance. For more information, contact Cortney Wall at [cwall@attleboroymca.org](mailto:cwall@attleboroymca.org) or 508-409-0752.

SEPT 13-OCT 25		
THU	10:30-11:30 a.m.	Pleasant Street Branch
FRI	11:00 a.m.-12:00 p.m.	Downtown Branch

Free for Members

Pre-registration is required as space is limited.

### Matter of Balance

Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, and promoting exercise to increase strength and balance. Contact Cyndee Goodinson-Lindsey for more information at [cgoodinsonlindsey@attleboroymca.org](mailto:cgoodinsonlindsey@attleboroymca.org).

### Pickleball – Weekly Drop-In Sessions

If you've never picked up a pickleball paddle, you don't know what you're missing! This cross between tennis, ping-pong, and badminton is easy to learn, but quickly brings out the competitor in all of us. This game has become very popular in retirement communities, because it allows players to maintain the thrill of competition, without some of the physical stress and injuries that other sports can cause. For more information about our pickleball community and playing times, please contact Joanne O'Brien at [joanne.obrien@comcast.net](mailto:joanne.obrien@comcast.net).

MON, TUE, THU, FRI	8:00-10:00 a.m.
TUE	12:30-2:30 p.m.
WED	7:30-10:00 p.m.
SUN	5:00-7:30 p.m.

Downtown Branch

Free for Y Members

### First Fridays: Senior Learning Experiences

On the first Friday of each month, the Attleboro Y hosts a new special event for our Senior Members. Some months, our Health & Wellness staff will offer a presentation on health-related topics. Other months, it's simply a fun, social event to bring the whole crew together! All are welcome!

First Friday of each month  
10:00 a.m. Downtown Branch

For more information, please contact Cortney at [cwall@attleboroymca.org](mailto:cwall@attleboroymca.org).

### Maker's Sewcial

Join a "sewcial" group of members who enjoy connecting with friends and making new ones! Sharing life, common threads, coffee and craft! Crafts may be led by our staff, volunteers or members who are passionate about a craft or hobby that they would like to share with others. Whether it's knitting, paper crafts, or sewing, come to learn something new or bring whatever you are working on to share! Coffee will be provided, feel free to bring a healthy snack to share!

3rd Friday of each month  
10:00 a.m. Downtown Branch

### Healthy Aging Personal Training

For older adults and members with specific health concerns. This is the time to focus on you! Stay active and fit with a personal trainer who will develop a weekly 30- or 60-minute training program perfect for your needs. Your trainer will work with you to help you increase strength, flexibility, balance and range of motion. Registration is on a monthly basis.

Weekly 30-minute sessions: \$100 per month (\$25 per session)  
Weekly 60-minute sessions: \$188 per month (\$47 per session)

# CHRONIC DISEASE PREVENTION & MANAGEMENT

Committed to promoting healthy living for all, the Attleboro Y offers a variety of programs for those who suffer from or at risk for developing specific chronic diseases.

## LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a 12-week program that connects cancer survivors within the community. It provides a place where cancer survivors can come together, along with specially trained Attleboro YMCA staff, to safely work toward maintaining or regaining their independence, everyday fitness, and overall health & wellness. It is held in a small group environment that incorporates one-on-one attention to the individual needs of each participant. Morning and evening sessions available. For more information or to register, contact Renee Maxwell at 508-409-0752 or [rmaxwell@attleboroymca.org](mailto:rmaxwell@attleboroymca.org).

No cost for cancer survivors

## LIVING STRONGER

This program offers LIVESTRONG participants the opportunity to continue meeting, supporting each other, and engaging in fun activities together once they have completed the initial 12-week program. The Living Stronger group, led by a survivor, will meet monthly to participate in community events, walks, craft groups, special events, and more.

1<sup>st</sup> Wednesday of the month  
7:00 p.m. Downtown Branch – Café

## STRONG

This is for our LIVESTRONG graduates who wish to maintain the group support and continue to exercise together. The group workouts are led by a trained LIVESTRONG trainer.

MON 11:00 a.m.  
Downtown Branch

No cost for Y Members

## Diabetes Prevention Program

If you have been diagnosed with prediabetes or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention Program can help you develop a healthier lifestyle and work with you to reduce the risks this condition can pose to your health.

Based on effective efforts researched by the National Institutes of Health, the YMCA's Diabetes Prevention Program will help you learn about and adopt the healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being.

To learn more, contact Renee Maxwell at 508-409-0752 or [rmaxwell@attleboroymca.org](mailto:rmaxwell@attleboroymca.org).

## MS Wellness

MS Wellness is a session-based exercise program that connects individuals dealing with the effects of Multiple Sclerosis. Supported through the MS Clinic and doctors at Sturdy Memorial Hospital, trained Attleboro YMCA staff will safely guide participants through exercise that can help improve gait, balance, muscle strengthening and relaxing techniques. Specific exercises to help reduce spasticity will also be covered. Contact Renee Maxwell at 508-409-0752 or [rmaxwell@attleboroymca.org](mailto:rmaxwell@attleboroymca.org).

No cost for participants

## Diabetes Self-Management

Designed for people who have diabetes, this 6-week program will help you better manage the disease. At each informational session, the Y's trained Lifestyle Coaches will provide support, education, tools, and strategies for maintaining a healthy lifestyle, reducing the impact of diabetes on your life, and improving your overall well-being. Call 508-409-0767 for more information.

\$15 for the 6-week program

## Delay the Disease

Delay the Disease is an evidence-based fitness program designed to empower those living with Parkinson's by optimizing their physical function and helping to delay the progression of symptoms. For more information, contact Renee Maxwell at 508-409-0752 or [rmaxwell@attleboroymca.org](mailto:rmaxwell@attleboroymca.org).

TUE & THU 11:00 a.m.  
Pleasant Street Branch

Free for Y Members  
\$35 for Non-Members

COMING SOON!  
Pedaling for Parkinsons!

## ADULT SPORTS

Sports are not just for kids! Whether you miss “suing up” or are new to team sports, the Y’s sports leagues provide a perfect opportunity to be active, social and to reconnect or start fresh with a sport you love.

### BASKETBALL

#### 18+ Basketball League

##### Ages 18 and up

Calling all teams of 6-8 players to join this basketball league for players 18 and older. Join with a team or as an individual. League includes 10 games plus playoffs. Team t-shirts and referees are included.

Fall 2018 League: Begins September 26  
Games: Wednesday nights, 6:30-10:00 pm

Registration is by team. Team can include up to 8 players.

Fee: \$700 per team

For more information, contact Ryan Perron at rperron@attleboroymca.org or (508) 409-0778.

#### Relics Basketball League

Ages 40 and up. Bring out your inner NBA player! Players will be divided into teams and play round-robin style league. The league includes 10-week regular season games plus playoffs and a team T-shirt.

Fall Shootaround: SEPT 17  
Fall 2018 League: Begins SEPT 24  
Games: Mondays 6:30-9:30 p.m.

Y Member: \$110

Non-Member: \$147

For more information, contact Ryan Perron at rperron@attleboroymca.org or (508) 409-0778.

#### Sunrise Doubles Racquetball League

Co-ed adult league. Whether you’re a racquetball regular or someone who hasn’t picked up a racquet in 20 years, you’re just who we’re looking for! Join our Tuesday/Thursday or Wednesday morning doubles league. Contact Oreste D’Arconte at darconte@thesunchronicle.com.

TUE, WED, THU 6:15 a.m.      Downtown Branch  
Free for Y Members

### PICKLEBALL

#### Pickleball – Weekly Drop-In Sessions

If you’ve never picked up a pickleball paddle, you don’t know what you’re missing! This cross between tennis, ping-pong, and badminton is easy to learn, but quickly brings out the competitor in all of us. This game has become very popular in retirement communities, because it allows players to maintain the thrill of competition, without some of the physical stress and injuries that other sports can cause. For more information about our pickleball community and playing times, please contact Joanne O’Brien at joanne.obrien@comcast.net.

MON, TUE, THU, FRI 8:00-10:00 a.m.  
TUE 12:30-2:30 p.m.  
WED 7:30-10:00 p.m.  
SUN 5:00-7:30 p.m.

### RUNNING

#### Attleboro YMCA Run Club

The Attleboro Y Run Club promotes the endless benefits of running within a supportive community of runners. Each week, the Club meets for regular runs, offering several distance options for runners of all abilities. Stay connected through the Attleboro YMCA Run Club’s Facebook page for news about weekly meeting times, upcoming events, and ways to connect with other club members. For more information, contact Nicole Szeliga at nszeliga@attleboroymca.org.

Club Runs  
SUN 7:30 a.m.  
TUE 5:30 p.m.

Pleasant Street Branch  
Free to Y Members

#### Walk to 5K

Whether you’re looking to finish your first 5K or need some extra support to get back into running, please join us for an 8-week Walk to 5K program! We offer a supportive, encouraging, non-competitive environment for each participant to move at his or her own pace. The program meets once a week for 60-minute sessions that include warm-ups, discussions, a 30-minute run/walk workout, and cool down. Our coaches will provide a weekly training schedule for participants.

This fall, we’ll offer both a morning and an evening option, so you can find a time that fits your schedule! We’ll work together to complete the Y’s Gobble Wobble 5K on Thanksgiving morning.

AUG 22-NOV 14  
WED 8:30 am or WED 5:30 pm  
Pleasant Street Branch

Free to Y Members  
\$40 for Non-Members

This fall, we are also offering a walk to 5k for Kids!  
Turn to page 19 for details!



## MARTIAL ARTS

### Adult Karate

#### Ages 18+

This eclectic martial arts form combines the strengths of various disciplines to emphasize self-defense, control, positive attitude and spirit. Year-round program.

TUE & FRI 6:00–7:30 p.m.  
Pleasant Street

Y Member: \$94/month  
Non-Member: \$109/month

## RECREATIONAL SPORTS

### Late Night Sports

#### Ages 18+

Join your friends at the Y for co-ed late-night sports and games in a social environment. Be as competitive (or noncompetitive) as you like!

Wednesday – Pleasant Street – Volleyball – 7:30–9:30 p.m.  
Wednesday – Downtown – Pickleball – 7:30–9:30 p.m.  
Sunday – Downtown – Pickleball – 5:00–7:30 p.m.

Free for Y Members  
\$5 for Non-Member Night Pass

### Gobble Wobble 5K

What better way to kick off the Thanksgiving Day holiday than with a flat, fast 5K! Great course for all runners – whether you're out for a PR or running your first 5K. Run as an individual or as a team!

Race shirts for the first 400 registered runners!

Attleboro YMCA Pleasant Street Branch  
Thursday, November 22, 2018

7:00 AM – RACE DAY REGISTRATION  
8:00 AM – 5K RACE

#### RACE FEES:

\$25 Register by Nov 19

\$30 After Nov 19

Register at [attleboroyymca.org/roadrace](http://attleboroyymca.org/roadrace).



# ADULT AQUATICS

What would the Y be without water? Water exercise, masters level swimming, and adult swim lessons (it's NEVER too late) are just some of the water-based activities you'll find at the Attleboro Y.

## Lap/Fitness Swim

All ages. Both the Downtown and Pleasant Street branches offer at least one lane for lap and fitness swimming during all hours the facilities are open. Check out our Schedules Page for pool schedules and lap lane availability.

Free to Y Members. Day Pass for Non-Members.

## Adult & Teen Swim Lessons – Beginner

### Ages 13 & older

You're never too old to learn to swim! Designed for adults, these lessons will give you the skills and confidence you need to learn to swim or improve your swimming skills. Our beginner level increases comfort with underwater exploration and basic self-rescue skills. Introduces basic technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

MON 10:45-11:15 a.m.	Downtown Branch
MON 6:55-7:25 p.m.	Downtown Branch
FRI 10:00-10:30 a.m.	Pleasant Street Branch
FRI 6:15-6:45 p.m.	Pleasant Street Branch

Y Member: \$41 per month  
Non-Member: \$62 per month

## Adult & Teen Swim Lessons – Advanced

Ages 13 & older. Want to improve your swim technique or develop more efficient strokes? This class develops intermediate self-rescue skills performed at longer distances. Swimmers will refine front crawl and back crawl. Focus on proper rotary breathing, elementary backstroke, breaststroke, and side stroke.

MON 10:45-11:15 a.m.	Downtown Branch
MON 6:55-7:25 p.m.	Downtown Branch
FRI 10:00-10:30 a.m.	Pleasant Street Branch
FRI 6:15-6:45 p.m.	Pleasant Street Branch

Y Member: \$41 per month  
Non-Member: \$62 per month

Our Adult Swim Lesson begin September 4th. However, with the Y's monthly based programs, you can start swimming with us at any time during the year! Please register 5 days in advance of your first class and continue for as long as you like!

## Masters Swim Training Sessions

### Ages 18 and older

Looking for a group to motivate you to swim more laps? Want to swim faster and more efficiently with less effort? Then join our Masters program! This dynamic group of individuals range from novice lap swimmers refining their skills to veteran swimmers looking for a challenging workout. Each practice will focus on proper stroke technique in order to increase efficiency and endurance training to increase aerobic capacity. For more information, contact coach Kate Hewitt at khewitt@attleboroymca.org or Noreen Foley at (508) 409-0737.

Practices now underway. Enrollment is ongoing. Practice as few or as many times a week as you like.

MON	7:00-8:00 p.m.
TUE	7:00-8:00 p.m.
THU	7:30-8:30 p.m.

Pleasant Street

Members: Free  
Non-Members: \$30 per month or \$18 per day

## Lifeguard Certification Course

### Ages 16 and older.

Earn your lifeguard, CPR/AED, First Aid, and Oxygen certifications in this 30-hour course of classroom work and in-the-water training. To obtain certifications, participants must attend 100 percent of the classes, complete prerequisites (including a swim test and online trainings), and pass water and written tests. Participants must complete 10-12 hours of online trainings prior to the start of the class.

December Vacation: DEC 27-30  
MON-FRI 9:00 a.m.-4:00 p.m.  
Downtown Branch

Members: \$325  
Non-Members: \$400

## CPR & First Aid Certification

### Ages 12 and older

In this program, participants will complete online trainings prior to class and participate in classroom trainings for both CPR and First Aid. Upon completion of the class, students will receive a certificate for CPR and First Aid, valid for two years. Please sign up at least 10 days in advance.

WED, SEPT 19	6:00-9:00 p.m.
FRI, SEPT 28	9:00 a.m.-12:00 p.m.
WED, OCT 17	6:00-9:00 p.m.
FRI, OCT 26	9:00 a.m.-12:00 p.m.
THU, NOV 15	6:00-9:00 p.m.
TUE, NOV 27	9:00 a.m.-12:00 p.m.
THU, DEC 6	6:00-9:00 p.m.
TUE, DEC 18	9:00 a.m.-12:00 p.m.

Members: \$75  
Non-Members: \$75







**ATTLEBORO YMCA**  
63 North Main Street  
Attleboro, MA 02703



**ATTLEBORO YMCA**  
FALL 2018

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