



ATTLEBORO NORTON YMCA

AQUATICS

YOUTH & TEEN SWIM PROGRAMS

WINTER/SPRING 2023



Contact information:

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YMCA PROGRESSIVE SWIM STAGES

Our Y follows the YMCA of the USA's progressive swim lesson program that guides young swimmers through multiple stages of swimming proficiency – from the earliest stages of learning to put their faces in the water to developing strength, endurance, and the ability to swim all four competitive strokes.

Which level is right for your child? please review the descriptions below. We also encourage you to schedule a swim evaluation with our Aquatics Director Joe Winston at (508) 409-0765 or jwinston@attleboroyymca.org.



YOUTH SWIM LESSONS – Winter/Spring 2023

	Parent/Child	Preschool Classes			Youth Classes		
	Swim Starters	Transitions	Swim Basics (1-3) Swim Strokes (4)		Swim Basics (1-3) Swim Strokes (4-6)		
	Stages A & B		1 & 2	3 & 4	1 & 2	3 & 4	5 & 6
MON 9:30 AM	X						
MON 10:10		X					
MON 4:00 PM			X	X		X	
MON 4:50 PM			X		X	X	
MON 5:40 PM					X	X	X
TUE 4:00 PM			X		X	X	
TUE 4:50 PM			X	X		X	
TUE 5:40 PM					X	X	X
WED 4:00 PM		X			X	X	
WED 4:50 PM			X		X	X	
WED 5:40 PM			X		X		X
THU 4:00 PM			X		X	X	
THU 4:50 PM			X	X	X		
THU 5:40 PM					X	X	X
SAT 8:50 AM	X		X			X	
SAT 9:40 AM	X		X				
SAT 10:30 AM	X		X		X	X	
SAT 11:20 AM		X		X	X	X	
SUN 8:50 AM			X		X	X	
SUN 9:40 AM	X		X	X			X
SUN 10:30 AM	X	X	X	X		X	
SUN 11:20 AM			X	X	X	X	

Member: \$60/month | Non-Member: \$90/month
Parent/Child lessons are FREE for Family and Single-Parent Family Members!

Interested in private lessons?
 Please contact Jeanne Sharples at jsharples@attleboroymca.org.

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AQUATIC CONDITIONING

Ages: 6-12

Our Aquatic Conditioning program offers young swimmers an opportunity to continue swimming beyond swim lessons before making the leap to competitive swimming. The program focuses on continuing to build endurance and stroke technique in all major competitive strokes and encourages swimming as part of a healthy lifestyle. Swimmers can choose to swim once or twice per week.

WED 6:30 PM

SAT 9:40 AM

DOWNTOWN BRANCH

Once a week

Members: \$60/month

Non-Members: \$90/month

Twice a week

Members: \$105/month

Non-Members: \$155/month

PRESCHOOL STAGE 1 - TRANSITION

Ages: 3-5



Special class for young or fearful tots transitioning from Parent/Child lessons. It is expected that these swimmers will move to a standard Stages 1 & 2 class after a month or two.

* See schedule on previous page. *

ARTISTIC SWIMMING

Ages: 6-18



Our **LYONFISH SYNCHRONETTES TEAM** is perfect for boys and girls with an interest in swimming, dance or gymnastics!

Looking for a more creative way to continue with swimming? Come join the Y's artistic swimming program!

The sport of artistic swimming encourages young athletes to improve their swim skills and make friends, while building strength, confidence, and teamwork.

For more information, contact Head Coach, Michal Fandel, at Lyonfish@attleboroymca.org.

Practice Schedule:

TUE 6:30-8:30 PM - Downtown Branch

THU 6:30-8:30 PM - Downtown Branch

SUN 3:00-5:30 PM - Wheaton College

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

days of practice per week:

- 3+ days per week – \$150 per month
- 2 days per week – \$120 per month
- 1 day per week – \$80 per month

All team members must be Attleboro Norton YMCA Members.

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SWIM WITH SANTA



Join us for a fun holiday themed family swim with Santa himself! Stay after the swim for a performance by our own Lyonfish Synchronettes Synchronized Swimming Team.

ALL swimmers entering the pool MUST register.
ALL children under the age of 7 need an adult in the pool to swim within an arms length of them.
Children 7 to 10 require a parent on the pool deck.

FRI DEC 16 5:00-7:00 PM*
DOWNTOWN BRANCH

Swim with Santa, 5:00-6:00 PM

*Join us for holiday treats immediately following
Swim with Santa until 7:00 PM

Free, Y Members and Swim Program Participants