ATTLEBORO NORTON YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS

WINTER/SPRING 2023

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YOUTH SPORTS

WINTER/SPRING 2023

attleboroymca.org/programs/sports/adult-sports

JAGUARS / TRACK & FIELD

Ages: 6—18

TUE JAN 3—JUN 20
5:00—6:30 PM
PLEASANT STREET BRANCH

Jaguars Track and Field introduces youth to various track and field events. They will work on the basics of running and racing as well as field events including throwing, jumping and hurdles.

Y Members, $10.00/Month
Non-Members, $20.00/Month

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

SHORT SPORTS

Ages: 3—4

WED JAN 4—MAY 31
5:30—6:15 PM
DOWNTOWN—Augat Gym
or
THU JAN 5—JUN 1
9:00—9:45 AM
PLEASANT STREET BRANCH

Join us for short sports where we will explore a new sport each week as well as play high energy and fun group games. Great opportunity to increase physical activity and explore which sports are of the most interest.

Y Members, $60.00
Non-Members, $90.00

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

SPORTS SAMPLER

Ages: 5—8

WED JAN 4—JUN 21
6:30—7:15 PM
DOWNTOWN BRANCH—AUGAT GYM

Sports Sampler is the perfect introduction to team sports! In this program, we will feature a new sport each week, teaching basic skills and components through a variety of fun drills and games. Instructors will focus on building teamwork, body control, and hand-eye coordination.

Y Members, $60.00
Non-Members, $90.00

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

YOUTH PICKLEBALL

Ages: 8—12

THU 5:00—6:00 PM
DEC 1—APR 27
PLEASANT STREET BRANCH

Introduce your child to the fastest growing sport in America! In our youth pickleball programs kids will learn the rules and basics of pickleball. They will practice different drills and put them to use in competitive matches!

Y Members, $60/Monthly
Non-Members, $90/Monthly

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

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FLOOR HOCKEY

Ages: 5—7

THU JAN 5—MAR 30
5:30—6:15 PM
PLEASANT STREET BRANCH

Join us as we sample a new sport each week as well as play high energy and fun group games. Great opportunity to increase physical activity and explore which sports are of the most interest.

Y Members, $60.00
Non-Members, $90.00

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

STREET HOCKEY

Ages: 8—10

THU APR 6—JUN 22
5:30—6:15 PM
PLEASANT STREET BRANCH

Join us as we sample a new sport each week as well as play high energy and fun group games. Great opportunity to increase physical activity and explore which sports are of the most interest.

Y Members, $60.00
Non-Members, $90.00

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows

INDOOR SOCCER

Ages: 2—8

SAT JAN 7—MAR 25
8:00—8:45 AM (Ages 2-3, Parent/Child)
9:00—9:45 AM (Ages 3-4)
10:00—10:45 AM (Ages 5-8)
PLEASANT STREET BRANCH

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.

Y Members, $60/Monthly
Non-Members, $90/Monthly

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

Save the date for Healthy Kids Day®: SAT APR 29, 2023!

Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families.
For over 30 years, YMCAs and their communities have hosted free community events aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond. Stay tuned for more details!

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DANCE: CREATIVE MOVEMENT

Ages: 3—5

SAT 9:00—9:45 AM
JAN 7—MAR 25
DOWNTOWN BRANCH—Mind Body Studio

Creative movement can be defined as movement that aligns with the inner nature of a child. This class encourages children to explore movement and music to develop physical skills, channel energy in a healthy way, and nurture creativity. Our Creative Movement class offers children a supportive and non-competitive environment to strengthen every area of learning and development while having fun!

Y Members, $60/Monthly
Non-Members, $90/Monthly

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

DANCE: TAP / JAZZ / BALLET

Ages: 5—7

SAT 10:00—10:45 AM
JAN 7—MAR 25
DOWNTOWN BRANCH—Mind Body Studio

This fun class is designed to introduce students to tap, jazz and ballet dance. Learning some basic tap, ballet and jazz skills allows students to experience each style of dance while improving their flexibility, sense of rhythm, and overall coordination.

Y Members, $60/Monthly
Non-Members, $90/Monthly

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

T-BALL

Ages: 3—5

THU 9:00—9:30 AM
APR 6—JUN 29
PLEASANT STREET BRANCH

Spring T-Ball will focus on the basic skills of baseball. Hitting, catching, throwing and most fun of all running the bases. Bring your baseball glove and get ready to have some fun. Bats, baseballs and batting tee are all provided. Baseball cleats are not required.

Y Members, $60/Monthly
Non-Members, $90/Monthly

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

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NFL FLAG FOOTBALL

Ages: Grades 1—7

FRI MAR 17—JUN 2
4:00—5:00 PM (Grades 1-2)
5:00—6:00 PM (Grades 3-4)
10:00—10:45 AM (Grades 5-7)
NORTON OUTDOOR CENTER

NFL Flag Football is a safer alternative for parents who might hesitate letting their children start tackle football. NFL Flag, powered by USA Football is geared toward boys and girls who want to learn how to play flag football, tactics, and most importantly—HAVE FUN! Football players should anticipate a challenging but instructional program that focuses on fundamentals, lessons in teamwork and sportsmanship.

Participants should register based on the calendar grade of Fall 2022 to end of Summer 2023 school year.

Y Members, $XX/Monthly
Non-Members, $YY/Monthly

Program runs continuously on a monthly basis. Enrollment is ongoing as space allows.

KARATE

Ages 4—18

The Y's "Eclectic Karate" program is instructed by Shihan George Cobbett, a 20-year student of martial arts. The Y's Karate program combines the strengths of various disciplines to emphasize self-defense, control, positive attitude and spirit.

Program runs continuously on a monthly basis starting **JAN 3, 2023**.
Enrollment is ongoing as space allows.

Preschool Karate

Ages 4—5

TUE & THU 5:00—5:30 PM
PLEASANT STREET BRANCH
Y Members, $60/month
Non-Members, $90/month

Beginner Karate

Ages 6—18

TUE & THU 5:30—6:15 PM
PLEASANT STREET BRANCH
Y Members, $60/month
Non-Members, $90/month

Intermediate Karate

Ages 6—18

TUE & THU 6:15—7:00 PM
PLEASANT STREET BRANCH
Y Members, $60/month
Non-Members, $90/month

Teens & Junior Black Belts

Ages 6—18

TUE & THU 6:45—7:45 PM
PLEASANT STREET BRANCH
Y Members, $70/month
Non-Members, $100/month