



# ATTLEBORO NORTON YMCA | Community Open House

January 28, 2023

	Membership	Aquatics	Wellness	Sports	Childcare/Camp	Teens
	<b>ONGOING:</b> WELCOME CENTER: Spin Our Prize Wheel!		9:00 AM - 12:00 PM TANITA BODY SCANS (Reilly Fitness Center)		<b>ONGOING:</b> CHILDWATCH TOURS	<b>ONGOING:</b> 9:00 AM - 3:00 PM TEEN CENTER TOURS
	FACILITY TOURS		9:00 AM - 12:00 PM PERSONAL TRAINING PROMOTION: 4 Sessions for \$99!		10:00 AM-12:00 PM CAMP FINBERG MEET & GREET (Augat Gym)	9:00 AM - 3:00 PM MINI VIDEO GAME TOURNNEY; CRICUT DEMO; JEWELRY MAKING
	BIRTHDAY PARTY SAMPLER (Café)		Ask Us About: Chronic Disease Programs LIVESTRONG Pedaling For Parkinsons		CHILD CARE TOURS & INFO	
8:00 AM			8:00-9:00 AM GROUP EX: Active Together (Tappan, Melanie); HIIT (Carpenter, Jamie); Cyle (Cycle Studio, Holly)		8:00 AM to 11:00 AM STORYTIME with BELLE (Child Watch)	
8:30 AM						
9:00 AM		9:00 AM-12:00 PM SWIM ASSESSMENTS	9:00-10:00 AM GROUP EX: MOSSA Fight (Tappan, Diane); DEKA Small Group Training (Augat, Jamie)	9:00-10:00 AM DEMO: Youth Basketball & Youth Dance		
9:30 AM		9:30-10:15 AM Water in Motion (Sweet, Cyndee)				
10:00 AM			10:00-11:00 AM GROUP EX: Pound (Kickboxing, Alysha); Yoga Flow (Tappan, Jenn)			
10:30 AM						
11:00 AM			11:00 AM-12:00 PM GROUP EX: Strength Train Together (Tappan, STT Instructors)		10:00AM to 12:00 PM Bounce House & Open Play Time (Augat Gym)	
11:30 AM						
12:00 PM			12:00 - 1:00 PM GROUP EX: Balance & Flex Together (Tappan, Sharon)			
12:30 PM						
1:00 PM						
1:30 PM		1:00-3:00 PM COMMUNITY SWIM				
2:00 PM						
2:30 PM						
3:00 PM						

For the most up-to-date schedules, please use the [Y's Mobile app](#), or go to [attleboroyymca.org/schedules](http://attleboroyymca.org/schedules).