

## ATTLEBORO NORTON YMCA

63 North Main Street  
Attleboro, MA 02703  
attleboroymca.org  
(508) 222-7422



# HOT TIME. SUMMER IN THE CITY. SUMMER CLINICS

## SCHEDULE FOR ALL PROGRAMS

9:00-9:30am Check-In

9:30am-12:00pm Specialty For The Week

12:00-12:30pm Lunch

12:30-1:00pm Swim/Water Activity (M, W, F)  
Sports and Games (T, R)

1:00-2:00pm Swim/Sports/Games

2:00-3:00pm Changes/Games/Pick-Up

## GRADES: Entering Grades 3-8

### COST:

\$175/Week, Y Members\*

\$200/Week, Non-Members\*

\* See details for CityStroll!

### JUL 10-JUL 14

#### Fast Break Basketball Clinic

Participants will work on dribbling, passing, shooting, and defense to build their skills.

Fun games and scrimmages make this a fun and engaging week of basketball!

### JUL 17-21

#### City Stroll!

A summer experience like no other! Join us as we tour local businesses, restaurants, government agencies and cultural institutions all around Downtown Attleboro. Each day includes either a visit to a local business OR a local business coming to us at the Y. Last year we visited, AACSTV, Burgundian, Kimochi, Ronan Jiu Jitsu, the Attleboro Industrial Museum and more!

\* CityStroll! is FREE for ATTLEBORO residents who reside in and around the downtown area. Please contact Andrea for more information.

### JUL 24-28 & AUG 14-18

#### Let's HIIT It!

Based on the age of the participant they will learn proper gym etiquette, safe and effectively use of strength machines and cardio equipment, as well as body weight exercises and workouts that can be done anywhere. Older participants will also work on incorporating free weights and lifting as well as create their own workouts.

### JUL 31-AUG 4

#### Homerun Baseball Clinic

Participants will work on fielding, hitting, pitching and catching to build their skills. Fun games and competitions round out the week for any baseball fan!

### AUG 7-11

#### Intro to Competitive Swim

Perfect for young swimmers who are already comfortable in the water to work on stroke development, starts and turns. Participants will also be able to experience other types of water activities such as synchronized swimming, several different competitive swimming programs, and water polo/sports. A swim test is required prior to registering. Please contact Joe at [jwinston@attleboroymca.org](mailto:jwinston@attleboroymca.org)

## TO REGISTER / FOR QUESTIONS

Scan QR Code, or Online at:  
[attleboroymca.org/summer-in-the-city](http://attleboroymca.org/summer-in-the-city)

Contact: Andrea Champagne  
Downtown Branch Executive Director  
(508) 409-0766  
[achampagne@attleboroymca.org](mailto:achampagne@attleboroymca.org)

