

HOCKOMOCK AREA YMCA

SPRING 2010 PROGRAM GUIDE

Real People, Real Impact!
Reach Out for Youth and Families
(see back for details)



**HOCKOMOCK
AREA YMCA**

•North Attleboro
•Franklin •Mansfield
•Foxboro

Young Children's
Program Excerpt

provided by

02038.com

ring Session 1:

—Tuesday, February 2
—Thursday, February 4
—Monday, February 8

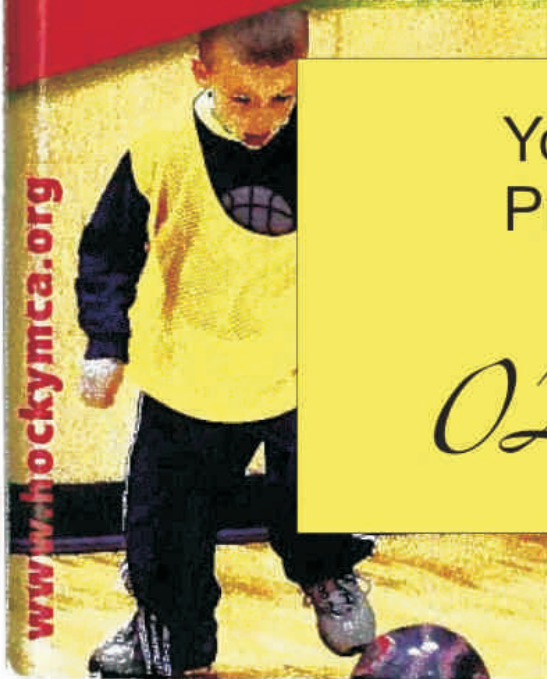
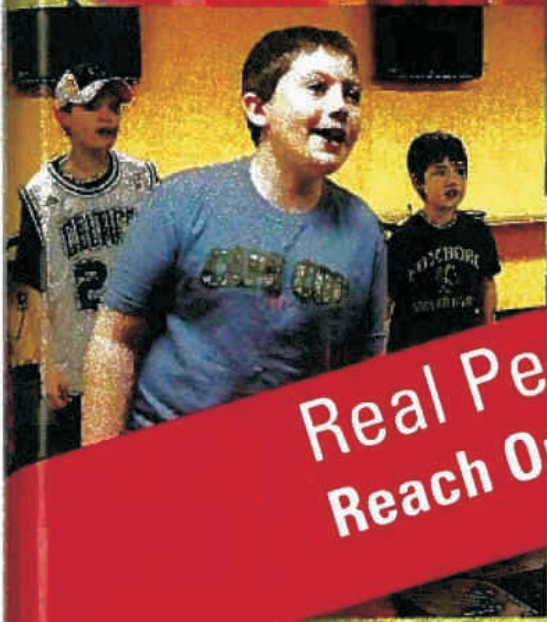
ring Session 2:

—Tuesday, March 30
on—Thursday, April 1
on—Monday, April 5

Building a BRIGHT FUTURE

Through Caring, Honesty, Respect, Responsibility

www.hockymca.org





Swim Lessons

YMCA swim lessons provide children valuable life skills, including personal safety lessons and personal growth opportunities, stroke development, rescue lessons and water sports and games. This program design stresses positive values and promotes each child's growth in a fun and caring atmosphere. The branches in Foxboro, Franklin and North Attleboro have indoor swimming pools. Outdoor pools are available in Franklin, Mansfield and North Attleboro.

PROPER PLACEMENT FOR REGISTRATION

Although the program offerings listed do not distinguish levels, each child will be required to register by level at any Member Service Desk or online at www.hockymca.org. Children three years and older must be evaluated before registration to ensure proper placement in swim class. There will be a \$10.00 transfer fee for children whose parents place them in inappropriate classes. If the following times are not convenient, please call the Aquatics Department to schedule an alternate time.

PLACEMENT EVALUATION SCHEDULE

No Appointment Necessary

FR	Mon. and Wed.	6:15 p.m.
FR	Tues., Thurs.	3:40 p.m.
FR	Sat.	1:00 p.m.
FR	Sun.	4:10 p.m.
FX	Mon.-Fri.	9:00 a.m. - 10:30 a.m.
FX	Tues.-Thurs.	4:40 p.m. - 6:05 p.m.
FX	Sat.	9:00 a.m. - 12:00 p.m.
NA	Mon.-Thurs.	9:30 a.m. - 2:30 p.m.
NA	Sat.	8:30 - 12:30 p.m.
NA	Sun.	10:00 a.m. - 1:00 p.m.

PARENT-CHILD PROGRAM (AGES 6 MONTHS-3 YEARS)

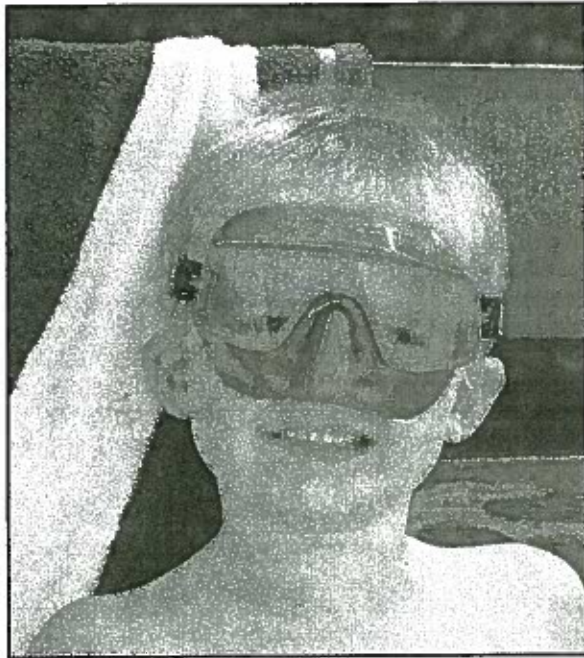
This 30-minute class provides the highest quality of early water experiences for children from six months to three years. Kids can progress through four levels, from water adjustment through basic skills. Program instruction is directed toward helping parents work with their children. One adult must accompany each child. Parent-child swim levels are **Shrimp/Kipper/Inia** and **Perch**. In some situations the levels are divided by age through the following descriptions: **SKI** 6-18 months, **Perch** 19-36 months, **Perch Plus** 28-36 months who are independent from caregivers (instructor recommendation required). Although the program offerings listed do not distinguish levels, each child will be required to register by level at the member service desk or online at www.hockymca.org. Please note that all levels may not be available at every time.

FR	Mon.	8:50 a.m., 9:30 a.m.
FR	Tues.	9:20 a.m., 10:00 a.m., 10:40 a.m.
FR	Thurs.	9:20 a.m., 10:00 a.m., 4:45 p.m.
FR	Fri.	8:50 a.m., 9:30 a.m.
FR	Sat.	8:50 a.m., 9:25 a.m., 12:25 p.m.
FR	Sun.	8:10 a.m., 8:45 a.m., 9:20 a.m.
FX	Mon.	9:40 a.m.
FX	Tues.	5:35 p.m.
FX	Wed.	9:40 a.m.
FX	Thurs.	9:40 a.m.
FX	Sat.	8:50 a.m., 9:30 a.m., 10:10 a.m., 10:50 a.m., 11:30 a.m.
FX	Sun.	9:45 a.m., 10:25 a.m., 11:25 a.m.
NA	Mon.	9:00 a.m., 10:10 a.m., 1:35 p.m., 5:10 p.m., 6:20 p.m.
NA	Tues.	9:35 a.m., 10:10 a.m., 1:00 p.m., 4:00 p.m.
NA	Wed.	9:35 a.m., 10:10 a.m.
NA	Thurs.	10:10 a.m., 4:35 p.m.
NA	Fri.	9:00 a.m., 10:10 a.m.
NA	Sat.	8:30 a.m., 9:05 a.m., 9:40 a.m., 10:15 a.m.
NA	Sun.	9:25 a.m., 10:00 a.m., 10:35 a.m.

MEMBER \$69 / PROGRAM MEMBER \$104



AQUATICS



PIKE WITH PARENT (AGES 3-5 YEARS)

This 30-minute class is for children who are not ready to be away from a care giver for swim lessons. This is a transitional class that will introduce skills to the child and adult together. Graduation day is when the parents are out of the water and the kids are comfortable in class.

FR	Mon.	5:40 p.m.
FR	Tues.	4:45 p.m.
FR	Wed.	5:40 p.m.
FR	Thurs.	11:20 a.m.
FR	Fri.	10:10 a.m.
FR	Sat.	8:50 a.m., 9:25 a.m., 11:50 a.m., 12:25 p.m.
FR	Sun.	8:10 a.m., 8:45 a.m., 9:20 a.m., 11:45 a.m., 4:20 p.m.
FX	Mon.	9:00 a.m.
FX	Tues.	5:35 p.m.
FX	Fri.	3:45 p.m.
FX	Sat.	8:50 a.m., 9:30 a.m., 10:10 a.m., 11:30 a.m.
FX	Sun.	9:45 a.m.
NA	Mon.	9:35 a.m., 1:00 p.m., 4:35 p.m., 6:20 p.m.
NA	Tues.	10:10 a.m., 4:00 p.m., 5:10 p.m.
NA	Wed.	10:10 a.m.
NA	Thurs.	9:35 a.m., 5:10 p.m.
NA	Fri.	9:35 a.m.
NA	Sat.	10:50 a.m., 11:25 a.m.
NA	Sun.	11:10 a.m., 11:45 a.m.

MEMBER \$69 / PROGRAM MEMBER \$104

PRESCHOOL SWIM LESSONS—CHILD-ONLY SWIM (AGES 3-5 YEARS)

Children are introduced to their first experience swimming without a parent. This program provides a great way for kids to learn how to be independent and have fun in an aquatic environment. A trained, caring swim instructor teaches this 30-minute class, in which class participants are divided into four skill levels. One-day-per-week classes are available as a convenience for those with busy schedules; however, we encourage children to attend twice a week to see progression. Preschool swim levels are **Pike, Eel, Ray, and Starfish**. Although the program offerings listed do not distinguish levels, each child will be required to register by level at the member service desk or online at www.hockymca.org. Please note that all levels may not be available at every time.

FR	Mon.	8:50 a.m., 9:30 a.m., 10:10 a.m., 1:25 p.m., 5:40 p.m.
FR	Tues.	9:20 a.m., 10:00 a.m., 10:40 a.m., 11:20 a.m., 1:25 p.m., 4:45 p.m.
FR	Wed.	8:50 a.m., 9:30 a.m., 10:10 a.m., 1:25 p.m., 5:40 p.m.
FR	Thurs.	9:20 a.m., 10:00 a.m., 10:40 a.m., 11:20 a.m., 1:25 p.m., 4:45 p.m.
FR	Fri.	8:50 a.m., 9:30 a.m., 10:10 a.m.
FR	Sat.	8:50 a.m., 9:25 a.m., 11:50 a.m., 12:25 p.m.
FR	Sun.	8:45 a.m., 9:20 a.m., 11:45 a.m., 4:20 p.m.
FX	Mon.	9:00 a.m., 9:40 a.m., 10:20 a.m., 1:05 p.m., 1:45 p.m., 3:45 p.m., 4:25 p.m.
FX	Tues.	9:00 a.m., 9:40 a.m., 10:20 a.m., 1:05 p.m., 1:45 p.m., 3:45 p.m., 4:25 p.m., 5:35 p.m.
FX	Wed.	9:00 a.m., 9:40 a.m., 10:20 a.m., 1:05 p.m., 1:45 p.m., 3:45 p.m., 4:25 p.m.
FX	Thurs.	9:00 a.m., 9:40 a.m., 10:20 a.m., 3:45 p.m., 4:25 p.m., 6:25 p.m.
FX	Fri.	3:45 p.m., 4:25 p.m.
FX	Sat.	8:50 a.m., 9:30 a.m., 10:20 a.m., 10:40 a.m., 11:30 a.m.
FX	Sun.	9:45 a.m., 10:25 a.m., 11:05 a.m.
NA	Mon.	9:00 a.m., 9:35 a.m., 10:10 a.m., 1:05 p.m., 1:40 p.m., 4:00 p.m., 4:35 p.m., 5:10 p.m., 5:45 p.m., 6:20 p.m.
NA	Tues.	9:35 a.m., 10:10 a.m., 1:00 p.m., 1:35 p.m., 4:00 p.m., 4:35 p.m., 5:10 p.m.
NA	Wed.	9:35 a.m., 10:10 a.m.
NA	Thurs.	9:35 a.m., 10:10 a.m., 1:00 p.m., 1:35 p.m., 4:00 p.m., 4:35 p.m., 5:10 p.m.
NA	Fri.	9:00 a.m., 9:35 a.m., 10:10 a.m.
NA	Sat.	8:30 a.m., 9:05 a.m., 9:40 a.m., 10:15 a.m., 10:50 a.m., 11:10 a.m., 11:45 a.m.
NA	Sun.	10:00 a.m., 10:05 a.m., 10:35 a.m., 11:10 a.m., 11:45 a.m.

MEMBER \$69 / PROGRAM MEMBER \$104

AQUATICS



PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17-18.

WIGGLES AND GIGGLES (AGES 1.5-3)

The name says it all! This class is designed for girls and boys to have fun through music, dance basics, and creative movement while helping with development and body awareness. A parent or caregiver attends with the child.

FR	2/23	4/13	Tues.	10:50 a.m.	30 min.
FR	2/24	4/14	Wed.	11:15 a.m.	30 min.
FR	2/26	4/16	Fri.	10:10 a.m.	30 min.
FR	2/27	4/17	Sat.	9:10 a.m.	30 min.
FR	4/27	6/15	Tues.	10:50 a.m.	30 min.
FR	4/28	6/16	Wed.	11:15 a.m.	30 min.
FR	4/30	6/18	Fri.	10:10 a.m.	30 min.
FR	5/1	6/19	Sat.	9:10 a.m.	30 min.
NA	2/26	4/16	Fri.	10:50 a.m.	30 min.
NA	4/29	6/17	Thurs.	10:15 a.m.	30 min.
NA	4/30	6/18	Fri.	10:50 a.m.	30 min.

MEMBER \$66 / PROGRAM MEMBER \$99

MOMMY AND ME (AGES 2-4)

This class is designed for two to four year olds who aren't ready for a class on their own. The instructor will incorporate simple dance exercises, stretches, and easy routines while helping to emphasize body awareness and creativity. A parent or caregiver must attend.

FR	2/22	4/12	Mon.	9:55 a.m.	30 min.
FR	2/24	4/14	Wed.	9:15 a.m.	30 min.
FR	4/26	6/14	Mon.	9:55 a.m.	30 min.
FR	4/28	6/16	Wed.	9:15 a.m.	30 min.
FX	2/26	4/16	Fri.	10:30 a.m.	30 min.
FX	4/30	6/18	Fri.	10:30 a.m.	30 min.
NA	2/26	4/16	Fri.	10:15 a.m.	30 min.
NA	2/27	4/17	Sat.	10:30 a.m.	30 min.
NA	4/30	6/18	Fri.	10:15 a.m.	30 min.
NA	5/1	6/19	Sat.	10:30 a.m.	30 min.

MEMBER \$66 / PROGRAM MEMBER \$99

DANCE MAGIC ONE (AGES 3-4)

This class provides an introduction to music and dance through creative movement, dance technique basics, stretches, and simple routines.

FR	2/28	6/20	Sun.	10:00 a.m.	30 min.
FR	2/22	6/14	Mon.	9:15 a.m.	30 min.
FR	2/22	6/14	Mon.	10:35 a.m.	30 min.
FR	2/23	6/15	Tues.	9:15 a.m.	30 min.
FR	2/23	6/15	Tues.	11:30 a.m.	30 min.
FR	2/24	6/16	Wed.	9:55 a.m.	30 min.
FR	2/24	6/16	Wed.	1:40 p.m.	30 min.
FR	2/25	6/17	Thurs.	9:55 a.m.	30 min.
FR	2/26	6/18	Fri.	10:50 a.m.	30 min.
FR	2/26	6/18	Fri.	1:40 p.m.	30 min.
FR	2/27	6/19	Sat.	9:10 a.m.	30 min.
FR	2/27	6/19	Sat.	9:50 a.m.	30 min.
FX	2/22	6/14	Mon.	10:00 a.m.	30 min.
FX	2/27	6/19	Sat.	10:15 a.m.	30 min.
NA	2/25	6/17	Thurs.	11:00 a.m.	30 min.
NA	2/27	6/19	Sat.	10:00 a.m.	30 min.
NA	2/27	6/19	Sat.	11:00 a.m.	30 min.

MEMBER \$132 / PROGRAM MEMBER \$198

GYM AND JAZZ (AGES 4-5)

This class combines a 30-minute gymnastics class with a 25-minute jazz class. The students will be introduced to basic gymnastics skills along with beginner jazz steps.

FR	2/26	6/18	Fri.	12:30 p.m.	1 hr.
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MEMBER \$224 / PROGRAM MEMBER \$336

DANCE

TAP/BALLET COMBO CLASS (AGE 4-5)

This is a more structured class for four and five year olds. Each class will consist of ballet and tap basics and technique. Students are recommended to have taken at least one previous session of Dance Magic Two.

FR	2/22	6/14	Mon.	1:30 p.m.	45 min.
FR	2/23	6/15	Tues.	9:55 a.m.	45 min.
FR	2/23	6/15	Tues.	1:15 p.m.	45 min.
FR	2/25	6/17	Thurs.	10:35 a.m.	45 min.
FR	2/25	6/17	Thurs.	1:15 p.m.	45 min.
FR	2/26	6/18	Fri.	9:15 a.m.	45 min.
FR	2/27	6/19	Sat.	10:30 a.m.	45 min.
NA	2/25	6/17	Thurs.	10:00 a.m.	45 min.
NA	2/28	6/20	Sun.	10:30 a.m.	45 min.
NA	2/27	6/19	Sat.	12:45 p.m.	45 min.

MEMBER \$138 / PROGRAM MEMBER \$207

BALLET AND BEAM (AGES 4-5)

This class combines a 25-minute ballet class with 30 minutes of gymnastics. Students will learn basic ballet steps and routines followed by an introduction to basic gymnastic skills.

FR	2/25	6/17	Thurs.	9:25 a.m.	1 hr.
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MEMBER \$224 / PROGRAM MEMBER \$336

DANCE AND DIVE (AGES 4-5)

Start in the studio and then head to the pool! This class begins with a 25-minute creative dance class followed by a 30-minute swim class.

FR	2/22	6/14	Mon.	12:55 p.m.	1 hr.
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MEMBER \$224 / PROGRAM MEMBER \$336

DANCE MAGIC TWO (AGES 4-5)

This class builds upon the skills learned in Dance Magic One. Students will learn more complicated dance steps and routines while still enjoying the fun of creative movement. Participation in this class is recommended strongly before enrolling in Tap/Ballet Combo.

FR	2/22	6/14	Mon.	11:20 a.m.	30 min.
FR	2/24	6/16	Wed.	10:35 a.m.	30 min.
FR	2/24	6/16	Wed.	1:00 p.m.	30 min.
FR	2/25	6/17	Thurs.	11:30 a.m.	30 min.
FR	2/27	6/19	Sat.	9:50 a.m.	30 min.

FX	2/22	6/14	Mon.	10:30 a.m.	30 min.
FX	2/27	6/17	Sat.	11:00 a.m.	30 min.
NA	2/23	6/15	Tues.	10:00 a.m.	30 min.
NA	2/24	6/16	Wed.	3:30 p.m.	30 min.
NA	2/26	6/18	Fri.	11:30 a.m.	30 min.
NA	2/27	6/19	Sat.	11:30 a.m.	30 min.
NA	2/28	6/20	Sun.	10:00 a.m.	30 min.

MEMBER \$132 / PROGRAM MEMBER \$198

BALLET/JAZZ COMBO (AGES 4-5)

This is a more structured class for four and five year olds. Each class will consist of ballet and jazz basics and technique. Students are recommended to have taken at least one previous session of Dance Magic Two.

NA	2/23	6/15	Tues.	3:30 p.m.	45 min.
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MEMBER \$138 / PROGRAM MEMBER \$207

PANDEMONIUM FOR BOYS (AGES 4-6)

This high-energy class is for boys who love music and movement. Students will have a chance to explore creative movement while leaping, hopping, spinning, and dancing to some fun music!

FR	2/27	6/19	Sat.	11:25 a.m.	30 min.
NA	2/23	4/13	Tues.	1:00 p.m.	30 min.
NA	4/26	6/15	Tues.	1:00 p.m.	30 min.

MEMBER \$132 / PROGRAM MEMBER \$198

PRINCESS DANCE (AGES 4-6)

This class is for the little girl who dreams of being a princess. Each day the children will spend half of the class learning basic stretches, ballet techniques, and creative movement. The other half of class is craft time!

FX	2/26	6/8	Fri.	12:30 p.m.	1 hr.
FX	2/24	6/16	Wed.	10:30 a.m.	1 hr.

MEMBER \$156 / PROGRAM MEMBER \$234

BALLET ONE (AGES 5-7)

Students will learn basic ballet techniques and positions and then they will work on routines utilizing these components.

FR	2/25	6/17	Thurs.	4:10 p.m.	45 min.
NA	2/23	6/15	Tues.	4:15 p.m.	45 min.
NA	2/27	6/19	Sat.	12:00 p.m.	45 min.

MEMBER \$138 / PROGRAM MEMBER \$207



DANCE



ENRICHMENT

CIRCLE TIME (AGES 2-5) (continued)

NA	5/12	5/12	Wed.	1:30 p.m.	30 min.
NA	5/19	5/19	Wed.	1:30 p.m.	30 min.
NA	5/26	5/26	Wed.	1:30 p.m.	30 min.
NA	6/2	6/2	Wed.	1:30 p.m.	30 min.
NA	6/9	6/9	Wed.	1:30 p.m.	30 min.

MEMBER \$3 / PROGRAM MEMBER \$5

THE NEXT STEP (AGES 3-4)

Is your child ready to do more? They are going to have a great time making new friends, playing games, doing arts and crafts, singing songs, as well as participating once a week in a half-hour gymnastics class and swim lesson. Come join the fun! Potty-training is optional.

NA	2/24	4/16	Wed and Fri.	11:00 a.m.	2 hr.
NA	2/23	4/15	Tues. and Thurs.	11:00 a.m.	2 hr.
NA	4/27	6/17	Tues. and Thurs.	11:00 a.m.	2 hr.
NA	4/28	6/18	Wed. and Fri.	11:00 a.m.	2 hr.

MEMBER \$280 / PROGRAM MEMBER \$420

CREATIVE KIDS

This independent class is a step-up from Itty Bitty Artist. Children will use basic art materials and techniques to create simple step arts and crafts. Holiday and general projects begin to incorporate color combinations and other art elements. Let your imagination loose!

(AGES 3-4)

NA	2/24	4/14	Wed.	10:00 a.m.	40 min.
NA	2/27	4/17	Sat.	10:30 a.m.	40 min.
NA	4/28	6/16	Wed.	10:00 a.m.	40 min.

MEMBER \$66 / PROGRAM MEMBER \$99

HOMEWORK CLUB

Does your child need support in math, reading or writing? Bring your books, homework, pencils, and questions. Class size is limited and will be taught by a certified instructor.

AGES 5-10

NA	2/24	4/14	Wed.	3:45 p.m.	1 hr.
NA	4/28	6/16	Wed.	3:45 p.m.	1 hr.

MEMBER \$76 / PROGRAM MEMBER \$114

(AGES 3-5)

FR	2/22	4/12	Mon.	11:40 a.m.	40 min.
FR	2/26	4/26	Fri.	9:30 a.m.	40 min.
FR	4/26	6/14	Mon.	11:40 a.m.	40 min.
FX	2/23	4/13	Tues.	10:20 a.m.	40 min.
FX	2/24	4/14	Wed.	10:00 a.m.	40 min.
FX	4/27	6/15	Tues.	10:20 a.m.	40 min.
FX	4/28	6/16	Wed.	10:00 a.m.	40 min.

MEMBER \$66 / PROGRAM MEMBER \$99

MUNCHKIN COOKING (AGES 3-5)

The main ingredients of this class will include measuring, pouring, mixing, and cutting. Your child will learn about kitchen safety and good eating habits. This fun hands-on class will have your child whipping up delicious and nutritious snacks for you at home.

FR	2/22	4/12	Mon.	9:20 a.m.	40 min.
FR	2/23	4/13	Tues.	10:30 a.m.	40 min.
FR	4/26	6/14	Mon.	9:20 a.m.	40 min.
FR	4/27	6/15	Tues.	10:30 a.m.	40 min.
FX	2/25	4/15	Thurs.	11:00 a.m.	40 min.
FX	2/27	4/17	Sat.	10:00 a.m.	40 min.
FX	4/29	6/17	Thurs.	11:00 a.m.	40 min.
FX	5/2	6/20	Sat.	10:00 a.m.	40 min.
NA	2/24	4/14	Wed.	11:00 a.m.	40 min.
NA	4/28	6/16	Wed.	11:00 a.m.	40 min.

MEMBER \$66 / PROGRAM MEMBER \$99

JURASSIC PARK (AGES 3-5)

Dinosaurs galore! Play, create, and learn all about our prehistoric pals. Share what you know and learn new and exciting things.

FX	2/24	4/14	Wed.	1:00 p.m.	40 min.
FX	4/28	6/16	Wed.	1:00 p.m.	40 min.
NA	2/23	4/13	Tues.	9:00 a.m.	40 min.
NA	4/27	6/15	Tues.	9:00 a.m.	40 min.

MEMBER \$66 / PROGRAM MEMBER \$99

AGES 11-14

NA	2/24	4/14	Wed.	4:45 p.m.	1 hr.
NA	4/28	6/16	Wed.	4:45 p.m.	1 hr.

PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17-18.



APRIL VACATION CRAFT DAYS

FUN WITH FOOD (AGES 6-9)

Build with it, make it, play with it! Join us from 9:00 a.m. to 1:00 p.m. for an assortment of food and cooking related craft activities! The only limit is your imagination! This camp is peanut free. Camp day includes swimming. Please bring a swimsuit and a towel.

NA	4/19	4/19	Mon.	9:00 a.m.	4 hr.
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MEMBER \$30 / PROGRAM MEMBER \$45

ADDITIONAL CHILD:
MEMBER \$20 / PROGRAM MEMBER \$30

MESSY ARTS AND CRAFTS (AGES 6-9)

We bring the mess and clean it up too! Join us from 9:00 a.m. to 1:00 p.m. for a fun-filled afternoon of messy crafts! We'll "toe paint", make glitter sculptures, confetti poppers, and so much more! Swimming is included in the day. Please bring swimsuit, towel, and a snack.

NA	4/20	4/20	Tues.	9:00 a.m.	4 hr.
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MEMBER \$30 / PROGRAM MEMBER \$45

ADDITIONAL CHILD:
MEMBER \$20 / PROGRAM MEMBER \$30

I'M A PIRATE (AGES 6-9)

Come join us from 9:00 a.m. to 1:00 p.m. to turn yourself into a really cool pirate! Kids will make a bandana, cape, eyepatch, and hook! We will also dress up and face paint to complete the look! At the end of the day each little pirate will go home with their own creations.

NA	4/21	4/21	Wed.	9:00 a.m.	4 hr.
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MEMBER \$30 / PROGRAM MEMBER \$45

ADDITIONAL CHILD:
MEMBER \$20 / PROGRAM MEMBER \$30

MIXED MEDIA CAMP (AGES 6-10)

We will be using many different mediums from clay, paint, and paper maché. Lots of imagination required. Please bring a lunch.

NA	4/22	4/22	Thurs.	9:00 a.m.	4 hr.
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MEMBER \$30 / PROGRAM MEMBER \$45

ADDITIONAL CHILD:
MEMBER \$20 / PROGRAM MEMBER \$30

BAKING CAMP (AGES 6-10)

Learn how to make cakes, cookies, and treats. Please bring a lunch.

NA	4/23	4/23	Fri.	9:00 a.m.	4 hr.
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MEMBER \$30 / PROGRAM MEMBER \$45

ADDITIONAL CHILD:
MEMBER \$20 / PROGRAM MEMBER \$30



ENRICHMENT



ENRICHMENT

SPANISH FOR PRESCHOOLERS (AGES 3-5)

Hola! Your child will learn basic Spanish words and phrases through songs and activities. This is sure to be a fun and educational class.

FR	2/26	4/16	Fri.	9:15 a.m.	40 min.
FR	4/30	6/18	Fri.	9:15 a.m.	40 min.
FX	2/26	4/16	Fri.	9:30 a.m.	40 min.
FX	4/26	7/1	Fri.	9:30 a.m.	40 min.

MEMBER \$60 / PROGRAM MEMBER \$90

ACTION KIDS (AGES 3-5)

Climb, jump, and run! This action packed class includes a combination of activities: playground games, sports, Kids Gym equipment, and group movement exercise.

NA	2/24	4/14	Wed.	11:40 a.m.	40 min.
NA	5/1	6/19	Sat.	11:15 a.m.	40 min.
NA	4/28	6/16	Wed.	11:40 a.m.	40 min.

MEMBER \$60 / PROGRAM MEMBER \$90

SUPER SCIENTIST (AGES 3-5)

This is a basic science awareness class for the preschooler. Children will explore different topics through hands-on activities including simple experiments, crafts, and stories. Topics will include magnets, the five senses, dinosaurs, and water.

FR	4/30	6/18	Fri.	9:30 a.m.	40 min.
FX	2/23	4/13	Tues.	4:00 p.m.	40 min.
FX	2/27	4/17	Sat.	9:00 a.m.	40 min.
FX	2/25	4/15	Thurs.	1:00 p.m.	40 min.
FX	4/27	6/15	Tues.	4:00 p.m.	40 min.
FX	4/29	6/17	Thurs.	1:00 p.m.	40 min.
FX	5/1	6/19	Sat.	9:00 a.m.	40 min.
NA	4/26	6/14	Mon.	11:00 a.m.	40 min.

MEMBER \$66 / PROGRAM MEMBER \$99

STORYBOOK CAFE (AGES 3-5)

Like a kid-friendly book club, this class will help develop your child's interest in literature. We'll connect a good book with a savory snack!

FR	2/22	4/12	Mon.	10:25 a.m.	1 hr.
FR	4/26	6/16	Mon.	10:25 a.m.	1 hr.

MEMBER \$76 / PROGRAM MEMBER \$114

ROMPIN AND STOMPIN (AGES 3-5)

It's time to get your sillies on in the Kid's Gym! We'll mix up basic tumbling skills with some favorite action songs.

FR	2/22	4/12	Mon.	1:00 p.m.	40 min.
FR	2/24	4/14	Wed.	4:30 p.m.	40 min.
FR	4/26	6/14	Mon.	1:00 p.m.	40 min.
FR	4/28	6/16	Wed.	4:30 p.m.	40 min.

MEMBER \$60 / PROGRAM MEMBER \$90

START YOUR ENGINES (AGES 3-5)

Cars and trucks and trains, oh boy! It'll be a rolling good time with games and crafts that are about things that go vroom!

FR	4/29	6/17	Thurs.	12:10 p.m.	40 min.
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MEMBER \$44 / PROGRAM MEMBER \$66

ART-BOOK-COOK (AGES 3-5)

Come for an hour of reading, creating, and eating. Each class will begin with a storybook followed by making a treat and a craft related to the story.

FR	4/27	6/15	Tues.	10:45 a.m.	1 hr.
FX	2/22	4/22	Mon.	9:30 a.m.	1 hr.
FX	4/26	6/14	Mon.	9:30 a.m.	1 hr.
NA	2/22	4/12	Mon.	9:00 a.m.	1 hr.
NA	2/23	4/13	Tues.	4:00 p.m.	1 hr.
NA	4/26	6/14	Mon.	9:00 a.m.	1 hr.
NA	4/27	6/15	Tues.	4:00 p.m.	1 hr.
NA	5/1	6/19	Sat.	10:30 a.m.	1 hr.

MEMBER \$76 / PROGRAM MEMBER \$114

ALPHABETIVITIES (AGES 3-5)

This class focuses on various activities that involve different letters of the alphabet each week. The letters will be reinforced through crafts, stories, and much more.

NA	2/23	4/13	Tues.	11:00 a.m.	40 min.
NA	4/27	6/15	Tues.	11:00 a.m.	40 min.

MEMBER \$60 / PROGRAM MEMBER \$90

FRENCH (AGES 3-5)

Bon jour! Your child will learn basic French through songs and activities. This is sure to be a fun and educational class.

FR	2/24	4/14	Wed.	9:30 a.m.	40 min.
FR	4/28	6/16	Wed.	9:30 a.m.	40 min.

MEMBER \$60 / PROGRAM MEMBER \$90

PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17–18.

PINT SIZE POTPOURRI (AGES 3–5)

Can't decide on one class for this session? Try this sampler class that each week will highlight an activity from the many pre-enrichment classes. Cooking, crafts, and music... your child will have a chance to do all of them in one class!

NA	2/25	4/15	Thurs.	10:00 a.m.	40 min.
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MEMBER \$66 / PROGRAM MEMBER \$99

EVEN BIGGER (AGES 3–5)

Help your child get ready for preschool. This class helps your child listen, follow directions, make transitions, and develop friendships. Lessons will include songs, stories, arts and crafts, along with games and physical activities in the gym. A snack will be provided.

FR	2/23	4/13	Tues.	12:30 p.m.	1.5 hr.
FR	2/26	4/16	Fri.	10:30 a.m.	1.5 hr.
NA	2/22	4/12	Mon.	10:15 a.m.	1.5 hr.
NA	2/23	4/13	Tues.	10:30 a.m.	1.5 hr.
NA	4/26	6/14	Mon.	10:15 a.m.	1.5 hr.
NA	4/27	6/15	Tues.	10:30 a.m.	1.5 hr.

MEMBER \$89 / PROGRAM MEMBER \$134

HOCKOMOCK HIKERS (AGES 3–5)

Each week we will hike around the grounds of the YMCA. It is a time to discover nature through observation and projects! Children should dress appropriately.

FR	4/26	6/14	Mon.	1:00 p.m.	1 hr.
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MEMBER \$67 / PROGRAM MEMBER \$101

MOMS DAY OUT (AGES 4–5)

This is an opportunity to leave your children at the YMCA for four fun-filled hours of excitement and adventure. Our trained staff will lead your child through exciting games, story time, arts, and more. Please bring a snack and lunch with a drink. Pre-registration is required.

FX	2/26	2/26	Fri.	9:30 a.m.	4 hr.
FX	3/5	3/5	Fri.	9:30 a.m.	4 hr.
FX	3/12	3/12	Fri.	9:30 a.m.	4 hr.
FX	3/19	3/19	Fri.	9:30 a.m.	4 hr.
FX	3/26	3/26	Fri.	9:30 a.m.	4 hr.
FX	4/2	4/2	Fri.	9:30 a.m.	4 hr.
FX	4/9	4/9	Fri.	9:30 a.m.	4 hr.

FX	4/16	4/16	Fri.	9:30 a.m.	4 hr.
FX	4/30	4/30	Fri.	9:30 a.m.	4 hr.
FX	5/7	5/7	Fri.	9:30 a.m.	4 hr.
FX	5/14	5/14	Fri.	9:30 a.m.	4 hr.
FX	5/21	5/21	Fri.	9:30 a.m.	4 hr.
FX	5/28	5/28	Fri.	9:30 a.m.	4 hr.
FX	6/4	6/4	Fri.	9:30 a.m.	4 hr.
FX	6/18	6/18	Fri.	9:30 a.m.	4 hr.

MEMBER \$28 / PROGRAM MEMBER \$41

JUMP START! (AGES 4–6)

This fun class will introduce your child to basic reading concepts through games, stories, and crafts. It will help them recognize sight words from flashcards and writing.

NA	4/27	6/15	Tues.	1:30 p.m.	1 hr.
NA	4/26	6/14	Mon.	1:00 p.m.	1 hr.

MEMBER \$76 / PROGRAM MEMBER \$114

COOKING KIDS (AGES 4–6)

Is your child an aspiring chef? This fun, interactive session will sharpen your child's cooking skills. Our delicious recipes will help your child become more confident measuring, mixing, and cutting. Good eating habits and kitchen safety will also be part of the mix.

FR	2/22	4/12	Mon.	11:00 a.m.	1 hr.
FR	2/25	4/15	Thurs.	11:20 a.m.	1 hr.
FR	4/26	6/14	Mon.	11:00 a.m.	1 hr.
FR	4/29	6/17	Thurs.	11:20 a.m.	1 hr.
NA	4/30	6/18	Fri.	1:15 p.m.	1 hr.
NA	4/29	6/17	Thurs.	12:15 p.m.	1 hr.

MEMBER \$76 / PROGRAM MEMBER \$114

CREATIVE ARTS (AGES 4–6)

Continue your art experience with this one hour class. Advance your use of the art elements, adding knowledge and exploration of the great artists with paper, 3-D, and a variety of mediums. Produce wonderful art masterpieces and crafts. Holiday projects included.

FR	2/26	4/16	Fri.	10:20 a.m.	1 hr.
FR	4/30	6/18	Fri.	10:20 a.m.	1 hr.
FX	2/26	4/16	Fri.	1:00 p.m.	1 hr.
FX	4/30	6/18	Fri.	1:00 p.m.	1 hr.
NA	2/24	4/14	Wed.	12:15 p.m.	1 hr.
NA	4/28	6/16	Wed.	12:15 p.m.	1 hr.

MEMBER \$76 / PROGRAM MEMBER \$114



ENRICHMENT



HOT SHOTS (AGES 4-6)

This is an advanced class for preschool age girls designed to teach skills appropriate to their ability. A recommendation slip is needed from the instructor.

FR	2/23	4/13	Tues.	3:45 p.m.	1 hr.
FR	2/25	4/15	Thurs.	4:45 p.m.	1 hr.
FR	4/27	6/15	Tues.	3:45 p.m.	1 hr.
FR	4/29	6/17	Thurs.	4:45 p.m.	1 hr.
FX	2/22	4/12	Mon.	11:10 a.m.	1 hr.
FX	2/25	4/15	Thurs.	12:30 p.m.	1 hr.
FX	2/28	4/18	Sun.	11:05 a.m.	1 hr.
FX	4/26	6/14	Mon.	11:10 a.m.	1 hr.
FX	4/29	6/17	Thurs.	12:30 p.m.	1 hr.
FX	5/2	6/20	Sun.	11:05 a.m.	1 hr.
NA	2/22	4/12	Mon.	1:25 p.m.	1 hr.
NA	2/22	4/12	Tues.	9:10 a.m.	1 hr.
NA	2/23	4/13	Wed.	9:10 a.m.	1 hr.
NA	2/24	4/14	Wed.	1:35 p.m.	1 hr.
NA	2/24	4/14	Wed.	4:00 p.m.	1 hr.
NA	2/25	4/15	Thurs.	12:35 p.m.	1 hr.
NA	2/26	4/16	Fri.	9:10 a.m.	1 hr.
NA	2/26	4/16	Fri.	1:15 p.m.	1 hr.
NA	2/27	4/17	Sat.	9:50 a.m.	1 hr.
NA	4/26	6/14	Mon.	1:25 p.m.	1 hr.
NA	4/27	6/15	Tues.	9:10 a.m.	1 hr.
NA	4/28	6/16	Wed.	9:10 a.m.	1 hr.
NA	4/28	6/16	Wed.	1:35 p.m.	1 hr.
NA	4/28	6/16	Wed.	4:00 p.m.	1 hr.
NA	4/29	6/17	Thurs.	12:35 p.m.	1 hr.
NA	4/30	6/18	Fri.	9:10 a.m.	1 hr.
NA	4/30	6/18	Fri.	1:15 p.m.	1 hr.
NA	5/1	6/19	Sat.	9:50 a.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

TUMBLE BEES TWO (AGES 4-6)

This class is for children who have participated in several sessions of Tumble Bees. Students should have a strong grasp of the skills taught in Tumble Bees and should be comfortable on all equipment. With instructor guidance, the kids will build on what they have learned previously, work on newer skills, and have tons of fun!

FR	2/25	4/15	Thurs.	11:25 a.m.	1 hr.
FR	2/23	4/13	Tues.	1:30 p.m.	1 hr.
FR	4/27	6/15	Thurs.	11:25 a.m.	1 hr.
FR	4/27	6/15	Tues.	1:30 p.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

SHOOTING STARS (AGES 4-6)

Shooting Stars is an advanced preschool gymnastics class. This class is by invitation only and must have a recommendation slip to register. Participants focus on the PreTeam/ Level 4 USA Gymnastics Routines and Skills. Children entering into this class are chosen because of their gymnastics ability, listening skills, and future potential as a competitive gymnast.

NA	2/22	4/12	Mon.	1:25 p.m.	1.5 hr.
NA	2/23	4/13	Tues.	9:10 a.m.	1.5 hr.
NA	2/25	4/15	Thurs.	12:35 p.m.	1.5 hr.
NA	2/24	4/14	Wed.	4:00 p.m.	1.5 hr.
NA	4/26	6/14	Mon.	1:25 p.m.	1.5 hr.
NA	4/27	6/15	Tues.	9:10 a.m.	1.5 hr.
NA	4/29	6/17	Thurs.	12:35 p.m.	1.5 hr.
NA	4/28	6/16	Wed.	4:00 p.m.	1.5 hr.

MEMBER \$115 / PROGRAM MEMBER \$172

BIG SHOTS (AGES 3-7)

This class is designed for preschool-age boys who are full of energy and ready for a challenge. A recommendation slip is needed by the instructor.

FX	2/22	4/12	Mon.	2:10 p.m.	1 hr.
FX	2/26	4/16	Fri.	1:20 p.m.	1 hr.
FX	2/28	4/18	Sun.	11:05 a.m.	1 hr.
FX	4/26	6/14	Mon.	2:10 p.m.	1 hr.
FX	4/30	6/18	Fri.	1:20 p.m.	1 hr.
FX	5/2	6/20	Sun.	11:05 a.m.	1 hr.
NA	2/22	4/12	Mon.	1:25 p.m.	1 hr.
NA	2/23	4/13	Tues.	10:15 a.m.	1 hr.
NA	2/26	4/16	Fri.	9:10 a.m.	1 hr.
NA	2/26	4/16	Fri.	1:15 p.m.	1 hr.
NA	4/26	7/1	Mon.	1:25 p.m.	1 hr.
NA	4/26	7/1	Tues.	10:15 a.m.	1 hr.
NA	4/26	7/1	Fri.	9:10 a.m.	1 hr.
NA	4/26	7/1	Fri.	1:15 p.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17–18.

BOYS BEGINNER GYMNASTICS (AGES 6–10)

In this class, the main focus is on strengthening and building coordination for gymnastics and other sports. Boys will work on the rings, horse, bars, and tumbling.

FR	2/23	4/13	Tues.	4:45 p.m.	1 hr.
FR	4/27	6/15	Tues.	4:45 p.m.	1 hr.
FX	2/22	4/12	Mon.	4:15 p.m.	1 hr.
FX	4/26	6/14	Mon.	4:15 p.m.	1 hr.
FX	2/25	4/15	Thurs.	3:45 p.m.	1 hr.
FX	2/28	4/18	Sun.	12:00 p.m.	1 hr.
FX	4/29	6/17	Thurs.	3:45 p.m.	1 hr.
FX	5/2	6/20	Sun.	12:00 p.m.	1 hr.
NA	2/22	4/12	Mon.	3:40 p.m.	1 hr.
NA	2/24	4/14	Wed.	4:30 p.m.	1 hr.
NA	4/28	6/16	Mon.	3:40 p.m.	1 hr.
NA	4/28	6/16	Wed.	4:30 p.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

ROLLERS (AGES 6–11)

This class is for the beginner gymnast with little or no experience. Students will learn basic skills. Floor: forward and backward rolls. Beam: walks, kicks, and dismounts. Vault: running technique and hurdle drills. Bars: chin holds, jump to front support, and forward roll dismount.

FR	2/23	4/13	Tues.	4:45 p.m.	1 hr.
FR	2/25	4/15	Thurs.	3:45 p.m.	1 hr.
FR	4/27	6/15	Tues.	4:45 p.m.	1 hr.
FR	4/29	6/17	Thurs.	3:45 p.m.	1 hr.
FX	2/22	4/12	Mon.	3:45 p.m.	1 hr.
FX	2/25	4/15	Thurs.	4:15 p.m.	1 hr.
FX	2/28	4/18	Sun.	12:00 p.m.	1 hr.
FX	4/26	6/14	Mon.	3:45 p.m.	1 hr.
FX	4/29	6/17	Thurs.	4:15 p.m.	1 hr.
FX	5/2	6/20	Sun.	12:00 p.m.	1 hr.
NA	2/22	4/12	Mon.	4:45 p.m.	1 hr.
NA	2/22	4/12	Mon.	5:50 p.m.	1 hr.
NA	2/23	4/13	Tues.	3:40 p.m.	1 hr.
NA	2/25	4/15	Thurs.	3:40 p.m.	1 hr.
NA	2/26	4/16	Fri.	3:40 p.m.	1 hr.
NA	2/27	4/17	Sat.	10:55 a.m.	1 hr.
NA	4/26	6/14	Mon.	5:50 p.m.	1 hr.

NA	4/27	6/15	Tues.	3:40 p.m.	1 hr.
NA	4/29	6/17	Thurs.	3:40 p.m.	1 hr.
NA	4/30	6/18	Fri.	3:40 p.m.	1 hr.
NA	5/1	6/19	Sat.	10:55 a.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

SWINGERS (AGES 6–11)

This is a class for those gymnasts who are able to demonstrate Roller level skills unassisted with proper technique. Gymnasts will learn the next level skills. Floor: handstands, handstand to bridge, and cartwheels. Beam: mounts, jumps, and arabesques. Bars: pullover with help and backhip circle. Vault: hurdle to stick and straight jump stick.

FR	2/23	4/13	Tues.	3:45 p.m.	1 hr.
FR	2/23	4/13	Tues.	4:45 p.m.	1 hr.
FR	2/25	4/15	Thurs.	3:45 p.m.	1 hr.
FR	2/25	4/15	Thurs.	4:45 p.m.	1 hr.
FR	4/27	6/15	Tues.	3:45 p.m.	1 hr.
FR	4/27	6/15	Tues.	4:45 p.m.	1 hr.
FR	4/29	6/17	Thurs.	3:45 p.m.	1 hr.
FR	4/29	6/17	Thurs.	4:45 p.m.	1 hr.
FX	2/22	4/12	Mon.	3:45 p.m.	1 hr.
FX	2/25	4/15	Thurs.	4:10 p.m.	1 hr.
FX	2/28	4/18	Sun.	12:00 p.m.	1 hr.
FX	4/26	6/14	Mon.	3:45 p.m.	1 hr.
FX	4/29	6/17	Thurs.	4:10 p.m.	1 hr.
FX	5/2	6/20	Sun.	12:00 p.m.	1 hr.
NA	2/22	4/12	Mon.	4:45 p.m.	1 hr.
NA	2/22	4/12	Mon.	5:50 p.m.	1 hr.
NA	2/23	4/13	Tues.	3:40 p.m.	1 hr.
NA	2/25	4/15	Thurs.	3:40 p.m.	1 hr.
NA	2/26	4/16	Fri.	3:40 p.m.	1 hr.
NA	2/27	4/17	Sat.	10:55 a.m.	1 hr.
NA	4/26	6/14	Mon.	4:45 p.m.	1 hr.
NA	4/26	6/14	Mon.	5:50 p.m.	1 hr.
NA	4/27	6/15	Tues.	3:40 p.m.	1 hr.
NA	4/29	6/17	Thurs.	3:40 p.m.	1 hr.
NA	4/30	6/18	Fri.	3:40 p.m.	1 hr.
NA	5/1	6/19	Sat.	10:55 a.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117





HOT SHOTS (AGES 4-6)

This is an advanced class for preschool age girls designed to teach skills appropriate to their ability. A recommendation slip is needed from the instructor.

FR	2/23	4/13	Tues.	3:45 p.m.	1 hr.
FR	2/25	4/15	Thurs.	4:45 p.m.	1 hr.
FR	4/27	6/15	Tues.	3:45 p.m.	1 hr.
FR	4/29	6/17	Thurs.	4:45 p.m.	1 hr.
FX	2/22	4/12	Mon.	11:10 a.m.	1 hr.
FX	2/25	4/15	Thurs.	12:30 p.m.	1 hr.
FX	2/28	4/18	Sun.	11:05 a.m.	1 hr.
FX	4/26	6/14	Mon.	11:10 a.m.	1 hr.
FX	4/29	6/17	Thurs.	12:30 p.m.	1 hr.
FX	5/2	6/20	Sun.	11:05 a.m.	1 hr.
NA	2/22	4/12	Mon.	1:25 p.m.	1 hr.
NA	2/22	4/12	Tues.	9:10 a.m.	1 hr.
NA	2/23	4/13	Wed.	9:10 a.m.	1 hr.
NA	2/24	4/14	Wed.	1:35 p.m.	1 hr.
NA	2/24	4/14	Wed.	4:00 p.m.	1 hr.
NA	2/25	4/15	Thurs.	12:35 p.m.	1 hr.
NA	2/26	4/16	Fri.	9:10 a.m.	1 hr.
NA	2/26	4/16	Fri.	1:15 p.m.	1 hr.
NA	2/27	4/17	Sat.	9:50 a.m.	1 hr.
NA	4/26	6/14	Mon.	1:25 p.m.	1 hr.
NA	4/27	6/15	Tues.	9:10 a.m.	1 hr.
NA	4/28	6/16	Wed.	9:10 a.m.	1 hr.
NA	4/28	6/16	Wed.	1:35 p.m.	1 hr.
NA	4/28	6/16	Wed.	4:00 p.m.	1 hr.
NA	4/29	6/17	Thurs.	12:35 p.m.	1 hr.
NA	4/30	6/18	Fri.	9:10 a.m.	1 hr.
NA	4/30	6/18	Fri.	1:15 p.m.	1 hr.
NA	5/1	6/19	Sat.	9:50 a.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

TUMBLE BEES TWO (AGES 4-6)

This class is for children who have participated in several sessions of Tumble Bees. Students should have a strong grasp of the skills taught in Tumble Bees and should be comfortable on all equipment. With instructor guidance, the kids will build on what they have learned previously, work on newer skills, and have tons of fun!

FR	2/25	4/15	Thurs.	11:25 a.m.	1 hr.
FR	2/23	4/13	Tues.	1:30 p.m.	1 hr.
FR	4/27	6/15	Thurs.	11:25 a.m.	1 hr.
FR	4/27	6/15	Tues.	1:30 p.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

SHOOTING STARS (AGES 4-6)

Shooting Stars is an advanced preschool gymnastic class. This class is by invitation only and must have recommendation slip to register. Participants focus on the PreTeam/ Level 4 USA Gymnastics Routines and Skill Children entering into this class are chosen because of their gymnastics ability, listening skills, and future potential as a competitive gymnast.

NA	2/22	4/12	Mon.	1:25 p.m.	1.5 hr.
NA	2/23	4/13	Tues.	9:10 a.m.	1.5 hr.
NA	2/25	4/15	Thurs.	12:35 p.m.	1.5 hr.
NA	2/24	4/14	Wed.	4:00 p.m.	1.5 hr.
NA	4/26	6/14	Mon.	1:25 p.m.	1.5 hr.
NA	4/27	6/15	Tues.	9:10 a.m.	1.5 hr.
NA	4/29	6/17	Thurs.	12:35 p.m.	1.5 hr.
NA	4/28	6/16	Wed.	4:00 p.m.	1.5 hr.

MEMBER \$115 / PROGRAM MEMBER \$172

BIG SHOTS (AGES 3-7)

This class is designed for preschool-age boys who are full of energy and ready for a challenge. A recommendation slip is needed by the instructor.

FX	2/22	4/12	Mon.	2:10 p.m.	1 hr.
FX	2/26	4/16	Fri.	1:20 p.m.	1 hr.
FX	2/28	4/18	Sun.	11:05 a.m.	1 hr.
FX	4/26	6/14	Mon.	2:10 p.m.	1 hr.
FX	4/30	6/18	Fri.	1:20 p.m.	1 hr.
FX	5/2	6/20	Sun.	11:05 a.m.	1 hr.
NA	2/22	4/12	Mon.	1:25 p.m.	1 hr.
NA	2/23	4/13	Tues.	10:15 a.m.	1 hr.
NA	2/26	4/16	Fri.	9:10 a.m.	1 hr.
NA	2/26	4/16	Fri.	1:15 p.m.	1 hr.
NA	4/26	7/1	Mon.	1:25 p.m.	1 hr.
NA	4/26	7/1	Tues.	10:15 a.m.	1 hr.
NA	4/26	7/1	Fri.	9:10 a.m.	1 hr.
NA	4/26	7/1	Fri.	1:15 p.m.	1 hr.

MEMBER \$78 / PROGRAM MEMBER \$117

PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17–18.

ITSY BITSY YOGA (AGES 0-1)

This yoga class is designed for members ages six weeks to twelve months and their caregiver. The class offers a series of “poses” separated by developmental stages that promise to help babies sleep, digest, and develop better. It is fun and easy.

FX	2/24	4/14	Wed.	11:30 a.m.	1 hr.
FX	4/28	6/16	Wed.	11:30 a.m.	1 hr.
NA	2/26	4/16	Fri.	11:30 a.m.	1 hr.
NA	4/30	6/18	Fri.	11:30 a.m.	1 hr.

MEMBER \$103 / PROGRAM MEMBER \$155

INFANT MASSAGE (AGES 0-1)

Massage promotes an infant’s physiological and neurological development and function, helps to soothe common discomforts, and promotes restful sleep. It also facilitates healthy bonding and attachment. Parents massage their own child and will be given non-toxic massage oil with enrollment. Please bring a blanket and any comfort objects for your infant.

FX	2/24	3/31	Wed.	9:15 a.m.	45 min.
FX	4/28	6/2	Wed.	9:15 a.m.	45 min.

MEMBER \$58 / PROGRAM MEMBER \$87

ITSY BITSY YOGA FOR TOTS (AGES 1-2)

Crawlers and walkers 12–24 months playfully practice yoga while they are standing, sitting up, walking, and jumping. Caregivers enjoy movement and stretching as they interact with their tot by supporting and modeling fun, active behaviors for postures.

FX	2/24	4/14	Wed.	10:30 a.m.	45 min.
FX	4/26	6/16	Wed.	10:30 a.m.	45 min.

MEMBER \$78 / PROGRAM MEMBER \$117

WEE PLAY (AGES 3-4)

Parents, now is the best time to instill lifelong healthy eating and exercise habits in your children. This opportunity for structured free play allows your child to be physically active while also allowing for social development.

FR	2/22	4/14	Mon. and Wed.	10:00 a.m.	30 min.
FR	4/26	7/1	Mon. and Wed.	10:00 a.m.	30 min.
FX	2/25	4/15	Thurs.	1:00 p.m.	30 min.
FX	4/29	6/17	Thurs.	1:00 p.m.	30 min.

MEMBER FREE / PROGRAM MEMBER \$24

PRETZEL KIDS YOGA*

What is Pretzel Kids Yoga*? To kids, we’re fun, fun, fun! To parents, we are the answer to helping your children stay physically fit and deal more effectively with the pressures of school and peers. We’re all that and more! Our proven curriculum and amazingly fun yoga program incorporates traditional Hatha yoga postures with imaginative yoga games and relaxation techniques. All told: children laugh, learn, exercise, breathe, and relax. Better yet, they leave our classes with big SMILES!

(AGES 3-5)

FX	2/22	4/12	Mon.	1:00 p.m.	45 min.
FX	4/26	6/14	Mon.	1:00 p.m.	45 min.

MEMBER \$68 / PROGRAM MEMBER \$102

(AGES 6-9)

FX	2/25	4/15	Thurs.	3:30 p.m.	1 hr.
FX	4/29	6/17	Thurs.	3:30 p.m.	1 hr.

MEMBER \$102 / PROGRAM MEMBER \$153

FIT KIDS MINI PROGRAM (AGES 5-7)

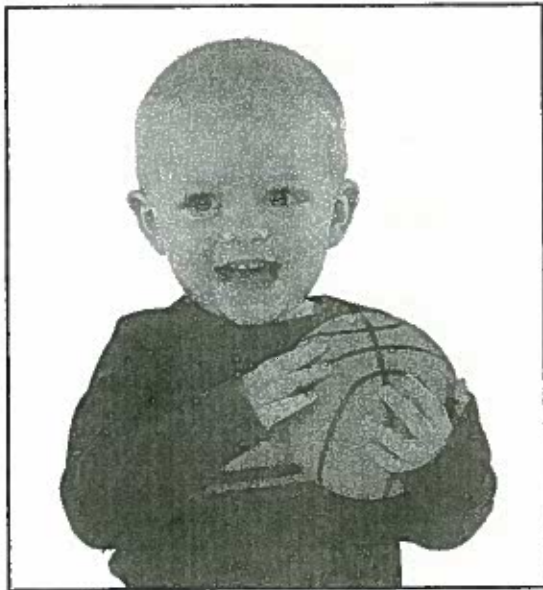
A great program to get your child to enjoy exercise and healthy eating. Children will participate in a variety of fitness games and activities that get them moving and having fun. We will also make healthy and nutritious snacks all week long! This program is geared toward children ages five to seven years old.

FR	4/19	4/23	Mon. – Fri.	1:00 p.m.	2 hr.
FR	4/26	7/1	Mon. – Fri.	1:00 p.m.	2 hr.
FX	4/19	4/23	Mon. – Fri.	1:00 p.m.	2 hr.
FX	4/26	7/1	Mon. – Fri.	1:00 p.m.	2 hr.

MEMBER \$80 / PROGRAM MEMBER \$120

Sports

Our Hockomock Area YMCA youth sports programs fill kids' discretionary hours with positive activities and caring adult attention. Coaches, often volunteers, emphasize teamwork and cooperation over winning at any cost, and developing positive character values over developing the next superstar.



ALLSTAR KIDSPORT (AGE 2 ONLY)

Active two year old children are encouraged to interact with their peers in a fun and organized environment where movement with a sports feel is the focus.

FX	2/22	4/12	Mon.	10:30 a.m.	30 min.
FX	2/25	4/15	Thurs.	10:40 a.m.	30 min.
FX	2/25	4/15	Thurs.	10:00 a.m.	30 min.
FX	4/26	6/14	Mon.	10:40 a.m.	30 min.
FX	4/26	6/14	Mon.	10:00 a.m.	30 min.
FX	4/29	6/17	Thurs.	10:00 a.m.	30 min.
FX	4/29	6/17	Thurs.	10:40 a.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

ALLSTAR KIDSPORT

This class explores the basics of a different sport each week. The emphasis is on fun and learning.

(AGES 3-4)

FR	2/22	4/12	Mon.	10:20 a.m.	30 min.
FR	2/23	4/13	Tues.	11:00 a.m.	30 min.
FR	2/24	4/14	Wed.	10:20 a.m.	30 min.

FR	2/24	4/14	Wed.	1:30 p.m.	30 min.
FR	4/26	6/14	Mon.	10:20 a.m.	30 min.
FR	4/26	6/14	Mon.	1:00 p.m.	30 min.
FR	4/27	6/15	Tues.	11:00 a.m.	30 min.
FR	4/28	6/16	Wed.	1:30 p.m.	30 min.
NA	2/23	4/13	Tues.	10:15 a.m.	30 min.
NA	2/23	4/13	Tues.	10:45 a.m.	30 min.
NA	2/24	4/14	Wed.	10:15 a.m.	30 min.
NA	2/24	4/14	Wed.	10:45 a.m.	30 min.
NA	2/25	4/15	Thurs.	10:15 a.m.	30 min.
NA	2/25	4/15	Thurs.	10:45 a.m.	30 min.
NA	2/25	4/15	Thurs.	1:30 p.m.	30 min.
NA	2/26	4/16	Fri.	10:15 a.m.	30 min.
NA	2/26	4/16	Fri.	10:45 a.m.	30 min.
NA	2/26	4/16	Fri.	1:30 p.m.	30 min.
NA	4/27	6/15	Tues.	10:15 a.m.	30 min.
NA	4/27	6/15	Tues.	10:45 a.m.	30 min.
NA	4/28	6/16	Wed.	10:15 a.m.	30 min.
NA	4/28	6/16	Wed.	10:45 a.m.	30 min.
NA	4/29	6/17	Thurs.	10:15 a.m.	30 min.
NA	4/29	6/17	Thurs.	10:45 a.m.	30 min.
NA	4/29	6/17	Thurs.	1:30 p.m.	30 min.
NA	4/30	6/18	Fri.	10:15 a.m.	30 min.
NA	4/30	6/18	Fri.	10:45 a.m.	30 min.
NA	4/30	6/18	Fri.	1:30 p.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

FX	2/23	4/13	Tues.	10:15 a.m.	45 min.
EX	2/26	4/16	Fri.	10:15 a.m.	45 min.
FX	2/26	4/16	Fri.	11:15 a.m.	45 min.
EX	2/24	4/14	Wed.	1:30 p.m.	45 min.
FX	2/24	4/14	Wed.	11:15 a.m.	45 min.
FX	2/25	4/15	Thurs.	1:00 p.m.	45 min.
FX	2/26	4/16	Fri.	10:15 a.m.	45 min.
FX	4/27	6/15	Tues.	10:15 a.m.	45 min.
FX	4/28	6/16	Wed.	11:15 a.m.	45 min.
FX	4/28	6/16	Wed.	1:30 p.m.	45 min.
FX	4/29	6/17	Thurs.	1:00 p.m.	45 min.
FX	4/30	6/18	Fri.	10:15 a.m.	45 min.
FX	4/30	6/18	Fri.	11:15 a.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

(continued on next page)



SPORTS



ALLSTAR KIDSPORT (continued)

(AGES 5-6)

FR	2/22	4/12	Mon.	9:30 a.m.	45 min.
FR	2/22	4/12	Mon.	5:45 p.m.	45 min.
FR	4/26	6/14	Mon.	9:30 a.m.	45 min.
FR	4/26	6/14	Mon.	5:45 p.m.	45 min.
FX	2/22	4/12	Mon.	1:15 p.m.	45 min.
FX	2/23	4/13	Tues.	1:15 p.m.	45 min.
FX	2/23	4/13	Tues.	4:00 p.m.	45 min.
FX	2/25	4/15	Thurs.	9:00 a.m.	45 min.
FX	2/25	4/15	Thurs.	4:00 p.m.	45 min.
FX	4/26	6/14	Mon.	1:15 p.m.	45 min.
FX	4/27	6/15	Tues.	1:15 p.m.	45 min.
FX	4/27	6/15	Tues.	4:00 p.m.	45 min.
FX	4/29	6/17	Thurs.	9:00 a.m.	45 min.
FX	4/29	6/17	Thurs.	4:00 p.m.	45 min.
NA	2/26	4/16	Fri.	9:30 a.m.	45 min.
NA	2/23	4/13	Tues.	9:30 a.m.	45 min.
NA	2/23	4/13	Tues.	1:30 p.m.	45 min.
NA	2/24	4/14	Wed.	9:30 a.m.	45 min.
NA	2/25	4/15	Thurs.	9:30 a.m.	45 min.
NA	2/25	4/15	Thurs.	4:00 p.m.	45 min.
NA	4/27	6/15	Tues.	9:30 a.m.	45 min.
NA	4/27	6/15	Tues.	1:30 p.m.	45 min.
NA	4/28	6/16	Wed.	9:30 a.m.	45 min.
NA	4/28	6/16	Wed.	3:15 p.m.	45 min.
NA	4/29	6/17	Thurs.	3:15 p.m.	45 min.
NA	4/29	6/17	Thurs.	9:30 a.m.	45 min.
NA	4/30	6/18	Fri.	9:30 a.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

(AGES 7-8)

FX	2/23	4/13	Tues.	5:00 p.m.	45 min.
FX	2/25	4/15	Thurs.	5:00 p.m.	45 min.
FX	4/27	6/15	Tues.	5:00 p.m.	45 min.
FX	4/29	6/17	Thurs.	5:00 p.m.	45 min.
NA	2/23	4/13	Tues.	4:00 p.m.	45 min.
NA	4/26	6/14	Mon.	4:00 p.m.	45 min.
NA	4/27	6/15	Tues.	4:00 p.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

(AGES 9-10)

FX	2/24	4/14	Wed.	5:00 p.m.	45 min.
FX	4/28	6/16	Wed.	5:00 p.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

SHORT SPORTS (AGES 2-3)

Learn the importance of team play while working on skills for a variety of sports and activities. A parent must participate.

FR	2/23	4/13	Tues.	10:15 a.m.	30 min.
FR	2/25	4/15	Thurs.	11:15 a.m.	30 min.
FR	4/27	6/15	Tues.	10:15 a.m.	30 min.
FR	4/29	6/17	Thurs.	11:15 a.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

HOMERUN HEROES (AGES 3-4)

This class explores the basics of baseball. The emphasis is on fun and learning. Skills will include fielding, hitting, throwing, catching, and more.

FR	2/24	4/14	Wed.	11:15 a.m.	30 min.
FR	4/26	7/1	Wed.	11:15 a.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

APRIL VACATION SPORTS FIELD TRIPS

Be one of the first 36 people to sign up for this new program from the Sports Department! You will get four sports trips, one per day, Tuesday through Friday. Drop off times will be at 9:00 a.m. and pick up at 4:00 p.m. Trips include a Fenway Park Tour, Paw Sox Game, and a trip to the Basketball Hall of Fame.

(AGES 9-12)

NA	4/20	4/23	Tues.- Fri.	9:00 a.m.
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MEMBER \$165 / PROGRAM MEMBER \$210

SPORTS

PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17–18.

SOCCER STARS (AGES 3–4)

This class explores the basics of soccer through a fun and supportive environment. The emphasis is on fun and basic skill development.

FR	2/22	4/12	Mon.	1:00 p.m.	30 min.
FR	4/26	7/1	Mon.	1:00 p.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

PRESCHOOL SOCCER LEAGUE (AGES 3–5)

This wonderful three on three indoor league is a great way for your preschooler to learn soccer, sportsmanship, and the importance of playing on a team. The first four weeks of the session will be skill development followed by four weeks of games with their team. Players will receive a team shirt. Each team will need a parent volunteer for a coach.

FX	2/24	4/14	Wed.	10:15 a.m.	45 min.
FX	4/28	6/16	Wed.	10:15 a.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

BASKETBALL SKILLS

This program is focused on developing the fundamental skills of basketball. Class is open to boys and girls.

(AGES 4–5)

FX	2/28	4/18	Sun.	11:30 a.m.	45 min.
NA	5/1	6/19	Sat.	9:00 a.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

FX	5/2	6/20	Sun.	11:30 a.m.	45 min.
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MEMBER \$62 / PROGRAM MEMBER \$93

(AGES 6–8)

FX	2/28	4/18	Sun.	12:20 p.m.	45 min.
FX	5/2	6/20	Sun.	12:20 p.m.	45 min.

MEMBER \$49 / PROGRAM MEMBER \$74

NA	5/1	6/19	Sat.	10:00 a.m.	1 hr.
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MEMBER \$62 / PROGRAM MEMBER \$93

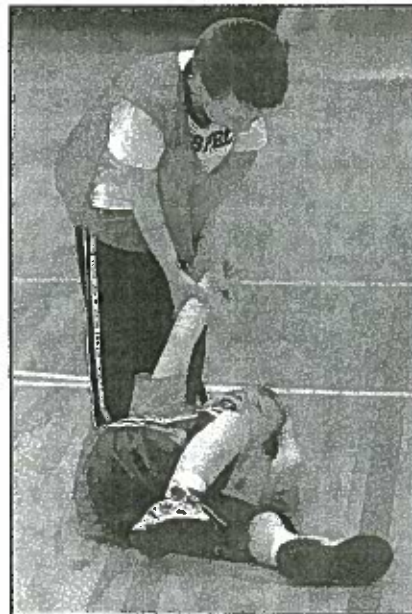
(AGES 9–12)

FX	4/26	7/1	Sun.	1:15 p.m.	45 min.
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MEMBER \$60 / PROGRAM MEMBER \$90

FR	4/28	6/16	Wed.	5:30 p.m.	1 hr.
NA	5/1	6/19	Sat.	11:00 a.m.	1 hr.

MEMBER \$62 / PROGRAM MEMBER \$93



APRIL VACATION SPORTS MINI CAMP

Want to come back and play your favorite camp games? During April vacation, the YMCA Sports Department will offer a half-day camp. Children will participate in basketball, Piilo Polo, wiffleball, dodgeball, soccer, and much more.

(AGES 4–5)

FX	4/20	Tues.	9:00 a.m.	3 hr.
FX	4/22	Thurs.	9:00 a.m.	3 hr.

MEMBER \$40 / PROGRAM MEMBER \$60

(AGES 6–9)

FX	4/21	Wed.	9:00 a.m.	3 hr.
FX	4/23	Fri.	9:00 a.m.	3 hr.

MEMBER \$40 / PROGRAM MEMBER \$60



SPORTS

PLEASE NOTE:

- ▶ Listed fees will be prorated to reflect any holidays during the program.
- ▶ All programs welcome children of all abilities. For information on our Integration Initiative, please see pages 17–18.

ADVANCED KARATE (AGES 5 AND OLDER)

This class continues to build skills of Okinawan Goju-Ryu Karate and concentrates on building confidence, courage, patience inner strength, and physical fitness.

NA	2/25	4/15	Thurs.	6:30 p.m.	1 hr.
NA	4/29	6/17	Thurs.	6:30 p.m.	1 hr.

MEMBER \$62 / PROGRAM MEMBER \$93

ADULT KARATE (AGES 14 AND OLDER)

This class introduces the basics of Okinawan Goju-Ryu Karate and concentrates on building confidence, courage, patience, inner strength, and physical fitness.

NA	2/24	4/14	Wed.	7:00 p.m.	1.5 hr.
NA	4/28	6/16	Wed.	7:00 p.m.	1.5 hr.

MEMBER \$72 / PROGRAM MEMBER \$96

SHOTOKAN KARATE

Sensei Rich Katno teaches the basics of this ancient form of karate with an emphasis on self-defense, street safety, and overall conditioning.

(AGES 4–5)

FR	2/22	4/12	Mon.	6:10 p.m.	30 min.
FR	4/26	6/14	Mon.	6:10 p.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

(AGES 6–9)

FR	2/22	4/12	Mon.	6:45 p.m.	30 min.
FR	4/26	6/14	Mon.	6:45 p.m.	30 min.

MEMBER \$49 / PROGRAM MEMBER \$74

(AGES 10–17)

FR	2/22	4/12	Mon.	7:30 p.m.	45 min.
FR	4/26	6/14	Mon.	7:30 p.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

BEGINNER INLINE SKATING (AGES 6–10)

Skaters are invited to learn about the parts of a skateboard, proper riding, and turning techniques. You will also learn how to use ramps and other props. Skaters must provide their own boards, wear helmets and knee or elbow pads.

FR	4/28	6/16	Wed.	5:00 p.m.	45 min.
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MEMBER \$60 / PROGRAM MEMBER \$90

YOUTH BEGINNER LACROSSE (AGES 7–11)

This program is focused on developing the fundamental skills of lacrosse. Class is open to boys and girls.

FR	5/1	6/19	Sat.	10:00 a.m.	45 min.
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MEMBER \$60 / PROGRAM MEMBER \$90

TRACK AND FIELD (AGES 7–13)

This class will teach the basic skills involved in track and field. Events will include shotput, long jump, triple jump, hurdles, and relays. Class meets on the track, located near the skate park.

NA	4/29	6/17	Thurs.	4:00 p.m.	1 hr.
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MEMBER \$60 / PROGRAM MEMBER \$90

INTRO TO CROSS COUNTRY RUNNING (AGES 7–14)

This class will teach the basic skills involved in running cross country. You will run on the track and in the State Forest.

FR	4/26	6/14	Mon.	4:15 p.m.	45 min.
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MEMBER \$49 / PROGRAM MEMBER \$74

WIFFLEBALL (AGES 14 AND OLDER)

Come take a swing this spring at the YMCA! There will be Two Divisions; a High School Division and an Adult Division. Games will consist of four players at a time; teams may be as large as you wish. Games will be five innings long. There is no running.

FR	4/26	7/1	Wed.	6:00 p.m.	TBA
NA	4/27	6/15	Tues.	6:00 p.m.	TBA

MEMBER \$125 / PROGRAM MEMBER \$155

SOFTBALL SKILLS (AGES 8–12)

This class will consist of learning the basics of hitting with the use of the Franklin batting cage. It will also include the mechanics of fielding, throwing, and understanding the fundamentals of the overall game of fast pitch softball.

FR	4/28	6/16	Wed.	4:00 p.m.	45 min.
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MEMBER \$49 / PROGRAM MEMBER \$74





Soccer Skills (AGES 8-12)

This program is focused on developing the fundamental skills of soccer. Class is open to boys and girls.

NA	4/27	6/15	Tues.	4:00 p.m.	1 hr.
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MEMBER \$62 / PROGRAM MEMBER \$93



Archery (AGES 9-12)

Learn to be the modern day Robin Hood through the art of archery. This coed class focuses on safety and shooting techniques.

FR	4/29	6/17	Thurs.	4:15 p.m.	45 min.
NA	4/29	6/17	Thurs.	5:00 p.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

Football Practice (AGES 9-12)

This class is designed to teach you the game of football. You will learn to catch, throw, punt, kick, and play defense.

FR	4/28	6/16	Wed.	5:00 p.m.	45 min.
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MEMBER \$60 / PROGRAM MEMBER \$90

Skateboarding Lessons

Skaters are invited to learn about the parts of a skateboard, proper riding and turning techniques. You will also learn how to use ramps and other props. Skaters must provide their own boards, wear helmets and knee or elbow pads.

(AGES 6-9)

FR	4/26	6/14	Mon.	4:00 p.m.	45 min.
FR	4/27	6/15	Tues.	4:00 p.m.	45 min.
FR	4/28	6/16	Wed.	4:00 p.m.	45 min.

MEMBER \$60 / PROGRAM MEMBER \$90

(AGES 10-12)

FR	4/26	6/14	Mon.	5:00 p.m.	1 hr.
FR	4/27	6/15	Tues.	5:00 p.m.	1 hr.
FR	4/28	6/16	Wed.	5:00 p.m.	1 hr.

MEMBER \$62 / PROGRAM MEMBER \$93

Youth Mountain Biking (AGES 10-12)

Explore the many trails of Franklin State Forest on a YMCA provided mountain bike. Each week participants go on a new adventure while learning about maintenance and care of both trails and equipment. Bikes and helmets are provided.

FR	4/27	6/15	Tues.	4:15 p.m.	45 min.
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MEMBER \$60 / PROGRAM MEMBER \$90

Lacrosse Skills

This program is focused on developing the fundamental skills of lacrosse. Class is open to boys and girls.

(AGES 7-9)

NA	4/27	6/15	Tues.	4:00 p.m.	1 hr.
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MEMBER \$62 / PROGRAM MEMBER \$93

(AGES 10-12)

NA	4/29	6/17	Thurs.	4:00 p.m.	1 hr.
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MEMBER \$62 / PROGRAM MEMBER \$93

Munchkin Tennis (AGES 3-5)

This is a beginning tennis program for young children. It introduces them to the game of tennis in a fun and relaxed environment. The children will learn the very basic skills through fun activities and games.

FR	4/27	6/15	Tues.	9:30 a.m.	45 min.
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MEMBER \$60 / PROGRAM MEMBER \$90

FX	4/27	6/17	Tues. and Thurs.	3:00 p.m.	30 min.
FX	4/27	6/17	Tues. and Thurs.	3:30 p.m.	30 min.
NA	4/26	6/16	Mon. and Wed.	2:30 p.m.	30 min.
NA	4/26	6/16	Mon. and Wed.	3:00 p.m.	30 min.

MEMBER \$62 / PROGRAM MEMBER \$93

SPORTS



YOUTH BASKETBALL LEAGUE

Didn't get enough basketball? Need something to hold you over until outdoor sports start back up? Sign up today for our extended YBL Season. The season will be four weeks of games starting in March.

Age 4	NA	3/6	3/27	Sat.	TBA
Ages 5-6	NA	3/6	3/27	Sat.	TBA
Ages 7-8	NA	3/6	3/27	Sat.	TBA
Ages 9-12	NA	3/6	3/27	Sat.	TBA

MEMBER \$32 / PROGRAM MEMBER \$48
AFTER FEBRUARY 28: MEMBER \$47 / PROGRAM MEMBER \$63

SPRING YOUTH SOCCER

League time includes three practices and five games. The emphasis is on fun, skill development, team play, and sportsmanship. Each player will receive a T-shirt and an end-of-the-season award.

Age 3	FR	4/10	6/5	Sat.	12:00 p.m.
Age 4	FR	4/10	6/5	Sat.	1:00 p.m.
Ages 5-6	FR	4/10	6/5	Sat.	2:00 p.m.
Age 4	FX	4/11	6/6	Sun.	09:00 a.m.
Ages 5-6	FX	4/11	6/6	Sun.	10:00 a.m.
Ages 7-8	FX	4/11	6/6	Sun.	11:00 a.m.
Age 4	NA	4/10	6/5	Sat.	TBA
Ages 5-6	NA	4/10	6/5	Sat.	TBA
Ages 7-9	NA	4/10	6/5	Sat.	TBA
Ages 10-12	NA	4/10	6/5	Sat.	TBA

MEMBER \$64 / PROGRAM MEMBER \$96
AFTER MARCH 30: MEMBER \$79 / PROGRAM MEMBER \$111

SPRING T-BALL

League time includes three practices and five games. The emphasis is on fun, skill development, team play, and sportsmanship. Each player will receive a T-shirt and an end-of-the-season award.

Age 3	FR	4/10	6/5	Sat.	09:00 a.m.
Age 4	FR	4/10	6/5	Sat.	10:00 a.m.
Age 5	FR	4/10	6/5	Sat.	11:00 a.m.
Age 4	FX	4/10	6/5	Sat.	09:00 a.m.
Ages 5-6	FX	4/10	6/5	Sat.	10:00 a.m.
Ages 7-8	FX	4/10	6/5	Sat.	11:00 a.m.
Age 4	NA	4/10	6/5	Sat.	TBA
Ages 5-6	NA	4/10	6/5	Sat.	TBA
Ages 7-8	NA	4/10	6/5	Sat.	TBA
Ages 9-11	NA	4/10	6/5	Sat.	TBA

MEMBER \$64 / PROGRAM MEMBER \$96
AFTER MARCH 30: MEMBER \$79 / PROGRAM MEMBER \$111

SPRING BASEBALL - COACH PITCH

League includes three practices and five games. The emphasis is on fun, skill development, team play, and sportsmanship. Each player will receive a team T-shirt and an end-of-the-season award.

Ages 6-8	FR	4/10	6/5	Sat.	12:00 p.m.
Ages 7-8	FX	4/10	6/5	Sat.	11:00 a.m.

MEMBER \$64 / PROGRAM MEMBER \$96
AFTER MARCH 30: MEMBER \$79 / PROGRAM MEMBER \$111

SPRING COED FLAG FOOTBALL

This eight week program (consisting of three practices and five games) focuses on fundamental skills, team play, sportsmanship, and fun. Players must wear mouth guards. Participants receive a jersey that they can keep.

Ages 6-8	FX	4/9	6/4	Fri.	06:30 p.m.
Ages 9-11	FX	4/9	6/4	Fri.	07:30 p.m.
Ages 12-14	FX	4/9	6/4	Fri.	08:30 p.m.

MEMBER \$64 / PROGRAM MEMBER \$96
AFTER MARCH 30: MEMBER \$79 / PROGRAM MEMBER \$111

YOUTH FLOOR HOCKEY (AGES 6-9)

Join us on the Gymnasium floor for the Foxboro Floor Hockey League. Bring a stick or borrow one of ours. Your six to eight year old is sure to enjoy this program.

FX	2/22	4/12	Mon.	4:30 p.m.	1 hr.
FX	4/26	6/14	Mon.	4:30 p.m.	1 hr.

MEMBER \$64 / PROGRAM MEMBER \$96

BEGINNER CHEERLEADING (AGES 6-9)

Beginner Cheerleading will introduce girls to basic cheerleading and gymnastics including jumpos, tumbling, cheering, and stunts. The girls will practice for four weeks and then cheer for the flag football games for the last four weeks.

FX	4/9	6/4	Fri.	TBA	1 hr.
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MEMBER \$74 / PROGRAM MEMBER \$104
AFTER MARCH 30: MEMBER \$89 / PROGRAM MEMBER \$119

YOUTH AND TEEN DODGEBALL LEAGUE (AGES 10-14)

Join us on the courts for Foxboro's Teen Dodgeball League. We will play by the official dodgeball rules and encourage a fun, competitive atmosphere.

FX	2/26	4/16	Fri.	3:00 p.m.	1 hr.
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MEMBER \$55 / PROGRAM MEMBER \$83

SPORTS LEAGUES