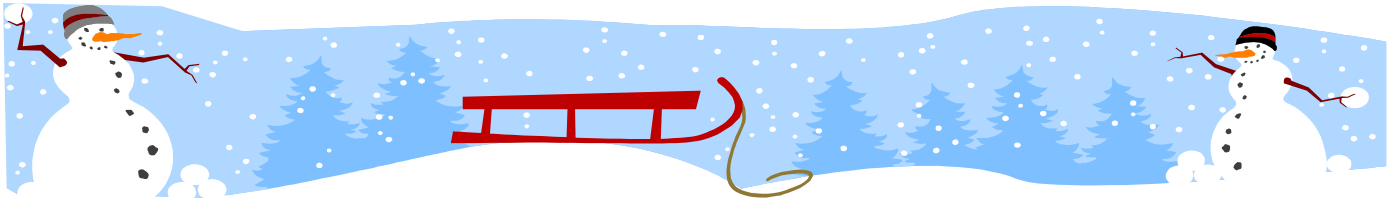


# Old Colony YMCA-Youth Branch

Winter Session

January 5 - February 21, 2009



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## **Karate (age 6-12):**

This program is designed to develop character, integrity, self-discipline and respect for others. Noted for its superior kicking techniques, self defense and physical fitness. A great way for youth to exercise and have fun! Taught by a qualified instructor.

|               |                   |       |             |      |
|---------------|-------------------|-------|-------------|------|
| Beginner:     | Wed 6:30-7:30 pm  | 03386 | Member:     | \$28 |
| Intermediate: | Tues 6:15-7:00 pm | 03386 | Non-Member: | \$42 |
| Advanced:     | Tues 7:15-8:00 pm | 03386 |             |      |

**NEW** participants will receive a complimentary t-shirt  
Uniforms will be available for \$25 at the Front Desk



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## **Fitness Center (Adults & Youth 9-14):**

You will learn components of a successful program—cardiovascular fitness, strength training and flexibility. Learn all about fun ways to stay active and healthy. Participants must complete a training on equipment prior to utilizing the Fitness Center. See Front Desk to schedule an appointment. Children must be accompanied by an adult (18 or older) at all times when using the fitness center. Membership required.



## **Kids Night Out (age 6-14):**

A great way for kids to spend a Friday night, while parents take a break! Activities include: swimming, gym games, movies and arts & crafts...and it even includes a light dinner. Pre-registration is required. Please sign up by the Wednesday of the week Kids Night Out will occur.

|              |  |              |
|--------------|--|--------------|
| Dates:       | Friday - January 16 & Friday - February 13 | 6:15-7:45 pm |
| Members:     | \$8  |              |
| Non-Members: | \$10                                       | 01984        |

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## **Tidal Waves Swim Team:**

The Old Colony Y Swim Team is designed to challenge the minds and bodies of its athletes, while developing their spirit. The goal of the Old Colony YMCA coaching staff is to develop proper techniques in all aspects of competitive swimming for each individual swimmer as well as cohesively for the team. Brochures are available at Front Desk.

Levels: Developmental, Junior, Senior



# Aquatics



## PRESCHOOL LESSONS

**Skipper w/ Parent (6 mos-3 years) 30 minutes:** A water orientation class for parents and kids. We incorporate introductory swimming skills, songs, games water safety and fun for all. Children are encouraged to explore their aquatic environment with adult assistance. *Disposable diapers are not allowed in the pool; swim diapers are required.*

Fri 4:00      02109                      Sat 8:30      02108

**Pike w/ Parent (3-5 years) 30 minutes:** For the very beginner. Working on encouragement, developing skills and water safety with adult. Child will learn the confidence to move on without parent.

Tues 4:00      02134                      Wed 4:00      02134                      Sat 9:00      02139

**Pike w/out Parent (3-5 years) 30 minutes:** For a child who has basic water skills. Skills include blowing bubbles, swim techniques with a flotation device, front and back float and jumping into the water.

Wed 4:30      02170                      Fri 4:30      02176                      Sat 9:30      02177

**Eel A (3-5 years) 45 minutes:** For the child who has basic swimming skills and can swim 75 feet with a flotation device. Child will develop confidence to swim further distances while learning arm and breathing techniques. (Must have passed Pike w/out Parent)

Wed 4:15      02203                      Thurs 4:15      02205

**Eel B (3-5 years) 45 minutes:** A class for the child able to move through the water on their own with minimal or no flotation device. Child will be introduced to freestyle w/ rotary breathing, learn diving and treading skills in the deep end.

Tues 4:15      02234                      Sat 10:00      02239

**Ray/Starfish (3-5 years) 45 minutes:** For the child who can swim the length of the pool without a flotation device, can jump in without help and can float on back. Skills to be improved on include freestyle with rotary breathing, side paddle, back stroke and endurance swimming.

Thurs 3:30      02265                      Sat 11:00      02267

## PROGRESSIVE LESSONS

**Polliwog I (6-12 years: Beginner) 45 minutes:** Designed for non-swimmer or beginners with flotation device. Children will develop confidence while learning skills which include front and back float, paddle stroke and rhythmic breathing.

Wed 5:00      02305                      Thurs 5:00      02306  
Fri 4:00      02308                      Sat 8:15      02309

**Polliwog II (6-12 years) 45 minutes:** Class designed for the child who needs minimal assistance swimming. Stroke development is more demanding than Polliwog I.

Tues 5:00      02332                      Fri 5:00      02335                      Sat 9:00      02336

**Guppy (6-12 years: Advanced Beginner) 45 minutes:** For the child who can doggy paddle without a flotation device. Child will develop rotary breathing skills. Child must be able to swim 50 feet freestyle and backstroke to progress to next level.

Tues 6:00      02362                      Sat 9:45      02366  
Fri 6:00      02365

**Minnow (6-12 years: No Flotation) 45 minutes:** The child will be introduced to diving at this level. Improvement of endurance and refining of freestyle and backstroke. Must be able to swim 3 lengths of the continuous stroke to progress to Fish.

Wed 6:00      02403                      Sat 10:30      02408

**Fish (6-12 years: Intermediate) 45 minutes:** Fish will be introduced to breaststroke kick, dolphin kick and the elementary back stroke. Water safety skills include treading water for 2 min. and survival float for 5 min. Must be able to swim 50 yds each of freestyle, backstroke and breaststroke to advance.

Fri 4:15      02425                      Sat 11:15      02426

**Flying Fish (6-12 years: Advanced) 45 minutes:** Learn the butterfly and the sidestroke with review and refinement of all strokes. Survival skills include a 7 minute survival float and 30 foot underwater swim. Must be able to swim 50 yds of all four strokes.

Tues 4:15      02442                      Thurs 6:45      02444                      Sat 11:15      02446

**Shark (6-12 years: Advanced) 45 minutes:** An introduction to competitive starts and turns. A review and refinement of all strokes. Perfect for youth who want to continue swimming but not compete

Fri: 7:00      02465

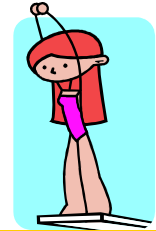
**RATES:**

|   |                     |                         |
|---|---------------------|-------------------------|
| <b>30 Minute Classes (Skipper/Pike)</b> | <b>Member: \$20</b> | <b>Non-Member: \$50</b> |
| <b>45 Minute Classes</b>                | <b>Member: \$25</b> | <b>Non-Member: \$55</b> |

**Children must be accompanied by an adult 18 years or older at all times**



# POOL SCHEDULE



| Class                     | Monday             | Tuesday  | Wednesday                 | Thursday                     | Friday                   | Saturday                    |                                |
|---------------------------|--------------------|--|---------------------------|------------------------------|--------------------------|-----------------------------|--------------------------------|
| Skippers                  | <b>POOL CLOSED</b> |  |                           |                              | 4:00-4:30 pm             | 8:30-9:00 am                |                                |
| Pike w/parent             |                    | 4:00-4:30 pm   | 4:00-4:30 pm              |                              |                          | 9:00-9:30 am                |                                |
| Pike w/out                |                    |  |                           | 4:30-5:00 pm                 |                          | 4:30-5:00 pm                | 9:30-10:00 am                  |
| Eel A                     |                    |  |                           | 4:15-5:00 pm                 | 4:15-5:00 pm             |                             |                                |
| Eel B                     |                    |  | 4:15-5:00 pm              |                              |                          |                             | 10:00-10:45 am                 |
| Ray/Starfish              |                    |  |                           |                              | 3:30-4:15 pm             |                             | 11:00-11:45 am                 |
| Polliwog I                |                    |  |                           | 5:00-5:45 pm                 | 5:00-5:45 pm             | 4:00-4:45 pm                | 8:15-9:00 am                   |
| Polliwog II               |                    |  | 5:00-5:45 pm              |                              |                          | 5:00-5:45 pm                | 9:00-9:45 am                   |
| Guppy                     |                    |  | 6:00-6:45 pm              |                              |                          | 6:00-6:45 pm                | 9:45-10:30 am                  |
| Minnow                    |                    |  |                           | 6:00-6:45 pm                 |                          |                             | 10:30-11:15 am                 |
| Fish                      |                    |  |                           |                              |                          | 4:15-5:00 pm                | 11:15-12:00 noon               |
| Flying Fish               |                    |  | 4:15-5:00 pm              |                              | 6:45-7:30 pm             |                             | 11:15-12:00noon                |
| Adult/Teen Lessons        |                    |  | 7:00-7:45 pm<br>Beginners | 7:00-7:45 pm<br>Intermediate | 7:00-7:45 pm<br>Advanced | 7:00-7:45 pm<br>SHARK CLASS |                                |
| Adult Lap/<br>Senior Swim |                    |  | 12:00 noon-<br>2:00 pm    | 12:00 noon-<br>2:00 pm       | 12:00 noon -<br>2:00 pm  | 12:00 noon-<br>2:00 pm      | 12:00 noon-<br>1:00 pm         |
| Family Swim               |                    |  | 5:00-7:45 pm              | 5:00-7:45 pm                 | 5:00-7:45 pm             | 5:00-7:45 pm                | 12:00-1:00 pm                  |
| Pool Parties              |                    | Why not celebrate your birthday with us by having a POOL PARTY. Enjoy 1 hour of recreational swim time with a certified Lifeguard and 1 hour use of our function room for your cake and ice cream. |                           |                              |                          |                             | Saturday Only<br>12:00-3:00 pm |

## Other Aquatics Programs

**Adult Swim Lessons (Age 18 and up) 45 minutes:** Instructional classes designed for all adults looking to overcome their fear of the water and also for those looking to polish up on current skills.

Beginner: Tues 7:00 pm 02602

Intermediate: Wed 7:00 pm 02603

Advanced: Thurs 7:00 pm 02604

**Youth/Adult Private Lessons:** One-on-one with a skilled instructor. By appointment only. Please call to schedule

Cost: \$100 for five 30 minute classes

**Adult Lap Swim:** This time is reserved for those individuals serious about lap swimming. Member: Free Non-Member: \$3.00

**Family Swim:** A great way to spend time with the kids! All children must be accompanied by adult over age 18.

Members: Free Non-Members \$15 for up to 5 people/\$3 each additional person

**Class Make-up:** Due to time and space constraints the aquatic department cannot hold make-ups for missed classes.

# Old Colony YMCA—Youth Branch

*We build strong kids, strong families and strong communities!*

**Old Colony Y-Youth Branch  
465 Main Street**

**Brockton, MA 02301**

**Phone: 508-587-4242**

**Fax: 508-587-4276**

**[www.oldcolonyymca.org](http://www.oldcolonyymca.org)**

**Registration:**

**Member: Online-12/14/Walk In-12/15**

**Non-Member: Online-12/21/Walk In-12/22**

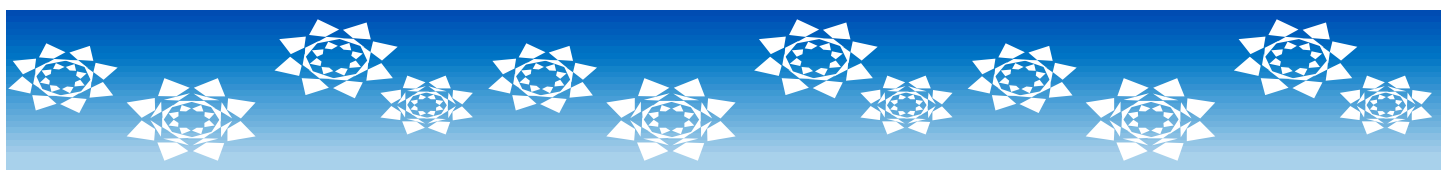
**Last Day Online Registration—12/29**

***Did you know...online registration is  
now available for ALL programs?!***

***Facility Hours***

***Monday-Friday - 9:00 am-8:00 pm***

***Saturday—8:00 am - 1:00 pm***



## **Y Memberships**

### **Member Rates (annually)**

|                           |       |
|---------------------------|-------|
| Youth (age 14 and under)  | \$70  |
| Single Parent             | \$157 |
| Family                    | \$210 |
| Senior (age 60 and above) | \$79  |



### **Member Benefits:**

- Priority Registration
- Lower Rates on Programs
- Free Family Swim
- Free Family Nights
- Recreational Time in the Gym
- Exclusive Access to Fitness Room

**Old Colony Y -Youth Branch  
is the proud home of the  
Big Sister Big Brother  
Program**

