



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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OLD COLONY YMCA

445 Central Street, Stoughton, MA 02072
781-341-2016 www.oldcoloniymca.org



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and visit the Old Colony
YMCA on the web!

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SUMMER FUN AT THE Y

DAY CAMP AT STOUGHTON

Get Outdoors and Get Active! Join us for a summer of fun at Y Camp Stoughton. See page 8 to learn more.

OUTDOOR POOL & SPLASH PARK

A great place for all! Join us at our Outdoor Pool Open House on Wednesday, May 23rd* from 3-7pm! See page 18 to learn more.

*Rain Date: Thursday May 24th



FOR YOUTH DEVELOPMENT®
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REACHING NEW HEIGHTS

2012 Spring Program Guide

Spring I: Feb 26th – April 14th

Spring II: April 22nd – June 16th



OLD COLONY YMCA STOUGHTON BRANCH

445 Central Street Stoughton, MA 02072
781-341-2016 www.oldcolonymca.org

STRENGTHEN YOUR COMMUNITY!

Welcome to the YMCA, where you and your family will learn, grow, and thrive. You're not just a member of a facility; you're part of a cause with a shared commitment to nurture the potential of children, improve the health and well-being of the community, and foster shared interests and friends.

Your experience is of the utmost importance to us. Our dedicated YMCA staff is here to support you, helping you to achieve a balance of spirit, mind, and body. Our new expanded family fitness area is designed to include space and equipment that transcend age and ability. At the Y, there's something for everyone! It's not unusual to find grandparents, parents, and children all exercising at the same time.

Thank you for being part of the Y. We're glad you're here!

Joyce Dwyer, Senior Executive Director
 Ellen Greene, Associate Executive Director
 Serah Selmon, Associate Executive Director
 Michelle Jackson, Senior Program Director

jdwyer@oldcolonyymca.org ext. 272
 egreene@oldcolonyymca.org ext. 262
 sselmon@oldcolonyymca.org ext. 230
 mjackson@oldcolonyymca.org ext. 290

PH: 781.341.2016 FAX: 781.341.2533

Press '0' for our welcome center

www.oldcolonyymca.org/stoughton

Hours of Operation

Monday - Thursday 5 am - 10 pm
 Friday 5 am - 8:30 pm
 Saturday - Sunday 7 am - 7 pm

*Pool closes 30 minutes prior to the close of the building.

Holiday Hours

Easter Sun. April 8 7am - Noon
 Memorial Day Mon. May 28 7am - Noon
 Independence Day Wed. July 4 7am - Noon

* Marting Luther King Day, President's Day, Good Friday, Patriot's Day - Open Regular Hours

CARING | HONESTY | RESPECT | RESPONSIBILITY

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OLD COLONY YMCA

Established in 1887, the Old Colony YMCA is a charitable, non-profit Association committed to the development of strong spirit, mind, and body, guided by Judeo-Christian principles, to enrich the quality of life for everyone in our communities.

Currently, 111,100 individuals in our service area use our facilities annually. We serve the community through eleven branches, consisting of six full-facility branches (three with summer camps), a non-facility branch with a summer camp and year-round youth programs, a multisite child care operation, a youth branch, a family services branch, and a social services branch that operates state-contracted residential programs and community-based services for adolescents. We are the largest child care provider in the region, with more than forty sites, serving more than 2,000 children daily. The service area map to the right details these locations.

Belief Statement

We believe that our Mission is to assist all people to develop to their fullest potential and to respond to ever-changing community needs with a focus on youth development, healthy living, and social responsibility.

Building Assets

All YMCA programs and services are specifically designed to help increase “developmental assets,” the 40 essential building blocks identified by the Search Institute that children need to grow into healthy, successful adults. These building blocks have tremendous power to protect youth from many different harmful or unhealthy choices, including getting involved in violence, illicit drug use or tobacco use, problem alcohol use, gang involvement, early sexual activity, school problems, and gambling. To learn more about Building Assets, please go to www.oldcolonyymca.org.

Directions

From Boston, Route 93 South to Route 128 North. Take Route 24 South off Route 128 (Exit 4) to Exit 19B, Central Street/ Stoughton. At the fourth traffic light turn right into the Stoughton YMCA driveway.

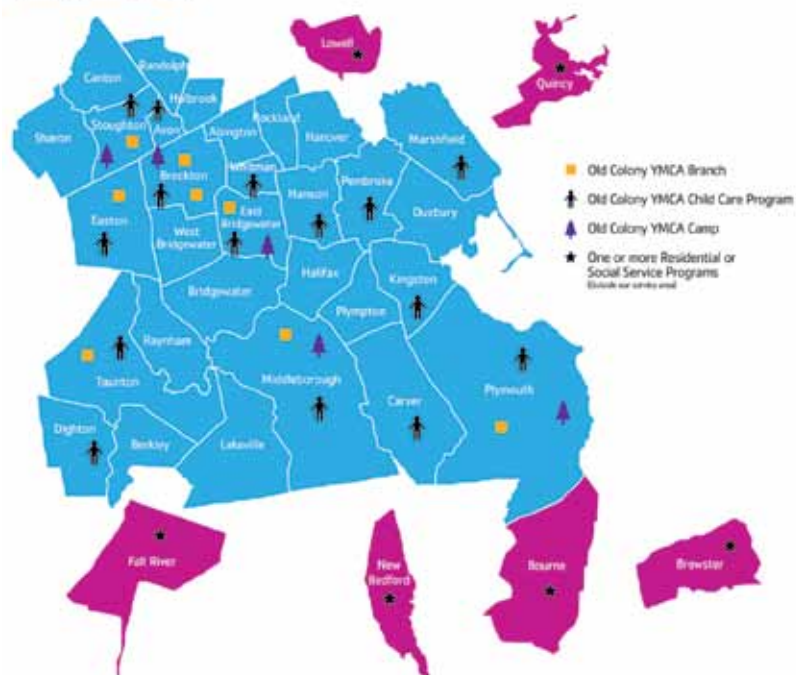
The Old Colony YMCA Stoughton Branch is located at the intersection of Central and Lincoln Streets in Stoughton.

Supervision of Children

Your child’s safety is our primary concern:

- Children 0-10 years of age must be supervised by an adult or under the direct care of Y Staff
- Children 11-12 years of age have access in each area of the building, based on the age restrictions
- Children 13 years of age and older have full general access

SERVICE AREA



Facility Access

All Y members are required to show their membership cards at the Welcome Desk to gain entry to the facility. Membership cards are not transferable. Non-members are required to show a valid photo ID and pay the appropriate day pass rates.

Inclement Weather

Call ahead for weather closings at 781-341-2016 and listen to the recording.

For Your Safety

Due to safety concerns, please adhere to the following:

Cellular Phones/PDA usage is not permitted in the locker rooms, fitness center and changing areas. This policy follows current trends and recommendations from YMCA USA.

Peppercorns Cafe and Catering at Striar

- Grab breakfast after your morning workout!
- Let us cook your family dinner tonight! We have a variety of prepared dinners available! From 1-100 (advanced notice please)
- Let us cater your next event! From simply tasteful to upscale elegance, we work with you to create your perfect event.

Peppercorns Restaurant has a reputation for serving the finest breakfasts and luncheons in the area for over 10 years. CONTACT PEPPERCORNS AT 781-341-0006

YOUR Y

MEMBERSHIP INCLUSIVES

RECIPROCITY – MY Y IS EVERY Y in New England

Your Y membership card will provide you free access to any Y in New England. Some restrictions may apply, so please check the Y you plan to visit.

A.W.A.Y. Program

Away on business or vacation? Your membership will give you access to other Y's for a nominal fee or for free.

Guarantee

All memberships are 100% guaranteed! If for any reason, within 30 days of joining, you decide not to continue your membership, you will receive a 100% refund – no questions asked!

After 30 days, annual memberships will not be refunded. Please visit the Welcome Center for more information.

Membership Referral Program

Do you love your membership to the YMCA? Have you told your friends and family about us too? If you currently have a Yearly or Continuous Monthly Membership with us and you refer another Yearly or Continuous Membership, you will receive a FREE Month of Membership. See Welcome Center for details.

Insurance Reimbursement

Harvard Pilgrim Health Care, Blue Cross/Blue Shield, Tufts, and participants in other health insurance plans may be eligible for a reimbursement on their YMCA Memberships. Contact your insurance carrier to see if you are eligible. Proper documentation can be obtained at the welcome center.

Ask about the \$150 rebate.

Membership in Stoughton includes:

- Heated Indoor Pool
- Indoor Track
- Over 50 Group Fitness Classes
- Basketball Courts
- Family Programs
- **Your Y, Your Way** Orientation Program
- Family Fitness Area
- Children's Indoor Playspace
- Special Events
- Child Watch
- Cardio & Strength Training Equipment
- Discounted Rates On All Programming
- And Much More...

Membership Rates

CATEGORY	DESCRIPTION	MONTHLY FEE	JOINER'S FEE
Family	Two heads of household & all children to age 22	\$83	\$50
One Parent Family	Single adult member & all children to age 22	\$65	\$50
Individual	Adult age 25 and older	\$48	\$50
Young Adult	Ages 13-24	\$30	
Senior Couple	Age 65+	\$62	
Senior Individual	Age 65+	\$39	

Payment Information

Rolling Monthly Membership: A monthly fee is deducted from your Visa, Mastercard, or checking account. You may opt out of the membership at any time by submitting a request in writing to the YMCA. Annual and quarterly memberships may be paid in full by Visa, Mastercard, cash, or check. \$20.00 service charge for returned bank drafts with insufficient funds.

Membership for All

The YMCA has income based memberships for both individuals and families. The "Membership for All" pricing structure allows you to become a member in the price level that fits your income. You then have 30 days to verify your income with a tax return and pay stubs. Failure to provide proof reverts your monthly rate to full fee after the 2nd month.

Please stop by the Welcome Center for more information.

Military, Police, and Fire

Thank you for serving us! The Y appreciates all that our service men and women here and abroad do for us every day. We offer discounts for local Police, Fire, Active Duty Military, and dependents of Deployed Soldiers. Please contact the Welcome Center for details.

For more information, contact the Welcome Center or Ellen Greene, Associate Executive Director, at egreene@oldcolonymca.org or 781-341-2016, ext 0.

YOUR Y, YOUR WAY ORIENTATION PROGRAMS

The Get Started Program at the Y— your roadmap for success

Meet with a member of our Y team to discuss the things you're looking to get out of your membership. We'll talk with you about your personal and/or family well-being goals and will help point you in the right direction.

Already know what you're looking for?

Stops along the way may include, but are not limited to:

- Activtrax orientation: see below
- Youth Fitness Introduction: see page 13 for details
- General fitness group orientation: see below
- GROUP Fitness Sampler: see below
- Circuit Orientation
- Beginner Workout
- Functional Movement Assessment
- YFIT introduction: see page 21 for details
- Family Fitness Area
- And more.....

Schedule your appointment at the Welcome Center or with a member of our well-being staff today! These options not only give you a personalized or group introduction to the Y and what it has to offer, but also provides the opportunity for you to build relationships with members and staff.

My Y, My Way Calendar: If you can make room on your fridge for one more schedule, we urge you to post our My Y, My Way calendar, published monthly. All Y orientations, gatherings, community days and important dates can be found in this one document you shouldn't be without!

GROUP Fitness Sampler

Attend your first group fitness class with confidence! In this sampler class, held on the first Wednesday of every month at 7:30pm, we will introduce you to our YCycle, TRX, BODYPUMP, and Zumba classes.

It is our goal to have you enter your first class feeling comfortable and knowing what to expect. Class setup, adjustments, and progressions will be covered for all class types.

ActivTrax- FREE to YMCA members!

Activtrax will provide a customized workout for each member each time they come to the Y. Workout results can be recorded at a user-friendly kiosk in the fitness center or submitted from a PC or smartphone through a link from the Y's website. Y staff will be able to monitor members' progress and provide specific support as indicated. Activtrax also provides members with access to a variety of nutrition and exercise support information.

Get started today by scheduling an appointment at our Welcome Center or with one of our well-being staff.

For more information, contact Derek Paiva, Wellness Director, at Ext. 226 or dpaiva@oldcolonymca.org.

CHILD WATCH

Free for members! Safe, supervised fun for children ages 3 months to 7 years. 8 and 9-year-olds are welcome to join us as Childwatch Helpers.

	AM	PM
Monday	9-Noon	5-8:30
Tuesday	9-Noon	5-8:30
Wednesday	9-Noon	5-8:30
Thursday	9-Noon	5-8:30
Friday	9-Noon	4-8
Saturday	8:30am-1pm	
Sunday	8:30am-1pm	

* Parents must remain in the facility.

Please note: Hours may change seasonally.

For more information, please contact Gretchen MacGregor, Childwatch Coordinator, gmacgregor@oldcolonymca.org, or at ext 206

TREAT YOURSELF!

Men's Or Women's Health Center Upgrade

Per Person:

\$60/month (1st member) \$45/month (2nd family member)

Step up to a higher level of personal satisfaction at these private fitness centers inside the Old Colony YMCA Stoughton Branch.

With a separate fitness area, relaxed, friendly atmosphere, and soothing whirlpool, steam room and sauna, the Health Centers help you make a fresh start every day.

- Private cardio-fitness area
- Daily laundry service for your workout attire
- Complimentary toiletries and towel service
- Personal lockers and private shower
- Get Started enrollment for members
- Discounted massage, reflexology and esthetician services for Women's Health Center members
- Lounge chairs and TV
- Fresh fruit, coffee, and filtered water available

MASSAGE SERVICES

Women's Health Center

Experience a decrease in your stress level and improvements in your health and well-being with massage and esthetician services at our Stoughton Branch.

The Old Colony YMCA's women's health center offers Swedish, Deep Tissue and Therapeutic Massage, Reiki and Reflexology with licensed and nationally certified massage therapists. Services are open to all women. Discounts are given to Health Center members and members of the Old Colony YMCA. Non-Members are welcome.

For more information, or to schedule a service, contact Debra Lowe at dlowe@oldcolonymca.org or at ext. 207.

Men's Health Center

Massage therapy is known to increase blood circulation, assist in recovery, advance muscle tone, increase joint flexibility as well as increase overall well-being. Set up your massage appointment with Alex Ilchenko at ext. 219.

Alex is a certified massage therapist, with a Master's degree in Advanced Physical Therapeutics.

CORPORATE WELLNESS PROGRAM

Tell your employer about the Old Colony YMCA's Corporate Wellness Program. If your company is interested in learning more, please have your company representative contact Ellen Greene at egreene@oldcolonymca.org or ext. 262 to arrange for a Corporate Wellness Program presentation.

Benefits Include:

- Free 8 week general membership
- Optional assistance available to help you begin or regain comfort in your fitness routine
- Waiving of our joiners fee, upon becoming a member

For more information, contact The Welcome Center at 781-341-2016, ext. 0.

YOUR Y FAMILY TIME

THE FIRST FRIDAY OF EVERY MONTH IS FAMILY NIGHT AT THE Y

February 3rd, March 2nd, May 4th, June 1st

On the 1st Friday of every month, bring the family to the Y to enjoy a night together. With Family Zumba, activities in the gym and the pool and the playspace open for our younger crowd, there is sure to be something special for everyone. Weather permitting, some activities may be outdoors during the May and June family nights.

FLICK 'N FLOAT IN THE INDOOR POOL

Friday, January 20th 6 – 8pm

Members - \$5 per person / Non-Members - \$8 per person
You are invited to float around our indoor pool and enjoy a family friendly movie on a large inflatable movie screen. Space is limited due to pool capacity. Registration required by Tuesday, Jan. 17th.

HAPPY BIRTHDAY STRIAR Y CELEBRATION

Saturday, March 3rd 12-2pm

FREE
It's the Striar YMCA's 3rd Birthday and you are invited to the party. There will be swimming, sports, games, activities and of course, cake and ice cream! Come ready to have some fun! Camp Staff will be on hand to conduct camp tours, share camp info and answer questions.

EASTER EGG HUNT

Sunday, April 1st 11am (Open Camp Activities 12-1pm)

FREE Recommended for ages 5+
YMCA Camp Stoughton invites you and your family to join us for some Easter fun! We will kick off the day with an Easter Egg Scavenger Hunt around the camp grounds, and then open our camp activities for some outdoor fun. Camp staff will be on hand to conduct camp tours, share camp info, answer questions and help you register. Weather permitting we will be outdoors at camp - otherwise we will be indoors.

FAMILY NIGHT AT CAMP

Friday, May 18th 6 – 8pm

FREE
Join us for an evening of outdoor fun! Climb into the trees on the high ropes course, aim for the bullseye on our archery targets and warm up by the fire with roasted marshmallows.

SUMMER KICKOFF PARTY

Friday, June 15th 6 – 8pm

Kick off the summer with us! Music, games, face painting and more! BBQ dinner will be available for purchase from Peppercorn's Café. Stay tuned for registration and fee information.

HEALTHY KIDS DAY

Saturday, April 28th

9am – 1pm

Elementary 5K Road Race & 1 Mile Fun Run* & Healthy Kids Day Family Activities

9am - 1pm Family Activities: FREE (no registration req.)
9am 1 Mile Fun Run or Trail Run: \$10
9:45am 5K Road Race: \$25 (online) \$30 (day-of)

* Stay tuned for registration information.

The Stoughton Y and The Stoughton Elementary Schools will partner up to provide a day of fun and activity for the community. Participate in the 5K or 1 Mile Run, and then spend a few hours enjoying a myriad of fun family activities.

Healthy Kids Day is the Y's national initiative to improve the health and well-being of families across the country. YMCA Healthy Kids® Day celebrates kids' health and teaches healthy habits for kids and families, encourages active play, and inspires a lifetime love of physical activity.

NEW FAMILY FITNESS CENTER

Develop a love of fitness together! Workout in our new family fitness center where you can keep your kids close and have everyone's needs met all in one area.

Refer to page 13 for information on our youth fitness introduction program, required and customized for children ages 8-14.

SOFT PLAY AREA

Families with children under age 7 can come have fun and stay active in our soft play space. Before or after a class, on a rainy day, or anytime- the play space is here for you!



Strong Kids Campaign

Help provide a family in need with a Y membership that will keep them healthy and connected with each other. Give to our Strong Kids Campaign today!



HEALTHY FAMILY HOME

Every family can be a healthy family!

By focusing your family's efforts to live healthier around the Y's pillars of a healthy family home and taking small steps using the information and tools we provide, your family will soon be feeling stronger and living healthier.

Let the Stoughton Y help you in your pursuit of a Healthy Family Home.

- **EAT HEALTHY:** Visit Peppercorn's Cafe for Healthy Breakfast, Lunch & Dinner options
- **PLAY EVERY DAY:** Splash around in the pool or shoot hoops in the gym
- **GET TOGETHER:** Meet friends and go to ZUMBA together
- **GO OUTSIDE:** Join us for Family Night at Camp
- **SLEEP WELL:** Get some exercise in our new Family Fitness Area to ensure a good night's sleep

Sign your family up for the Healthy Family Home Newsletter at <http://www.ymca.net/healthy-family-home/>

Building Assets

All YMCA programs and services are specifically designed to help increase "developmental assets," the 40 essential building blocks identified by the Search Institute that children need to grow into healthy, successful adults. These building blocks have tremendous power to protect youth from many different harmful or unhealthy choices, including getting involved in violence, illicit drug use or tobacco use, problem alcohol use, gang involvement, early sexual activity, school problems, and gambling.

The 40 Developmental Assets are divided into 8 categories:

- SUPPORT
- EMPOWERMENT
- BOUNDARIES & EXPECTATIONS
- CONSTRUCTIVE USE OF TIME
- COMMITMENT TO LEARNING
- POSITIVE VALUES
- SOCIAL COMPETENCIES
- POSITIVE IDENTITY

At the Y, we focus on SPARKS: interests, talents, or dreams that truly inspire and motivate a person. They can be intellectual, spiritual, athletic, relational, or any other type of activity or interest that deeply moves a child (or an adult). We all can make a difference in the lives of children and youth by supporting them in the search for their spark and helping them develop their interests.

To learn more about Building Assets, please go to www.oldcolonymca.org.

A TIP FROM A RECENT HEALTHY FAMILY HOME NEWSLETTER:

Take Time to Get Together

Strong relationships are one of the cornerstones of health and well-being. Few relationships are as important as those between adults and children when it comes to helping kids learn, grow and thrive.

Give the Special Gift of Time

Special one-to-one time helps develop and strengthen the important adult-child relationships in a healthy family home. Children need adult time and attention like they need healthy food and playful activity. When it is missing, kids will find other ways to ask for adult time and attention often resulting in negative behavior and stress on the relationship. Most of the time it takes some planning, but the thoughtful gift of your time is one of the things that will help your child learn, grow and thrive.

	Date	Event	Lobby Theme
Jan	Mon. Jan 2nd	Community Open House	Winter Warm Up
	Fri. Jan 6th	1st Friday Family Night	
	Tue. Jan 10th	Community Open House	
	Fri. Jan 20th	Flick 'n Float	
	Wed Jan 25th	Chinese New Year Lobby Crafts	
Feb	Fri. Feb 3rd	1st Friday Family Night	Caring for Ourselves & Others
	Fri. Feb 17th	Teen Night	
	Feb 20 - Feb 24	School Vacation Week Activities	
March	Fri. Mar 2nd	1st Friday Family Night	Marching into Action
	Sat. Mar 3rd	Happy Bday Striar Y Celebration	
April	Sun. Apr 1st	Easter Egg Hunt & Open Camp Activities	Going Green
	Apr 16 - Apr 20	School Vacation Week Activities	
	Sat. Apr 28th	Healthy Kids Day	
May	Fri. May 4th	1st Friday Family Night	The Wonders of Water
	Fri. May 18th	Family Night at Camp	
June	Fri. June 1st	1st Friday Family Night	Summer Fun
	Fri. June 15th	Summer Kickoff Party	

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SUMMER CAMP

A summer of fun, friendship, exploration and discovery for children, youth and teens!

Our goal is to implement teachable moments throughout a campers day that will keep their minds engaged while having fun. Sending your child to camp will enable them to stay on track through creative positive learning experiences. The Y recognizes that all children experience learning losses when they do not engage in educational activities during the summer. We strive to provide the building blocks necessary for child development.

- Swimming
- Field Sports
- Gaga
- Storytime
- Flex Period
- Overnight
- Ropes Challenge Course
- Sand Volleyball/Sandbox
- Science & Nature
- Dance & Drama
- Family Nights
- Archery
- Court Sports
- Arts & Crafts
- Fitness
- Spirit Days

For full descriptions on all of our great camp activities, please check out our website: www.oldcolonyymca.org/campstoughton

Don't Miss Out! Register Today!

Register before 2/29 to reserve your space in Summer 2012, at the Summer 2011 rates. See website for more details.

YOUTH DEVELOPMENT CAMPS

- Small Fry Camp (3-4 yrs old)
- Lower Camp (entering K-1 grade)
- Middle Camp (entering 2-3 grade)
- Upper Camp (entering 4-7 grade)
- Leader-in-Training (entering 8-9 grade)
- Counselor-in-Training (entering 10 grade)

2012 CAMP OPEN HOUSE DAYS

Thursday, Feb. 23rd 2:30 - 4:00 PM
Winter activities at camp (weather permitting)

Saturday, March 3rd 12:00-2:00PM
Happy Birthday Stoughton Y Celebration

Sunday, April 1st Easter Egg Hunt (11:00AM)
Open Camp Activities 12:00 - 1:00PM

Saturday, April 28th 9:00AM - 1:00PM
Healthy Kids Day w/ 5K Road Race & 1 Mile Fun Run

Friday, May 18th 6:00 - 8:00PM
Family Night at Camp

2012 CAMP INFORMATION SESSIONS

Saturday, February 4th 10:00AM - NOON

Thursday, February 23rd 4:00 - 5:00PM

Monday, March 19th 5:30 - 7:00PM

Wednesday, April 11th 5:30 - 7:00PM

Tuesday, May 8th 5:30 - 7:00PM

Friday, June 1st 6:00 - 8:00PM

Weather permitting, we will meet in the camp pavilion!

2012 CAMP SESSION DATES

- Session 1 June 25th - July 6th
- Session 2 July 9th - July 20th
- Session 3 July 23th - August 3rd
- Session 4 August 6th - August 17th
- Session 5 August 20th - August 24th



SPECIAL MEMBERSHIP PRICING FOR ALL CHILDCARE FAMILIES:

20% off your family membership at the Stoughton Y

INFANTS, TODDLERS, & PRESCHOOL CHILD CARE

Open 6:30am - 6:00pm

Full and part time options available for Infant, Toddler, and Preschool.

Professionally trained and licensed teaching staff give children exceptional care, and encouragement as they participate in fun and educational programs.

- Story/Music Time
- Gym
- Arts & Crafts
- Dramatic Play
- Science
- Writing
- Block Building
- Social Studies

Child Care programs are licensed by EEC (Department of Early Education and Care).

For more information, or to reserve your spot, contact Susan Blaney, ext 254, or sblaney@oldcolonymca.org, or Amanda Miller, at amiller@oldcolonymca.org or ext 255.

SCHOOL AGE CHILDCARE

Children in grades K - 7th

We believe the values and skills learned early on are vital building blocks for life. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

WHAT YOU'LL LOVE AT THE Y AFTERSCHOOL PROGRAM:

- Children separated into groups based on age
- Caring "Role Model" staff who are active and engaged with your child
- Fruits, veggies, yogurt, milk, and other healthy options served at snack time
- Feedback about how your child is doing
- Completed homework
- Teambuilding activities to teach communication, cooperation, trust, and teamwork
- A safe and structured environment
- A sense of belonging

For more info, contact Afterschool Coordinator Danielle Kucinski, at x289 or dkucinski@oldcolonymca.org.

PROGRAM DETAILS

Mon.-Fri. School Dismissal - 6pm
Option of 2, 3, 4, or 5 days per week

- Transportation included from Stoughton Public Schools
- Early Release & no school days included in your fee
- Priority registration for vacation week programs
- Options for children to take part in YMCA classes

Afterschool 2012-2013
Registration info will be available in March



BIRTHDAY PARTIES

Have your next birthday party at the Y!

Choose from any of the following options:

Preschool Party

Ages 1-5 Mem: \$200/Non-Mem: \$250

ZUMBA Party

Ages 8+ Mem: \$225/Non-Mem: \$275

Karate Party

Ages 4+ Mem: \$225/Non-Mem: \$275

Pool Party - Indoor/Outdoor

Ages 6+ Mem: \$225/Non-Mem: \$275

Sports Party - Indoor/Outdoor

All Ages Mem: \$200/Non-Mem: \$250

Ropes Course Birthday Party

All Ages Mem: \$225/Non-Mem: \$275



Y Birthday Parties Include:

- Your choice of 2 hours on a Saturday or Sunday afternoon
- Up to 20 children (additional fee for 20+ children)
- YMCA facilitator to run activities and assist with all aspects of the party
- Use of a Birthday Party Room (or camp pavilion) set up to accommodate number and age range of your child's guests
- Option to utilize Peppercorns Cafe to cater your special event

Have a different party in mind? Don't see it here? Contact us and we will make it happen!

For information or to book your event, please contact Joe Leaver at jleaver@oldcolonymca.org or x283.

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH CLASS SCHEDULE

DAY	NAME	AGES	SESSION	START TIME	END TIME
SUN	Preschool Karate	4-5	Spring I, II	9:30 AM	10:00 AM
	Advanced Karate	Green Belt & up	Spring I, II	10:00 AM	10:45 AM
	Youth Karate	6-8	Spring I, II	11:00 AM	11:45 AM
	PreTeen Karate	9-14	Spring I, II	12:00 PM	12:45 PM
	Youth Fitness Intro - FREE!	8 - 14	Ongoing	3:00 PM	4:00 PM
MON	Bootcamp- Teens	11-15	Spring I, II	4:00 PM	4:45 PM
	Preschool Basketball Class	3-5	Spring I Only	4:00PM	4:30PM
	T-Ball Class	3-5	Spring II Only	4:00PM	4:30PM
	Archery	Grades 3-6	Spring II Only	4:45 PM	5:30 PM
	Youth Karate	6-8	Spring I, II	5:30 PM	6:15 PM
	Intermediate Karate	6-10	Spring I, II	6:15 PM	7:15 PM
	Youth & Teen Prime Time - FREE!*	8+	February - June	5:30 PM	8:00 PM
TUE	Youth Strength Training- Intro	8-12	Spring I, II	4:00 PM	4:45 PM
	Youth & Teen Prime Time - FREE!*	8+	February - June	5:30 PM	8:00PM
	Youth Karate	6-8	Spring I, II	5:30 PM	6:15 PM
	Swim Team- Developmental	6-18	9/26 - 3/2	5:45 PM	6:45 PM
	Special Needs Fitness Program- Teens	12-18	Spring I, II	6:30 PM	7:30 PM
	Swim Team- Competitive	6-18	9/26 - 3/2	6:45 PM	8:00 PM
WED	Pee Wee Playtime with Parent - FREE!	1-4	Every Wednesday	9:30 AM	10:30 AM
	Youth Fitness Intro - FREE!	8 - 14	Ongoing	4:00 PM	5:00 PM
	Y Kids Cook	8-12	Spring I, II	4:30 PM	5:30 PM
	Musical Theater - Capachione's School of Performing Arts	Grades K-3	1/25 - 5/16	4:30 PM	5:30 PM
	Youth Basketball Skills Clinic - Coed	Grades K-3	Spring II Only	5:00 PM	6:00 PM
	Musical Theater-Capachione's School of Performing Arts	Grades 4-6	1/25 - 5/16	5:45 PM	6:45 PM
	Girls Basketball Skills Clinic	Grades 4 - 8	Spring II Only	6:00 PM	7:00 PM
	Youth & Teen Prime Time - FREE!*	8+	February - June	5:30 PM	8:00 PM
	Boys Basketball Skills Clinic	Grades 4 - 8	Spring II Only	7:00 PM	8:00 PM
	Teen Basketball League	13-15 & 15-18	February - April	Evening games at 7pm or 8pm	
THU	Running Conditioning- Youth	8-12	Spring I, II	4:00 PM	4:45 PM
	Running Conditioning- Youth	8-12	Spring I, II	5:00 PM	5:45 PM
	Youth & Teen Prime Time - FREE!*	8+	February - June	5:30 PM	8:00PM
	PreTeen Karate	9-14	Spring I, II	5:30 PM	6:15 PM
	Swim Team- Developmental	6-18	9/26 - 3/2	5:45 PM	6:45 PM
	Swim Team- Competitive	6-18	9/26 - 3/2	6:45 PM	8:00 PM
FRI	Swim Team- Developmental	6-18	9/26 - 3/2	5:45 PM	6:45 PM
	Swim Team- Competitive	6-18	9/26 - 3/2	6:45 PM	8:00 PM
SAT	Running Conditioning- Couch to 5k	12+	Fall I, II, Winter	8:00 AM	9:00 AM
	Youth Basketball League II	Grades K - 3	February - March	Sat. AM games, 1 weeknight practice	
	Youth Karate	6-8	Spring I, II	9:30 AM	10:15 AM
	Preschool Soccer Class	3-4	Spring II only	10:00 AM	10:30 AM
	Bootcamp- Teens	11-15	Spring I, II	10:15 AM	11:00 AM
	Y-FIT Kids	8 - 14	Ongoing	12:00 PM	1:00 PM
	Youth Fitness Intro - FREE!	8 - 14	Ongoing	3:00 PM	4:00 PM

*Does not run during school vacation

SWIM, SPORTS, and PLAY!



VOLUNTEER COACHES NEEDED!

We can't run a league without help from our parents. Please think about helping out. The team needs you!

BASKETBALL PROGRAMS

Preschool Basketball Class

Coed Ages 3-5

Get ready for next season! This class will help develop hand eye coordination in a fun setting that uses small hoops and basketballs. Children will learn about basketball and teamwork while having a ball.

Spring I Only 03421-01
Mon. 4-4:30pm Location: Gym
Members \$56 / Non-Members \$84

Basketball Skills Clinic

Coed Grades K-3 and Grades 4-8

This skills clinic will focus on individual skill progression and basketball basics. Participants will be taught everything from zone defense to full court press. The clinic is geared towards players that have a firm understanding of the game of basketball and are looking to progress their skills.

Wednesdays, Spring II Only
Members: \$70 / Non-Members: \$105

Grades K-3 Coed 5:00-6:00pm
03468-03

Grades 4-8 Girls 6:00-7:00pm
03464-03

Grades 4-8 Boys 7:00-8:00pm
03464-13

Youth Basketball League II

Coed Grades K-3

YBL II is a continuation of our YBL season. In this more condensed version of YBL players will continue to build their skills through practice and game experience. Practices will be on Mondays or Wednesdays with games being held on Saturday mornings. The league runs for 7 weeks through February and March.

Season Kicks Off Saturday, Feb. 11th
Registration Deadline February 5th

Members: \$60 / Non-Members: \$80

Grades K-1 03114-06

Grades 2-3 03121-06

SPORTS AND RECREATION

Preschool Soccer Class

Coed Ages 3-4

Keep playing after the season is over! This soccer class is designed specifically for young children 3-4 years old. Children will learn skills including dribbling, passing, and shooting while playing games and having fun.

Spring II Only Location: Courtyard
Sat. 10-10:30am 03436-02

Members: \$56 / Non-Members: \$84

T-Ball Class

Ages 3-5

A fun filled class that strives to teach the basic mechanics of throwing, hitting, and catching. This class will focus on skill development while having fun and learning good sportsmanship. Children are encouraged to bring their own glove.

Spring II Only Location: Camp Field
Mon. 4-4:30pm 03436-02

Members: \$56 / Non-Members: \$84

Archery

Grades 3-6

Take aim at a brand new skill. Through this class students will learn the basics of archery in a fun and safe environment at our camp archery range. From safety gear to firing stances, fun archery games to competitions students will have fun in this unique skill building class.

Spring II Only Wed. 4:45pm - 5:30pm
Location: Camp Archery Range

Members: \$62 / Non-Members: \$89

SPECIAL NEEDS

PRICING INFORMATION

6-wk Members: \$72 / Non-Members: \$108

7-wk Members: \$84 / Non-Members: \$126

See class schedules on page 26 to determine if your class choice runs for 6 or 7 weeks.

Get in Shape Teens

Ages 12-18

A supervised exercise program for teens and pre-teens with mild challenges who could benefit from a small class dynamic to exercise and weight control. The group assists in building positive relationships, foundational skills in fitness, and building independence in our fitness center.

Tuesday 6:30-7:30pm 01989-02
Functional Training Studio

Art Explorers

A monthly class for boys and girls, ages 7-11 with mild developmental challenges. It encourages the children to explore the fun of self-expression through art. We will be working with watercolors, making masks and possibly doing some simple sculpture and print making. Art explorers is taught by a masters level art therapist the first Thursday of each month from 4:30 to 5:30pm. Pre-registration is required through Nancy Present, MSW, LICSW, Coordinator of Special Needs Services for the Jewish Community Centers of Greater Boston. Nancy can be reached at 617-558-6475 or via email at npresent@jccgb.org.



For more information, contact Joe Leaver at (781) 341-2016 Ext. 283 or jleaver@oldcolonyymca.org.

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

TEEN PROGRAMS

Teen Night

Friday Feb. 17th, 6:30-9:30pm
Grades 6th – 9th

Have dinner and hang out at the Y with your friends. Enjoy basketball, music, fun and games in an upbeat atmosphere. Registration recommended by Wednesday Dec 14th.

Members: \$5 / Non-Members: \$10

Kids Night Out **Ages 5+**

Friday, Feb 17th, 5:30-8:30pm

Parents, have some errands to run? Want to have dinner with friends? Kids Night out is for you! Under the supervision of qualified Y staff, children will enjoy a pizza dinner, sports, games, and arts & crafts. Register by Wednesday, December 14th.

Members: \$10/kid / Non-Members: \$20/kid

Teen Basketball League

Ages 13-15 & Ages 15-18

4-on-4 Full Court Teen Basketball League

Get your pick-up squad and enter them into this exciting new teen league. There are 2 different age brackets for competition, 13-15 and 15-18. This 8-week league will record stats and post records weekly. Playoffs will follow the season to crown a teen league champion.

Wednesday nights

Registration Deadline	February 5th
Season Starts	February 15th

Members: \$50 / Non-Members: \$75

INCLUDED WITH YOUR MEMBERSHIP!

Open Ropes Course

Ages 10-13

Drop by for some fun on our Camp ropes challenge course. Trained staff will be on hand to help you challenge yourself on our four 25' high elements: Cargo Net, Multi-vine, Burma Bridge and Cat Walk.

Thursdays 4-5:30pm
4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7

Youth and Teen Prime Time

Through moderate supervision by our activity coordinators, youth will have guidance and support while participating in activities, games and events in our basketball gym and family fitness area*. Parents will feel secure while taking a class or working out, knowing that while under moderate supervision, youth are safe and active yet have independence to make choices, take part in activities and utilize our great facilities.

Mon. - Thur. 5:30-8:00pm

* Please see the following pages for info. on youth fitness introduction (p.13), child watch (p.5) and soft play area options (p.6) for our younger members and parent supervision guidelines (p. 3)

CAPACHIONE SCHOOL OF PERFORMING ARTS

Musical Theatre Classes at the Y

Through a carefully constructed course, your child's creativity and self expression will be fostered and developed while learning the basic techniques in music, drama, and dance. Through a series of exercises and musical improvisation, children develop awareness skills while building a foundation for future artistic endeavors.

Two 15-Week Sessions

Session 2: 1/25-5/16
Dress Rehearsal/Show: 5/18-19

\$300 per session / \$250 for Y members

Wed. 4:30-5:30pm Grades K-3
Wed. 5:45-6:45pm Grades 4-6

Register through Capachione's by calling 508-378-9404 or 781-341-2016 x242, or visit www.capachione.com.

Y Kids Cook

Ages 8-12
Spring I only

Based on the above themes, our Y "tweens" will learn simple cooking techniques from the staff of Peppercorn's Café at the YMCA. Participants will prepare a variety of recipes that they can recreate at home!

Wed. 4:30-5:30pm 05201-03

6 Wks - Members: \$60 / Non-Members: \$90
7 wks - Members: \$70 / Non-Members: \$105

MARTIAL ARTS ACADEMY

All classes are held in our Karate Dojo and participants are urged to wear appropriate Gis. Belt tests and tournaments are scheduled throughout the year as well.

PRICING INFORMATION

PRESCHOOL CLASSES

6-wk Members: \$54/Non-Members: \$79
7-wk Members: \$63/Non-Members: \$92

YOUTH-ADULT CLASSES

6-wk Members: \$81/Non-Members: \$119
7-wk Members: \$94/Non-Members: \$139

For more information about the Karate Academy programs, please contact Joe Leaver, Program Director at Ext. 283, or jleaver@oldcolonyymca.org.

Preschool Karate

Ages 4-5

This class is designed specifically for children ages 4-5. The classes will have a mixture of drills and games that emphasize skill development and self-confidence.

Sun. 9:30-10:00am 03386-07

Youth Karate

Ages 6-8

This class is open to children new to karate. The program emphasizes skill development and physical fitness.

Sun. 11-11:45am 03387-17
Mon. 5:30-6:15pm 03387-01
Tues 5:30-6:15pm 03386-02
Sat. 9:30-10:15am 03386-06

Intermediate Karate

Ages 6-10

This class is for belt ranks orange and above. The class focuses on skill development and belt progression.

Mon. 6:15-7:15pm 03387-11

Pre Teen Karate

Ages 9-14

Participants will learn new skills and develop self confidence in a class designed specifically for their age group.

Sun 12:00-12:45pm 03387-07
Thurs 5:30-6:15pm 03387-14

Advanced Karate

This class is reserved for participants with belt ranks above blue belts.

Sun. 10:00-10:45am 03387-27

Adult Karate & Women's Self Defense: See pages 20 and 23 respectively for more information!

FITNESS

PRICING INFORMATION

6-wk Members: \$60/Non-Members: \$90
7-wk Members: \$70/Non-Members: \$105

See class schedules on page 26 to determine if your class choice runs for 6 or 7 weeks.

Running Conditioning – Youth

Ages 8-12

This running class will teach youth to set and reach goals and will build self-esteem as they develop a passion for running, an activity they can continue throughout the lifespan. Appropriate running footwear is a must.

Thursday 4-4:45pm 01301-04

Thursday 5-5:45pm 01301-14

Functional Training Studio

Youth Strength Training – Intro

Ages 8-12

Develop a safe and sound knowledge of basic strength training movements and the proper form and progressions that go with them. Youth will be excited at the progress they make and knowledge they gain, all while developing good fitness habits that will last them a lifetime!

Tuesday 4-4:45pm 05452-02

Functional Training Studio

Bootcamp – Teens

Ages 11-15

Our Bootcamp class delivers an exciting way to help teens get into shape and stay in shape. In this fun, challenging and educational class, teens work out together and build confidence, while learning techniques to sustain a healthy lifestyle.

Monday 4-4:45 pm 01811-01

Saturday 10:15-11 am 01811-06

Functional Training Studio

Y FIT Kids

Ages 8-14

YFIT kid's teaches the 10 aspects of physical fitness needed for nature, work and sport: endurance, stamina, strength, speed, power, balance, coordination, agility, accuracy and flexibility.

Kids will take part in age appropriate exercises that will develop muscle coordination, strength, balance and stability. Things like running, rowing, calisthenics, and basic gymnastic exercises, such as pull ups, dips, and handstands.

Saturday 12-1pm 01302-06

Functional Training Studio

INCLUDED WITH YOUR MEMBERSHIP!

YOUTH & TEEN PROGRAM IN OUR FITNESS CENTER

Youth Fitness Introduction

Ages 8-14

This one day course* is designed for 8-14 year olds, interested in gaining access to our fitness centers. 8-10 year olds, upon completion of this course, will be able to use these facilities alongside a parent (who also participates in the course); and 11-14 year olds will be able to use these facilities independently. Etiquette, proper form, and general fitness guidelines will be reviewed to ensure a safe and positive experience for all.

*Youth learn at different speeds- participants may be encouraged to attend additional classes if the instructor deems necessary

Meet us at the fitness center office at the times listed below.

Wednesdays 4pm - 5pm

Saturdays 3pm - 4pm

Sundays 3pm - 4pm

Upon completion of Youth Fitness Introduction, youth and teen members may gain access to our fitness centers.

8-10 year olds

Must be accompanied by a parent/caregiver. Should limit use to treadmills, rowing ergometers, bikes.

11-14 year olds

May use these facilities independently. Based on size*, should consider limiting use to treadmills, rowing ergometers, bikes, our circuit series.

*See one of our well-being staff for help determining height/size restrictions

Our new fitness center expansion offers a section that is friendly to youth and teens, where staff will be available to assist parents and children during the hours specified above, in:

- Navigating our adjustment free, push-button strength training circuit
- Use of treadmills, cycles, and rowing ergometers
- Achieving maximal benefits from a guided fitness program, together

Healthy Living Together

Our new family fitness center offers parents the opportunity to exercise with your child(ren) so you can avoid wondering where they've gone or what they're doing, model healthy living, act as a positive role model for your child(ren), and perform body weight exercises! Kids will enjoy fun, age-appropriate equipment that enhances body awareness, better preparing them for school sports and recreational activities!

DON'T FORGET! Every Friday night in our Family Fitness Area is **Movie Night** from 5-8pm. Let us know what sitcoms/movies your family would like to see while you get fit together!

Pick up your Family Fitness Schedule at our Welcome Center!



YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Our aquatics department is committed to bringing you quality services and programming in a fun and proactive environment. You will find a multitude of options for all ages, interests, and abilities, all centered around the character development values of caring, honesty, respect, and responsibility.

SWIM EVALUATIONS

To ensure that your child is placed at the proper level, we require swim evaluations for all new swimming participants in the young Children & School-Aged Children Programs PRIOR to registration.

Spring I Session

Saturday, February 18th 1-3pm
 Sunday, February 19th 1-3pm

* Evaluations will be held at our outdoor pool while our indoor facility is being maintained

Spring II Session

Saturday, April 14th 1-3pm
 Sunday, April 15th 1-3pm



AMERICAN RED CROSS TRAININGS

15+ years

Must be able to swim 500 yards non-stop, retrieve a 10lb. brick from the bottom of the deep end and swim with it for 20 yards. This certification does not include waterfront or water park, per 2008 Red Cross guidelines.

Lifeguard Course

Members: \$300 / Non-Members \$350

Session I:

Monday Feb. 20th - Thursday Feb. 23rd 8:30am-4pm
 Friday Feb. 24th 8:30am-Noon

Session II:

Monday April 16th - Thursday April 19th 8:30am-4pm
 Friday April 20th 8:30am-Noon

Session III:

Wed. 6/20 - Fri. 6/22, Mon. 6/25 8:30am-4pm
 Tuesday, June 26th 8:30am-Noon

Lifeguard Re-Certification Courses

Members: \$100 / Non-Members: \$150

Session I: Tue. 2/21 - Wed. 2/18 8:30am-4pm
Session II: Tue. 4/17 - Wed. 4/18 8:30am-4pm
Session III: Thu. 6/21 - Fri. 6/22 8:30am-4pm

CPR/AED Training

Members: \$50 / Non-Members: \$75

Tuesday February 21st 8:30am - Noon
 Tuesday April 17th 8:30am - Noon
 Thursday June 21st 8:30am - Noon

For more info., contact Kerri Foley, 781-341-2016 x203 or kfoley@oldcolonymca.org.



AQUATICS SCHEDULE

CLASS NAME	AGE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PRICING
Skipper with Parent	6-36 mo	10:15-10:45am		11-11:30am		11-11:30am		8:30-9am 9:45-10:15am	6-wk classes: Members \$60/Non-Members \$90 7-wk classes: Members \$70/Non-Members \$105
Perch with Parent	24-36 mo	9-9:30am	6:30-7pm	10:15-10:45am		10:15-10:45am		9-9:30am	
Pike	3-5 yrs	9-9:30am 10:15-10:45am	12:30-1pm 6-6:30pm	4-4:30pm		4:30-5pm		9-9:30am 9:45-10:15am	
Eel	3-5 yrs	9:45-10:15am 2:30-3pm	1-1:30pm		4-4:30pm	4-4:30pm	4:30-5pm	10:15-10:45am	
Ray	3-5 yrs	11-11:45am 12:45-1:30pm	1:30-2:15pm	5:30-6:15pm	3:45-4:30pm	5:30-6:15pm		11-11:45am	
Starfish	3-5 yrs	11:45a-12:30p	5:30-6:15pm	4:30-5:15pm	5:30-6:15pm				
Polliwog	6-14 yrs	9:45-10:15am 2:30-3pm	5:30-6pm	4-4:30pm	4:30-5pm	4:30-5pm	4:30-5pm	11:45-12:15pm	
Guppy	6-14 yrs	12:45-1:30pm 2:30-3:15pm	3:45-4:30pm	4:30-5:15pm	4:30-5:15pm	5:30-6:15pm	3:45-4:30pm	11-11:45am	
Minnow	6-14 yrs	11-11:45am 1:30-2:15pm	4:30-5:15pm	5:30-6:15pm		3:45-4:30pm	3:45-4:30pm	11-11:45am	
Fish	6-14 yrs	11:45a-12:30p			5:30-6:15pm			11:45-12:30pm	
Flying Fish	6-14 yrs	1:30-2:15pm			6:15-7pm			12:45-1:30pm	
Shark	6-14 yrs	3:30-4:15pm							
Teen Beginner	11+ yrs		3:45-4:30pm					12:45-1:30pm	
Teen Intermediate	11+ yrs		4:30-5:15pm				5:30-6:15pm		
Adult Beginner	ADULT	2:30-3:15pm	7-7:45pm			8-8:45pm			
Adult Intermediate	ADULT			8-8:45pm	7-7:45pm			1:30-2:15pm	

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SWIM, SPORTS, and PLAY!

PARENT AND CHILD

Skip with Parent 02101

30 minutes, 6-36 months

Half-hour water adjustment for children. This class is designed for water orientation for children to be more comfortable in the pool environment.

Perch with Parent 02121

30 minutes, 24 months - 36 months

Half-hour water progression class for children 24-36 months. Children should have at least taken a skip class. Children will begin swimming independently with parent assistance.



Pricing Information

7-wk classes Members: \$70/Non-Members: \$105

6-wk classes Members: \$60/Non-Members: \$90

See class schedules on page 26 to determine if your class choice runs for 6 or 7 weeks.



YOUNG CHILDREN

Pike 02161

30 minutes, 3-5 years & 6yr old Kindergarteners

Full bubbles used. For children who still have a fear of the water or have never taken a swim class. Basic reaching and pull, simple pool safety, beginning skills, and sit dives are taught, along with deep-water orientation.

Eel 02201

30 minutes, 3-5 years & 6yr old Kindergarteners

Half bubbles used with emphasis on beginner swimming skills, kneeling dives, and learning how to swim without a flotation devices.

Ray 02261

45 minutes, 3-5 years & 6yr old Kindergarteners

No bubbles used. Children should be able to swim at least 25 yards with no bubble. Emphasis on endurance, front/back crawl, and standing dives.

Starfish 02262

45 minutes, 3-5 years & 6yr old Kindergarteners

No bubbles used. Children should be able to swim 50 yards with no bubble. Emphasis on endurance, rotary breathing, side paddle, breaststroke, and other higher-level swimming skills.

SCHOOL-AGED CHILDREN

Polliwog

02301

30 minutes, 6-14 years

Various bubble sizes used. This class is designed for beginner swimmers who have little or no experience in the water. Introduced at this level are deep-water orientation, front crawl, back and side paddle.

Guppy

02361

45 minutes, 6-14 years

This class is for children who are able to pass the Polliwog level. The class is designed to work on crawl with perfection of rotary breathing. Intro to back crawl and elementary backstroke are also covered.

Minnow

02401

45 minutes, 6-14 years

This child must be able to pass Guppy level. The student must be confident in deep water and be able to swim 1 lap of the front crawl with rotary breathing and 1 lap of back crawl. Skills introduced at this level are breaststroke, sidestroke and emphasis on endurance.

Fish

02421

45 minutes, 6-14 years

This child must be able to pass the Minnow level and swim 2 laps of front crawl with rotary breathing, back crawl and breaststroke. Skills introduced at this level are butterfly, flip turns and scissor kicks.

Flying-Fish

02441

45 minutes, 6-14 years

This child must be able to pass the Fish level and swim 4 laps of front crawl, back crawl, and breaststroke. Skills learned in this class are racing start dives, lifesaving sidestroke and lap swimming.

Shark

02461

45 minutes, 6-14 years

This child must be able to pass the Flying Fish level and swim 8 laps of front/back crawl, 4 laps of breaststroke and 2 laps of butterfly. Children will learn I.M., circle swimming, racing starts, over-arm sidestroke, trudging front stroke, inverted breaststroke and emphasis on pre-swim team level skills.

TEENS

02503

Teen Beginner

45 Minutes, 11+ years

This class is for teens who are looking to build confidence in their swimming skills and who might feel out of place with younger swimmers in the next level program.

Teen Intermediate/Advanced

45 Minutes, 11+ years

This class is for teens who are comfortable in the water but need stroke refinement. Refine your swimming form and learn new strokes. Swimmers must be able to swim the length of the pool.

Fly-Fish, Shark, Teen Pricing Information

7-week classes:

Members: \$84 /

Non-Members: \$126

6-week classes:

Members: \$72 /

Non-Members: \$108

See class schedules on page 26 to determine if your class choice runs for 6 or 7 weeks.



For more information, contact Kerri Foley, Aquatics Director at kfoley@oldcolonymca.org or 781-341-2016, ext 203.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

ADULT AQUATICS

ADULTS 02601

See class schedules on page 26 to determine if your class choice runs for 6 or 7 weeks.

PRICING INFORMATION

7-week Members: \$84 / Non-Members: \$126

6-week Members: \$72 / Non-Members: \$108

Adult Beginner

Primary Skills and Stroke Readiness

This class is for adults who are not comfortable in the water. We begin by teaching proper body position and use simple, safe exercises to encourage placing the face in the water and learning to float. For adults with little or no experience in the water.

Adult Intermediate

Stroke Development

This class is designed for swimmers with limited swimming range. Rotary breathing and proper swim technique are emphasized. Upon completion, participants are able to swim at least 50 meters using 2 strokes.

Arthritis Foundation YMCA Aquatic Program (AFYAP)

Co-developed by the Arthritis Foundation and the YMCA, AFYAP allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in water, with guidance from a trained instructor, will help you gain strength and flexibility. Participants enjoy as decreased pain and stiffness.

Tues. & Thurs. 11:30am-12:15pm

Members: FREE / Non-Members: \$54

Drop-In Pricing (per class):

Members: FREE / Non-Members: \$10

Contact:

Kerri Foley, Aquatics Director
(781) 341-2016 ext. 203
kfoley@oldcolonyymca.org

Outdoor Pool & Splash Park

Opens May 25th – Labor Day Weekend

Visit welcome center for pricing

- 5,100 sq. foot heated Outdoor Pool & Splash Park
- Easy walk in entry, just like a beach!
- Deep end, lap lanes and large open swim areas –something for everyone
- All types of seating and shade to suit your needs
- Splash Park – Kids love cooling off and having fun
- Peppercorn's Café – great food at great prices, open daily!

OUTDOOR POOL OPEN HOUSE

Wed. May 23rd 3:00- 7:00pm

Rain Date: Thursday May 24th



Adapted Aquatics

Ages 2-22

- A swim class for children ages 2 to 22 with developmental, perceptual, and/or physical challenges, presented by JCC Special Needs Services.
- Dates and times to be scheduled between students and instructors, at the Leventhal-Sidman JCC (Newton) and the Old Colony YMCA- Stoughton Branch
- Private, 30-minute individual instruction with an experienced adapted aquatics instructor focuses on basic strokes and water safety.

For more information, including fees and to register, contact 617-558-6507 (for Newton) or 617-558-6475 (for Stoughton) or email specialneeds@jccgb.org.

A select number of spaces have been reserved for Y members, along with a discounted rate. Please inquire for more information.

PRIVATE LESSONS

Private lessons offer one-on-one instruction for all ages and abilities. These 30 or 45- minute lessons can be scheduled any day of the year. We also offer 30-minute semi-private lessons for 2-3 participants of similar swimming ability, which are tailored to meet the swimming goals of the group.

Please visit our Welcome Center or branch website for pricing info.

ADULT FITNESS SCHEDULE

DAY	NAME	AGES	SESSION	START TIME	END TIME	
SUN	Striar Road Runners - FREE!	15+	Ongoing	8:00 AM	9:00 AM	
	Battle of the Sexes	15+	Spring I, II	9:00 AM	10:00 AM	
	Smallest Winner -GREEN Team Workout	15+	2/25 - 6/3	9:30 AM	10:30 AM	
	Intermediate Kettlebells	15+	Spring I, II	10:30 AM	11:30 AM	
	Smallest Winner- Reunion	15+	Spring I, II	10:30 AM	11:30 AM	
	Long Distance Cycling	15+	Spring I, II	9:45 AM	11:15 AM	
	Y FIT (15+) - 10:30AM	Sign up & pay per month. Come as many times as you want to any of the available workout times				
MON	Cardiac Conditioning	15+	Spring I, II	6:30 PM	7:30 PM	
	Y FIT (15+) - 6:30 PM	Sign up & pay per month. Come as many times as you want to any of the available workout times				
	Smallest Winner -RED Team Workout	15+	2/25 - 6/3	7:00 PM	8:00 PM	
TUE	Smallest Winner -BLUE Team Workout	15+	2/25 - 6/3	7:00 AM	8:00 AM	
	Aqua Arthritis- FREE!	15+	Spring I, II	9:00 AM	9:45 AM	
	Y FIT (15+) - 9:30 AM	Sign up & pay per month. Come as many times as you want to any of the available workout times				
	Fit Mom and Baby	15+	Spring I, II	12:00 PM	1:00 PM	
	Diabetes Fitness - 2 days/wk - Tue. & Thur.	15+	See p. 23 for dates	5:30 PM	6:30 PM	
	Swim Team- Developmental	6-18	9/26 - 3/2	5:45 PM	6:45 PM	
	Swim Team- Competitive	6-18	9/26 - 3/2	6:45 PM	8:00 PM	
WED	Pee Wee Playtime with Parent - FREE!	1-4	Every Wednesday	9:30 AM	10:30 AM	
	Smallest Winner -PURPLE Team Workout	15+	2/25 - 6/3	6:00 PM	7:00 PM	
	Intermediate Kettlebells	15+	Spring I, II	6:15 AM	7:15 AM	
	Women's Self Defense	15+	Spring I, II	6:15 AM	7:00 PM	
	Smallest Winner- Reunion	15+	Spring I, II	7:00 PM	8:00 PM	
	Y FIT (15+) - 7:15 PM	Sign up & pay per month. Come as many times as you want to any and all of the workout times				
	GROUP Fitness Orientation	15+	1st Wed. each month	7:30 PM	8:30 PM	
THU	Aqua Arthritis- FREE!	15+	Spring I, II	9:00 AM	9:45 AM	
	Diabetes Fitness - 2 days/wk - Tue. & Thur.	15+	See p. 23 for dates	5:30 PM	6:30 PM	
	Swim Team- Developmental	6-18	9/26 - 3/2	5:45 PM	6:45 PM	
	Swim Team- Competitive	6-18	9/26 - 3/2	6:45 PM	8:00 PM	
	Smallest Winner -PINK Team Workout	15+	2/25 - 6/3	7:00 PM	8:00 PM	
	Adult Karate	15+	Spring I, II	7:30 PM	8:15 PM	
FRI	Smallest Winner - GOLD Team Workout	15+	2/25 - 6/3	9:30AM	10:30 AM	
	New Parent's Group	15+	Every Friday	10:00 AM	11:30 AM	
	Y FIT (15+) - 5:30 PM	Sign up & pay per month. Come as many times as you want to any and all of the workout times				
	Swim Team- Developmental	6-18	9/26 - 3/2	5:45 PM	6:45 PM	
	Swim Team- Competitive	6-18	9/26 - 3/2	6:45 PM	8:00 PM	
SAT	Running Conditioning- Couch to 5k	12+	Spring I, II	8:00 AM	9:00 AM	
	Smallest Winner - ORANGE Team Workout	15+	2/25 - 6/3	8:00 AM	9:00 AM	
	Y FIT (15+) - 8:30 AM	Sign up & pay per month. Come as many times as you want to any and all of the workout times				
	Pre-Natal Yoga	15+	Spring I, II	9:30 AM	10:30 AM	
	Man vs Nature	15+	Spring I, II	10:00 AM	11:00 AM	

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

ADULT FITNESS

PRICING INFORMATION

6-wk Members: \$60/Non-Members: \$90
7-wk Members: \$70/Non-Members: \$105

See class schedules on page 26 to determine if your class choice runs for 6 or 7 weeks.

Running Conditioning - Couch to 5K

Ages 12+

No matter what your current fitness level, training to run or walk for a 5k is a great fitness goal! This program is designed to give you the running or walking foundation needed to complete a 5k. Meeting with your running coach once a week, you will develop an understanding of things like running for weight loss, nutrition, speed, training program design, shoe selection, etc. Join us- we'll all put one foot in front of the other!

Sat. 8-9am 01915-02 Indoor Track

Striar Road Runners

Looking for someone to join you on your long runs, want someone to talk with as you train for a 5 or 10k? Whatever your goal, you will be able to find someone to accompany you in the Sunday Running Club meeting at 8am in at DW Fields park. This group is geared for those running a 12-minute pace or higher, and who can run at least four miles without stopping. Contact Derek Paiva to be added to the email list where this group communicates on run and race plans, offers motivation, and more! Derek Paiva, Wellness Director, at ext. 226 or dpaiva@oldcolonymca.org.
Cost: Free

Smallest Winner - Reunion

Ages 15+

Whether you've been through our Smallest Winner program, or just want that team feel, this program will be conducted like the weekly team workout of our Smallest Winner Weight Loss Program! The focus is on teamwork, burning calories, pushing your limits, and allowing yourself to believe you're capable of things you never thought possible!

Wed. 7-8pm 01816-03

Sun. 10:30-11:30am 01816-07

Functional Training Studio

Adult Karate

A class designed specifically for adults, lead by our black belt instructors.

Thur. 7:30-8:15pm 03387-04

6 Weeks: Members \$81/Non-Members: \$119

7 Weeks: Members \$94/Non-Members: \$139

Intermediate Kettlebells

Ages 15+

Take the basics learned in our Intro to Kettlebells class and progress them into comfortable, more efficient powerful movements over the course of the session. Develop your skills and maximize your time with Kettlebells.

Wed. 6:15pm-7:15pm 01813-03

Members: \$70 / Non-Members: \$105

Sun. 10:30am-11:30am 01813-07

Members: \$60 / Non-Members: \$90

Man vs. Nature

Ages 15+

Are you feeling the spring fever and can't wait to get outside? This class is made to get you outside and exercising with the turning weather! This class will use our campgrounds, pavilion, nature trails, along with much more. Do you have what it takes to take on what mother nature has to offer?

Sat. 10-11am 01627-06

Meet in the Front Lobby

Battle of the Sexes

Ages 15+

For thousands of years, men and women have had opinions over which gender is truly superior. In this program, each male participant will have the opportunity to train with a male trainer, and women with a female trainer. The final 2 weeks will be competitions of wit, endurance, and stamina, competing men vs. women. Let the best gender win!

Sun. 9-10am 01625-07

Functional Training Studio

Long Distance Cycling

Prepare for a 100+ mile charity ride or Century Ride. This 90-minute indoor cycle class will help you progress each week to reach your goals and build your speed and endurance. Class will include instruction on bike set up, equipment, planning your outside rides and how to train effectively.

Sundays, 9:45-11:15 am

6-weeks: Members \$72/Non-Members \$108

7-weeks: Members \$84/Non-Members \$126

NEW PARENTS/PARENTS-TO-BE

Pre-Natal Yoga

Ages 15+

A class designed specifically for the journey of pregnancy. Yoga postures and breathing exercises, conducted in a calm, peaceful environment will help strengthen the uterine and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort.

Saturday 9:30-10:30am 01944-06 Studio B

Fit Mom & Baby

For parents with newborns up to age 6.

Come spend an hour a week exercising with moms who are working towards the same goals. We'll start right from the beginning, getting our bodies used to working out again, and then we'll work harder each week to get stronger. Enjoy spending time with other moms and exercising in an accepting environment, releasing the stresses of motherhood. We'll spend 45 minutes exercising and the last 15 minutes sharing parenting experiences each week. Free babysitting provided for the babies (3 months and older) while mom gets to spend an hour re-energizing!

Tuesday Noon-1pm 01851-02 Studio A

INCLUDED WITH YOUR MEMBERSHIP!

Mom's Club Of Stoughton

Join the MOMS Club of Stoughton every Tuesday Morning from 10:30-11:30am in the Striar Play Space. Children can jump, build, and play while moms have a chance to share ideas, chat and spend time together.



New Parents Group

A FREE group open to new parents and babies (birth - one year old) of all faiths and races. Converse with new friends, find answers to your questions, give and get advice, share stories and enjoy the company of other new parents.

Friday mornings at 10am in the Soft Play Space
Facilitated by a staff from Jewish Family and Children's Services.

Stoughton Parent Information & Wellness Center

Parent Information and Wellness Center, located at the Jones School has been established to provide programs, resources and information for Stoughton families. Through the efforts of the Stoughton Public Schools, the Stoughton Youth Commission and the Striar Old Colony YMCA, the center provides programs and services and resources for parents of the local community.

SMALLEST WINNER 2012

Start Big, End Small...

Sign up today to reserve your spot! Within the 5 seasons we have run Smallest Winner, participants have lost over 2200lbs combined! This Spring the weight loss continues! Having the support of your trainer and teammates makes a world of difference. In this 12-week weight loss program, you will receive one, 30-minute session, and one, 60-minute team workout with your trainer, each week, for 12 weeks. In addition, you will have the opportunity to attend our exciting kickoff, mid-season teambuilding challenge and final awards ceremony!

Choose one of the following Group Workout times:

Sun. 9:30 - 10:30 AM	GREEN Team
Mon. 7:00 - 8:00 PM	RED Team
Tue. 7:00 - 8:00 AM	BLUE Team
Wed. 6:00 - 7:00 PM	PURPLE Team
Thur. 7:00 - 8:00 PM	PINK Team
Fri. 9:30- 10:30 AM	GOLD Team
Sat. 8:00 - 9:00 AM	ORANGE Team

Look on our Smallest Winner Bulletin Board for trainer information, testimonials, team pictures and other tidbits you NEED to know! Contact Wellness Director, Derek Paiva, at extension 226 or at dpaiva@oldcolonymca.org with questions.

Members: \$460 / Non-Members: \$690



Schedule of Events

Kick-off Event	Sat. Feb. 25th at 11am
Weigh-in Week	Sun. Feb. 26th - Sat. March 3rd
12 weeks of workouts	Sun. March 4th - Sat. May 26th
Team Building Event #1	Sat. April 14th at 11am
Final Weigh-in Week	Sun, May 27th - Sat. June 2nd
Banquet	Sun. June 3rd at 11am

PERSONAL TRAINING

Work with a Personal Trainer!

- Lose Weight!
- Set and achieve fitness goals!
- Stay Motivated!
- Be held accountable!
- Recover from and prevent injuries!
- Improve endurance, flexibility, & strength!
- Train for functional movement!
- 30, 45, and 60 minute sessions available
- Partner and small group training options

Personal Trainers are available at any hour that we're open. See our website for pricing info at www.oldcolonymca.org or stop by our welcome center for a price sheet.



Y-FIT

Ages 15+

Be empowered! In both variety and schedule, this monthly fitness program has the flexibility you've been waiting for!

- Build muscle and BLAST fat!
- Get results!
- One monthly payment- Come as many times as you want!
- Enjoy variety in workouts, trainers, and time of day!
- See our leader boards, where we recognize "Y-FITer" milestones in each of our movement patterns

Battle ropes, swing kettlebells, flip tires, work the drills and master power lifts! Y-FIT is functional intense training. Never the same, never boring, always a challenge and always for YOU!

Y-FIT class schedule will include the following weekly classes:

Sunday 10:30am	Monday 6:30pm
Tuesday 9:30am	Wednesday 7:15pm
Friday 5:30pm	Saturday 8:30am

Enjoy any and all months!

Contact Wellness Director, Derek Paiva, at Ext. 226 or dpaiva@oldcolonymca.org.

Memb: \$100/mo. Non-Memb: \$150/mo.

Yoga "Twice as Nice" Workshop

\$45/couple

Designed for Couples of any type: spouses, friends, partners, daughters, sons

In this workshop you will practice basic yoga poses that deepen trust by working together in postures that require supporting one another and letting go, while trusting that your partner is there to help you and work with you on alignment and stretching. In this wonderful workshop you will help each other build muscle strength and improve flexibility while also learning breath work and holding postures thru alignment and balance.

Sunday Workshop: Feb. 20 3-5 pm

Saturday Workshop: April 9 3-5 pm



GROUP FITNESS CLASS DESCRIPTIONS

Group fitness is a great way to get in shape or improve one's fitness level. At the YMCA, our Group Fitness classes offer a wide variety of options for every interest and ability. Whether you want to increase strength and endurance, build flexibility and decrease stress, or simply work out with friends in a supportive, welcoming environment, you'll find a class that meets your needs. Our instructors are dedicated professionals committed to helping you achieve your fitness goals. Have a blast, meet new friends and get a fresh start on your fitness routine with this comprehensive schedule

AQUA FITNESS

Water workouts are easy on the joints and can improve your cardiovascular fitness, strength, flexibility and balance. (Special "Gentle" class on Tuesdays at 10:30AM!)

AQUA ZUMBA

Latin tunes and water! A great combination! Less stress on the joints, but a great way to enjoy the Zumba that you LOVE!

BODYPUMP

This is the original barbell class that strengthens and tones your entire body. Great music, awesome instructors and your choice of weight inspire you to get the results you want-fast!

BOOTCAMP

Work your body to its max with this high powered challenge of fitness drills.

CardioBOX!

High intensity kickboxing intervals! Challenge your body in with this energized workout!

CARDIO MIX UP

Change it Up! Interval workouts may include step, circuits, tabata style sequences – anything goes! Shake up your workout! (Teen Mix Up – ages 13+)

CIRCUIT CHALLENGE

Mix up your workouts with this high powered circuit class. Cardio & strength interval stations will keep you challenged every single class!

GUIDED CIRCUIT

Work cardio and strength in a 30 minute group workout on the Fitness Floor Circuit. Great introduction to the Circuit! (Senior Circuit: the same circuit at a slightly slower pace)

HEALTHY HEARTS

Whether you are generally healthy or coping with an ongoing health problem, regular exercise will help your stay healthier. Join this group for a low impact, full body workout. Work balance, strength and flexibility. Regular exercise is the key to greater energy, stronger muscles, and a happy and alert mind.

INTRO TO KETTLEBELLS

Learn basic movements and proper form of kettlebells. Functional training moves to build strength and endurance.

NIA

Through expressive movement Nia empowers people to achieve physical, mental, emotional and spiritual well-being. Nia draws from dance, martial arts and healing arts to create purposeful movement that will help you be more Joyful and Alive in your body.

PILATES

Work that CORE and enjoy a method of body conditioning using a unique system of stretching and strengthening exercises, resulting in longer, leaner muscles. Pilates 1 – perfect for the beginner. Pilates 2 – progress to an intermediate/advanced level.

SHORT CIRCUIT

Short on time? This 30 minute circuit in our new Family Fitness Area will give you new options and new challenges!

TAI CHI

Chinese martial arts with flowing movements to relieve tension and stress. A great start to the day!

TRX-SUSPENSION TRAINING

This 30 or 45 minute class uses the original bodyweight-based training tool that builds strength, balance, flexibility and core stability for people of all fitness levels. This circuit based workout will change the way you view fitness forever!

WEEKEND WARRIORS

A whole new level of challenge! A 90 minute workout consisting of indoor cycling, BodyPump and core work-with fitness drills incorporated.

Y CYCLE

Looking for a great calorie burn? This fun and challenging cardio workout will enhance your speed, strength and stamina. Great music and motivating instructors will improve your overall physical health and endurance.

YOGA

Breath will be your guide as you move through traditional poses, but move at a pace that will increase your heart rate and build your muscle strength. Clear your mind, increase concentration and learn to relax with this popular fitness regimen!

ZUMBA

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. Achieve long term benefits while experiencing an exhilarating hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate for life!

ZUMBA GOLD

The perfect class for those who need to modify the moves and pace of Zumba. Great for seniors or those just starting on their journey to a healthier life style!

ZUMBA TONING

A perfect combination of body sculpting and a high energy Zumba workout. Weighted toning sticks needed for class.

ZUMBATOMIC

Kids love to crank up the music, shake, wiggle, and have a blast with their friends. So why not get fit while they're at it? (Kids 8 and up invited to join the party!)

GROUP FITNESS CLASS POLICIES

Y members are encouraged to join any of our Group Fitness classes. Please arrive to class on time. No cell phones, texting, videoing. Please no perfumes or scents.

Fitness Levels and Ages

We suggest you have a physical exam prior to starting any new exercise program to determine your fitness level. Regular Group Fitness class participants must be 13 years or older.

Footwear and Apparel

Please wear proper athletic footwear and apparel to all classes. Footwear should be for indoors only, rubber-soled and non-marking. If you are attending class for the first time, please try to arrive 10 minutes early and introduce yourself to your instructor. Beginners are always welcome!

Contact Mary Coulter-Bennett to volunteer to be a group fitness buddy or greeter:
X229 or mcoulter-bennett@oldcolonymca.org

ACTIVE OLDER ADULTS

Here at the Y part of our mission is to 'assist all people to develop to their fullest potential.' To reach that goal with our Older Adult population, we are working with the Councils on Aging of several towns near our branch. We are currently offering the use of our facilities on Wednesdays to members of the COA. Members are free to take advantage of the classes on our schedule as well as using the Fitness Center, the walking track, the basketball courts, and the pool.

Enjoy use of our new Family Fitness Center, designed with Active Older Adults in mind!

Check out our equipment for those with mobility issues, including upper body only cardiovascular equipment. Promoting balance, ease in every day activities, and an appropriate and safe range of motion. Plus, you can exercise with all generations of your family in one location.

CHRONIC DISEASE PREVENTION

Cardiac Conditioning

Mondays 6:30pm

01818-01

Join the Y in this 8-week program designed to provide information on topics that effect heart disease. This program will cover a variety of topics, such as the risk factors of heart disease, the benefits of exercise, healthy nutrition and other information regarding, medications, weight control, and stress. Along with education on Coronary artery disease, you will spend a portion of the time in our fitness center learning different modes of exercise and what exercise intensity is appropriate for you. These classes are hands-on and an exercise physiologist will work with you to help you master multiple cardiovascular and weight training exercises that you can incorporate into your fitness routine. This free 8-week program is for you to design an exercise program that meets your specific needs and capabilities.

Members: \$20 / Non-Members: \$30

Diabetes Fitness – Take Control Program

Ages 15+ 05401-02

Have you been diagnosed with pre-diabetes or diabetes and are looking for support and guidance to finally take control? This program will be offered twice a week for four weeks, where every session is made up of an education and an exercise segment. You will learn the causes of pre-diabetes and diabetes, ways to prevent and control the disease, benefits of exercise, nutrition recommendations, standards of care and so much more! All participants will have the opportunity to receive customized exercise plans, weekly weigh-ins and weekly education from both a registered dietician and registered nurse from Good Samaritan Medical Center specializing in diabetes. Take control today!

Members: \$20 / Non-Members \$30

Program meets twice per week on Tues. & Thurs. at 5:30pm

Spring I Session Dates-

3/6, 3/8, 3/13, 3/15, 3/20, 3/22, 3/27, 3/29

Spring II Session Dates -

5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24.

ADULT SPORTS LEAGUES

The Stoughton Branch at the Old Colony Y offers three seasons of competitive sports for adults. Each league season runs for 8-10 wks, plus playoffs. All games are officiated by certified officials. Stats, scores, and standings are posted weekly. For more information contact League Coordinator Jeremy Turner at x 283 or jturner@oldcolonymca.org.



REGISTRATION DEADLINE: February 5th

Only 60 spots available per league!

Contact: Jeremy Turner at jturner@oldcolonymca.org or x283

Sunday Morning Basketball 18+ (Members Only)

Ten game season with games starting at 8:30 and 9:30am. Teams are chosen free agent draft style by League Coordinator. Individual sign-ups.

Members: \$85 Season Starts: February 12th

Thursday Night Basketball 35+ (Members Only)

Ten game season with games starting at 7, 8 and 9pm. Teams are chosen free agent draft style by League Coordinator. Individual signups.

Members: \$85 Season Starts: February 16th

Open Co-Ed Volleyball League

Come down and bump, set, spike with your friends. The court will be open to play pick up volleyball.

Tuesdays 7:00 - 10:00 pm

Starts in February

Members: FREE / Non-Members: \$10

Women's Self Defense Class

Ages 15+

Learn how to protect yourself while gaining confidence and awareness of preventative actions. This class is taught by the Y Martial Arts Academy instructors.

Wed. 6:15-7pm

03388-03

Members: \$39 / Non-Members: \$65

SOCIAL RESPONSIBILITY

GIVING BACK & PROVIDING SUPPORT

VOLUNTEER OPPORTUNITIES

Volunteering is a great way to give back to your community and we have fun and meaningful opportunities for you to volunteer! Coach or mentor in one of our youth and teen programs or camps, teach swim lessons, help our maintenance department to beautify the Y, or if you prefer administrative work, then we have plenty of departments that need your help.

We also need friendly volunteers at the Welcome Desk to greet members and guests, give facility tours to prospective members, and to answer the phone. Or maybe you have a specific skill you would like to share?

Let us know and we will work with you. For more volunteer information, please contact Erica Remy at ext. 277 or eremy@oldcolonymca.org



BLOOD DRIVES

American Red Cross

Coming this February- See My Y, My Way calendar in February for final day and times.

The need is constant, the gratification is instant. GIVE BLOOD! For an appointment, call 1-800-RED-CROSS (1-800-733-2767) or visit www.RedCrossBlood.org.

Children's Hospital Boston Bloodmobile

Thursday, May 17 and Thursday, August 23

See the My Y, My Way calendars in May and August for times.

Give pints for half-pints! Each donation can help up to four of our young patients! Contact Mary Coulter-Bennett to make an appointment at 781-341-2016 ext. 129 or by email, at mcoulter-bennett@oldcolonymca.org. Photo ID required.



SUPPORT OUR STRONG KIDS CAMPAIGN

Through Strong Kids Campaign funding, we're able to provide local children and families access to life-changing, confidence-building programs and scholarships. Just a little goes a long way!

When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

Give Today!

To become a part of something great or to make a gift, please visit <http://www.oldcolonymca.org/main/giving> to make a secure donation online through Network for Good or call 781-341-2016.

Ride For Strong Kids

Saturday, March 24th 7am-7pm

This year's **RIDE FOR STRONG KIDS SPIN-A-THON** will be an event to remember—with powerful messaging, inspiring instruction and so much more. You will be swept away in support of this amazing cause! Join other riders in devoting time and effort to support families in need. For each hour you spend on the bike, you'll recruit sponsors to help you reach your goal of \$100 or more. Enjoy food, fun, raffles and stories of community families that will stay with you forever!

Through this event more heartfelt stories of how the Y has made a difference in the lives of our community members are made- all because of you! Join us.

Register at the Welcome Center!

Contact Serah Selmon for further details at ext 230 or sselmon@oldcolonymca.org.

The Old Colony YMCA Stoughton Branch offers some of the region's finest specialized fitness programs in partnership with leading local healthcare providers. Supervised by healthcare professionals from Caritas Good Samaritan Medical Center, New England Sinai Hospital and the Old Colony YMCA's own wellness staff, these programs provide safe, effective fitness options for people with cardiac problems, diabetes and other medical conditions.

CARITAS GOOD SAMARITAN DIABETES EDUCATION PROGRAM AT THE OLD COLONY YMCA STOUGHTON BRANCH

A partnership between CGSMC and the Old Colony YMCA, this four-week outpatient program provides people with diabetes and their families with information and strategies for managing their disease and achieving a healthy, active lifestyle. Led by a physician, certified diabetes nurse educator and registered dietician, the program offers individual assessments and instruction as well as classes on diet, healthy eating, exercise, medication and blood glucose monitoring. Participants and their families are also encouraged to attend free diabetes support group meetings.

To enroll or find out more, contact Peggy Pochay, RD, CDE, at (508) 427-2311.



NEW ENGLAND SINAI HOSPITAL AT THE OLD COLONY YMCA STOUGHTON BRANCH

Receive excellent outpatient rehabilitation and health services at the New England Sinai Hospital satellite located at the Old Colony YMCA in Stoughton. Programs include physical therapy rehabilitation, fibromyalgia aquatics exercise group, and Sinai's Adult Day Health Program.

Physical Therapy Rehabilitation

Sinai's Rehabilitation Satellite at the Y provides Physical Therapy services, including Aquatic therapy, sports specific training, manual therapeutic exercise, and therapeutic modalities.

Aquatics Therapy

Water provides hydrostatic pressure to decrease inflammation and buoyancy effects to promote strengthening and stretching in a weightless environment. This is a very effective modality for early stages of rehabilitation for some patients.

Fibromyalgia Aquatics Exercise Group

This five-week program, consisting of twice weekly pool exercise sessions, increases strength, flexibility, and endurance. Sessions are led by licensed physical therapy staff.

For more information, call 781-297-1383.

ADULT DAY HEALTH

This medical model adult day program for frail or elderly adults and those with Parkinson's Disease is designed to meet individualized needs. The program offers a variety of health, social, and support services within a structured, stimulating, and safe environment. The staff includes a registered nurse who supervises the medical management of participants, an activities coordinator, program assistants, and social service consultants.

The Adult Day Health Program enriches the lives of participants, providing needed socialization, easing loneliness, and curtailing depression. It allows elders to remain home and provides caregivers time for work, respite, and peace of mind.

CARITAS GOOD SAMARITAN CARDIAC FITNESS PROGRAM

The Cardiac Fitness Program, a combined effort of Caritas Good Samaritan Medical Center (CGSMC) and the Old Colony YMCA, is a comprehensive, community-based exercise and education program for people with heart disease. With an emphasis on returning cardiac patients to active, healthy and productive lives, the Cardiac Fitness Program teaches participants and their family members about lifestyle modifications and healthy heart habits.

The medical director of the Cardiac Fitness Program is a board-certified cardiologist from CGSMC. His expertise guides the multidisciplinary staff of registered nurses, exercise physiologists and cardiac nurse specialist. All program staff members are certified in advanced life support techniques and emergency equipment is on hand at all times.

The program consists of 8-12 weeks of medically supervised exercise and education. During morning workouts at the Stoughton Branch, each participants pursues an individualized fitness program tailored to his or her specific needs. Members exercise under the supervision of specially trained exercise physiologists and CGSMC health professionals, including a cardiologist and cardiac nurse.

Sophisticated medical technology is used to monitor the participant's vital signs during exercise.

A physician's referral is required for participation in the Cardiac Fitness Program and an exercise tolerance (stress) test is recommended. If you have not had a stress test recently, your physician may want to schedule one before the start of the program.

Contact Beth Marzelli at (508) 427-2609 for more information.

CLASS DATES

SPRING I SESSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar	3-Mar
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
6 weeks	7 weeks	7 weeks	7 weeks	7 weeks	6 weeks	6 weeks

SPRING II SESSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May
6-May	7-May	8-May	9-May	10-May	11-May	12-May
13-May	14-May	15-May	16-May	17-May	18-May	19-May
20-May	21-May	22-May	23-May	24-May	25-May	26-May
27-May	28-May	29-May	30-May	31-May	1-Jun	2-Jun
3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
7 weeks	7 weeks	7 weeks	7 weeks	7 weeks	7 weeks	7 weeks

 No Classes

REGISTRATION OPTIONS

Registration can be completed in person at the Welcome Center or online, via our secure website. To register online, follow the steps below.

ONLINE REGISTRATION – FAST, EASY, AND CONVENIENT!

To access online registration:

1. Visit www.oldcolonymca.org
2. Click the **REGISTER ONLINE!** button
3. Select **Create a Login ID**
4. Complete login information
5. Under Verification, you will need your facility access number (the numbers on your membership key tag) or Participant ID number (the number on a recent receipt beginning with zeroes). If you do not have either of these, email Ellen Greene at egreene@oldcolonymca.org.

For questions about online registration, please email egreene@oldcolonymca.org or contact our welcome center at 781-341-2016 ext 0.



Spring Session I:

Classes Begin:	Feb. 26, 2012
Member Registration:	Feb. 5, 2012
Non-Member Registration:	Feb. 12, 2012

Spring Session II:

Classes Begin:	April 22, 2012
Member Registration:	April 1, 2012
Non-Member Registration:	April 8, 2012

WHAT TO EXPECT

Once you've registered for your Spring Program(s), you can expect a phonecall from the instructor(s) to make sure you are comfortable with what to expect, what to bring, etc.

Each session you will receive:

- A welcome letter to remind you of important information and dates
- A program newsletter to keep you aware of exciting program and Y happenings
- The opportunity to Bring a Friend during the designated session week
- A class evaluation to share your class experiences and feedback with us
- A program certificate of completion
- and more!

Please take every opportunity to let us know how we're doing and how we can better meet the needs of you, our members!

Enjoy your program(s)!

REFUND/CREDIT POLICY

Program fees will be refunded if the YMCA cancels the program or upon presentation of a doctor's certificate.

A 48-hour cancellation notice prior to the first class date is required to receive full program credit (minus \$5 class holding fee).

A 50% credit will be issued if requested prior to the start of the second class. Credit can be applied toward any YMCA program and must be used within one year.

CLASS CANCELLATION NOTICE

The decision is made whether or not to run a class based on registrations, 24-hours before that class is set to begin. If a class will be cancelled due to low registration, we will call you.