



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESCHOOL/YOUTH WELLNESS SCHEDULE

OLD COLONY Y - TAUNTON

Preschool/Youth Wellness Schedule Fall I 2011

Schedule runs Sept
11-Oct 29

Our Goal

To be the premier
provider of family
wellness and support
positive
developmental
opportunities in the
Greater Taunton
area.

Design

Our programs are
designed to help kids
get in shape and
have fun while
developing life-long
healthy habits.

Family Fun Fridays

Offered monthly
10/7 & 11/4.
Register at the
Welcome Center.

Fees/Ages

Please refer to the
brochure for
information on
class fees and ages.

*Family Cycling

Members may make
a reservation at the
Welcome Center
30-minutes prior to
class.

OLD COLONY-YMCA

71 Cohannet St, Taunton, MA 02780
P 508-823-3320

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			8:30-9:15 Me & My Tumbler			8:00-12:00 Soccer League	
	9:00-11:30 Family Gym Time	9:00-11:30 Family Gym Time		9:00-11:30 Family Gym Time	9:00-9:30 Me & My Pal Music & Movement	8:30-9:15 Me & My Tumbler	
					9:45-10:15 Creative Movement	9:30-10:15 Tumble Weeds	
					10:30-11:00 Ballet/Jazz I	10:30-11:15 Tiny Tumblers	
					11:00-11:20 Little Cricket Story Time	1:00-2:00 Teen Strength Training	
					11:15-11:45 Wiggle Giggle & Sing		
		4:30-5:00 Ballet/Jazz I	5:15-6:00 Kids Workout		4:30-5:15 Mini Cheer		4:00-5:00 Boys Box Lacrosse League
	5:15-5:45 Family Cycling*	5:10-5:40 Ballet/Jazz II		5:15-5:45 Family Cycling*	5:25-6:10 Ballet/Jazz III		
		5:15-6:00 Multi-Sports with Parent		6:00-6:45 Children's Yoga	5:30-6:15 Kids Workout		
		5:50-6:35 pm Jazz/Hip Hop			6:00-8:00 Family Fun Fridays		
		6:45-7:30 Zumbatonic®					



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