



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Adult Swim Lessons

New Day. New Time. We still offer class Tuesdays @ 8:15pm, but for those who cannot come at that time, we are now offering it **Thursdays, 10:45-11:30am**

\$47.00 member \$82.00 non-member

Aqua Boot Camp

(Ages 14– 50)

For the fit looking for a challenging and intense workout.

New session starts **March 22nd. Tuesdays, 7:15-8:15pm**

\$37 members / \$52 non-members

Developmental Swim Clinic

Saturdays 12:45-1:45pm

For the youth looking to prepare for competitive swimming

\$63.00 member \$80.00 non-member

Triathlon Swim Clinic (8-weeks)

Warm up and conditioning followed by individualized training in order to help you prepare for the upcoming triathlons. 2 hours/week Thursdays 7-9pm

\$63.00 member \$80.00 non-member

Register today at the Welcome Center!

Contact:

Stiena Wakeman, Aquatics Director
(ext 215) with any questions



Old Colony YMCA—East Bridgewater Family Branch
635 Plymouth Street, East Bridgewater, MA 02333
P 508-378-3913, www.oldcolonyymca.org