



YOUTH PROGRAMS

YOUTH BRANCH KARATE

Designed to develop character, integrity, self discipline and respect for others.

Preschool Karate

Ages 3-5 03386
Sat. 10-10:30 am
Member: \$28/Non-Member: \$42

Youth Karate

Ages 6-12 03387
Introductory Wed. 6:15-7:00 pm
Karate I Wed. 7:15-8:00 pm
Karate II Tues. 6:15-7:00 pm
Thurs. 6:15-7:00 pm
Karate III Tues. 7:15-8:00 pm
Member: \$30/Non-Member: \$50

Teen Karate

Ages 13-17 03387
Sat. 11-12 pm
Member: \$30/Non-Member: \$50

CENTRAL BRANCH DANCE

Ages 5-12 03243
Learn various types of dance-hip hop, jazz, classical, square dance and more
Wed. 5-6 pm
Member: \$28/Non-Member: \$42

ZUMBATOMIC

Ages 5-12 01317
There's no better workout for your child than Zumbatomic! This is a fast paced dance class.
Mon. 5:15-6:15 pm
Member: Free/Non-Member: \$28

YOUTH STRENGTH TRAINING

Ages 8-12 05452
Learn strength training principles, guidelines and techniques in the Fitness Center. Use of Fitness Center with adult upon successful completion of training.
Tues. 5-6 pm
Member: \$28/Non-Member: \$42

OLD COLONY YMCA
CENTRAL BRANCH - 320 Main St., Brockton
YOUTH BRANCH - 465 Main St., Brockton

ADULT PROGRAMS

CENTRAL BRANCH KARATE

Learn from 7th degree black belt instructor as he teaches martial arts using traditional values combined with a present day concept of defending oneself.

YOUTH KARATE

Ages: 6-12 03386
Tues. & Thurs 4-5 pm 03386
Member: \$30/mo./Non-Member:\$50

ADULT KARATE

Ages: 13 + 03387
Tues. & Thurs 7-8 pm 03386
Member: \$30/mo./Non-Member:\$50

DIABETES

Meet for 7 weeks and learn to better manage all aspects of your diabetes. Classes meet twice a week and are small in size Take control of your diabetes!
Mon./Wed. 4:30 pm 05401
Member: \$100//Non-Member:\$150

TRX

Meet once a week to use the original bodyweight-based training tool that builds strength, balance, flexibility and core strength!
\$28 for 7 weeks 01507
Member: \$28/Non-Member: \$56

SMALLEST WINNER

You and your team will compete to lose the most weight over an 8 week period. Work out in small groups and find the motivation you need to success! Session runs for 7 weeks.
Member: \$175/Non-Member: \$225

SWIM LESSONS

YOUTH BRANCH PRESCHOOL

Ages 6months - 5 yrs.
+ 6 yr. old kindergarteners
(Children must be accompanied by adult 18 or older)
Member: \$20/Non-Member: \$50

PROGRESSIVE

Ages 6-14 (Children must be accompanied by adult 18 or older)
Member: \$25/Non-Member: \$55

SWIM LESSONS

TEEN BEGINNER

Ages 11 +
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
Member: \$25/Non-Member: \$55

TEEN INTERMEDIATE

Ages 11 +
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
Member: \$25/Non-Member: \$55

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 water experience.
Member: \$25/Non-Member: \$55

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.
Member: \$25/Non-Member: \$55

PRIVATE LESSONS

One-on-One instruction for all ages and abilities. These 30 minute lessons can be scheduled any day of the year.
Cost: \$100 for five 30 minute lessons

ADULT LAP SWIM

This time is reserved for those individuals serious about lap swimming.
MEMBER: FREE/NON-MEMBER: \$10

FAMILY SWIM

All Children must be accompanied by adult 18 or older. Member: Free/ Non-Member: \$20 up to 5 people/ \$5 each additional person.