

# HOW DO I REGISTER?

To register for the Y-Ability programs, we require the following:

- Active Old Colony YMCA Membership
- Participant Intake Form
  - This can be found at by emailing Tina Kusick at [tkusick@oldcolonymca.org](mailto:tkusick@oldcolonymca.org)
  - If you have already participated in Y-Ability at the Easton Branch, please confirm that we have your participant intake form on file
  - Returned electronically or in person by Thursday July 5th.

**Register in person by visiting our Welcome Center, or give us a call at 508-238-9758**

Please note: Classes are filled on a first come first serve basis.

## Membership For All:

Old Colony YMCA is a non-profit, charitable organization. As such, we seek to make our programs and services affordable for everyone in the communities we serve. Our Membership For All program provides pricing for YMCA membership according to household income to ensure that we are accessible to those who need us most.

**Contact:** Tina Kusick at 508-238-9758 or [tkusick@oldcolonymca.org](mailto:tkusick@oldcolonymca.org) for more information

## CONTACT

**Swim-Ability:** Tina Kusick

[Tkusick@oldcolonymca.org](mailto:Tkusick@oldcolonymca.org) or 508 238 9758

**Zen-Ability:** Alyssa Krysko

[Akrysko@oldcolonymca.org](mailto:Akrysko@oldcolonymca.org) or 508 238 9758

## OLD COLONY YMCA EASTON

25 Elm Street, Easton, MA 02356

508 238 9758 || [www.oldcolonymca.org](http://www.oldcolonymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y-ABILITY PROGRAMS



OLD COLONY YMCA —EASTON BRANCH

## SWIM-ABILITY

**Price:** FREE with Old Colony Y Membership

**Ages:** 5+

**Day/Time:** Begins July 8th - August 12th (6 week session)  
Sunday 3:30 to 4:00 pm  
Sunday 4:15 to 4:45 pm

Our 30 minute program opens with reviewing Pool Rules followed by asking permission to enter the pool, as this is part of our Water Safety curriculum. After entering the water, we explore and practice safe entry, water acclimation, and front and back float. Our instructors will then assess the participants beginning swimming ability. The remaining time is spent working on basic swim strokes, swim safety while incorporating basic water games to help develop these important life skills!

### INSTRUCTORS

The class will be taught by Aquatics Director, Tina and certified swim instructors Claudia and Christina. Additionally, we have a team of trained volunteers who provide additional support for the participants and instructors.

### CLASS FORMAT

Review Pool Rules  
Ask Permission to enter the water  
Structured Swim Lessons  
Ending Game

## ZEN-ABILITY

**Price:** FREE with Old Colony Y Membership

**Ages:** 5+

**Day/Time:** Begins July 8th - August 12th (6 week session)  
Sunday 3:30 to 4:00 pm  
Sunday 4:15 to 4:45 pm

This program introduces participants to the world of yoga using props, games, and structured activities. In this class your child will learn breathing techniques, 2-3 yoga poses each day, followed by various mindfulness activities that help to enrich the mind, body, and spirit! The instructor will introduce each exercise and demonstrate how to perform them correctly and safely so that they can be practiced at home. Additionally, we incorporate games and activities that help to develop social skills among the participants in each class.

### INSTRUCTORS

The class is taught by Rosana De La Torre. Rosana is a certified special needs yoga instructor with many years of experience both in the studio and classroom. She has instructed children and young adults with differing needs and abilities, in addition to being a Special Education Educator at Oliver Ames High School. We have a team of trained volunteers who provide additional support for the participants and instructor.

### CLASS FORMAT

Take shoes off & sit on mat  
Welcome/Go over schedule  
Breathing exercise  
Yoga time  
Meditation time  
Wrap Up