



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Registration dates

**DRUMBEAT:** 12/29

**SWIM:** 12/29 MEMBERS || 1/5 NONMEMBERS

# Y-ABILITY PROGRAMS

## FOR ALL ABILITIES || JAN-APR 2019

### DRUMBEAT-ABILITY

**Price:** FREE || **Ages:** 5+

**Day/Time:** Mondays, January 7-2/25  
4:15-5pm

This program is full of powerful and motivating music and drumming rhythms that get feet stomping and bodies moving. The original whole brain and whole body program allows ALL individuals to participate without ever having picked up drumsticks before!



#### TO REGISTER:

Visit the Old Colony website or speak with our Welcome Desk  
**FOR MORE INFORMATION**

**Sam Cave** [SCave@oldcolonyymca.org](mailto:SCave@oldcolonyymca.org)

#### OLD COLONY YMCA EAST BRIDGEWATER

635 Plymouth Street, East Bridgewater, MA 02333  
508 378 3913 || [www.oldcolonyymca.org](http://www.oldcolonyymca.org)

### SWIM-ABILITY

**Price:** FREE || **Ages:** 5+

**Day/Time:** Sundays, February 10-April 14

2 to 2:45 pm; **Ages 5-7**

3 to 3:45 pm; **Ages 8-12**

4 to 4:45 pm; **Ages 13+**

\*No class 3/17

\*Make-up (if necessary) 4/28

**NEW!** Choose the option that best suits your child. Both options are available for each age group. Space is limited.

#### 1) Stroke Starters

With the goals and capabilities of each individual participant in mind, staff works through an assessment process and develops a program plan. Family members/caregivers are encouraged to take part alongside the participant if they so desire. Staff will provide 1:1 assistance as needed.

#### 2) Stroke Development

Participants will work within a small group with a Y assistant instructor, under the guidance of our swim lead instructor. Participants will develop swim strokes while gaining confidence in the water. Swimmers use minimal to no flotation.

Swim Test dates are also an opportunity to bring your child in for level assessment. Email [LBuchanan@oldcolonyymca.org](mailto:LBuchanan@oldcolonyymca.org) for more information.  
Lauren Buchanan || Aquatics Director