REGISTRATION INFORMATION
Registration can be done at our Welcome Center, by phone or online.
For any questions about the program or help with registration, please contact Janaea, info below.

Y-ABILITY INFORMATION
● Y-Ability is open to everyone with any type of special needs—all abilities are welcome!
● Y-Ability programs are run by trained staff and volunteers, with a high ratio of adults-children
● Y-Ability programming is a benefit of membership and is free to all Old Colony Y members
● Parent/Caregiver is not required to be in class with the child—parents/caregivers are welcome to use our facility, or relax in a lounge area while children are in class

CONTACT
Have questions or need help with registration? Contact Janaea Eads, Program Coordinator jeads@oldcolonyymca.org or 781-341-2016 ext. 235

OLD COLONY YMCA STOUGHTON BRANCH
445 Central Street, Stoughton, MA 02072
781-341-2016 || www.oldcolonyymca.org

Y-ABILITY PROGRAMS
OCTOBER 6–DECEMBER 21*
ADAPTIVE PROGRAMMING FOR SPECIAL NEEDS

*No classes Oct. 31, Nov. 11, & Nov. 28–Dec. 1
**SWIM-ABILITY SWIM LESSONS**

Swim lessons will be divided by age and ability. Upon registration for swim lessons, a questionnaire must be filled out. Based on that, you will be assigned a 1/2 hour time slot for your child’s lesson where they will be grouped with kids of similar age and ability. The goal of Y-Ability Swim is to get kids comfortable in the water, aware of water safety, and improve upon swim skills.

**Ages:** 4+
**Mondays** 5:00–6:00pm* (ages 10+)
**Wednesdays** 5:00–6:00pm* (ages 4–9)

*Each lesson will be 30 minutes within this time frame, based on your child’s skill level and age. Placements will be determined during week 1.

**TEAM ABILITY**

This class will keep kids active while having fun! Class will focus on basketball skills such as dribbling, passing, and shooting. Skills will be practiced and mini games will be run. This class is a great introduction to basketball, or is also fun for kids who have played basketball before. All are welcome!

**Sundays:** 10:30–11:15am

**JOIN US FOR AN INFORMATIONAL MEET & GREET!**

**OCTOBER 2ND AT 6:00–8:00PM**

**BOXING**

In this non-combat course, you will train with a professional boxer and learn the fundamentals of boxing. While working on your boxing stance, foot work, rhythm, core, how to throw punches and build combinations, you will increase your stamina and endurance, build strength, focus, discipline, determination and self confidence.

**Ages:** 8+
**Wednesdays:** 4:00–5:00PM

*BOXING CLASS PRICING: $100 MEMBERS/ $160 NON-MEMBERS

**PAINT AND SIP (JUICE!)**

In this painting class, techniques such as blending and color combining will be explored. Students will create their own version of the class sample using canvas and paints, practicing hand/eye coordination and building their creativity skills, all while enjoying delicious juices!

**Ages:** 8+
**Tuesdays** 5:00–6:00pm

**Y-Ability Class Pricing (except Boxing)**

FREE for members/$80 non-members
Y-ABILITY BOXING CLASS

In this non-combat course, you will train with a professional boxer and learn the fundamentals of boxing. While working on your boxing stance, foot work, rhythm, core, how to throw punches and build combinations, you will increase your stamina and endurance, build strength, focus, discipline, determination and self confidence.

ABOUT THE INSTRUCTOR: Jillian Diauto

Jillian is a professional boxer, who years ago committed to healthier lifestyle through training in boxing. When she isn’t at work, she competes and trains, and loves to inspire others to be their best selves. We are lucky to have her on our team so she can share her skills with those looking to build confidence and strength, while still having lots of fun!

Ages: 8+
Wednesdays: 4:00–5:00PM

Pricing:
Members: $100
Non-Members: $160

INTERESTED? CONTACT:
Janaea Eads
Program Coordinator
jeads@oldcolonyymca.org

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