

Youth

FIT 4 KIDS (ages 6-9)

An introduction to the 5 elements of fitness for younger kids. Exercise will include cardio-endurance, muscular endurance, muscle strength, flexibility, and basic nutrition. Taught in the spirit of fun while learning the YMCA's 4 core values: Honesty, Respect, Caring, Responsibility.

MON	4:30-5:30 PM	Downtown
\$29	Y Member	
\$57	Program Participant	

ELEMENTARY PLAYGROUND GAMES (ages 6-10)

A variety of "pick up" games every day for boys and girls ages 6 to 10. Beach Ball, Volleyball, Kickball, Indoor Soccer, Ultimate Frisbee, Dodge Ball, and more!

MON	3:30-4:30 PM	Downtown
THUR	3:30-4:30 PM	Downtown
\$17	Y Member	
\$34	Program Participant	

PHYSICAL EDUCATION FOR THE HOME SCHOOL STUDENT (ages 6-14)

A structured physical education program for our home schooled community. Classes will include stretching, aerobics, game playing, sports, and wellness education.

TUES	1:00-3:00 PM	Downtown
\$29	Y Member	
\$57	Program Participant	

LET'S MOVE (ages 9-12)

A combination of kid's Zumba & Drums Alive, kids will have exposure to the fun exciting moves of Latin dance combined with the fun aerobic movements and rhythms with the use of drums (physio-balls) and drumsticks.

WED	4:30-5:30 PM	Downtown
\$29	Y Member	
\$57	Program Participant	

BABYSITTER BASICS (ages 11+)

A two week training class to learn the basic fundamentals and responsibilities in the care of young children, infant to school age in a primary care setting. Course includes safety guidelines, age appropriate games and activities, communication procedures, and emergency procedures.

SPRING I:	March 6 & 13	Pleasant Street
SPRING II:	May 8 & 15	Pleasant Street
SAT	6:00-8:00 PM	
\$35	Y Member	
\$60	Program Participant	

DRAMA KIDS (grades K-6) Progressive Program

Confidence, Speaking Skills and Teamwork - we develop important skills that make a dramatic difference in your child's character - whatever it may be! Performance opportunities are offered throughout the year, including an end of year show. For more information and pricing contact Drama Kids at 508-946-0033 or DramaKids.com/MA1.

Grades K-3	MON 5:00-6:00 PM	Norton
Grades 4-6	MON 6:00-7:00 PM	Norton

MIDDLE SCHOOL PLAYGROUND GAMES (ages 11-14)

A variety of "pick up" games every day for boys and girls. Beach Ball, Volleyball, Kickball, Indoor Soccer, Ultimate Frisbee, Dodge Ball, and more!

FRI	3:30-4:30 PM	Downtown
\$20	Y Member	
\$40	Program Participant	

OFF ROAD BICYCLE RIDES (ages 8-adult)

Location Balfour River Walk Park across from Y. Bring your mountain bike or BMX and be prepared to get dirty, muddy, wet and have the time of your life. Helmets required, (shin and knee pads, elbow guards, gloves and teeth protection suggested).

Apr 28-June 2

WED	5:00-6:00 PM	
\$25	Y Member	
\$50	Program Participant	

COOKING (ages 8-10)

Basic cooking skills from grocery shopping, appliances, recipes and menus to nutrition tips, cooking projects and dinnerware.

THURS	6:00-6:45 PM	Pleasant Street
\$68	Y Member	
\$106	Program Participant	

SCIENCE (ages 8-10)

Explore the world of science through simple but challenging experiments including electricity, light, space, heat and speed.

TUES	6:00-6:45 PM	Pleasant Street
\$68	Y Member	
\$106	Program Participant	

LEGO & GAME TIME (ages 10+)

Spend some time after school with other kids, playing cards, board games or building creatures.

THUR	4:30-5:15 PM	Norton
\$29	Y Member	
\$57	Program Participant	

CREATIVE CRAFTS (ages 11-13)

Advanced craft projects to challenge and intrigue older youth.

WED	6:00-6:45 PM	Pleasant Street
\$23	Y Member	
\$46	Program Participant	

CRAZY COMPUTERS (ages 11-13)

A look at today's computer technology and skills, the Internet, media, equipment and communications!

MON	6:00-6:45 PM	Pleasant Street
\$23	Y Member	
\$46	Program Participant	

Youth Basketball

MT Elite Training with Missy Traversi

Basketball for Beginners (Boys & Girls grades K-2)

6 weeks

1 hour classes

\$125 Y Member

\$150 Program Participant

Post and Guard Specialty Clinic (Boys & Girls grades 3-8)

6 weeks

1 hour classes

\$225 Y Member

\$250 Program Participant

All Sport Fitness Academy (Boys & Girls grades 7-12)

6 weeks

1 hour classes

\$175 Y Member

\$200 Program Participant

Complete Skill Development (Boys & Girls grades 3-8)

6 weeks

1 hour classes

\$125 Y Member

\$150 Program Participant

For more information visit
www.mtelite.com



Missy Traversi, owner of MT Elite Training, is a former player and graduate for the Division I University of Maine Women's Basketball Team, led her team to two NCAA tournament appearances along with three regular season titles. As a point guard and floor leader, she led her team both in scoring and assists. In her senior season she was named to the All-conference America East First Team, became a member of the 1,000-point scoring club and earned a contract to play Professional Basketball in Sweden. After being named the number one scorer in Sweden in the 2005-2006 regular season, Traversi was invited to the 2006 WNBA Chicago Sky Training Camp.

In 2006, Traversi coached Brookline High School's Girls Varsity Basketball Team. In 2008, Traversi returned to Sweden for another year of Professional Basketball and was named Assistant Coach of her team. Returning to the United States in 2009, Missy coached the Dover-Sherborn High School Varsity Girl's Basketball Team. She was named Tri Valley Leagues Coach of the Year!

Missy grew up at the Attleboro YMCA and returns to bring her knowledge, enthusiasm and energy to teach the youth of the Attleboro area all the basketball knowledge and skills she has gathered during her storied career.

MT Elite provides private shooting lessons, group instruction, summer camps and skill clinics throughout the Boston area. Visit www.mtelite.com for more information.

Basketball For Beginners

A basic skills program for the younger player

SAT 3:00-4:00 PM

Post and Guard Specialty Clinic

Offensive and defensive post moves, offensive and defensive rebounding. Post passing and catching skills. Offered twice a week.

THUR 7:00-8:00 PM

SAT 2:00-3:00 PM

All Sport Fitness Academy

Offered twice a week. Fitness training. Offered twice a week.

THUR 6:00-7:00 PM

SUN 11:00-12:00 PM

Complete Skill Development:

Passing and catching, shooting and movement, dribbling and ball control, footwork and pivot, defense and rebounding. 1 on 1 and 3 on 3.

SUN 10:00-11:00 AM



SPRING I February 21 - April 17, 2010 (8 WEEKS)

SPRING II April 25 - June 19, 2010 (8 WEEKS)

Youth Sports

JAGUARS YOUTH TRACK & FIELD (ages 6-18)

Tuesday practices at Bishop Feehan High School track under direction of Ed Poirier and Jaguar coaching staff. Coaching in running, shot put, Javelin, long jump, and cross country. Parent and child fitness activities. Weekly fitness runs and walks. Six month program with no mandatory practices or events. Come when you can.

Formal practices	April 20—June 15	
TUES	5:00-6:00 PM	Downtown
Off site and events	June 16 - Oct 20	
\$20	Y Member	
\$50	Program Participant	

INDOOR GAMES (ages 15 & under)

Events include shot put, high jump, 60m shuttle run, 4x40m relay. Ribbons to top three in each age group, 2 year age groups. No spikes.

TUES	March 1	Downtown
Coaching and Practice	5:30-6:00 PM	
Start Time	6:00 PM	
\$ 3	Y Member or Program Participant	

YOUTH RACQUETBALL (grades 4-9)

A seven week, co-ed, beginner level, instructional racquetball program. The program includes a warm up session, rules and regulations, individual and group instruction, and progression into racquetball game play. Classes meet once a week for an hour. A great combination of fun and fitness.

Grades 4-6	WED	3:30-4:30 PM	Downtown
Grades 6-9	FRI	3:30-4:30 PM	Downtown
\$29	Y Member		
\$57	Program Participant		

YOUTH SQUASH CLASS (grades 4-9)

The re-introduction of popular court game. A seven week, co-ed, beginner level, instructional Squash program. The program includes a warm up session, rules and regulations, individual and group instruction, and progression into Squash game play. Classes meet once a week for an hour. An effective way to combine fun and fitness all at once.

Grades 4-6	THUR	3:30-4:30 PM	Downtown
Grades 6-9	FRI	3:30-4:30 PM	Downtown
\$29	Y Member		
\$57	Program Participant		

YOUTH TENNIS (ages 6-17)

Learn the basics of tennis, taught by the YMCA's experienced certified instructor. Included in the program are the fundamentals of the serve, forehand, backhand, volley ground strokes, warm up techniques, rules and regulations, scoring, singles and doubles play, equipment and game etiquette. A "sport of a lifetime".

Age 6-8	TUES	6:00-6:30 PM	Pleasant Street
Age 9-12	TUES	6:30-7:00 PM	Pleasant Street
Age 13-17	TUES	7:00-7:30 PM	Pleasant Street
\$42	Y Member		
\$80	Program Participant		

SPRING YOUTH BASKETBALL LEAGUE (ages 7-13)

Learn and refine your skills in a game situation. The games are played on Friday nights with no practices. Fun, Friends, understanding the game, and skill development are the program priorities.

FRI	March 19—May 21	Downtown
Ages 7-9	5:00— 6:00 PM	
Ages 10-12	6:00-7:00 PM	
Ages 13-14	7:00-8:00 PM	
Ages 15-18	8:00—9:00 PM	
\$40	Y Member	
\$70	Program Participant	

YOUTH SPRING BASKETBALL LEAGUE (ages 8-10)

A ten week recreational basketball league for boys and girls, ages 8-10. Featuring two weeks of skill/fitness instruction, a scrimmage week, five weeks of league play and two playoff weeks. Everybody plays, everybody wins! Four teams in the league, 6-8 players per team, one game per week. Alternating games times, 12 noon or 1:00 PM. Individual registration.

February 27—May 8	Pleasant Street
SAT	12:00-2:00 PM
\$42	Y Member
\$75	Program Participant

YOUTH TAE KWON DO (ages 6+)

Tae Kwon Do, taught by Black Belts Karen and Jay Hewitt and Steve McCumiskey, is a good physical and mental program that also teaches Respect, Responsibility, Caring, and Honesty.

TUE, THUR	4:30-5:30 PM	Downtown
SAT	8:30-9:30 AM	Downtown
1 day/ week		
\$34	Y Member	
\$64	Program Participant	
2 days/week		
\$56	Y Member	
\$88	Program Participant	
3 days/week		
\$70	Y Member	
\$86	Program Participant	

KARATE (Progressive Program)

This eclectic martial arts form combines the strengths of various disciplines to emphasize self-defense, control, positive attitude and spirit. A quality Karate Program where you're sure to get your moneys worth!

Ages 4.5 - 6	TUE, FRI	4:30-5:00 PM	Norton
\$50	Y Member		
\$65	Program Participant		
Ages 7 & up			
White/Yellow/Orange/Purple Belts			
	TUE & FRI	5:00-5:45 PM	Norton
Blue/Green/Brown Belts			
	TUE & FRI	5:45-6:30 PM	Norton
\$65	Y Member		
\$80	Program Participant		
Teen Combination Class			
	TUE & FRI	6:00-7:00 PM	Norton
\$80	Y Member		
\$95	Program Participant		

Youth Sports

SPRING FLAG FOOTBALL LEAGUE (ages 7-12)

The league is divided into two different age groups with the focus on having fun, developing new skills and fair play.

March 27—June 5 Norton Outdoor Center
 SAT 11:00 AM—12:00 PM
 \$40 Member
 \$75 Program Participant

SPRING FIELD HOCKEY (elementary through high school)

A recreational league and skill development program. It's a chance to stay in shape and keep the skills sharp in the off season. Stick, mouth guard, shin pads, and eye protection are required.

March 27—June 5 Norton Outdoor Center
 SAT 12:00—1:00 PM
 \$40 Member
 \$75 Program Participant

TEEN DODGE BALL (ages 13-17)

Pick up Dodge Ball games. The exciting sport of Dodge ball with official USA Dodge Balls & a referee to keep the games fast paced & fun.

MON 6:30-7:30 PM Downtown
 THUR 6:30-7:30 PM Downtown
 \$17 Y Member
 \$34 Program Participant

ARCHERY (ages 8-15)

Program provides instruction in proper archery techniques and safety. Call the Norton YMCA Program Center for more information.

CHEER TUMBLE (grades 2+)

This class works on your tumbling skills with floor work and drills to become stronger & more flexible. From beginners to those working on their backhand springs, this class is for you!

WED 7:00-8:00 PM Norton
 \$42 Y Member
 \$80 Program Participant

WRESTLING-OPEN MAT TIME

An opportunity to practice and develop their sport with an informal open gym time dedicated to wrestlers.

WED 5:00-6:30 PM Norton
 \$7 Y Member & Program Participant

Specialty Programs

KIDS NIGHT OUT (ages 6-12)

Activities include swimming, crafts, gym games, and some special events. Please note, if enough children are not registered by 6:00 PM the Thursday before the program it will be cancelled.

Mar 19, Apr 16, May 21, June 18
 FRI 6:00-9:00 PM Downtown
 \$ 7 per night Y Member
 \$10 per night Program Participant

MIDDLE SCHOOL DANCES (grades 5-7)

An evening of fun, friends, music, and refreshments at the Attleboro YMCA's Middle School Dance! Dance to today's most popular music with your friends, enjoy pizza, and have a great time! Dances are limited to the first 100 students and tickets should be purchased in advance at any YMCA Welcome Center to ensure Dance admission.

Feb 26, Mar 26, Apr 30, May 28, June 25 Downtown
 FRI 7:00-9:00 PM
 \$ 8 per dance Y Member
 \$10 per dance Program Participant

FUN FRIDAYS (ages 6-12)

An evening of activities, pizza and trampoline fun! Three hours of non-stop fun! Pre-registration is required for safety. This program is extremely popular with limited space available.

Feb 26, Mar 12, 26,
 Apr 9, 30, May 14, 28,
 June 11
 FRI 7:00-10:00 PM Norton
 \$12 per night Y Member
 \$22 per night Non Member

YOUTH FUN NIGHTS (grades 4-5)

An evening of friends, games, activities, music, refreshments and fun! Activities include gym games, movies, crafts, recreational swimming, board games and more. Register in advance.

Mar 26, Apr 23, May 28, June 25
 FRI 6:30-8:30 PM Pleasant Street
 \$ 5 per night Y Member
 \$10 per night Program Participant

MIDDLE SCHOOL FUN NIGHTS (grades 6-8)

An evening of fun, friends, games, activities, music, and refreshments. Gym games, recreational swimming, board games, Wellness Center, Community Service projects and much more.

Students are encouraged to register in advance.

Mar 12, Apr 9, May 14, June 11
 FRI 6:30-8:30 PM Pleasant Street
 \$5 per night Y Member
 \$10 per night Program Participant



SPRING I February 21 - April 17, 2010 (8 WEEKS)

SPRING II April 25 - June 19, 2010 (8 WEEKS)

