

ATTLEBORO NORTON YMCA

DIVE INTO SUMMER FUN



SUMMER 2026
PROGRAM GUIDE





BETTER TOGETHER

MEMBERSHIP

SWIM LESSONS

YOUTH SPORTS

ADULT SPORTS

YOUTH ENRICHMENT

HEALTH & WELLNESS

PERSONAL WELLNESS

EVENTS

SUMMER CAMP

POLICIES



MEMBERSHIP

MEMBER BENEFITS & RATES



When you join the Y, you become part of a cause – a cause for nurturing each kid’s potential, for improving our neighbors’ health and well-being, and for fostering a sense of connection throughout our community.

Membership Perks

- Access to the Y’s facilities, gyms, pools, fitness centers
- Dozens of free group exercise classes
- Discounted program and camp rates
- Free child watch and fun family events
- Introductory wellness support
- A robust Pickleball program
- Chronic Disease Prevention programs
- Healthy competition through adult sports leagues, DEKA challenges, and member competitions
- Private use of our studios available during certain hours
- Summer access to our Norton Outdoor Center with outdoor pool, splash pad, and playground
- Free parent/child swim lessons for family membership types



Financial Assistance

Ask about our Membership For All program, offering financial assistance on membership & programs.

Policies & Pricing

- No annual commitments
- Cancel online or in person at anytime
- To view pricing and find the membership type that works for you, go to attleboroymca.org/membership or scan the QR code above



AQUATICS

SWIM LESSONS & OFFERINGS



		Monthly Rate
SWIM STARTERS (PARENT/CHILD) 0 - 3 YEARS	Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence	STAGE A Water Discovery (4mo-1 year)
		STAGE B Water Exploration (1-3 years)
		FREE /family members \$65/youth member \$109/nonmember
SWIM BASICS (PRESCHOOL) 3 - 5 YEARS	Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: <ul style="list-style-type: none"> Swim, float, swim sequencing front glide, roll, back float, roll, front glide, and exit 	STAGE 1 Water Acclimation (Preschool)
		STAGE 2 Water Movement (Preschool)
		STAGE 3 Water Stamina (Preschool)
		STAGE 4 Stroke Introduction (Preschool)
		\$65/member \$109/nonmember
SWIM BASICS (YOUTH) 6 - 12 YEARS	Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: <ul style="list-style-type: none"> Swim, float, swim sequencing front glide, roll, back float, roll, front glide, and exit 	STAGE 1 Water Acclimation (Youth)
		STAGE 2 Water Movement (Youth)
		STAGE 3 Water Stamina (Youth)
		\$65/member \$109/nonmember
SWIM STROKES 6 - 12 YEARS	Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.	STAGE 4 Stroke Introduction
		STAGE 5 Stroke Development
		STAGE 6 Stroke Mechanics
		\$65/member \$109/nonmember
ADULT & SENIOR SWIM LESSONS	Its never too late to learn to swim or improve technique. The Y offers adult and senior lessons for all ages and levels	ADULT BEGINNER
		ADULT INTERMEDIATE
		\$65/member \$109/nonmember
PRIVATE & SEMI-PRIVATE SWIM LESSONS AGES 3 - ADULT	Learn to swim in a small group or on your own with private or semi-private lessons	PRIVATE (1 ON 1)
		SEMI-PRIVATE (2-3 ON 1)
		1 LESSON (PRIVATE): \$35/member \$50/nonmember 1 LESSON (SEMI): \$25/member \$35/nonmember Package deals available.
MASTERS SWIM	This diverse group includes novice lap swimmers refining their skills and veteran swimmers seeking challenging workouts. Practices emphasize proper stroke technique for efficiency and endurance training to enhance aerobic capacity.	MONDAYS AT 6:00 PM
		FREE /member \$30/nonmember

VIEW THE SWIM LESSON SUMMER SCHEDULE ON NEXT PAGE.



	Parent/Child (Ages 0-3)		Preschool Classes (Ages 3-5)				Youth Classes (6-12)						Teen	Adult			
	Swim Starters		Transition	Swim Basics (1-3) & Swim Strokes (4)				Swim Basics (1-3) & Swim Strokes (4-6)						Aquatic Condi.	13-17yo	Beg.	Int.
	A	B	PC to 1	1	2	3	4	1	2	3	4	5	6			1/2/3	4/5/6
Sunday 9:00-9:40	★			★	★	★											
Sunday 9:45-10:25		★						★	★	★	★						
Sunday 10:30-11:10	★			★	★	★	★										
Sunday 11:15-11:55									★	★	★	★	★				
Tuesday 4:30-5:10		★						★	★	★	★						
Tuesday 5:15-5:55			★	★	★	★	★										
Tuesday 6:00-6:40												★	★	★		★	
Tuesday 6:45-7:25															★		
Wednesday 9:45-10:25		★		★	★	★											
Wednesday 5:00-5:40	★			★	★	★											
Wednesday 5:45-6:25								★	★	★	★						
Wednesday 6:30-7:10				★	★	★											
Wednesday 7:15-7:55													★	★			★
Saturday 9:00-9:40	★			★	★	★	★							★			
Saturday 9:45-10:25		★						★	★	★	★	★					
Saturday 10:30-11:10			★	★	★	★											
Saturday 11:15-11:55									★	★	★		★				

YOUTH SPORTS

Our youth sports programs are built on a foundation of fun while developing essential skills, teamwork, and confidence. Through a supportive and engaging environment, participants grow both on and off the field, fostering a lifelong love of sports and healthy activity.

CHAMPS: PRESCHOOL & YOUTH

WEDNESDAYS

Ages: 3-5 | 5:30-6:00 PM

DOWNTOWN - AUGAT GYM

DANCE: CREATIVE MOVEMENT

SATURDAYS

Ages: 3-5 | 9:00-9:30 AM

DOWNTOWN BRANCH - Mind Body Studio

FLOOR HOCKEY

MONDAYS

Ages: 6 - 12 | 6:00-16:45 AM

DOWNTOWN BRANCH - Augat Gym

JAGUARS: TRACK & FIELD

TUESDAYS

Ages: 6 - 12 | 5:30-6:30 PM

PLEASANT STREET BRANCH

YOUTH BASKETBALL LEAGUE

DIVISION I (Grades K-1st)

SATURDAYS

8:30-9:30 AM

DOWNTOWN - AUGAT GYM

DIVISION II (Grades 2nd - 3rd)

SATURDAYS

9:45-10:45 AM

DOWNTOWN - AUGAT GYM

DIVISION III (Grades 4th-5th)

SATURDAYS

11:00-12:00 PM

DOWNTOWN - AUGAT GYM

SIGN UP NOW!



ADULT SPORTS

BASKETBALL LEAGUES

MENS 21+ LEAGUE

6/4/2026-8/6/2026

Thursdays 6:00-9:00 PM

MENS 35+ LEAGUE

6/3/2026-8/5/2026

Wednesdays 6:00-9:00 PM

Join as team or free agent

5v5 games, playoffs, championship, referees

DOWNTOWN - AUGAT GYM

INDOOR FUTSOL

OPEN PLAY

Tuesdays & Thursdays

12:00 PM - 1:00 PM

Free for members

Day pass purchase for nonmembers (\$15)

No registration required!

DOWNTOWN - AUGAT GYM

PICKLEBALL LEAGUES & MORE

OPEN PLAY

VARIOUS DAYS AND TIMES

MORNING, MIDDAY & EVENING OPTIONS

DOWNTOWN - AUGAT GYM

VIEW SCHEDULE AT:

ATTLEBOROYMCA.ORG/SCHEDULES

BEGINNER INSTRUCTIONAL WORKSHOPS

Tues. 5:00 - 6:30 PM

DOWNTOWN - AUGAT GYM

SUMMER OUTDOOR SOCIAL LEAGUE

07/06/2026 - 08/24/2026

Mon. 5:15 PM - 7:00 PM

NORTON OUTDOOR CENTER

ADULT AND SENIOR SWIM LESSONS

ONGOING - MONTHLY REGISTRATION

VARIOUS DAYS AND TIMES

SIGN UP NOW!



ENRICHMENT & FAMILY PROGRAMS

FAMILY MEMBERSHIP PERK PROGRAMS

Free with family or single-adult family membership types. Use code FAM26 at checkout.

BOUNCE 'N' PLAY

- Bounce house, toys and open play
- Tuesdays @ 9:30 - 10:30 AM
- Best for ages 0-5
- Downtown Branch

STORY TIME

- Fun and engaging story time with an interactive activity
- Wednesdays @ 10:00 - 11:00 AM
- Best for ages 1-4 years old
- Downtown Branch

PARENT/CHILD SWIM LESSONS

- Various days and times
- Ages 0-3 years old
- Downtown Branch
- \$65/youth members | \$109/nonmembers



FAMILY FUN NIGHTS

- Upcoming Dates:
 - May 22nd, 2026 | 5:30 - 7:00 PM
 - June 26, 2026 | 5:30 - 7:00 PM
 - July 26th, 2026 | 5:30 - 7:00 PM
- Free for all members. Non-members must buy day pass to participate (\$20/family)
- Downtown Branch

KIDS NIGHT OUT

- Upcoming Session:
 - June 19, 2026 | 4:30 - 7:30 PM
 - July 17, 2026 | 4:30 - 7:30 PM
 - August 28, 2026 | 4:30 - 7:30 PM
- Downtown Branch
- **Members Only** | \$20 per child | \$50 for families with 3 or more children
- Ages 5-12

POOL PARTIES

- Upcoming Party
 - June 12, 2026 | 6:00 PM
 - July 24, 2026 | 6:00 PM
 - August 14, 2026 | 6:00 PM
- Downtown Branch
- *Sign up required | Free for members | \$20/family for nonmembers

ENRICHMENT & FAMILY PROGRAMS

CONTINUED

GIGGLES & GOALS

- Guided activities, toys and open play
- Wednesdays @ 5:30 - 6:00 PM
- Best for ages 1-3
- Downtown Branch | Augat Gym

FAMILY YOGA

- Introduce mindfulness and yoga with this instructor led, family friendly, yoga class
- Tuesdays @ 5:30 - 6:10 PM
- Ages 2-5 years old
- Downtown Branch | Family Enrichment Play Room

FAMILY ENRICHMENT PLAY ROOM HOURS

We are excited to start offering open play time to families in our new play room!

- Monday | 9:00 AM - 11:30 AM
- Thursday | 9:00 AM - 11:30 AM
- Saturday 9:00 AM - 11:30 AM
- Sunday | 9:00 AM - 11:30 AM
- Purchase open play passes at the Welcome Center
 - Members \$5 per day | \$25 for a one-month pass
 - Non Members \$10 per day | \$40 for a one-month pass



SIGN UP NOW!



HEALTH & WELLNESS OFFERINGS



Chronic Disease Programs

Committed to promoting healthy living for all, the Y offers a variety of programs for those who suffer from or are at risk for developing specific chronic diseases.

LIVESTRONG at the YMCA

This 12-week program for adult cancer survivors meets twice a week. The YMCA wellness coaches are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

This program is fully funded by generous donors to our Annual Campaign and is provided at no cost for cancer survivors. Participants are also granted a 12-week YMCA membership during the program. Space is limited!

Parkinson's Disease in Motion

Whether newly diagnosed or in later stages, participants can join evidence-based classes to improve mobility, strength, balance, and overall quality of life. With daytime and evening sessions, the program is accessible to all schedules.

Led by trained professionals, PD in Motion offers a safe, supportive space to build confidence, maintain independence, and connect with others. More than exercise, it's a pathway to improved well-being, social connection, and renewed possibility for those living with Parkinson's.

Personal Training

At the Y, personal training is all about YOU. Our certified trainers create customized plans tailored to your goals, fitness level, and lifestyle. Whether you're looking to build strength, lose weight, or improve overall health, we'll guide and motivate you every step of the way.

PERSONAL TRAINING

30 MINUTE SESSIONS

INDIVIDUAL SESSIONS

1 SESSION: \$40 MEMBER/\$60 NON-MEMBER
4 SESSIONS: \$155 MEMBER/\$232 NON-MEMBER

MONTHLY SESSIONS

1 SESSION PER WEEK: \$155 MEMBER/\$232 NON-MEMBER
2 SESSIONS PER WEEK: \$310 MEMBER/\$465 NON-MEMBER
3 SESSIONS PER WEEK: \$465 MEMBER/\$697 NON-MEMBER

45 MINUTE SESSIONS

INDIVIDUAL SESSIONS

1 SESSION: \$55 MEMBER/\$83 NON-MEMBER
4 SESSIONS: \$215 MEMBER/\$322 NON-MEMBER

MONTHLY SESSIONS

1 SESSION PER WEEK: \$215 MEMBER/\$322 NON-MEMBER
2 SESSIONS PER WEEK: \$425 MEMBER/\$645 NON-MEMBER
3 SESSIONS PER WEEK: \$635 MEMBER/\$952 NON-MEMBER

BUDDY TRAINING

30 MINUTE SESSIONS

INDIVIDUAL SESSIONS

1 SESSION: \$20 MEMBER/\$30 NON-MEMBER
4 SESSIONS: \$75 MEMBER/\$113 NON-MEMBER

MONTHLY SESSIONS

1 TIME PER MONTH: \$75 MEMBER/\$113 NON-MEMBER
2 TIMES PER WEEK: \$150 MEMBER/\$225 NON-MEMBER

45 MINUTE SESSIONS

INDIVIDUAL SESSIONS

1 SESSION: \$27 MEMBER/\$41 NON-MEMBER
4 SESSIONS: \$108 MEMBER/\$162 NON-MEMBER

MONTHLY SESSIONS

1 TIME A WEEK: \$105 MEMBER/\$158 NON-MEMBER
2 TIMES A WEEK: \$210 MEMBER/\$315 NON-MEMBER

PERSONAL WELLNESS OFFERINGS

Personal Training

30 min. 1 session \$40(Member)/\$60(Non)
45 min. 1 session \$55(Member)/\$83 (Non)

Visit attleboroyymca.org/personal-training for information on bulk pricing for weekly and monthly sessions.

Buddy Training

30 min. 1 session \$20(Member)/\$30(Non)
45 min. 1 session \$27(Member)/\$41(Non)

Visit attleboroyymca.org/personal-training for information on bulk pricing for weekly and monthly sessions.

Assisted Stretch

One-on-one guided stretch sessions to improve flexibility, mobility, and reduce tension.

Rates: 30 min - \$30(Member)/\$45 (Non)
4 sessions-\$110 (Member)/\$165 (Non)

Wellness Coaching

The 6-week small group wellness coaching program focuses on fostering lasting change through mindset shifts, with each session addressing a unique theme for overall well-being and personal growth.

Rates: \$125 (Member)/\$175 (Non)

Massage Therapy

Professional therapeutic massage provided by YMCA's licensed massage therapist.

Rates: \$70 (Member) / \$105 (Non)

Small Group Training

Perfect for all fitness levels, these sessions offer targeted workouts, motivation, and accountability to help you stay on track and have fun along the way. We have several different Small Group Training options. Explore online!

Myofascial Release

Targeted pressure therapy to relieve muscle tension, improve motion, and posture. Ask for a free 10-minute trial!
Rates: 30 min - \$30 (Member)/ \$45 (Non)

Nutrition Consultation

For weight loss, healthier eating, or chronic disease risk reduction, our Nutritionist will help create a personalized plan for you.
Rates: 60 min - \$75 (Member) / \$110 (Non)



EVENTS & HAPPENINGS



FINBERG FAMILY 5K

- Run, walk, and bring your friends
- June 6 | 8:00 AM Start
- Norton Outdoor Center
- \$25/person



CAMPFIRE ACROSS AMERICA

- Campfire, s'mores, and yard games
- Wednesday, July 22, 2026 | 6:00 PM
- Norton Outdoor Center
- Free & open to the community



CAMP CARNIVAL FUNDRAISER

- Carnival games, contests, and water slide!
- Wednesday, July 15, 2026 | 5:00-7:00pm
- Norton Outdoor Center
- Free & open to the community (game tickets & food purchases available onsite)



FAMILY TREE MUSIC EVENT

- Enjoy a night of music, burgers, hot dogs, & refreshments.
- Saturday, August 22, 2026 | 6:00 PM
- Norton Outdoor Center
- \$25/individual | \$40/family



SUMMER CAMPS

Our camps provide a welcoming environment where kids can make new friends, discover talents, and explore new possibilities. While fun is the goal, all of our camp staff receive training on how to ensure the safety of all kids in our camps.

CAMP FINBERG

Adventure, Fun, and Friendship!

Our camps provide a welcoming environment where kids can make new friends, discover talents, and explore new possibilities.

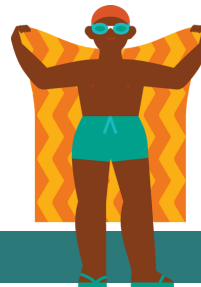
- Ages 3-13
- Norton Outdoor Center



SUMMER SWIM TECHNIQUE AND SKILL-BUILDING CLINIC

This unique clinic is designed for swimmers ages 6+ who are Stage 6 or higher or currently on a swim team. Swimmers will focus on technique through dry land training, pool work, and personalized instruction.

- 10:00 AM - 1:00 PM
- Downtown Branch
- July 6-10 or August 10-14

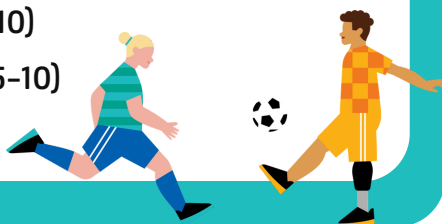


DOWNTOWN SPORTS CLINICS

Take your game to the next level at the YMCA Sports Clinics! Designed for players of all skill levels, this fun and engaging program teaches the fundamentals of various sports in a positive, team-focused environment.

- 9:00 AM - 12:00 PM
- Downtown Branch

Summer Sports Clinics:
June 22-26 (Ages 4-5)
July 20-24 (Ages 5-10)
August 17-21 (Ages 5-10)



PROGRAM REGISTRATION & POLICIES

SUMMER 2026 SESSION DATES

July 5 – September 5, 2026

Registration begins June 1, 2026

BEFORE YOU REGISTER

If this is your first time registering for any Attleboro Norton YMCA program, please visit attleboroymca.org and click “LOGIN” from the top navigation to set up an account or login to an existing account. If you would like to register over the phone, you must create an account online or in person at our Welcome Center prior to being able to sign up for a program over the phone.

ONLINE REGISTRATION

To register online, please visit attleboroymca.org and click “LOGIN” or explore on the menu navigation located along the top of our website to find a program that is right for you.

FINANCIAL ASSISTANCE

To ensure that our programs and services are accessible to everyone, the Attleboro Norton Y offers the “Membership for All” program. This income-based membership rate scale welcomes all individuals and families to become active members of the Y and participate in programs, no matter what their financial circumstances may be.

Visit our website for more information and to see if you may qualify:
<https://attleboroymca.org/financial-assistance/>

STAY INFORMED

SOCIAL MEDIA

Like us on Facebook or follow us on Instagram to stay in tune with what is going on around the Y, see some familiar faces, get building updates, and more.

MOBILE APP

Download our smartphone app called “Attleboro Norton YMCA” to scan in virtually, check Group Exercise, Pool & Gym Schedules, track workouts, participate in challenges, and more!

EMAIL

An email can be provided to us on your membership application. You can also add or update it with our Welcome Center at anytime or on your personal YMCA account through our website.

PROGRAM REGISTRATION & POLICIES

PROGRAM BILLING, CANCELLATIONS, & REFUNDS

Most of our programs run on a continuous basis with monthly billing. When you register, you will pay for your first month of the program. Going forward, you will be billed automatically on the 5th of each month for the next month of programs. For session based programming that requires a one-time payment, you must pay in full before participating in the program.

If you no longer want to participate in a program, you must inform us in writing at least 5 days before the due date of the payment. If notified prior to 5 days before the start of the program, a YMCA credit or full refund will be issued for the amount of the program.

Only the Program Director of the department can issue credits/refunds. Make up classes are not available for classes missed by the participant to due personal conflicts.

LATE REGISTRATION & PRORATING

If a participant wants to register for a session that has already begun, please reach out to the Program Director for prorated fee options.

CANCELLED PROGRAMS OR CLASSES

The YMCA may cancel a class due to unforeseen events, i.e. safety concerns, weather, building closures, etc. The YMCA will make every effort to make up the cancelled class, the event a class cannot be made up, there will be no refund.

INCLEMENT WEATHER

In the event of inclement weather, the facility may close or the pool may not be accessible. Facility closures or class cancellations will be communicated through email and through our mobile app.

WAITLIST

If a program is full, you may request to be placed on the waitlist. You will make no payments until accepted into the program. The Program Director will inform you of your acceptance into the program, so be sure we have your correct contact info.

CHILD SUPERVISION

Children under the age of 12 must be accompanied by an adult at all times while on YMCA property.



SOMETHING FOR EVERYONE.