

ATTLEBORO NORTON YMCA

FALL INTO FUN AT THE Y.



FALL 2026
PROGRAM GUIDE





BETTER TOGETHER

MEMBERSHIP

SWIM LESSONS

YOUTH SPORTS

ADULT SPORTS

YOUTH ENRICHMENT

HEALTH & WELLNESS

PERSONAL WELLNESS

EVENTS

SCHOOL'S OUT

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, tournaments, 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 and other programs 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		FREE/family members \$65/youth member \$109/nonmember
		STAGE A Water Discovery (4mo–1 year)	
		STAGE B Water Exploration (1–3 years)	
SWIM BASICS (PRESCHOOL) 3 – 5 YEARS	Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: - Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit	STAGE 1 Water Acclimation (Preschool)	\$65/member \$109/nonmember
		STAGE 2 Water Movement (Preschool)	
		STAGE 3 Water Stamina (Preschool)	
		STAGE 4 Stroke Introduction (Preschool)	
SWIM BASICS (YOUTH) 6 – 12 YEARS	Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: - Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit	STAGE 1 Water Acclimation (Youth)	\$65/member \$109/nonmember
		STAGE 2 Water Movement (Youth)	
		STAGE 3 Water Stamina (Youth)	
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.		\$65/member \$109/nonmember
		STAGE 4 Stroke Introduction	
		STAGE 5 Stroke Development	
		STAGE 6 Stroke Mechanics	
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 (Stage 1 &2)	\$65/member \$109/nonmember
		ADULT INTERMEDIATE (Stages 3&4)	
		ADULT ADVANCED (Stages 5&6) *NEW*	
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		1 LESSON (PRIVATE): \$35/member \$50/nonmember 1 LESSON (SEMI): \$25/member \$35/nonmember Package deals available.
		PRIVATE (1 ON 1)	
		SEMI-PRIVATE (2–3 ON 1)	
ARTISTIC SWIM TEAM AGES 6 – 18	Looking for a fun and creative way to stay involved with swimming? Join the Y’s artistic swimming program! Perfect for both boys and girls who love swimming, dancing, or gymnastics!	TUE 6:00–8:30 PM – Downtown Branch	3 days/week – \$175 2 days/week – \$150 1 day/week – \$110
		THURS 6:00–8:30 PM – Downtown Branch	
		SUN 3:00–5:30 PM – Wheaton College	

VIEW THE SWIM LESSON FALL SCHEDULE ON NEXT PAGE.

[illegible]

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 BRANCH - AUGAT GYM

DANCE: CREATIVE MOVEMENT

SATURDAYS

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

DOWNTOWN BRANCH - MIND BODY STUDIO

NHL STREET HOCKEY LEAGUE

MONDAYS | SEPT 14 - DEC 14

Ages: 5 - 7 | 5:00 - 5:45 PM

Ages: 8 - 10 | 6:00 - 6:45 PM

DOWNTOWN BRANCH - AUGAT GYM

JAGUARS TRACK PROGRAM

TUESDAYS | YEAR-ROUND

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

PLEASANT STREET BRANCH - TRACK

FLAG FOOTBALL

SATURDAYS | SEPT - NOV

Ages: 6-8 | 8:30 - 9:30 AM

Ages: 9-12 | 9:30 - 10:30 AM

PLEASANT STREET BRANCH - FIELD

SOCCER

SATURDAYS | SEPT - NOV

Ages: 5-7 | 8:30 - 9:30 AM

Ages: 8-11 | 9:30 - 10:30 AM

PLEASANT STREET BRANCH - FIELD

YOUTH BASKETBALL SKILLS & DRILLS

DIVISION I (Ages 5-7)

SATURDAYS | SEPT - NOV

8:30 - 9:30 AM

DOWNTOWN BRANCH - AUGAT GYM

DIVISION II (Ages 8-10)

SATURDAYS | SEPT - NOV

9:45 - 10:45 AM

DOWNTOWN BRANCH - AUGAT GYM

DIVISION III (Ages 11-12)

SATURDAYS | SEPT - NOV

11:00 - 12:00 PM

DOWNTOWN BRANCH - AUGAT GYM

GOLF & GAMES

MONDAYS | SEPT 14 - OCT 26

Ages: 9-12 | 4:30-6:00 PM

PLEASANT STREET BRANCH - FIELD

ARCHERY

SATURDAYS | SEPT - OCT

Ages: 6-12 | 10:00-11:00 AM

NORTON OUTDOOR CENTER - ARCHERY

Y-KNOT ADVENTURES

SATURDAYS | SEPT - OCT

Ages: 6-12 | 10:30-11:30 AM

NORTON OUTDOOR CENTER - ROPES COURSE



ADULT SPORTS



BASKETBALL LEAGUES

MENS 18+ LEAGUE

9/17/2026-12/10/2026

Thursdays 6:00-9:00 PM

MENS 35+ LEAGUE

9/16/2026-12/9/2026

Wednesdays 6:00-9:00 PM

*Games may run as late as 10:00 PM at times.

Join as team or free agent

5v5 games, playoffs, championship, referees

DOWNTOWN BRANCH - FULLER 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 BRANCH - AUGAT GYM

MASTERS SWIM PROGRAM

MONDAYS 6:00-7:00 PM

DOWNTOWN BRANCH - SWEET POOL

PICKLEBALL LEAGUES & MORE

BEGINNER INSTRUCTIONAL WORKSHOPS

Tues. 5:15 - 6:45 PM

DOWNTOWN BRANCH - AUGAT GYM

FALL SOCIAL LEAGUE - INTERMEDIATE

09/17/2026 - 10/29/2026 OR

11/5/2026 - 12/17/2026

Thurs. 5:15 PM - 7:00 PM

DOWNTOWN BRANCH - AUGAT GYM

FALL SOCIAL LEAGUE - INTERMEDIATE

09/17/2026 - 10/29/2026 OR

11/5/2026 - 12/17/2026

Thurs. 7:15 PM - 9:00 PM

DOWNTOWN BRANCH - AUGAT GYM

WOMEN'S SOCIAL LEAGUE

09/17/2026 - 10/29/2026

Wed. 7:00 PM - 9:00 PM

DOWNTOWN BRANCH - AUGAT GYM

ADULT DOUBLES TOURNAMENT

10/25/2026

SUN. 8:00 AM - 1:00 PM

Advance Competitive (3.5+) Men Only

Advance Competitive (3.5+) Women Only

Competitive (3.0-3.5) Men Only Doubles

Competitive (3.0-3.5) Women Only Doubles

DOWNTOWN BRANCH - AUGAT GYM

SENIOR SCRAMBLE TOURNAMENT

THURS. 11/5/2026

8:00 - 10:30 AM

DOWNTOWN BRANCH - AUGAT GYM

BASKETBALL TOURNAMENTS & CONTESTS

3 point Contest

September 5 | 9:00 - 11:00 AM

King of the Court Tournament

September 5 | 11:00 AM - 1:00 PM

3v3 Tournament

September 12 | 9:00 AM

AGES
18+



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

Ages: 0-5

Downtown Branch

STORY TIME

Fun and engaging story time with an interactive activity

Wednesdays @ 10:00 - 11:00 AM

Ages: 0-5 years old

Downtown Branch

PARENT/CHILD SWIM LESSONS

Various days and times

Ages: 0-3 years old

Downtown Branch

FAMILY EVENTS

FAMILY TRIVIA NIGHT

Friday, Sept 18 | 5:00-7:00PM

Open to all ages

Members \$10/family, nonmembers \$20/family

DOWNTOWN BRANCH - ROOFTOP

FAMILY FUN NIGHTS (MONTHLY)

September 25, 2026 | 6:00 - 8:00 PM

October 23, 2026 | 6:00 - 8:00 PM

November 20, 2026 | 6:00 - 8:00 PM

December 18, 2026 | 6:00 - 8:00 PM

Open to all ages

Free for members | Nonmembers: \$20/family

DOWNTOWN BRANCH - POOL & AUGAT GYM

DROP & SHOP - BLACK FRIDAY

Friday, November 27 | 11:00 AM - 3:00 PM

Ages: 4-12

Members Only | \$20 per child | \$50 (3+ children)

DOWNTOWN BRANCH - CHILD WATCH

No programming on Indigenous Peoples' Day (Monday, October 12th) in observation of the holiday.



ENRICHMENT & CONTINUED FAMILY PROGRAMS

GIGGLES & GOALS

Guided activities, toys and open play

WEDNESDAYS

Ages: 1-3 | 5:30 - 6:00 PM

DOWNTOWN BRANCH - AUGAT GYM

FAMILY YOGA

Introduce mindfulness and yoga with this instructor led, family friendly, yoga class

TUESDAYS

Ages: 2-5 | 5:30 - 6:10 PM

DOWNTOWN BRANCH - PLAY ROOM

TODDLER TUMBLING

Guided activities, toys and open play

FRIDAYS

Ages: 2-5 | 9:30-10:30 AM

DOWNTOWN BRANCH - AUGAT GYM

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
- 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



BIRTHDAY PARTIES AT THE Y!

Bounce House | Sports | Pool | Arts&Crafts

HEALTH & WELLNESS OFFERINGS



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.

FULL BODY W/ LISA H.

Mon & Wed 9:00–9:45 AM
8 or 16 week sessions

SMALL GROUP W/ NICOLE S.

Wed & Fri 7:00–7:45 AM
8-week sessions

CORE RECOVERY

Fri | 10:30–11:15 AM
8-week sessions

CORE FOUNDATIONS

Thurs | 10:00–10:45 AM
8-week sessions

SENIOR AQUA SMALL GROUP

Wed | 10:00–10:45 AM
Monthly Registration

SMALL GROUP FOR SENIORS

Wed | 10:00–10:45 AM
Monthly registration

TAKING SHAPE CHALLENGE

Various days, times, and trainers to choose from | 12 Week Sessions

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.

30 min sessions

1 session: \$30(Member)/\$45 (Non)

4 sessions: \$110 (Member)/\$165 (Non)

MYOFASCIAL RELEASE

Targeted pressure therapy to relieve muscle tension, improve motion, and posture. Ask for a free 10-minute trial!

30 min sessions

\$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.

60 min | \$75 (Member) / \$110 (Non)

MASSAGE THERAPY

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

\$70 (Member) / \$105 (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.

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

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 or health conditions.

► LIVESTRONG at the YMCA

This 12-week program for adult **cancer survivors** meets twice a week. Participants are also granted a 12-week YMCA membership during the program.

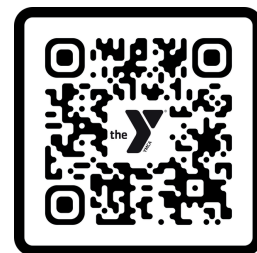
► Parkinson's Disease in Motion

Whether **newly diagnosed or in later stages**, participants can join evidence-based classes to improve mobility, strength, balance, and overall quality of life.

► Cardiac Comeback

This 12-week **post cardiac rehab program** is designed for individuals looking to continue building cardiovascular endurance, muscular strength, and overall wellness in a supportive environment.

LEARN MORE



EVENTS & HAPPENINGS



PUPPY PLUNGE

Help us close out summer with a day dedicated to our pups!

September 20, 2026 | 10:00 - 11:00 AM

Norton Outdoor Center

Free | Sign up required



YOGA FUNDRAISER EXPLORE. RESTORE. RENEW.

3 - 30 minute yoga sessions &

1 - 45 minute sound bath therapy

September 20, 2026 | 3:30 - 6:00 PM

Downtown Branch

\$20/person



SWIM WITH PUMPKINS

A splash-tastic night of fun with inflatable pumpkins filling the pool!

October 23, 2026

Downtown Branch | Balfour Pool

Free /members | \$20/nonmembers



TRUNK OR TREAT

Decorated trunks with sweet treats, hay ride, and other spooky surprises!

October 30th, 2026 | 6:00 - 8:00 PM

Norton Outdoor Center

Free & open to the community



INDOOR TRIATHLON

Beginner-friendly triathlon using an indoor pool, indoor track, and stationary bikes. Children & families are welcome!

November 8, 2026 | 7:30 - 10:00 AM

Pleasant Street Branch

Individual (\$10) or relay style (\$20)



GOBBLE WOBBLE 5K

Thursday, November 26, 2026 | 8:00 AM Start

Pleasant Street Branch

\$30/individual before Nov 1

\$35/individual Nov 1 - Nov 26



SCHOOL'S OUT



When school is out, the fun is on at the Attleboro Norton YMCA! Our Holiday & School Vacation Programs keep kids ages 5–12 active, engaged, and having fun all year long. Each vacation day features exciting themes, hands-on activities, games, and opportunities to make new friends, all while led by our caring, experienced staff.

INDIGENOUS PEOPLES' DAY

Monday, October 12th

Downtown Branch

Half Day Sports Clinic | 9:00 AM – 12:00 PM

Pleasant Street Branch

Full day | 8:00 AM – 5:00 PM

Norton Outdoor Center

Full day | 8:00 AM – 5:00 PM



VETERANS DAY

Wednesday, November 11th

Downtown Branch

Half Day Sports Clinic | 9:00 AM – 12:00 PM

Pleasant Street Branch

Full day | 8:00 AM – 5:00 PM

Norton Outdoor Center

Full day | 8:00 AM – 5:00 PM



THANKSGIVING BREAK

Wednesday, November 25th

Downtown Branch

Half Day Sports Clinic | 9:00 AM – 12:00 PM

Pleasant Street Branch

Full day | 8:00 AM – 5:00 PM

Friday, November 27th

Pleasant Street Branch

Full day | 8:00 AM – 5:00 PM



PROGRAM REGISTRATION & POLICIES

FALL 2026 SESSION DATES

SEPTEMBER 13 – DECEMBER 19, 2026

Registration begins August 1, 2026

BEFORE YOU REGISTER

If this is your first time registering for any Attleboro Norton YMCA program, please visit attleboroyymca.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 attleboroyymca.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://attleboroyymca.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 your email with our Welcome Center or on your personal YMCA account through our website or mobile app.

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.

CHILD PROTECTION

Please visit our website at www.attleboroymca.org/childprotection to read our full Child Protection policy that all Attleboro Norton YMCA staff members adhere to.



SOMETHING FOR EVERYONE.