



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**STRENGTHENING LIVES  
STRENGTHENING COMMUNITY  
MAKING THE YMCA  
THE BEST PART OF YOUR DAY**

**Spring 2012  
YMCA of Central Massachusetts  
Boroughs Family Branch**



**Spring 1: February 27, 2012 through April 15, 2012 — 7 Week Session  
Spring 2: April 23, 2012 through June 17, 2012 — 8 Week Session**

# INDEX

Programs for children 1-6.....	pg 3-7
Programs for children 6-12.....	pg 8-12
Childcare.....	pg 13
Before & After School Care.....	pg 14
YMCA School Vacation Camps.....	pg 15
Programs for Teens.....	pg 16-17
Personal Training.....	pg 18
Programs for Adults 18+.....	pg 19-21
Adventures in Fitness.....	pg 22
Programs for Active Older Adults.....	pg 23
Registration Information.....	pg 24
Registration Forms.....	pg 25-26
Helpful Hints.....	pg 27-28

## Staff Directory

508.870.1320

[www.ymcaofcm.org](http://www.ymcaofcm.org)

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Elnaz Bashirzadeh, Business Director/Welcoming Center Director, Ext. 330

Lori Bastien, Executive Director, Ext. 230

Chris Brennock, Youth Development Director, Ext. 316

Tom Coty, Facilities Director, Ext. 225

Christie D'Amico, Early Childhood Director, Ext. 220

Erin Demand, Assistant Director of Westborough Childcare, Ext. 243

Joanna Derzius, Administrative Assistant, Ext. 215

Beth Gailor, Beginning Years Family Network, 508-865-5920

Kristen Luna, Wellness Coordinator, Ext. 241

Ken McArthur, Facilities Coordinator, Ext. 225

Marianne McCullough, Trinity Childcare Director, 508-393-3555

Betsy Moquin, Membership & Community Relations Director, Ext. 239

Nichole Olson, Senior Director of Childcare & School Age Programs

Cassie Parys, Aquatics Director, Ext. 300

Christine Salovardos, Wellness Director, Ext. 290

Alex Turek, Associate Executive Director, Ext. 340

Amy Wexler, Aquatics Coordinator, Ext. 218





## HOURS OF OPERATION

MONDAY-FRIDAY.....5:30 AM-10:00 PM

SATURDAY.....7:00 AM-9:00 PM\*

\*Memorial Day Weekend through  
Labor Day Weekend

Saturday 7:00 AM-7:00 PM

SUNDAY.....8:00 AM-7:00 PM

### Closings

Sunday, April 8-YMCA Closed

Monday, May 28-YMCA Closed

At the Boroughs YMCA, serving the **community is our priority**. Our dedicated staff strive to go above and beyond each day to make our **YMCA the Best Part of Your Day!**

Here is just one story of how the work we do each day puts our YMCA mission into action.

### YOUTH DEVELOPMENT

This story comes to us from Beth Gailor, the Director of Beginning Years Family Network: "Paul is 4-years-old and comes to BYFN in his wheelchair, as he can't walk and is visually impaired. He has been diagnosed with cerebral palsy, which there is no cure for. Paul attends a play & learn group with his younger brother and his mom. He loves to army crawl very quickly all over the playroom, and his mom helps him with crafts as he sits at the art table with his friends. He has a good friend at playgroup, Chase, who waits for Paul to arrive each Friday. They sit next to each other during snack and story time with twelve other friends. His mom says she really appreciates playgroup for Paul because it's safe, he's accepted by everyone and he has friends. We all clapped for Paul last week when he said, 'Bye!' for the first time at playgroup as he was leaving. He gave us the biggest smile! Recently Paul's friend Chase had his tonsils out. When the nurse was wheeling him out of the hospital in a wheelchair he said to his mom in a hoarse voice, 'I can't wait to tell Paul that I got to ride in a wheelchair like him.'" Stories like this remind us how important the Y can be in the life of a child, and how the smallest acts can make such a big difference.

# YOUTH DEVELOPMENT

## Bitsy Sports (2-3 years)

Children, come have fun trying a few of the sports you've seen bigger kids play, including soccer, t-ball, track & field. Teamwork, confidence building and lots of fun running games will be featured, so pull on your sneakers and bring a smile!

**Parent participation required.**

Monday 10:20-11:05am

Spring 1/Spring 2

\$54/\$62 Family Member

\$64/\$72 Preschool Member

## Wiggle, Giggle & Sing (1-2 years)

Games, songs, and more! Wiggle through twisting tunnels, hop on a trampoline, run, jump, tumble, sing & meet new friends. Focus on simple tasks and master new skills, including communications, imitation and following simple directions. Experience the fun... bring out the best in your child. **Parent participation required.**

Friday 9:30-10:15am

Spring 1/Spring 2

\$54/\$62 Family Member

\$64/\$72 Preschool Member

## Toddler Time (2 years)

Toddlers will discover the joy of learning as they sing songs, listen to stories, paint, climb, run, make new friends and just have fun. Once children are comfortable, parents may enjoy having some time of their own.

Thursday 9:15-10:00am

Spring 1/Spring 2

\$54/\$62 Family Member

\$64/\$72 Preschool Member



## Intro to Dance (2.5-3 years)

Come leap, twirl and dream! Your child will have a ball in this introductory dance class. Your inner dancer awaits!

Saturday 9:45-10:15am

Spring 1/Spring 2

\$37/\$42 Family Member

\$47/\$52 Preschool Member

## Ballet (3-5 years)

Explore ballet through creative movement using ribbons and scarves. Build self-confidence, positive body image, coordination and balance. Come dance!

Monday 4:30-5:00pm

Spring 1/Spring 2

\$37/\$42 Family Member

\$47/\$52 Preschool Member

## SOAR Karate (4-7 years)

Beginner karate class for children with mild to moderate special needs. Smaller class size will allow children to focus on basic martial arts skills including balance and coordination.

Saturday 11:30-11:55am

Spring 1/Spring 2

\$37/\$42 Family Member

\$47/\$54 Preschool Member

\$62/\$71 Non-Member

## Nuts for Nature (3-6 years)

Join us on a nature adventure, hiking, exploring, and learning about wildlife, plants and flowers. Discover life in the forest and among the rocks while observing wildlife in its own habitat. Children should wear sneakers and bring a light jacket. **Spring 2 only.**

Thursday 12:30-1:15pm

**Spring 2 Only**

\$62 Family Member

\$72 Preschool Member

# YOUTH DEVELOPMENT

## Parent & Child Swim (6-36 months)

Introduces and acclimates infants and toddlers to a fun and safe aquatic environment while allowing them to discover basic swimming skills through the use of songs and games.

### Shrimp (6-18 months)

Monday 10:45-11:15am  
Thursday 10:45-11:15am  
Saturday 8:30-9:00am

### Perch (18-36 months)

Tuesday 9:35-10:05am  
Friday 10:45-11:15am  
Saturday 9:40-10:10am  
Sunday 11:20-11:50am

Spring 1/Spring 2

\$63/72 Family Member

\$64/85 Youth Member

\$92/105 Non-Member

## Picnic & Play (3-6 years)

3 fabulous hours of active fun! Moms and dads, enjoy a relaxing afternoon off while your child plays! Camp games, Nature Adventure Zone explore, sports, outdoor fun, craft-time, and stories will be included! **Every child should pack a healthy lunch and a pair of socks.** Sign up by the day.

### Spring 1 Schedule:

February 28

March 6, March 13, March 20, March 27

April 3, April 10

### Spring 2 Schedule:

April 24

May 1, May 8, May 15, May 22, May 29

June 5

12:30-3:30pm

\$15 Family Member per day

\$20 Preschool Member per day

## Kaleidoscope Kidz (3-4 years)

A super special 1.25 hour class! Children, come enjoy fun "preschool circle time" and experience the Y. Music and movement, stories and art, time to build & time to discover. Children will develop their independence skills as parents enjoy time of their own. Also featured: active play, games and a light snack. Must be 3+ to register. **Parents may leave the building during this class.**

Wednesday 9:30-10:45am

Spring 1/Spring 2

\$70/\$80 Family Member

\$80/\$90 Preschool Member



## T-Ball (4-6 years)

Play America's favorite game! Build your skills including catching, throwing, fielding and base running. Bring a glove and let's get started — batter up!

Thursdays (3-5 years) 9:15-10:00am

Mondays (4-6 years) 6:30-7:15pm

### Spring 2 Only

\$62 Family Member

\$72 Preschool & Youth Member

## All Sport (3-5 years)

Soccer, basketball, hockey, track, and more! Choose your favorite sports, come run & play. Classes will highlight teamwork and the YMCA core values of honesty, caring, respect and responsibility. Experience the thrill of sports. Game-time, skill development, self-confidence building, it's all here!

Monday 9:15-10:00am

Spring 1/Spring 2

\$54/\$62 Family Member

\$64/\$72 Preschool & Youth Member

# YOUTH DEVELOPMENT

## Pike (Beginner)

- Enter the water without a parent
- Listen to and follow directions

## Eel (Beginner/Intermediate)

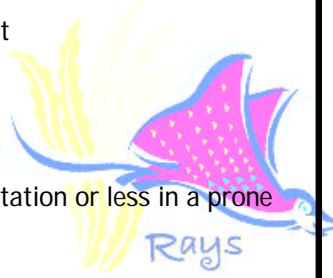
- Swim 15 yards with 2 bubble flotation or less in a prone position
- Put face in the water
- Jump from the side of pool without assistance

## Ray (Intermediate)

- Swim for the entire class without flotation & a minimum of 15 yards non-stop front crawl
- Put head underwater while swimming
- Swim independently on back for 10 yards

## Starfish/Baby Blue Whales Pre-Team (Advanced)

- Swim 25 yards non-stop front crawl and back crawl
- Kneeling dive
- Tread water for 1 minute



## Wednesday

9:00-9:30am	Eel, Ray
9:35-10:05am	Pike, Eel
10:10-10:40am	Pike, Ray
10:45-11:15am	Pike, Eel
1:00-1:30pm	Pike
1:35-2:05pm	Eel
3:15-3:45pm	Pike, Eel
3:50-4:20pm	Pike, Ray
4:25-4:55pm	Pike, Eel
5:00-5:30pm	Eel, Ray
6:30-7:00pm	Eel
7:05-7:35pm	Pike, Eel
7:40-8:10pm	Ray

## Thursday

9:00-9:30am	Pike, Eel, Ray
9:35-10:05am	Pike, Eel
10:10-10:40am	Pike, Ray, Pre-Team
10:45-11:15am	Eel
1:00-1:30pm	Pre-Team
1:35-2:05pm	Ray
2:10-2:40pm	Eel
3:15-3:45pm	Pike, Ray
3:50-4:20pm	Eel, Pre-Team
4:25-4:55pm	Pike, Eel
5:00-5:30pm	Eel, Ray

## Friday

9:00-9:30am	Pike, Eel
9:35-10:05am	Eel
10:10-10:40am	Eel, Pre-Team
10:45-11:15am	Pike, Ray
1:00-1:30pm	Eel
1:35-2:05pm	Pike

## Saturday

8:30-9:00am	Pike, Eel
9:05-9:35am	Eel, Ray
9:40-10:10am	Pike, Eel
10:15-10:45am	Pike, Ray
10:50-11:20am	Pike, Eel

## Sunday

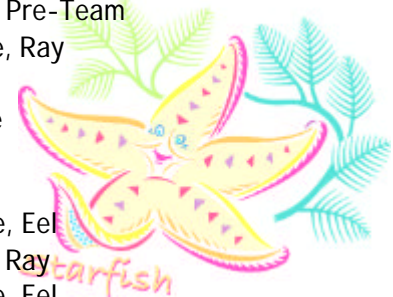
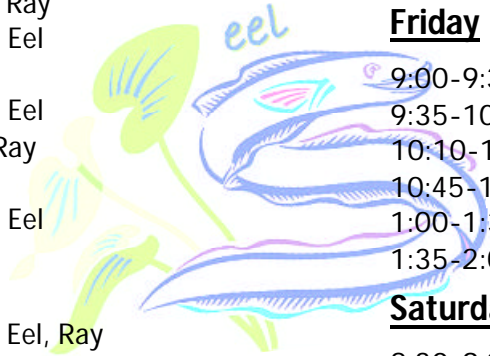
10:45-11:15am	Pike, Eel
11:20-11:50am	Eel
11:55-12:25pm	Eel
12:30-1:00pm	Pike

## Monday

9:00-9:30am	Eel
9:35-10:05am	Pike, Ray
10:10-10:40am	Pike, Eel
10:45-11:15am	Eel
3:15-3:45pm	Pike, Eel
3:50-4:20pm	Eel, Ray
4:25-4:55pm	Eel
5:00-5:30pm	Pike, Eel

## Tuesday

9:00-9:30am	Pike, Eel, Ray
9:35-10:05am	Pike, Ray
10:10-10:40am	Eel, Pre-Team
10:45-11:15am	Pike, Eel
1:00-1:30pm	Eel
1:35-2:05pm	Pike
3:15-3:45pm	Eel, Ray
3:50-4:20pm	Pike, Eel
4:25-4:55pm	Pike, Pre-Team
5:00-5:30pm	Eel
6:30-7:00pm	Pike, Eel
7:05-7:35pm	Pike, Ray



Spring 1/Spring 2  
 \$54/\$62 Family Member  
 \$88/\$100 Preschool & Youth Member

# YOUTH DEVELOPMENT

## SOAR Swim Classes (4-7 years)

Swim lessons for children with mild to moderate special needs. Classes offer a smaller student-to-instructor ratio, as well as high-energy structured activities to help keep children safe and focused while learning how to swim. For details, contact the Aquatics Director at [cparys@ymcaofcm.org](mailto:cparys@ymcaofcm.org).

Wednesday 3:50-4:20pm  
4:25-4:55pm  
Friday 4:30-5:00pm

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$88/\$100 Preschool & Youth Member

## Baby Blue Whales — Pre-Team (4-6 years)

Must have passed Ray or Guppy level. Swimmers work on refining front & back crawls, breaststroke and butterfly, building endurance, and learning competitive swimming skills. Participants may register for multiple days.

Tuesday 10:10-10:40am  
4:25-4:55pm  
Thursday 10:10-10:40am  
1:00-1:30pm  
3:50-4:20pm  
Friday 10:10-10:40am

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$88/\$100 Preschool & Youth Member

## Tadpoles (3-5 years)

This parent and child swim class helps build confidence while teaching basic skills to get preschoolers ready for a Pike (without parent) class.

Tuesday 10:10-10:40am  
Wednesday 6:30-7:00pm  
Friday 10:10-10:40am  
Saturday 9:05-9:35am  
10:50-11:20am  
Sunday 11:55-12:25pm

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$88/\$100 Preschool & Youth Member  
\$102/\$116 Non-Member

## Yoga for Kids (4-5 years)

This class is designed to instill health and wellness in children through yoga. The children will work in a group to learn and execute various yoga poses appropriate to their level. Additionally, they will learn the benefits of yoga and quiet sitting. It is not necessary that the child have any movement or yoga background for this class.

Thursday 4:20-4:50pm

Spring 1/Spring 2  
\$54/\$62 Member  
\$79/\$87 Non-Member



At the Boroughs YMCA, serving the **community is our priority**. Our dedicated staff strive to go above and beyond each day to make our **YMCA the Best Part of Your Day!**

Here is just one story of how the work we do each day puts our YMCA mission into action.

### YOUTH DEVELOPMENT

Have you heard about the You Go, Girl! Afterschool program held here at the branch? On Tuesdays and Thursdays, Shrewsbury Youth & Family Services brings a group of 10- to 12-year-old girls here to engage in activities that offer insight on self-esteem, body image, bullying, leadership tactics and more. This afterschool program gives girls the opportunity to build lasting relationships with their peers and also with the mentors who guide them throughout the session. Twice a week the branch echoes with laughter, positive discussions and the unmistakable sound of friendships being formed. At such an impressionable age, these girls are arming themselves with valuable skills that will guide them through middle and high school, college and all the way into their adult lives.

# YOUTH DEVELOPMENT

## Basketball (4-6 years)

Teamwork is the key as children learn the basics of basketball: dribbling, running, passing and shooting. Skilled instructors will help develop your child's gross motor skills. Come and play! \*Thursday class is only offered in Spring 1!\*

### Spring 1

Thursday 9:15-10:00am  
Saturday 11:00-11:45am

### Spring 2

Saturday 11:00-11:45am

Spring 1/Spring 2

\$54/\$62 Family Member

\$64/\$72 Preschool & Youth Member

## SOAR Youth Sports (4-7 years)

Innovative sports program for children with mild to moderate physical & intellectual disabilities. Learn basic skills including balance & coordination through playing games and learning new sports. Participants must register for this free program.

Thursday 4:20-5:00pm  
Free to All!



## YMCA Mission Statement

The YMCA of Central Massachusetts is an association united in a common goal to strengthen our communities and to develop the spirit, mind and body of all persons, regardless of means, through activities guided by and based upon our core values of caring, honesty, respect and responsibility.

## Little Dragons Karate (2.9-5 years)

The Little Dragons class works predominantly on life and safety skills while incorporating the most basic martial arts skills, including balance and coordination. The program also focuses on cooperation, teamwork, and respect.

Wednesday 10:00-10:25am  
Wednesday 5:30-5:55pm  
Thursday 10:30-10:55am  
Saturday 9:00-9:25am

Spring 1/Spring 2

\$37/\$42 Family Member

\$47/\$54 Preschool Member

\$62/\$71 Non-Member

## Total Approach to Martial Arts (TAMA)

Combines the best philosophies and training concepts from a variety of other martial arts styles into a functional system. It instills and reinforces the basic core values of respect, courtesy and politeness. Developing skills and building character are achieved as agility, power, and quickness are improved with the practice of drills.

### Tiny Tigers (6-8 years)

Wednesday 10:30-11:25am  
Wednesday 6:00-6:55pm  
Saturday 9:30-10:25am

Spring 1/Spring 2

\$65/\$74 Family Member

\$75/\$86 Youth Member

\$90/\$102 Non-Member

# YOUTH DEVELOPMENT

## Polliwog

-Enter the water without parent

## Guppy

-Swim 15 yards non-stop front crawl without flotation, jump from side without help & submerge head & back float

## Minnow

-Swim 25 yards non-stop front crawl with rotary breathing and back crawl  
-Tread water for 1 minute & kneeling dive

## Fish

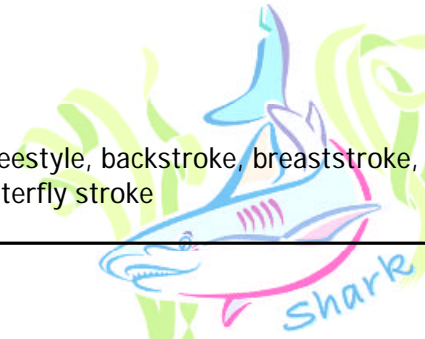
-Swim 25 yards each: backstroke, breaststroke, sidestroke, 50 yards front crawl with rotary breathing  
-Kneeling dive

## Flying Fish

-Swim 50 yards each: backstroke, breaststroke, sidestroke & 100 yards freestyle & coordinated arms & legs in breaststroke  
-Dive from starting block

## Shark

-Swim 100 yards each: freestyle, backstroke, breaststroke, sidestroke and basic butterfly stroke



## Monday

3:15-3:45pm	Polliwog, Minnow
3:50-4:20pm	Guppy, Minnow, Flying Fish
4:25-4:55pm	Polliwog, Guppy, Minnow, Fish
5:00-5:30pm	Guppy, Fish, Shark
6:30-7:00pm	Guppy, Minnow, Flying Fish
7:05-7:35pm	Polliwog, Guppy, Fish
7:40-8:10pm	Minnow, Fish, Shark

## Tuesday

3:15-3:45pm	Guppy, Minnow
3:50-4:20pm	Polliwog, Guppy, Shark
4:25-4:55pm	Guppy, Minnow, Fish
5:00-5:30pm	Guppy, Minnow, Fish, Flying Fish
6:30-7:00pm	Polliwog
7:05-7:35pm	Guppy
7:40-8:10pm	Polliwog, Guppy

## Wednesday

3:15-3:45pm	Guppy, Minnow, Fish
3:50-4:20pm	Polliwog, Guppy, Minnow
4:25-4:55pm	Minnow, Flying Fish, Shark
5:00-5:30pm	Polliwog, Guppy, Fish

## Thursday

3:15-3:45pm	Polliwog, Guppy, Minnow
3:50-4:20pm	Polliwog, Guppy, Fish, Flying Fish
4:25-4:55pm	Guppy, Minnow, Fish, Shark
5:00-5:30pm	Polliwog, Guppy, Minnow, Fish
6:30-7:00pm	Minnow, Fish
7:05-7:35pm	Guppy, Flying Fish
7:40-8:10pm	Minnow, Fish

## Saturday

8:30-9:00am	Guppy, Minnow, Fish
9:05-9:35am	Polliwog, Guppy, Flying Fish
9:40-10:10am	Guppy, Minnow, Shark
10:15-10:45am	Polliwog, Guppy, Minnow, Fish
10:50-11:20am	Polliwog, Guppy, Minnow
11:25-11:55am	Flying Fish, Shark

## Sunday

10:45-11:15am	Guppy
11:20-11:50am	Minnow
11:55-12:25pm	Guppy
12:30-1:00pm	Guppy, Minnow

Spring 1/Spring 2  
FREE Family Member  
\$81/\$94 Youth Member



# YOUTH DEVELOPMENT

## Fun Facts about Swimming

- An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking
- Swimming strengthens the heart and lungs
- Swimming help reduce stress
- Water's buoyancy makes swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking a low impact exercise
- Going swimming is very relaxing and has been compared to yoga and meditation in terms of its soothing effect on the mind and body

## Endurance Swim (8-12 years)

This 45-minute class focuses on building up endurance & developing strokes. Great for preparing for a swim team or for just getting in a great workout! For children in the Fish level or higher.

Monday	3:15-4:00pm
Wednesday	7:35-8:20pm
Friday	3:30-4:15pm
	4:15-5:00pm
Saturday	12:00-12:45pm

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$88/\$100 Youth Member

## Private Swim Lessons (3+ years)

For all ages & abilities who are looking for individualized instruction. Participants choose the focus of the class from learning basic skills to refining strokes and building endurance. Classes are 30 minutes. To request lessons, please fill out a registration form at the Welcome Center.

Private Lesson (per 30 min. class):  
\$40 Member  
\$50 Non-Member

## Total Approach to Martial Arts (TAMA)

Combines the best philosophies and training concepts from a variety of other martial arts styles into a functional system. It instills and reinforces the basic core values of respect, courtesy and politeness. Developing skills and building character are achieved as agility, power, and quickness are improved with the practice of drills.

### Junior Karate (8-12 years)

Wednesday	7:00-7:55pm (White to Orange Belts)
Wednesday	7:30-8:25pm (Blue Belts and up)
Saturday	10:30-11:25am (All ranks)

Spring 1/Spring 2  
\$65/\$74 Family Member  
\$75/\$86 Youth Member  
\$90/\$102 Non-Member

## Home School Karate (6-12 years)

This Total Approach to Martial Arts class will help students develop skills and build character as well as improve agility, coordination & self-control. Sensei Sarah will also focus on bullying and self-defense during the session.

Wednesday 10:30-11:25am

Spring 1/Spring 2  
\$65/\$74 Family Member  
\$75/\$86 Youth Member  
\$90/\$102 Non-Member



# YOUTH DEVELOPMENT

## Y-Fit & Fun for Kids! (8-12 years)

Come see how we can make fitness fun and exciting! This youth fitness program designed for 8- to 12-year-olds focuses on functional activities and preparing their bodies for any type of movement. Each class will contain natural progressions of various combinations of strength, agility and endurance drills.

Thursday 4:40-5:25pm

Spring 1/Spring 2  
\$54/\$62 Member  
\$79/\$87 Non-Member

# SWIM, SPORTS & PLAY



## **NEW!** Healthy Kids, Healthy Habits

Designed to help kids get excited about fitness; this 90-minute class includes 60 minutes of endurance games and drills and 30 minutes of promoting healthy lifestyle choices. The exercise portion of the class will focus on strength, agility and endurance activities, while the remaining time will be spent talking about proper nutrition and healthy habits.

Tuesdays 4:25-5:55pm

Spring 1/Spring 2  
\$99/\$115 Member  
\$124/\$140 Non-Member



## Tween Time (10-12 years)

A great program designed for children between the ages of 10 to 12 which allows them the opportunity to workout in the Wellness Center under the supervision of the Wellness Center staff. Workouts are primarily focused on overall muscular and cardiovascular fitness with the use of strength equipment and/or free weights and will conclude with stretching. Members only!

Tuesday 4:30-5:30pm  
Thursday 5:00-6:00pm

\$25 Member Only

## Junior Strength (10-13 years)

Connect with kids aged 10 to 13 in this program that will teach proper form movement and team-building. The combination of total body strength training and aerobic conditioning is designed to improve overall strength and keep kids moving. Participants will learn to effectively use a variety of training tools including the BOSU® ball, stability ball, medicine ball, dumbbells and bands to get and stay in shape. In addition to just plain fun, it is great conditioning for sports to help prevent injury!

Monday 4:30-5:20pm

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member

**The YMCA of Central Massachusetts will nurture & support an environment that celebrates our differences, & embraces the richness of our diversity.**

# YOUTH DEVELOPMENT

## Basketball (6-12 years)

Dribble your way down to the YMCA for our Spring basketball program! Participants will learn and develop basic skills they need to play the game right. Boys and girls are both welcome to join our enthusiastic, supportive and fun learning environment this session. This class is sure to be a slam dunk!

Monday	4:15-5:00pm	(6-8 years)
Tuesday	4:15-5:00pm	(9-12 years)
Thursday	5:15-6:00pm	(6-8 years)
Saturday	9:15-10:00am	(6-8 years)
Saturday	10:15-11:00am	(9-12 years)

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$64/\$73 Youth Member  
\$79/\$90 Non-Member

## Yoga for Kids (6-7 years)

The class is an opportunity for children to rein in their active energy through the practice of yoga. They will work through age appropriate sequences as well as learn new and healthy ways to use their bodies. No prior classes are necessary.

Thursday 4:50-5:20pm

Spring 1/Spring 2  
\$54/\$62 Member  
\$79/\$87 Non-Member

## Y-Fit & Fun for Kids! (8-12 years)

Come see how we can make fitness fun and exciting! This youth fitness program designed for 8- to 12-year-olds focuses on functional activities and preparing their bodies for any type of movement. Each class will contain natural progressions of various combinations of strength, agility and endurance drills.

Thursday 4:40-5:25pm

Spring 1/Spring 2  
\$54/\$62 Member  
\$79/\$87 Non-Member

## Archery (6-12 years)

While enjoying the great outdoors, children will learn the basic skills of archery in a safe environment. Each class will include new lessons on fundamentals along with various games to apply the new skills learned.

Wednesday 4:15-5:00pm

### Spring 2 Only

\$62 Family Member  
\$73 Youth Member  
\$90 Non-Member

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Here is just a one story of how the work we do each day puts our YMCA mission into action.

### YOUTH DEVELOPMENT

The Together We Can Family Network has noticed a growing need of support for families with children who have sensory integration issues. The Family Center tried offering a monthly Monday night support group, but attendance was low. After speaking with the sensory specialist, Julie Dalbec, it was decided to consider a Panel Discussion with other specialists, such as occupational therapist, speech therapist, or an early intervention specialist. After a few months of planning, parents were given the opportunity to discuss their family's individual situation and learn how to advocate for their child. Because TWCFN has listened to the needs of the families it serves, affected children will now get the help they deserve and have a better chance to grow and thrive.



# YOUTH DEVELOPMENT

## Youth Beginner Rock Climbing

This class teaches the fundamental skills of rock climbing. Focusing on safety as well as performance, this class includes climbing games, training and technique.

**\*\*Must take safety & belay certification prior to taking this class\*\***

Tuesday 5:00-5:45pm (6-8 years)  
Thursday 4:00-4:45pm (6-8 years)  
Thursday 5:00-5:45pm (9-12 years)

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$64/\$73 Youth Member  
\$79/\$90 Non-Member

## Youth Intermediate Rock Climbing

This class is designed for those who have passed the Beginner Class and would like to expand their rock climbing knowledge as well as improve on climbing techniques such as smearing and traversing. If the Beginner Class has not been completed, approval by the instructor is required prior to registering.

Tuesday 7:00-7:45pm  
Thursday 6:00-6:45pm

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$64/\$73 Youth Member  
\$79/\$90 Non-Member

## SOAR Rock Climbing

This SOAR-friendly rock climbing class will have low student to instructor ratio and participants will enjoy slower paced instruction with a focus on safety and basic climbing techniques. A perfect class for those who are not sports-oriented but are still looking to be active!

Tuesday 6:00 - 6:45pm

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$64/\$73 Youth Member  
\$79/\$90 Non-Member

## Youth Advanced Rock Climbing

The next level after completion of Intermediate climbing class, which includes various extreme challenges and extensive training on the boulder.

Wednesday 7:00-7:45pm

Spring 1/Spring 2  
\$54/\$62 Family Member  
\$64/\$73 Youth Member  
\$79/\$90 Non-Member



## Love Rock Climbing?

**Visit our Welcome Center for the safety and belay certification class schedule and fees!**



# EMPOWERING CHILDREN CREATING LEADERS BUILDING FRIENDSHIPS

## Did You Know Our YMCA Has Two NAEYC-Accredited Child Care Centers?

Offering both full-day and half-day care, our YMCA child care centers are sure to provide your child with the opportunities needed to discover their own uniqueness in a loving and supportive environment. Our use of developmental, thematic curriculum and individualized care encourages imagination and creativity while fostering self-esteem. Caring, professionally trained and experienced educators create a positive environment that supports social, emotional, physical and intellectual growth. For more information, please visit our website at [www.ymcaofcm.org](http://www.ymcaofcm.org) or call our child care centers directly.

**Give yourself the peace of mind every parent needs by knowing your child is in excellent care all day, everyday.**

### **Boroughs Family Branch**

#### **Center for Child Development—Westborough (6 weeks-5 years)**

4 Valente Drive, Westborough

(508) 870-1320 x233, Nichole Olson — Director

We are open Monday through Friday from 7:00am until 6:00pm

We have full-time and part-time opportunities available

### **Trinity Church—2.9 years-7 years**

213 Main Street, Northborough

(508) 393-3555, Marianne McCullough —Director

Lunch Bunch: 9:00am–1:00pm, school year

Full Day: 7:30am–5:30pm, year round

Pre-K and Kindergarten: 7:30am-5:30pm, school year





# CHECK IT OUT!

## The Boroughs Y Offers Before And After School Care Too!

The YMCA School's Out Programs offer a variety of enrichment, recreational and educational activities, such as arts & crafts, science, games and sports. Homework help is offered on a daily basis. An emphasis is placed on building life and social skills. The School's Out Programs reflect and respond to the needs, skills and abilities of the participants. Since children's needs are diverse, the program provides for all aspects of a child's development: physical, intellectual, emotional and social.

2011-2012 School's Out Fees Kane & Jaworek — Marlborough

	AM Care Only	PM Care Only	AM & PM Care
5 Days	\$45	\$98	\$128
4 Days	\$37	\$82	\$110
3 Days	\$30	\$67	\$90
2 Days	\$23	\$49	\$65

2011-2012 School's Out Fees Westborough

	PM Care-Dismissal — 6PM
5 Days	\$98
4 Days	\$82
3 Days	\$67
2 Days	\$49

Vacation camp is available on non-school days from 7:30am to 6:00pm. Includes holidays, professional development days and school vacation weeks. Marlborough vacation camp is located at Kane Elementary School. Vacation camp is also available at the Boroughs Family Branch YMCA.

Please contact Nichole Olson at 508-870-1320 x233 or [nolson@ymcaofcm.org](mailto:nolson@ymcaofcm.org) for further information.



# YMCA VACATION CAMPS!

## **Boroughs/Adventure Vacation Camp (6-12 years)**

Sign up for one or more days of fun including swimming, sports, crafts, games and more. Drop off your child as early as 7:30am and pick up as late as 6:00pm for no extra charge. Child registration and health forms must be completed and turned in prior to attending vacation camp.

**Dates: February 20-24, 2012 and April 16-20, 2012**  
**Single day options available!**

Contact Chris Brennock at 508-870-1320 ext. 316 or  
cbrennock@ymcaofcm.org for pricing and more information!



## **Sunshine Kids Vacation Camp (2.5-5 years)**

Add a splash of sunshine to your school vacation fun! Now offering half and full-day preschool vacation camp Tuesday, Wednesday & Thursday during April school vacation. You loved the summer experience or heard about the fun from a friend, now experience the excitement for yourself! Sports, crafts, NAZ climb, songs, stories, pool time, meet new friends and more! Pack a healthy snack, a pair of socks, a swim towel and wear your swimsuit under your clothes. Health forms & child registration must be completed and turned in prior to attending camp.

**Tuesday, Wednesday, Thursday - February 21, 22, 23**  
**Tuesday, Wednesday, Thursday - April 17, 18, 19**

**Half-Day Morning Camp (9:00am-12:00pm)**

\$100 Member  
\$135 Non-Member

**Half-Day Afternoon Camp (12:30pm-3:30pm)**

\$100 Member  
\$135 Non-Member

**Full-Day Camp (9:00am-3:30pm)**

\$125 Member  
\$165 Non-Member

\*Free member benefit: option for early drop-off at 8:30 and extended play to 4pm

# YOUTH DEVELOPMENT

## MUSIC LESSONS

Guitar, Bass & Drum Lessons For All Ages  
The Boroughs Y is now offering private lessons!  
8 half-hour lessons for just \$105

Contact Alex Turek at 508-870-1320 ext. 340  
or [aturek@ymcaofcm.org](mailto:aturek@ymcaofcm.org) for more information.



## Leaders Club (Grades 9-12)

### Coming Soon!

This nationwide club exposes teens to leadership training, social development, community service, personal growth and character development in addition to giving teens a fun, safe place to socialize and meet other teens from surrounding towns. Leaders often help at various YMCA events, including the children's Halloween and holiday parties, and also plan the Y's largest annual teen event, Battle of the Bands. Free to all! Please call Chris Brennock at 508-870-1320 ext. 316 for more information!

Thursdays 7:00-8:00pm

**Teens who regularly attend meetings & complete monthly community service hours can earn a FREE Teen Membership!**

The Y:  
It's not  
just kid  
stuff.

## Youth and Government (Grades 9-12)

The nationwide YMCA Youth and Government Program is designed to help teens gain an appreciation and understanding of our state legislative and court processes. Participants will become part of the Boroughs YMCA delegation that meets bi-weekly to take part in bill writing, judicial hearings and model legislative sessions. Students also have the opportunity to interact with other delegates from around the state at 3 pre-legislative sessions and a state conference in Boston. Please call 508-870-1320 ext. 330 for more information!



# YOUTH DEVELOPMENT

## Teen Beginner (13-17 years)

For teens that have little or no swimming experience. Introduces basic skills, such as floating and kicking, as well as the front and back crawl strokes.

Friday 4:00-4:30pm

Spring1/Spring 2  
\$63/72 Family Member  
\$64/85 Youth Member  
\$92/105 Non-Member

## Teen Intermediate/Advanced (13-17 years)

For teens that can swim at least 25 yards front & back crawl and would like to work on stroke development and building endurance.

Friday 5:00-5:30pm

Spring1/Spring 2  
\$63/72 Family Member  
\$64/85 Youth Member  
\$92/105 Non-Member

## Porpoise Club (12-15 years)

For advanced swimmers looking for a good workout & some fun! Participants must know front & back crawls, breast stroke & sidestroke, and be able to swim 500 yards.

Friday 3:30-4:30pm  
4:30-5:30pm  
Saturday 12:00-1:00pm

Spring 1/Spring 2  
FREE Family Member  
\$82/93 Youth & Teen Member



## Total Approach to Martial Arts (TAMA)

This art combines the best philosophies and training concepts from a variety of other martial arts styles into a functional system. It instills and reinforces the basic core values of respect, courtesy and politeness. Developing skills and building character are achieved as agility, power, and quickness are improved with the practice of drills.

Wednesday 7:00-7:55pm  
(White to Orange Belts)  
Wednesday 7:30-8:25pm  
(Blue Belts and up)  
Saturday 10:30-11:25am  
(All ranks)

Spring 1/Spring 2  
\$76/87 Family Member  
\$88/100 Youth Member  
\$105/120 Non-Member

## Volunteer Instructor Positions

Love the water? Love working with kids? Need to complete community service hours for school? Learn how to teach swim lessons by working with our experienced YMCA swim instructors! Contact Cassie Parys at [cparys@ymcaofcm.org](mailto:cparys@ymcaofcm.org) to set up a schedule that works for you!

## YMCA Lifeguard Class (Ages 16+)

This intensive, 30-hour class prepares & certifies participants to be lifeguards. Certification includes CPR-Pro, AED, and First Aid. Prerequisites include 500 yard swim, treading water, diving & overall good physical health. Written & water tests must be passed to obtain certification.

\$260 Member  
\$325 Non-Member

**CONTACT CASSIE PARYS, AQUATICS DIRECTOR, FOR DETAILS ON FUTURE CLASSES**  
[cparys@ymcaofcm.org](mailto:cparys@ymcaofcm.org)

# HEALTHY LIVING

## New Member Orientation

Your Y is **committed** to getting you started off on the right foot! This one-hour orientation will help you set your personal wellness goals while introducing you to the exercise equipment based your interest and fitness level. Visit our Wellness Center today to start your journey towards a healthier lifestyle! New Member Orientations are available for all new members 13 years and older. **New members between 10- to 12-years-old are REQUIRED to have a New Member Orientation with a parent/guardian present before using any equipment in the Wellness Center.** Once completed, youth between the ages of 10- to 12-years-old and who are *part of a FAMILY membership* may use the Wellness Center but must be within arm's reach of a parent or guardian.

## Personal Training

Tired of working out and not getting results? Do you have goals that you just have not been able to achieve? Do you want to get the edge that you need to increase your performance in a sport? Need someone to motivate you? If you answered yes to any of these questions then the YMCA's Personal Training staff is here to help!



### One on One Training

Focusing on your personal goals working one on one with a personal trainer.

### Semi-Private Personal Training (Group of 2-3)

A fun and affordable way to get fit while providing accountability, encouragement, education, and social support!

### Small Group Personal Training (Group of 4+)

Effective training for 4 or more participants with similar fitness levels, goals, interests and availability.

### Surf and Turf Personal Training

Land-Ahoy! We have packaged 4 one-hour Personal Training sessions in the Wellness Center and 4 half-hour (30 minute) Personal Training sessions in the pool to create a new experience for your workout enjoyment!

Contact Christine Salovardos at 508-870-1320 ext. 290 for pricing and more details on which option is best for you!

# HEALTHY LIVING

## Hatha Yoga

Namaste. Welcome to a 60-minute yoga practice focused on developing strength, endurance, flexibility and correct body alignment. Standing poses are emphasized to build strong legs, increase general vitality, and improve circulation, coordination and balance. Previous yoga experience is not necessary.

Tuesday 6:30-7:30pm

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member

## Vinyasa Yoga

Practicing yoga is an opportunity to challenge your body and mind. Vinyasa Yoga is a steady flow of connected yoga postures linked with breath work in a continuous movement. Make no mistake: this class will challenge your strength and endurance! Each 60-minute class ends with relaxation. Previous yoga experience is not necessary.

Friday 10:15-11:15am

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member



## Power Yoga

Power Yoga is directed at creating the highest level of energy, vitality and freedom. Power Yoga class helps to create optimal physical health by enlivening and invigorating our whole body and strengthening the weak links. Power Yoga also emphasizes executing Yoga Poses as well as perfecting it by holding the pose longer, improving the endurance and flexibility of the person.

Saturday 8:15-9:15am

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member

## 5k Training

The time is now! Join seasoned 15-year veteran marathon runner Margaret Kennedy to learn the tricks of the trade and how to become the runner you have always dreamed of becoming! She will teach proper training etiquette to help improve your performance and reduce your risk of injury. Each 60-minute weekly interactive workshop will include indoor and/or outdoor runs followed by core training. Participants do not need to be experienced runners.

Thursday 9:30-10:30am

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member



At the Boroughs YMCA, serving the **community is our priority**. Our dedicated staff strive to go above and beyond each day to make our **YMCA the Best Part of Your Day!**

**Here is just one story of how the work we do each day puts our YMCA mission into action!**

### HEALTHY LIVING

If you've been in the Wellness Center recently, we hope you've noticed our brand new cardio equipment! We've added several new machines, including the Precor AMTs and Trixter XDreams. These new machines are only the beginning, as more shipments have been scheduled for the next few weeks. Soon to follow are the new Life Fitness Engage treadmills and the StepMaster Step Mills, both of which incorporate optional social networking capabilities and other goodies like virtual trainers and entertainment sources. These simple to use machines will guide members through workouts in an exciting and fulfilling way, guaranteeing that they'll commit to and obtain their fitness goals.

# HEALTHY LIVING

## PIYO<sup>®</sup>

This fusion of Pilates and Yoga will improve flexibility, muscle strength, endurance and balance and enhance relaxation and stress release. With this perfect combination of strength building, rhythmic movement and power created with a foundation in Pilates and yoga you will not only burn calories but transform your body with regular practice. PiYo is a wonderfully dynamic and endlessly variable workout that is suitable for *all* fitness levels. Modifications are offered so everyone can participate, yet offers progressions to challenge the more advanced. You'll build strength and flexibility in this fun formatted class.

Thursday 6:30-7:30pm

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member

## Y-GET FIT CHALLENGE

Connect with other health seekers on your journey toward a new, balanced lifestyle in this **12-Week Fitness Challenge**. Build strength, confidence and relationships as you work weekly with your group and certified staff. Challenge yourself and push your limits; it will pay off in more ways than one! Achieve the most points based on measureable differences and attendance to be named the winner of the Challenge and be rewarded with 10 personal training sessions! **Register beginning 1/30/12 through 2/22/12 at the Welcome Center. Contact Christine Salovardos at 508-870-1320 ext. 290 for more details. Group Challenge Begins 2/27/12.**

Tuesday 6:30pm  
Wednesday 5:45am  
Thursday 9:10am  
Sunday 8:05am

\$195 Member  
\$220 Non-Member

## SuperfitBOD!<sup>®</sup>

Build a stronger spirit, mind and body. Join Donne for a non-stop strength and cardio interval conditioning class that is sure to take you to a new level of fitness. Get the support and encouragement from your peers as you strive to achieve your fitness goals. Barbells and Tabata training (specifically timed sets of interval training) will be used to burn fat and tone your body. Warning... this class will result in a SuperfitBOD!<sup>®</sup>

Wednesday 9:15-10:15am

Spring 1/Spring 2  
\$65/\$74 Member  
\$90/\$99 Non-Member

At the Boroughs YMCA, serving the **community is our priority**. Our dedicated staff strive to go above and beyond each day to make our **YMCA the Best Part of Your Day!**

**Here is just a one story of how the work we do each day puts our YMCA mission into action!**

### HEALTHY LIVING

Last fall, our branch, along with a few other Y's in our state, launched an innovative program called JOIN 4 Kids. This free program is open to all children and teens between the ages of 6 and 17 who are overweight and looking to make a change. Halfway through the four-month session, JOIN facilitator Sue Spellman was pleased to report that all of the children had learned to make important changes in their daily lives, resulting in weight loss for every participant, and significant weight loss for a few of the members! As the children are required to bring a parent or guardian with them to the meetings, these healthy habits are spanning into the entire family, ensuring success will be easier to attain. By making programs like this available to the community, the Y is ensuring that future generations will commit to living longer and healthier lives.



# HEALTHY LIVING

## Adult Extreme Beginner

For those who are not comfortable around the water. No previous experience necessary! A great first step to learn how to swim and get over any fears you may have!

Tuesday 11:15-11:45am  
Wednesday 8:15-8:45pm

Spring 1/Spring 2  
\$63/\$72 Member  
\$88/\$101 Non-Member



## Adult Intermediate/Advanced Swim Class

For individuals who are able to swim the length of the pool (25 yards) non-stop but need to work on stroke development and building endurance.

Tuesday 8:15-8:45pm  
Wednesday 8:15-8:45pm  
Saturday 11:30am-12:00pm

Spring 1/Spring 2  
\$63/\$72 Member  
\$88/\$102 Non-Member

## Adult Beginner

For individuals who are comfortable in shallow water. Goal is to build confidence and increase comfort level, as well as learn basic skills and strokes.

Monday 8:15-8:45pm  
Wednesday 7:40-8:10pm  
Thursday 8:15-8:45pm  
Friday 5:00-5:30pm  
Saturday 11:30am-12:00pm

Spring 1/Spring 2  
\$54/\$63 Member  
\$75/\$88 Non-Member

## Women's Only Beginner Swim Class

For women who have little to no swimming experience. The goal is to build confidence, increase comfort level, and introduce basic skills.

(Please note: The instructor of the class is female; however the pool is open for use by all members, male & female, while class is going on.)

Tuesday 7:40-8:10pm  
Thursday 11:15-11:45am  
Friday 3:30-4:00pm  
4:30-5:00pm

Spring 1/Spring 2  
\$63/\$72 Member  
\$88/\$102 Non-Member

## Private Swim Lessons

For all ages & abilities who are looking for individualized instruction. To request lessons, please fill out a registration form at the Welcome Center.

Private Lesson (per 30-min. class)  
\$40 Member  
\$50 Non-Member

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## Adventures in Fitness: Exploring Fitness Outside The Box

Fitness does not have to be just treadmills and dumbbells. Adventures in Fitness takes healthy living *and* you outside the gym. Rock climbing, hiking, zip lining, white water rafting and kayaking combined with group personal training provides you with the unique chance to “explore fitness outside the box.”

**No excuses!** From transportation and food to gear and guides, we’ve done all the work and arranged everything! Each Adventure Package includes 3 group personal training sessions to get you ready for these heart-pounding trips.

\$225 Member

\$250 Non-Member

*\*Limited space available. Trip registration for adults (18 or older). Due to advanced booking, there are no refunds and trips run regardless of weather unless cancelled by the Y.*

EASTERN MOUNTAIN SPORTS®  
**SCHOOLS**  
CLIMB · KAYAK · SKI · EXPLORE  
800-310-4504 · [emsExploration.com](http://emsExploration.com)

### Snowshoeing Adventure

Get the opportunity to scale Mt. Monadnock in a uniquely challenging way with our vertical snowshoe hike! This adventure is sure to give you a great workout. Once you have powered through the incredible ascent, the view from the 3,165-foot summit, which spreads from Mt. Washington to the Boston Skyline, will take your breath away! This trip will run from 7am-6pm, including travel time.

Package Includes:

- **3 Group Personal Training Sessions**  
(Wednesdays, 6:30pm beginning 2/8/12 at the Boroughs YMCA)
- **EMS Snowshoe Trip — Mt. Monadnock**  
(Jaffrey, NH — Departure from Boroughs on 3/3/12)

MONADNOCK  
MONADNOCK  
TRAVEL COUNCIL  
of Southwest New Hampshire



# HEALTHY LIVING

## SilverSneakers® MSROM

A total body conditioning class designed to increase muscular strength, endurance, range of motion, flexibility, balance, agility and coordination. Classes are taught with hand-held weights, balls and tubing. Chairs available for seated and standing support. Free to SilverSneakers Members!

Tuesday/Thursday 10:30-11:25am



## SilverSneakers® II – Cardio Circuit

A class for members who have progressed beyond MSROM and desire an advanced level workout. Format includes standing low/non-impact choreography to increase cardiovascular and muscular strength and endurance. Free to SilverSneakers Members!

Monday,  
Wednesday & Friday 11:15am-12:10pm

## SilverSneakers® YogaStretch

A gentle, slower-paced class that teaches relaxation and basic yoga poses and postures. Rejuvenate your spirit, mind, & body! Free to Senior YMCA and SilverSneakers Members!

Wednesday 10:20-11:10am

## Coffee Talk

Enjoy good friends and some fresh coffee on us! Group meets in the upstairs lobby. Free to SilverSneakers & YMCA Members!

Monday 10:00-11:15am

## Senior/Beginner Cycling

An instructor-led indoor group stationary cycling class to improve cardio fitness, strength and stamina. Free to SilverSneakers & YMCA Members!

Tuesday 11:45am-12:30pm

## DREAM & ACHIEVE THIS YEAR

What was your New Year's Resolution last year? Did you stick to it, or did you find yourself slipping as the weeks or months went by? Here at the Y, we want to help you make your dreams a reality. Maybe you have specific questions about fitness, want to try a new program, or are just looking for moral support - whatever your needs, it's our responsibility to make sure they get fulfilled, and that you have all the help you need to stick to your goal.

We're thrilled to be getting new cardio equipment, and we hope that you will be too! The industry has made amazing technological advances in the past few years, and you'll see the difference in the machines we're getting. But don't worry: if technology is out of your comfort zone, the equipment will still be as simple to run as it is now!





## REGISTRATION INFORMATION

We work hard to make registrations as easy, efficient & accurate as possible. Please take a moment to read this information to help ensure a smooth enrollment.

Payment in full is required for all classes at the time of registration. To register for a class, membership must be valid through the end of the program session. The Y will not call to confirm classes — only those who do not get into the first choice will be called. Dates and times of registration have been set up in order to facilitate the volume of registration requests we receive. Registrations will be accepted after the dates mentioned below on a first-come, first-served basis.

**Please note: We are unable to accept faxed registration forms.**

### Full Privilege Members (Family/Adult/Senior)

- Registrations will be accepted anytime after the brochure is posted online and will be processed exclusively until 2/13/2012. Registrations may be mailed in or dropped off at the Welcome Center.
- **Participants may only register for one swim class per session.**

### Preschool/Youth Members

- Registrations may be dropped off or mailed in beginning 2/13/2012.
- Registrations WILL NOT BE ACCEPTED before these dates & must be dropped off at the Welcome Center or mailed in.
- **Participants may only register for one swim class per session.**

### Non-Member/Open Registration

- Non-Members may only register for classes with a “Non-Member” rate option. Registrations may be dropped off or mailed in beginning 2/20/2012.
- **Participants may only register for one swim class per session.**

### Program Cancellation/Refund Policy

- The YMCA reserves the right to cancel any class that does not meet the minimum enrollment. Registrants will receive a minimum of 48 hours notice of class cancellation via phone or email.
- If the YMCA cancels a class, registrants will receive a program credit or refund.
- Registrants must provide a minimum of 48 hours notice of cancellation prior to the first class to be eligible for a refund or credit. Refunds require a minimum of \$25; amounts less than \$25 may be used as a program credit.
- Director-approved credits or refunds will first be applied to any outstanding account balances and the remainder will be made available to the registrant.

### Late Registrations

- Those registering late for the start of a program will not be given a pro-rated price.
- **Registering after the first week of the session requires director approval.**

### Class Make-up Policy

- If the YMCA cancels a class due to inclement weather, instructor illness, or some other unforeseen reason, the Y will do its best to offer a make-up class. If no make-up can be scheduled, a credit will be issued.
- For reasons of safety and program quality, the YMCA does not allow make-ups if a participant misses a class. Individual make-ups may be scheduled (if possible) with a doctor's note and the approval of the department director.

Date Received \_\_\_\_\_ Staff Name \_\_\_\_\_ Membership Valid Through \_\_\_\_\_ Registration # \_\_\_\_\_

Mail or drop off this form to the Boroughs Family Branch YMCA. Please, no faxes.



# Registration Form: Family/Adult/Senior Members

Complete a request for each class separately below. Please indicate your 1st, 2nd & 3rd choices. If your 1st choice is not available, a YMCA staff member will contact you to discuss your registration options. If you do not receive a call, you have been successfully registered for your first choice class

**PLEASE NOTE:** *f a participant cancels with less than 48 hours advanced notice, NO CREDIT OR REFUND will be issued.*

Primary Member Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address (please include City/State/Zip): \_\_\_\_\_

Please Check Membership Type:  Family  Adult  Senior

Participant's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

CLASS NAME/SWIM LEVEL: \_\_\_\_\_

PLEASE CIRCLE ONE OR BOTH:  
**SPRING 1**                      **SPRING 2**

1st Choice      DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

2nd Choice      DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

3rd Choice      DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

Participant's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

CLASS NAME/SWIM LEVEL: \_\_\_\_\_

PLEASE CIRCLE ONE OR BOTH:  
**SPRING 1**                      **SPRING 2**

1st Choice      DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

2nd Choice      DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

3rd Choice      DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

TOTAL DUE: \_\_\_\_\_

Payment enclosed (check one): °Check # \_\_\_\_\_ (Please make checks payable to: Boroughs YMCA)

°Visa   °MasterCard   °Discover   °AMEX

Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature \_\_\_\_\_

Date Received \_\_\_\_\_ Staff Name \_\_\_\_\_ Membership Valid Through \_\_\_\_\_ Registration # \_\_\_\_\_

Mail or drop off this form to the Boroughs Family Branch YMCA. Please, no faxes.



# Registration Form: Preschool/Youth/Teen/Non-Members

Complete a request for each class separately below. Please indicate your 1st, 2nd & 3rd choices. If your 1st choice is not available, a YMCA staff member will contact you to discuss your registration options. If you do not receive a call, you have been successfully registered for your first choice class

**PLEASE NOTE: If a participant cancels with less than 48 hours advanced notice, NO CREDIT OR REFUND will be issued.**

Primary Member Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address (please include City/State/Zip): \_\_\_\_\_

Please Check Membership Type:  Preschool  Youth  Non-Members

Participant's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

CLASS NAME/SWIM LEVEL: \_\_\_\_\_

PLEASE CIRCLE ONE OR BOTH:

**SPRING 1**

**SPRING 2**

1st Choice DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

2nd Choice DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

3rd Choice DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

Participant's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

CLASS NAME/SWIM LEVEL: \_\_\_\_\_

PLEASE CIRCLE ONE OR BOTH:

**SPRING 1**

**SPRING 2**

1st Choice DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

2nd Choice DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

3rd Choice DAY & TIME \_\_\_\_\_ Fee: \$ \_\_\_\_\_

Payment enclosed (check one):  Check # \_\_\_\_\_ (Please make checks payable to: Boroughs YMCA)

TOTAL DUE: \_\_\_\_\_  Visa  MasterCard  Discover  AMEX

Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature \_\_\_\_\_



# Helpful Hints To Get You Ready For Our Classes!

## SNOW POLICY

**Weekday classes:** If Westborough Public schools close due to bad weather, all classes before noon will be cancelled. For afternoon classes, a decision to cancel will be made by 12:30pm & a message will be posted on the YMCA phone system.

**Weekend classes:** A decision to cancel will be made by 7am and a message will be posted on the YMCA phone system.

In the event that classes are cancelled, you will NOT be called by the YMCA. Please call the following number for updates about class cancellations: 508-870-1320 xSNO (x766).

We would like to remind you of a few important policies & guidelines to ensure that you have the best experience possible this session.

- **Make-ups will be scheduled only if the YMCA cancels a lesson.** Please do not show up for a class other than the one for which you are registered. Credits, refunds, and make-ups can only be approved by the department's director and are only done so in extreme circumstances.
- Parents must drop-off and pick-up children from the program area. Participants under 13 must be under the supervision of a parent or YMCA staff member at all times.
- In order to receive a credit or refund for a session, you must cancel your class at least 48 hours in advance.

## Department Reminders:

### **Aquatics:**

- Parents are encouraged to watch swim classes from the viewing area instead of being on the pool deck. This helps us maintain a safe & controlled environment, as well as allows your child to better focus on the instructor.
- Please have your child use the bathroom before class, so that your child does not miss out on valuable class time. For children that are not yet potty-trained, please have them wear a tight-fitting swim diaper.
- **Progress Reports will be handed out during the second to last week of the session.** If you need to know your child's level in advance or will be missing class that week, please talk to your child's swim instructor.
- Questions or comments? Contact Cassie Parys, Aquatics Director at x300 or [Cparys@ymcaofcm.org](mailto:Cparys@ymcaofcm.org).



# Helpful Hints To Get You Ready For Our Classes!

## Early Childhood:

- Classes for infants & toddlers (6-24 months) require parent participation unless otherwise noted.
- Parents are welcome to sit on the sidelines & watch or to assist their own child or to volunteer as a class assistant.
- Please bring your child to the bathroom before class begins.
- Questions or comments? Contact Christie D'Amico, Early Childhood Director at x238 or [cdamico@ymcaofcm.org](mailto:cdamico@ymcaofcm.org).

## Youth Sports & Rock Wall:

- Please dress comfortably with appropriate fitness shoes. No open-toed shoes allowed.
- Questions or comments? Contact Chris Brennock, Youth Development Director, at x316 or [cbrennock@ymcaofcm.org](mailto:cbrennock@ymcaofcm.org).

## Karate:

- The Karate classes we offer are based upon the Total Approach to Martial Arts (TAMA) style. This combines a variety of martial arts styles while instilling core values & building character.
- Uniforms are not mandatory to participate in class, however they are required for promotion to higher belt levels.
- Uniforms and belts may be purchased for an additional fee from Sensei Sarah on the first day of class.
- Questions or comments? Contact Chris Brennock, Youth Development Director, at x316 or [cbrennock@ymcaofcm.org](mailto:cbrennock@ymcaofcm.org).

## Wellness:

- Please bring a water bottle to class.
- Please dress comfortably with appropriate fitness shoes. No open-toed shoes allowed.
- Questions or comments? Contact Christine Salovardos, Wellness Director, at x290 or [csalovardos@ymcaofcm.org](mailto:csalovardos@ymcaofcm.org).

