

# SCHOOL AGE

Ages 5 - 12



## OPEN RECREATION SWIM

This is a chance for parents and children to enjoy our pool together.

Open Rec Swim - Competition Pool

Sun	1:00pm - 4:30pm
Mon & Thu	2:30pm - 4:00pm
Tue, Wed- & Fri	2:30pm - 4:30pm
Tue	6:00pm - 8:30pm
Thu & Fri	6:30pm - 8:30pm
Mon- & Wed	7:30pm - 8:30pm
Sat	9:30am - 11:30am
Sat	no lap swim 2:00pm - 3:30pm

Full Members FREE

Non-Members \$6.00

## RED CROSS SWIM LESSONS

For ages 5 & above. All swim classes are by pre-registration only. Those joining a class session already in progress will pay a prorated fee for the remainder of the session. Classes run 30 minutes, once per week for eleven or twelve weeks. Parents are asked to sit in the pool balcony during class.

### Level 1 (Intro to Water Skills)

Monday	Nov 28 - Mar 5	(15)	5:45pm - 6:15pm
Tuesday	Nov 29 - Mar 6	(15)	1:30pm - 2:00pm
Tuesday	Nov 29 - Mar 6	(15)	5:00pm - 5:30pm
Wednesday	Nov 30 - Mar 7	(15)	9:30am - 10:00am
Wednesday	Nov 30 - Mar 7	(15)	5:00pm - 5:30pm
Thursday	Dec 1 - Mar 8	(15)	5:00pm - 5:30pm
Saturday	Dec 3 - Mar 10	(15)	10:30am - 11:00am

### Level 2 (Fundamental Water Skills) - Classes are in Deep Water

Monday	Nov 28 - Mar 5	(15)	5:00pm - 5:30pm
Tuesday	Nov 29 - Mar 6	(15)	1:00pm - 1:30pm
Tuesday	Nov 29 - Mar 6	(15)	4:30pm - 5:00pm
Thursday	Dec 1 - Mar 8	(15)	4:00pm - 4:30pm
Saturday	Dec 3 - Mar 10	(15)	9:45am - 10:15am

### Level 3 (Stroke Development)

Monday	Nov 28 - Mar 5	(15)	4:30pm - 5:00pm
Tuesday	Nov 29 - Mar 6	(15)	4:00pm - 4:30pm
Thursday	Nov 29 - Mar 6	(15)	4:30pm - 5:00pm
Saturday	Dec 3 - Mar 10	(15)	9:15am - 9:45am

### Level 4 (Stroke Improvement)

Monday	Nov 28 - Mar 5	(15)	4:00pm - 4:30pm
Saturday	Dec 3 - Mar 10	(15)	8:45am - 9:15am

### Level 5 Stroke Refinement & Level 6 Swim & Skill Proficiency

Wednesday	Nov 30 - Mar 7	(15)	4:30pm - 5:00pm
Saturday	Dec 3 - Mar 10	(15)	8:15am - 8:45am

Rates	Full Member	Non Member
15 Week Course	\$90.00	\$180.00
13 Week Course	\$78.00	\$156.00

Course fees payable in advance upon registration

## PRIVATE SWIM LESSONS

Private Swim Lessons - ages 3 + up, 30min. class

For students needing more individualized attention. Payment required prior to lessons. No refunds for missed class or class cancelled less than 24 hours before lesson. Contact the Aquatics Director, Deb Moore, at x 116 or Debra.Moore@ourgym.org

1 session

Members: \$30

Non-Members: \$40

5 sessions

Members: \$145

Non-Members: \$190

Semi-Private ½ hour lesson

1 session

Members: \$40

Non-Members: \$50

5 sessions

Members: \$190

Non-Members: \$240

## SPECIALTY LESSON CLASSES

Does your child need a little extra help??

This class is geared to help children get over the hump in an area of their swimming lessons that is keeping them from progressing. This is a small member class just for them.

5 week session

Specialty Level 1

Wednesday

6:30-7:00pm

Specialty Level 2

Wednesday

5:45-6:15pm

Members: \$100

Non-Members: \$150

## BOY SCOUT LIFESAVING MERIT BADGE

You must have first earned your second class and first class swim requirements. On the first night, bring a blue merit badge card that has been signed by your leader.

Wednesdays, 5:45pm - 7:30pm, November 16- December 14

Full Members \$40

Non-Members \$55

## CUB SCOUT AQUANAUT BADGE

Dens or packs can sign up for one night. Payment is per person. Please call: Debbie 508-234-8184 EXT 116, limited space.

Wednesday (Feb. 1, 8, 15, 22, or 29)

5:45-7:15pm

Members: \$10

Non-Members: \$15

## SWIM TEAM

Crimson Aquatics, formerly Magnus Aquatic Group (MAG), is a competitive swim team with membership in the United States Swimming Association and New England Swimming. The team has established itself as one of the top programs in New England since 2002. Crimson Aquatics accepts swimmers from the age of 6 through collegiate level athletes who have completed LEVEL 3 Red Cross swimming lessons (or who demonstrate comparable ability - 1 length of both freestyle and backstroke in the competition pool). Crimson Aquatics competes in both USS swim meets and the Worcester County League. Crimson Aquatics offers a free one-week trial. To sign up for the one week trial, or if you want additional information, contact Head Coach Carl Cederquist at 508-813-7211 or [Carl.Cederquist@verizon.net](mailto:Carl.Cederquist@verizon.net). Visit Crimson Aquatics online at [www.crimsonaquatics.org](http://www.crimsonaquatics.org).

## FIRST MATES (INTRO TO SWIM TEAM)

This is the introductory program for the Crimson Aquatic, formerly Magnus Aquatic Group (MAG) swim team and typically consists of swimmers between the ages of 5 & 8. Swimmers should know the basics of rotary breathing and be comfortable on their back in the water. Swimmers will be taught the four competitive strokes, turns, and diving. The goal is to swim at least one swim meet during the season. There will be three, 13 week sessions offered during the year.

For information, contact Head Coach Carl Cederquist at 508-813-7211 or [Carl.Cederquist@verizon.net](mailto:Carl.Cederquist@verizon.net).

# Athletic Programs



## AFTERNOON GYMNASIUM ACTIVITIES

*No Activities during Northbridge Public School Vacations, Holidays or Cancellations*

All programs are walk-in classes. Come and go as many times as you like and join us for some fun! Please keep in mind activity subject to change depending on class size. Ages 7-13.

**Mon:** Dodge ball; come every week and we'll play a different version of the game so get ready to dip, dive, duck & dodge

**Wed:** Ball Games; come play basketball, floor hockey, wiffle ball etc. If it has a ball we'll play it!

**Thu:** Matt Ball; Come play this game that involves, kickball, dodge ball & its own set of funky rules

All programs are from 4:15 - 5:00pm in the gymnasium.

**Members FREE**

**Non-Members \$6.00**

## CO-ED YOUTH BASKETBALL LEAGUES

Come join the fun this winter and play in our youth basketball league(s). All leagues are designed with the basics of the game to be played. All levels welcome.

Everyone is to arrive on the 1<sup>st</sup> day at the 1<sup>st</sup> time slot so teams can be put together. Tuesday EAST @4pm, Tuesday WEST@ 6pm, Wednesday & Thursday @ 5PM. After that you will receive a game schedule with what time your team will play each week. Accommodations will be made for siblings. (If in same age group)

Day & time that you play will be based on your grade/age group or division.

Tuesday: Grades 1, 2, & 3 (ages 6, 7, & 8)

Wednesday: Grades 3 & 4 (ages 8 & 9)

Thursday: Grades 5 & 6 (ages 10, 11, & 12)

Tuesday's league will be split into an East & West division. After all signups are complete you will be notified of which division your child is in. Tuesdays & Wednesday games will use the 8.5 foot hoops & Thursday will shoot on the 10 foot hoops.

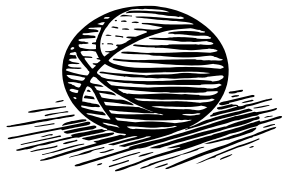
For further information please contact Dave Scichilone @ ext.103 or Brett Cerrati @ ext.126

Tuesday (EAST)	4 & 5pm	December 6 – Feb 28
Tuesday (WEST)	6 & 7pm	December 6 – Feb 28
Wednesday	5 & 6pm	December 7 – Feb 29
Thursday	5, 6, & 7pm	December 8 – Mar. 1

(No games Dec. 27, 28, 29 & Feb 21, 22, 23)

**Members \$55.00**

**Non-Members \$88.00**



## SOUTH CENTRAL MA YOUTH BASKETBALL LEAGUE! (SCMYBL)

The SCMYBL is a regional basketball league for boys and girls in grades 4-8. Games are primarily played on Sundays. Admission is \$3 for adults, children admitted free. The Whitin Community Center will be hosting games from November 27 - March 10

## School-Age Program

This program provides supervision of children before school starting at 6:30am and after school until 6:00pm Monday - Friday. The program can be extended to full day for school holidays and vacation weeks. For Northbridge children in grades K-4 or Douglas children grades K-6.

Two locations:

Whitin Community Center, 508-234-8184 x104  
Douglas Elementary School, 508-476-7747

Transportation from Northbridge Elementary and Balmer schools to the Whitin Community Center is available. Children in the Douglas school system are also transported to the school age program from the Elementary and Intermediate Elementary schools. Call for current openings.

All programs licensed by the Massachusetts Department of Early Education and Care. We welcome your visit to our facilities. Contact our Child Care Director, Sandra Phillips, for complete details: (508) 234-8184 ext.104 or e-mail her at [Sandra.Phillips@OurGym.org](mailto:Sandra.Phillips@OurGym.org).



The Whitin Community Center's Outreach program was created in 1995 as a way of providing an opportunity for the youth in the local area to participate in a variety of activities together, as well as to offer opportunities to use some of the facilities at the Whitin Community Center. We also can offer referrals for a variety of services to other local agencies, and service providers, that may help meet your needs. Through the Outreach Program, and our work with children, we hope to foster such qualities as fair play, maturity, courtesy and respect, the spirit of volunteerism, and the inherent benefits of working hard- no matter what the task. Participation is open, and strongly encouraged, for all boys and girls, aged 8 through 17 (depending upon the program). We look forward to seeing familiar faces, and we warmly invite newcomers as well, to participate in any of our 4 free programs, including the Rockdale Youth Center, the Mentoring Partnership, the Youth Theatre Program, and Saturday Fun & Fitness. We can't wait to meet you! For more information, please contact the Outreach Director, Monique Boucher, at 508-234-8184, extension 121, or via email at [Monique.Boucher@ourgym.org](mailto:Monique.Boucher@ourgym.org).

## **THE ROCKDALE YOUTH CENTER**

The Rockdale Youth Center, located at 2219 Providence Road in Rockdale, is open to youth ages 8- 14. All that is required to sign up is the completion of visitor information packets, and the desire to be engaged in meaningful, exciting and safe activities-with your friends! The RYC is open Monday through Friday from 2: 30 p.m. until 6 pm year round; (there are exceptions to the hours of operation during certain holidays, half-days of school, and snow days). The youth-oriented RYC offers different activities to visitors every day. In addition to theme-oriented activity days, we also offer many traditional board & card games, arts & crafts projects, as well as computer & internet access. We also have many gaming systems. For those more interested in the physical & sports related activities, a game of pool, Ping-Pong, air hockey or wiffleball always wins a crowd of players, and we encourage friendly tournaments among all participants. Of course, if the desire is to spend some down-time hanging out with your friends and watching a movie on our big-screen, we have many age appropriate movies to choose from so grab a bowl of popcorn & relax!

### **SATURDAY SWIM**

Our FREE Saturday afternoon program for all children ages 8-13 offers a supervised dunk in the pool. It is a great chance to spend time with friends. Come join us for an afternoon of fun!

Recreation Swim 2:00pm - 3:30pm

### **SATURDAY FUN**

Join us on December 10 & February 11 for a day of Art & crafts and again on January 7 for a big game of Dodge ball from 1:00-2:30pm

## **THE MENTORING PARTNERSHIP**

It takes one person to make a difference in the life of a child. Be that person. The Mentoring Partnership is now working with MASSMENTORS as an affiliated partner and with this new partnership, many more advantages and benefits have been available to our Mentoring Partnership including training and scholarships, grants, and coupons and gift certificates for our Mentors & Mentees. This program is available to any child in school and both the children and the Mentor are carefully screened through a CORI process, and both Mentors & Mentees alike have to complete applications. Each Mentor is screened through the CORI process, and both Mentors and Mentees alike have to complete applications. Once a match is suggested, Parents/Guardians of the children, the Outreach Director, and the child and the Mentor will all meet to establish the match. Additionally, our Mentors have the resource assistance of Master's Level Clinicians and Supervisors, if the parents or children have specific needs and or questions. Mentors and their child Mentee will meet at least once a month to engage in enrichment activities, learning experiences, and other recreational events. Children benefit from the bond created with another supportive, encouraging and positive adult role model in their lives. The Mentoring Partnership strives to assist children as they navigate their way through the often challenging roads many youngsters face today, and to offer a sense of empowerment to them with each success they achieve. For an application to become a Mentor, or if you have child you would like paired with a Mentor and you need an application, please contact the Whiting Community Center's Outreach Director, Monique Boucher at [Monique.Boucher@ourgym.org](mailto:Monique.Boucher@ourgym.org), or at 508-234-8184 x121.

## **SUPPORT OUR PROGRAMS**

The Youth Outreach programs provide many different, engaging and exciting activities for local youth at little or no charge. Most of the activities and amenities we offer are entirely supported by the enormous and kind-hearted generosity of local donors, and our visiting youth cherish the opportunities they have received while participating in these programs.

Please contact Monique Boucher, Outreach Director, at 508-234-8184 ext. 121, or via email at [Monique.Boucher@ourgym.org](mailto:Monique.Boucher@ourgym.org).