



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR SCHEDULES: WHEN YOU WANT THEM HOW YOU WANT THEM

OCY SCHEDULES

Your source for events,
member classes, and more
from your YMCA.

Visit us at



www.oldcolonymca.org
to get started

LET'S GET STARTED



Y MAIN HOME

- HOW DO I ...
- PROGRAMS
- SCHEDULES
- CAMP
- FAMILY SERVICES
- SOCIAL SERVICES
- CHILD CARE
- MENTAL HEALTH
- SELECT Y LOCATION:
Choose a Location

FIND YOUR Y

Enter A Zipcode

On the next page, you'll be able to sort your schedules by branch, event type, and even type of exercise.

Select multiple options at once, or drill down to just one branch and one type of exercise – the choice is yours!

1

Here, you'll find group exercise, gym, pool, and events schedules for each branch. Items found here are typically included in membership, and do not require online registration.

Search GO

Branch

- Central
- East Bridgewater
- Easton
- Middleboro
- Plymouth
- Stoughton
- Taunton

Select: All, None

Event Type

- Events
- Group Exercise
- Gym
- Pool

Select: All, None

Type of Exercise

- Aerobics
- Aquatics
- Cardio
- Family
- Indoor Cycling
- Pilates
- Senior Exercise
- Strength Training
- Teen
- Water Aerobics
- Yoga
- Youth
- Zumba
- Other

Select: All, None

2



NOW THE FUN BEGINS!

Select Calendar View:

FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC JAN



PRINT | SUBSCRIBE

Select: All | None

Other Event Actions...

MONDAY, FEBRUARY 18, 2013

	START TIME	END TIME	CLASS	BRANCH
<input type="checkbox"/>	5AM	8:30AM	Walk/Run Lap Time	East Bridgewater
<input checked="" type="checkbox"/>	5AM	7:30AM	Lap Swim	East Bridgewater
<input type="checkbox"/>	5AM	9AM	Lap Swim	Middleboro
<input type="checkbox"/>	5AM	9AM	Lap Swim	Stoughton
<input type="checkbox"/>	5AM	9:15AM	Open Swim	Stoughton

Notify Me Of Changes
Forward To Friends
Remind Me By Txt Msg
Email Me Event Info
Txt Me Event Info
Download Event Info

3

First, you can view the calendar in either “list view” or “week view” by using the drop down box. You can also print the calendar right from this page, or subscribe to it via a feed, email, or calendar.

4

Next, after checking one of the boxes, you can choose to email to a friend, get text or email reminders, or download to your calendar.



5

Finally, be sure to post to Facebook, or Tweet with these shortcuts. And don't forget to forward to your friends, or add to your calendar!



Add to My Calendar



Forward to Friends

Other Event Actions...

[Back to YMCA Schedules](#)

Print Link

Events calendar powered by Trumba



Did we mention the QR code? Speaking of those, here's one now that you can scan with your smartphone to take you right to our schedules page so you can get started!

6

REMEMBER



Y MAIN HOME

- HOW DO I ...
- PROGRAMS ←
- SCHEDULES
- CAMP
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- SELECT Y LOCATION:

FIND YOUR Y

• There is a difference between schedules and programs.

• Schedules are included in membership.

• Programs require registration at an extra cost.

• If you can't find what you're looking for in one of these places, check the other - or give us a call.

• Examples of things found under "schedules": Lap Swim, Zumba, Open Gym

• Examples of things found under "programs": YBL, Minnow Swim Lessons, Smallest Winner

CENTRAL BRANCH
320 Main St., Brockton
508-583-2155

EASTON BRANCH
25 Elm Street
508-238-9758

E. BRIDGEWATER BRANCH
635 Plymouth Street
508-378-3913

MIDDLEBORO BRANCH
61 East Grove Street
508-947-1390

STOUGHTON BRANCH
445 Central Street
781-341-2016

TAUNTON BRANCH
71 Cohannet Street
508-823-3320

