

Babysitting

Held in Room 2, Child Care Wing

Babysitting is available to offer parents the opportunity to attend aerobics classes, lap or recreational swimming, or to use the fitness center. This program is offered on a first come, first serve basis. Management reserves the right to limit the number of children allowed in the room to ensure the safety and care of everyone. **Children aged one to five are welcome. Must be walking. Please- no infants or School Age Children. During Northbridge Public School Vacations, Holidays or Cancellations, babysitting will be temporarily moved downstairs to the original "Babysitting Room". Please check website for more information.**

Monday-Friday **8:15 - 10:15am**
FREE Members **\$9 Non-Members**

Kidz Club

Held in Room 2, Child Care Wing

Why sit at home and wish you could work out when you can bring the kids with you! Join us for a variety of crafts, activities and games. You supply the kids and we'll supply the fun while you get fit. **Parent must be on site - this is not a drop off program. Children ages 1-10 are welcome.**

Monday-Thursday **5:30 - 8:00pm**
FREE Members **\$9 Non-Members**

Gym Activities

Toddler Time

This is a wonderful opportunity to play all kinds of gym games with your toddler. We will have both instructor-led games that will assist with fine & gross motor development and self-exploration where children can freely choose from a number of activities. **This is a parent led activity. This is not a drop off program. No charge for adults.**

Monday & Wednesday **10:15-11:00am**
FREE Members **\$9 Non-Members**

Family Time Gym & Swim

Friday mornings just got better! Moms, Dads, Grandparents! Bring your child to our gym for a half hour of ball tossing or just stretching your legs, then follow it up with a dip in our very warm Original Pool! **No charge for adults. \$20 maximum per family.**

Friday

Gym: 10:00-10:30am **Pool: 10:00-11:30am**
FREE Members **\$9 Non-Members**

Middle School Gym & Pool Activity

Students of area Middle Schools & also Home Schooled boys and girls are invited to an afternoon of swimming in the Competition Pool and open recreation in the Gym.

Tuesday

Gym: 2:45-3:45pm **Pool: 2:30-4:00pm**
FREE Members **\$5 Non-Members**

Afternoon Gym Activities

When school ends, the WCC is the place to be! Our walk-in programs offer fun and games in a safe, positive environment. Bring your friends and get in the game! All activities are subject to change depending on class size. See you there! **During Northbridge Public School Vacations, Holidays or Cancellations, Afternoon Gym Activities will not be available.**

4:00-4:45pm (Ages 5-6)

Monday-Ball Games

Come play basketball, soccer, pilo polo and more! Fundamentals will be taught, but fun will be emphasized.

Wednesday-Silly Play

Anything & everything! We take out hula hoops, floor mats, basketball hoops and more! You get to choose what you want to do!

FREE Members **\$9 Non-Members**

4:45-5:30pm (Ages 7-13)

Monday-Dodgeball

Are you ready to dodge, dip, duck & dive? The school classic with all kinds of twists.

Tuesday-Mystery Games

Each week will be a mystery! Check out our old favorites of floor hockey and soccer, and try two new games to WCC: GaGa & Poison Ball!

Wednesday-Mat Ball

The game that combines kickball, dodgeball and others is always a crowd favorite.

FREE Members **\$9 Non-Members**

After School Skate

Children will learn coordination, balance, and strength while listening to music as we rollerskate around the gymnasium! Rollerskates available for those who need them.

Thursday 4:00-4:45pm (Ages 5-8) 4:45-5:30pm (Ages 9-13)
FREE Members **\$9 Non-Members**

Friday Night Family Roller Skate

Come join the fun! Dust off your own skates or use ours. In order to maintain the atmosphere of a Family Skate, children CANNOT come without at least one adult accompanying them. It is not a requirement for adults to skate. Roller skates included for those who need them. Keep watch for our theme nights! **Grade 5 & under. No charge for adults. Last session for the season is May 18th.**

Friday **5:45-7:15pm**
FREE Members **\$9 Non-Members**

Middle/High School Friday Night

For grades 5-12 only, this program will let you play basketball in the gym.

NOTE: Children will be allowed entry into the WCC at 7:25pm for this program.

Gymnasium **7:30-9:15pm**
FREE Members **\$9 Non-Members**

Basketball

Mini Basketball Instruction (Ages 4-6)

This walk in program is just what your mighty mite needs to learn the fundamentals of basketball! Every Saturday we will teach dribbling, passing, and shooting in a high excitement, low stress environment! All abilities welcome.

Saturday 10:30-11:00am
FREE Members \$9 Non-Members

Men's 30+ Basketball League

Our competitive Wednesday night league features players of all abilities and backgrounds. Teams are created via a draft prior to the first game by captains. Games are played at 7pm, 8pm, or 9pm and every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game.

Wednesday 7pm, 8pm, or 9pm
Begins March 6

\$70 Members \$120 Non-Members

Men's 40+ Basketball League

Our competitive Thursday night league features players of all abilities and backgrounds. Teams are created via a draft prior to the first game by captains. Every game features two certified IABBO referees, & team shirts and schedules are handed out at the first game.

Thursday 7pm, 8pm or 9pm
Begins March 7

\$70 Members \$120 Non-Members

Pickleball

Come join us for our exciting Pickleball program. This program includes up to 2 Pickleball courts, accommodating 8 players. All equipment will be provided by the WCC or you can bring your own paddle. Practice your skills and play games with your friends in the newest sports trend. This is a drop-in program and pre-registrstion is required (See Registration Policy below for details).

Monday 6:30-7:30pm

\$FREE Members \$11 Non-Members

Registration Policy for Pickleball

Members/Non-Members

May sign up on the Sunday before every week beginning at 7am.

Racquetball

Our court is available in hour blocks for racquetball or Wally Ball. To check time and availability, please contact the **Member Services Desk, at 508.234.8184 ext. 100.**

Members-FREE

Members can make their reservation up to two weeks in advance.

Non-Members-\$9

Non-Members now have the opportunity to use the court on a walk-in basis and may call ahead on that day to secure their hour block.



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**For more information please email Doug Stark,
dstark@thecasaproject.org**