



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2012 WINTER / SPRING I / SPRING II **PROGRAM BOOK**



**PAWTUCKET FAMILY YMCA**

20 Summer St., Pawtucket, RI 02860

[www.GoYMCA.com](http://www.GoYMCA.com)

# INFORMATION

## Welcome to the Pawtucket Family YMCA

Welcome to the Pawtucket Family YMCA where healthy and active lifestyles are a way of life! Our state-of-the-art facility provides over thirty venues to recreate, socialize, and stay active while giving us the vehicle to put forth one of the most innovative programming calendars in the country. Our program model is based on three very simple premises: The Y enables every family member an opportunity to recreate at an affordable price, provide educational tools that will enhance life skills, and make each visit a fun and worthwhile experience. Come and play! Featuring over 30 Group Exercise classes, youth sport opportunities and swimming, the Y is an arena filled with energy and smiles.

**The Pawtucket Family YMCA has three unique program sites, offering various opportunities to youth in the Blackstone area:**

### HERITAGE PARK YMCA

**333 Roosevelt Ave., Pawtucket, RI 02860 • (401) 727-7050**

The Heritage Park YMCA located in Pawtucket, Rhode Island has a BrightStars rated quality early childhood education program for children aged 6 weeks to 8 years of age. Outfitted in 20 spacious classrooms as well as indoor and outdoor play spaces, the Heritage Park YMCA gives children ample space to "Play to Learn and Learn to Play." Each of our programs has the latest materials that encourage children to learn at their own pace. Our center is licensed by the Department of Children, Youth and Families and our preschool program is approved by the Rhode Island Department of Education. Preschoolers and after-school students have an opportunity to learn to swim at the Family Y location.

### DARLINGTON YMCA

**1080 Newport Ave., Pawtucket, RI 02861 • (401) 727-7900**

The Darlington YMCA is conveniently located on Newport Avenue. This program center offers quality before and after school programming, serving local schools. This unique program offers homework help, fit kids program, swimming, dance program and various other fun activities that help a child develop. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. This program offers breakfast, snack and dinner. All day program care is available on holidays and snow days at no extra charge.



### VETERAN'S MEMORIAL PROGRAM SITE

**150 Fuller Ave., Central Falls RI, 02863 • (401) 727-7900**

The Veteran's Memorial Program Site is conveniently located at Veterans school on Fuller Avenue in Central Falls. This program center provides a before and after school curriculum servicing all of the Central Falls schools. Y programming includes homework help, fit kids, dance, swimming and other fun, educational activities focusing on youth development. The program offers breakfast, snack and dinner to all participants. All day program care is available on holidays and snow days at no extra charge. Bi-lingual staff are on site to assist the ESL students.

# INFANTS & TODDLERS

## INFANT CARE

**Ages: 6 Weeks to 18 Months • Heritage Park YMCA**

Heritage Park YMCA Infant Center meets your child's individual needs by ensuring positive attention and care. Because this is a critical time in your child's life, our infant care focuses on the development of each child and equips even infants with essential skills for learning. In addition, the Infant program uses the Watch Me Grow assessment tool to monitor growth and development.

Member/ Non-Member: \$180/\$210 (per week)

## TODDLER CARE

**Ages: 18 Months - 3 Years Old • Heritage Park YMCA**

Heritage Park YMCA Toddler Program provides a safe, nurturing environment in which every child can learn to communicate, cooperate and care about each other. Our low child to staff ratios ensure your child will receive individualized loving care and attention. Toddlers have scheduled and open activity time so they may learn from a group and discover independently, all under the supervision of our knowledgeable teachers.

Member/ Non-Member: \$175/\$205

## PRESCHOOL EARLY CHILDHOOD EDUCATION

**Ages 3 Years – 5 Years Old • Heritage Park YMCA**

Heritage Park YMCA has a BrightStars rated quality early childhood education program for children aged 6 weeks to 5 years. All of our lead teachers have either Child Development Associate Certification or Associate Degrees in Early Childhood Education. Heritage Park has also partnered with Ready to Learn Providence, whose Early Reading First Program brings Early Literacy to the preschool classrooms. Heritage Park has an active Parent Advisory Committee.

Member/ Non-Member: \$160/\$195(per week)

## BEFORE AND AFTER SCHOOL CARE

**Ages Kindergarten – 1st Grade • Heritage Park YMCA**

Heritage Park YMCA provides a before and after school program for children. Children in our program experience homework help, Fit Kids, group games, outside play as well as arts and crafts, science and other hands on learning. Vacation weeks and days off from school find the children engaged with camp type activities along with swim and field trips.

Member/ Non-Member: \$105/\$150 (per week)

## WATERBABIES SWIM LESSONS

**Ages: 6 Months to 36 Months**

The primary objective is to get both the parent and child comfortable in the water. The parent will learn how to be safe with the child in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides the child to learn aquatic skills. Cloth diaper with plastic pants or diapers manufactured for swimming use are required.

Member/ Non-Member: \$30/\$85 (6 week session)

# PRESCHOOL PROGRAMS



## STORY DANCE TIME

Ages 3 – 5 years old

This lively class is filled with music, movement and creative fun. Students participate in warm-up exercises to develop their coordination and focus, as well as creative dance and dramatics games using rhythm instruments and stage props, giving children practice in using their imaginations. A goal of the class is a story time where everyone joins together to dance to a story to music. Kids will have a blast!

Tuesday: 10:00 a.m. – 10:45 a.m.

Member/ Non-Member:

\$25/\$50 for the 8 Week Session

## MINI MOVERS & GROOVERS

Ages 3 – 5 years old

Come join us as we sing and dance to some of the all-time favorites. Every week your child will start off with a sing-along that will get your child excited. Some classics include “The Itsy-Bitsy Spider” and more. Dances include “Head, shoulders, knees and toes,” “The Twist,” “The Hokey Pokey” and more. At the end of the session a jam will show off your little ones skills. Parent must be present.

Thursday: 10:00 a.m. – 10:30 a.m.

Member/ Non-Member:

\$20/\$50 for the 6 Week Session

## PRESCHOOL CHILDWATCH

Ages 6 months – 6 years old

Monday - Friday:

9:00 a.m. - 12:00 p.m.

4:00 p.m. - 8:00 p.m.

Saturday: 8:30 a.m. - 12:00 p.m.

Parents can work out knowing their children are safe and engaged in age-appropriate activities. Kids experience storytelling, interactive games, crafts, cognitive learning as well as play time in our Preschool Play Gym and Youth Fitness room.

Member/ Non-Member

FREE/\$3

## PARENT/CHILD AQUATICS

Ages 6 months – 36 months

**NOTE: The parent must be in the water with the child for the following aquatic classes.**

Sunday 9:35 a.m. – 10:05 a.m.

Saturday 11:15 a.m. – 11:45 a.m.

## SHRIMP LEVEL

(Ages 6 – 8 months)

Introduces babies and adults to a positive and safe water environment. Children and their parents swim together with other families.

## KIPPER LEVEL (9 – 12 months)

Introduces basic water skills, safety and fun with toys, flotation devices and interaction with other children.

## INIAS LEVEL (3 – 18 months)

Encourages children to make purposeful movements in the water while they gain limited independence.

## PERCH LEVEL (19 – 36 months)

All children will explore their aquatic environment with their parent. The program encourages children to swim through the water and transition to aquatics at preschool levels.

## PRESCHOOL SWIM

Ages 3 – 5 years old

This introductory level is to orient toddlers and parents with the water. Swim diapers are required for all children who are not completely potty trained.

Sunday: 11:00 a.m. – 11:30 a.m.

Tuesday: 5:00 p.m. – 5:30 p.m.

Thursday: 5:00 p.m. – 5:30 p.m.

Saturday: 9:00 a.m. – 9:30 a.m.

Member/ Non-Member:

\$30/\$85 for the 6 Week Session

# PRESCHOOL PROGRAMS

## PRESCHOOL SWIM PROGRAM

The Y's instructional swim program uses the Y of the USA's Parent/Child and Preschool Program as its model to introduce swimming to children. The program reaches children and parents early in their relationship and is progressive while helping your child advance to higher or greater skill levels at his or her own pace.

Fees per session: Member: \$30.00 Non-Member: \$85.00

**NOTE: The parent must be present with the child for the following classes.**

## PIKE LEVEL & PIKE LEVEL w/ PARENT CLASSES

### Ages 3 to 5 years old

The class is designed for the child with no previous water experience. This class is a gradual general water orientation utilizing creative water play, breath control, floating, basic arm and kicking skills and safety skills. The program provides children their first aquatic experience without parental assistance in a safe, fun and positive learning environment. While using a noodle, the child will explore the aquatic environment as we focus on basic skills. The child will learn the importance of safety around the water.

## EEL LEVEL

This class is for the child with dependent abilities and basic skills. With the use of a noodle, the child is encouraged to move into a horizontal position, practice more basic skills and learn to become independent of the noodle. The children will work towards gaining courage and self-esteem in the water and learning breathing techniques.

## RAY LEVEL

For the child who can swim across the pool without a noodle. Children will build endurance by swimming on their front and back. Advanced and creative skills are taught including stroke development. Safety and basic skills are emphasized. The child will gain self-confidence. Children will learn how to swim in the deep end as well as submerging skills.

## STARFISH LEVEL

Gives an overview of skills learned in Ray class. This class is for the child who is comfortable in the water and can swim the width of the pool. Children at this level refine their strokes. Skills taught include underwater swimming and more refined rhythmic breathing.

## CHILD SWIM CLASSES

### Ages 3 – 5 years

Sunday: 11:00 a.m. – 11:30 a.m.

Tuesday: 5:00 p.m. – 5:30 p.m.

Thursday: 5:00 p.m. – 5:30 p.m.

Saturday: 9:00 a.m. – 9:30 a.m.



# YOUTH AQUATICS

## YOUTH SWIM PROGRAM Ages 6 years and older

The Y utilizes the Y-USA Youth Progressive Swim Program. Each skill level is carefully designed to give your child the opportunity to develop in five areas: personal safety, stroke development, personal growth, water sports and rescue.

Fees per session: Member: \$30.00 Non-Member: \$85.00

### POLLIWOG LEVEL

Class introduces the beginner to floating, gliding, jumping, flutter kick, crawl stroke, rhythmic breathing and sculling on back.

Sunday: 11:35 a.m. – 12:20 p.m.  
Tuesday: 5:35 p.m. – 6:20 p.m.  
Thursday: 5:35 p.m. – 6:20 p.m.  
Saturday: 9:35 a.m. – 10:20 a.m.

### POLLIWOG "PLUS" LEVEL

For the child who has good basic skills but needs to develop deep water confidence, crawl stroke, rhythmic breathing, and endurance.

Sunday: 11:35 a.m. – 12:20 p.m.  
Tuesday: 5:35 p.m. – 6:20 p.m.  
Thursday: 5:35 p.m. – 6:20 p.m.  
Saturday: 9:35 a.m. – 10:20 a.m.

### GUPPY LEVEL

Perfect crawl stroke, rhythmic breathing; learn back crawl, diving and combinations. Swimmers practice front crawl skills, floating, and breathing.

Sunday: 11:35 a.m. – 12:20 p.m.  
Tuesday: 5:35 p.m. – 6:20 p.m.  
Thursday: 5:35 p.m. – 6:20 p.m.  
Saturday: 9:35 a.m. – 10:20 a.m.

### MINNOW LEVEL

Develop stronger and more relaxed crawl stroke and back crawl, learn elementary backstroke, practice survival skills and build endurance.

Tuesday: 6:25 p.m. – 7:10 p.m.  
Thursday: 6:25 p.m. – 7:10 p.m.  
Saturday: 10:25 a.m. – 11:10 a.m.

### FISH LEVEL

Participants will work on balance and coordination of crawl, back crawl, teamwork, open turns and dives.

Tuesday: 6:25 p.m. – 7:10 p.m.  
Thursday: 6:25 p.m. – 7:10 p.m.  
Saturday: 10:25 a.m. – 11:10 a.m.

### FLYING FISH LEVEL

For children who can swim front crawl, backstroke, breaststroke, and side stroke. The swimmer will be taught the butterfly components and combinations.

Tuesday: 6:25 p.m. – 7:10 p.m.  
Thursday: 6:25 p.m. – 7:10 p.m.  
Saturday: 10:25 a.m. – 11:10 a.m.

### SHARK LEVEL

Work on butterfly, side stroke, individual medleys and correcting any developed bad habits. Lifesaving and advanced skills are introduced.

Tuesday: 6:25 p.m. – 7:10 p.m.  
Thursday: 6:25 p.m. – 7:10 p.m.  
Saturday: 10:25 a.m. – 11:10 a.m.

### PORPOISE CLUB

For the child who has completed Shark and wants to begin work towards Lifeguard training. This program is set up to continue fitness, community service and learn basic lifeguarding skills.

Tuesday: 6:25 p.m. – 7:10 p.m.  
Thursday: 6:25 p.m. – 7:10 p.m.  
Saturday: 10:25 a.m. – 11:10 a.m.

### SPECIAL NEEDS

This program is designed for children with disabilities. Youth participate in motivating exercises that strengthen and enhance their motor skills.

Sunday: 9:00 a.m. – 9:30 a.m.

### PRIVATE SWIM LESSONS

Our experienced instructors will work with you to develop your swimming skills with one-on-one attention. A minimum of three lessons must be purchased.

Member: 3 for \$75  
Non-Member: 3 for \$150

# YOUTH CHILDCARE

## EARLY RISERS PROGRAM

The Pawtucket Family Y strives to provide a quality childcare program that is affordable, safe and is accessible to all families. Programs are offered in a supportive environment in which children have the freedom to be creative and grow into happy, healthy individuals. The children who are enrolled in the Early Risers Program receive a healthy breakfast and engage in age-appropriate activities. Transportation to school everyday also provided.

Monday - Friday: 6:30 a.m. – Start of School      Member/ Non-Member: \$40/\$60

## AFTER SCHOOL CHILDCARE

The Y's After School Program provides a safe and resource-rich environment introducing kids to activities that reinforce the school-age curriculum. Kids enjoy swimming, arts & crafts, games and special events each day. Healthy snacks and a nutritious dinner is offered to every child. The program also works with children who are less active through our Fit Kids Program. Parents and guardians have peace of mind knowing that their child will be safely transported from school everyday by Y staff.

Monday - Friday: End of School - 6:30 p.m.      Member/ Non-Member: \$69/\$90

## BEFORE AND AFTER SCHOOL CARE

### Ages 2nd Grade – 8th Grade

The Pawtucket Family YMCA provides an excellent before and after school program for children. Children in our program experience homework help, Fit Kids, group games, outside play as well as arts and crafts, science and other hands on learning. Vacation weeks and days off from school find the children engaged with camp type activities along with swim and field trips.

Member/ Non-Member: \$105/\$150 (per week)

Vacation Week: Member/ Non-Member: \$135/\$150 (per week)

**CHILDCARE COMBO PACKAGE** Member/ Non-Member: \$105/\$150

## INTERN PROGRAM

### Ages 12 – 15 years old

Designed for young teens to develop skills and self confidence for a lifetime. The program runs after school till 6:30 Monday through Friday. Youth will receive snack and homework help. Their afternoon will consist of job skill building, community service and character building. Guest speakers and worksite field trips will help open young minds to opportunities. They will have an opportunity to earn up to \$50 stipend every month which will be awarded based on different evaluation and accomplishments. Homework completion and participation in a fitness component will be important expectations of this program. The interns will have the option of a healthy dinner each evening. Sign up early, spots are limited!

Monday - Friday: 2:30 p.m. – 6:30 p.m.      Member/ Non-Member: \$69/\$85

# CHILDWATCH

Childwatch is a feature of the Y youth programming that offers a variety of supervised activities for children while their parents exercise and stay active. Provides the same age-appropriate activities available to youth members.

## **THIS IS A FREE SERVICE TO ALL YMCA YOUTH MEMBERS**

Reciprocal/Non-Members: \$ 3.00 for each child

### **OPEN PRESCHOOL PLAY & GYM TIME**

Parents are welcome to spend time with their children in our exciting Play Gym during designed hours. This is a great fitness and fun-gearred alternative to traditional baby-sitting or childcare. It gives children and parents the opportunity for enjoyment, fitness and social interaction. Check Member Services Desk for group schedules that may interfere with open play time.

Monday - Friday:	12:00 p.m. - 4:00 p.m.
Saturday:	7:00 a.m. - 9:00 a.m.
	12:00 p.m. - 5:00 p.m.
Sunday:	9:00 a.m. - 3:30 p.m.

### **OLDER CHILD WATCH**

**Ages 7 – 12 years old**

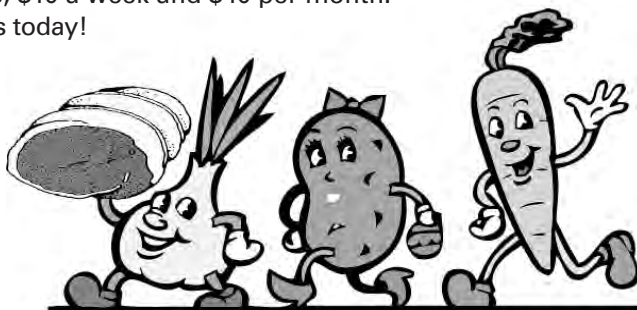
Monday - Friday:	4:00 p.m. - 8:00 p.m.
Saturday:	8:30 a.m. - 12:00 p.m.

Older Child Watch offers age-appropriate activities for school-age children. At 6pm every evening our older child watch separates from the rest of the group and is able to make full use of other areas our facility has to offer. Our staff will offer homework assistance as well as encourage each child to stay active with their minds and bodies. Offerings include crafts, gym activities, sport wall, rockwall, computer lab, and more!

## **HAVE DINNER WITH US**

The Pawtucket Family YMCA offers the best value in the area. We provide a dinner program that is open to everyone! Dine with us on Monday through Friday from 5 - 7 p.m. The cost is just \$3 a plate, \$10 a week and \$40 per month.

Join us today!



# YOUTH SPORTS



## **ROOKIE'S BASKETBALL** Ages 4 to 7 years old

This is an 6 week program that focuses on the fundamentals and skill building of the game of Basketball. This league is a great place for younger children to train and play. Every child will get to play while learning new techniques. We have excellent instructors with backgrounds playing on a college level, professionally and also coaching AAU Basketball. Be part of the team!

Saturday: 11:00 a.m. - 12:00 p.m.  
Member/ Non-Member \$20/\$50

## **PAWTUCKET YMCA YOUTH BASKETBALL LEAGUE** Ages 8 to 12 years old

Our mission for youth basketball program is to create a fun and educational atmosphere. We focus on team building and stress team concepts. Our goal is to train our athletes to be leaders on and off the court. Whether you are new to the game or have played for years, we have a spot for you on the team. It is a great way to make new friends, exercise and learn a competitive yet fun-filled sport.

TBA - Pick up schedule at Member Services Desk

Member/ Non-Member \$30/\$60

## **YOUTH FUTSAL LEAGUE**

This indoor soccer academy is a 8-week, action-packed program. InterAmerica Sports instills the latest techniques and training trends for new as well as experienced players. All participants will receive a team jersey and shorts.

**REBELS:** (Ages 7 – 9 years old)

**ALL STARS:** (Ages 10 – 12 years old)

TBA - Pick up schedule at Member Services Desk

Member/ Non-Member \$10/\$20

## **YOUTH FLAG FOOTBALL** Ages 5 to 12 years old

YYFF (YMCA Youth Flag Football) is the premier flag football league for boys and girls. Young players have a fun and exciting opportunity to learn position specifics, game play and engage in non-contact, continuous action.

**ROOKIES** (Ages 5 – 7 years old)

Saturday: 12:00 p.m. - 1:00 p.m.

**JUNIORS** (Ages 8 – 10 years old)

Saturday: 12:30 p.m. - 1:30 p.m.

**ALL STARS** (Ages 11 – 12 years old)

Saturday: 1:00 p.m. - 2:00 p.m.

Member/ Non-Member \$10/\$20



## **YOUTH FUTSAL ACADEMY**

This 8-week indoor soccer academy is an action-packed program. InterAmerica Sports instills the latest techniques and training trends for new as well as, experienced players. All participants will receive a team jersey and shorts.

**JUNIORS:** (Ages 4 – 6 years old)

Saturday: 9:00 a.m. - 10:00 a.m.

**REBELS:** (Ages 7 – 9 years old)

Saturday: 10:00 a.m. - 11:00 a.m.

**ALL STARS:** (Ages 10 – 12 years old)

Saturday: 10:00 a.m. - 11:00 a.m.

Member/ Non-Member \$30/\$40

## **MIXED MARTIAL ARTS**

Mixed Martial Arts teaches a variety of techniques and skills from a mixture of martial arts traditions. Students learn basic techniques, forms, and self-defense in a structured martial arts program. Students also learn the history of karate.

**LITTLE DRAGONS** (Ages 4 – 9 years old)

Tuesday: 5:30 p.m. - 6:30 p.m.

Thursday: 5:30 p.m. - 6:30 p.m.

**BIG DRAGONS** (Ages 10 – 16 years old)

Tuesday: 6:30 p.m. - 7:30 p.m.

Thursday: 6:30 p.m. - 7:30 p.m.

Member/ Non-Member \$40/\$75

# YOUTH PROGRAMS

## FITNESS FOR THE FUTURE

**Ages 7 to 9 years old**

Now is the time to get your child active at an early age. Like adults, kids need exercise. Most children need at least an hour of physical activity every day. This program will consist of fast-paced exercises, games and workouts. The program will help your child develop balance endurance and stay healthy.

Monday: 4:00 p.m. – 5:00 p.m.  
Wednesday: 4:00 p.m. – 5:00 p.m.  
Member/ Non-Member \$40/\$75

## CARDIO KIDS

**Ages 10 to 12 years old**

An exercise program that combines cardiovascular activities with light resistance exercises. This program is designed to help children become physically active through various fitness activities. Participants will learn how to incorporate fitness into their everyday lives and have fun while doing it. This program is in a fitness environment with an energetic instructor.

Tuesday: 4:00 p.m. - 5:00 p.m.  
Thursday: 4:00 p.m. - 5:00 p.m.  
Member/ Non-Member \$40/\$75

## YOUTH FITNESS PROGRAM

**Ages 13 – 17 years old**

**All youth must complete the youth fitness program before using the fitness center unsupervised.**

The program includes (2) one hour sessions with a fitness coach. All Participants will learn how to use the equipment - by appointment only. Contact Member Services

**Youth are allowed to use the fitness center only after completing the YMCA fitness program.**

**NEW**

## TAP AND MODERN JAZZ

**Ages 6 to 8 years old**

An introductory class to tap and jazz, students learn the basics of these two popular dance forms while developing proper technique, strength and focus. The class format includes warm-ups, progressions, and dance combinations, as well as a performance at the end of the session. (Tap shoes are available for use during the session - a large assortment of sizes will be provided.)

Tuesday: 6:00 p.m. - 7:00 p.m.  
Member/ Non-Member:  
\$25/\$50 for the 8 Week Session

**NEW**

## DANCE BLAST

**Ages 8 to 10 years old**

This fast-paced class is perfect for kids who love music and dancing. Beginning with warm-ups and dance technique practice, the class introduces students to a wide array of dance styles. Each week a new type of dance will be featured, such as jazz, folk, hip-hop, salsa, tap, ballet and folk, to name a few. In addition, the students become more enthusiastic performers, as they work on a choreographed dance to perform at the end of the session.

Tuesday: 6:00 p.m. - 7:00 p.m.  
Member/ Non-Member:  
\$25/\$50 for the 8 Week Session

## GIRL POWER WITH KRISTEN SYER

**Ages 8 to 12 years old**

Join our monthly gatherings as we cover topics that are important to you such as fashion, fitness, health and beauty while developing a positive outlook on "you." Monthly gatherings will include dinner, guest speakers, topics of importance and some trips.

Dates TBA

Friday: 6:00 p.m. - 9:00 p.m.  
Members Only: Free

# YOUTH DEVELOPMENT

## YOUTH EVENING PROGRAMS

Ages 8 to 11 years old

### COOKING CLUB

Get your aprons ready! Do you like mixing, mashing, measuring, and making mouthfuls of yummy snacks? Have fun and learn how to cook at the YMCA Kitchen. During this six week program you will learn healthy recipes and cooking techniques. Kids will also learn how to handle utensils properly and become familiar with the kitchen. Did we mention having fun too? Spots are limited!

Tuesday: 6:00 p.m. – 8:00 p.m.

Members Only: \$20/6 Weeks

### TEEN CENTER

The Teen Center was created specifically to provide teens, between the ages of 13-18, a dedicated space to explore supervised social activities that promote life skill building while providing structure and educational resources to augment study habits. The center is considered a "safe zone" for those who enter as it is a drug and alcohol free environment. The Teen center is a free program to members however, offers an extended programming package where small fees and deposits may be required.

### TEEN MOVIE NIGHT

Teens enjoy a movie in the comfort of the YMCA Teen Center. watching the latest movies. All movies shown on Friday movie nights are specially selected for teen audiences. Beverages and snacks available.

Friday: 5:00 p.m. - 7:00 p.m.

Members Only: Free

### HIP HOP DANCE CLASS

Hip hop features self-impression and represents body movements that go with the beat and rhythm of hip hop music.

Monday: 4:30 p.m. - 5:30 p.m.

Members Only: Free

### TEEN FIELD TRIPS

Adventures away from the Y provide supervision and positive role models. Through our programs, youth are cultivate values, relationships and skills that lead to positive behaviors, better health and educational achievement. Teens have a great time doing fun, recreational activities in the local community. Fun activities include bowling, Leadership Lock-in, Laser Gate, movies and more.

Members Only: Fees



# SPECIAL EVENTS FOR YOU AND YOUR FAMILY

ALL EVENTS ARE OPEN TO MEMBERS UNLESS OTHERWISE SPECIFIED

## JANUARY

January 13th - **Childcare Sleepover at the Y** - Join us for a fun-filled evening. This event includes dinner, field trip, late night swim, make your own sundaes, and a movie. Ages 8-12. The cost is \$10 per child.

January 13th - **Heritage Park Parent's Night Out** - 6:00 - 9:00 pm. Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie. This event is for ages 3 & up.

January 20th - **Flick and Float** - Enjoy a fun evening watching movies in our swimming pool on our new movie screen. \$7 per person includes dinner.

January 24th - **Community Resource Fair** - This event that will showcase the social and educational services available to families. All families are welcome to attend this free event and get valuable information on services available in RI. All welcome.

January 27th - **Family Bingo Night** - 6:30 - 9:00 pm  
All families are invited to attend a fun evening filled with pizza, bingo, and prizes. The cost for this event is \$5 per family of four.

## FEBRUARY

February 10th - **Valentines Dinner at the Y** - with Chef Josh. Enjoy a meal at the Y with a Kiss from our Chef. \$3 per Family. Event is 5:00 - 7:00 pm.

February 10th - **Heritage Park Parent's Night Out** - 6:00 - 9:00 pm. Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie. This event is for ages 3 & up.

February 17th - **Family Sweetheart Dance** - 6:30 - 9:00 pm. Come join us for an evening of a pasta dinner and dancing with your families. Families are encouraged to dress up for this event, but it's not required. The cost for this event is \$10 per family.

February 17th - **Flick and Float** - Enjoy a fun evening watching movies in our swimming pool on our new movie screen. \$7 per person includes dinner.

February 20 - 24th - **Vacation Week at the Family Y** - Children enjoy fun field trips, swimming, sports, arts and crafts, and other activities. Camp staff will be back to run creative activities all week long.

February 20 - 24th - **Vacation Week at Heritage Park** - Heritage Park's vacation camp during school breaks. These weeks includes breakfast, lunch, snack, field trip, guest speakers, swim and many other fun filled activities. For information, contact the Heritage Park at (401) 727-7050.

February 26th - **I Am the Dream Basketball Tournament** - This fun tournament will consist of 3 age divisions (6-9), (10-12) and (13-17) with 4 teams per division. Registration will be \$100 per team. Registration form must in by February 4th. The event will conclude with an adult All-Star Basketball Game as a bonus to the tournament. Adult participants will have a \$15 registration fee prior to playing in the All-Star Game. Spectator fees: Adults \$4, \$2 (ages 12-4) and free for ages 3 and under. All welcome.

## MARCH

March 9th - **Family Bowling Night @ EP Lanes** - 7:00 - 9:00 pm. Come join us for a fun evening of bowling at a local venue. Includes shoe rental and bowling for 2 hours. Cost: TBA. Pre-registration is a must.

March 16th - **Flick and Float** - Enjoy a fun evening watching movies in our swimming pool on our new movie screen. \$7 per person includes dinner.

March 16th - **Heritage Park Parent's Night Out** - 6:00 - 9:00 pm. Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie. This great event is for ages 3 & up.

March 23rd - **Camp Year Round** - Get ready for summer come see your favorite camp staff and campers from last year and find out about new camps this summer. Fun, games dinner and a movie included. Incentive for signing up for summer camp that evening. All welcome.

## APRIL

April 2nd - 6th - **Heritage Park Scholastic Book Fair** - The fair is (buy 1/ get 1) event. Give the gift of reading. All welcome.

April 13th - **Heritage Park Parent's Night Out** - 6:00 - 9:00 pm. Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie. This great event is for ages 3 & up.

April 13th - 15th - **Healthy Kids Day Weekend Event** - A fun filled weekend at the YMCA. World's longest soccer game, Swim-A-Thon, Teen Dance, Flick and Float, Girl Power & Fun Run. Activities offered all weekend long. All welcome to this free event.

April 16 - 20th - **Vacation Week at the Family Y** - Children enjoy fun field trips, swimming, sports, arts and crafts, and other activities. Camp staff will be back to run creative activities all week long.

April 16 - 20th - **Vacation Week at Heritage Park** - The Heritage Park's vacation camp includes breakfast, lunch, snack, field trip, guest speakers, swim and many other fun filled activities.

April 15th - 21st - **Splash Week** - Free swim lessons - Need to pre-register by April 14th. All welcome.

April 20th - **Flick and Float** - Enjoy a fun evening watching movies in our swimming pool on our new movie screen. \$7 per person includes dinner.

## MAY

May 6th - **Summer Camp Open House** - Come find out about all the exciting opportunities you can join in this summer. 6:00 - 8:00 pm. All welcome.

May 12th - **Camp Open House Family Y** - 9 a.m. - 11 am. (free camp t-shirt). All welcome.

May 13th - **Overnight at the Y** - Join us for a fun-filled evening. This event includes dinner, field trip, late night swim, make your own sundaes, and a movie. Ages 8 - 12. The cost is \$10 per child.

May 18th - **Heritage Park Parent's Night Out** - 6:00 - 9:00 pm. Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie. This event is for ages 3 & up.

**Go online at [www.GoYMCA.com](http://www.GoYMCA.com) for updates!**

# BIRTHDAY PARTIES

## BIRTHDAY PARTIES

You Can Pick from 2 Packages

### PACKAGE A

This party package includes a slice of pizza for 25 kids, 25 party invitations and a "snack n' sip" for each child.

Member/Non-Member: \$50/\$60

### PACKAGE B

This party package includes all of package A and a choice of a sheet cake (or) 30 cupcakes.

Member/Non-Member: \$70/\$80

### GENERAL INFORMATION:

All Party Packages are based on 25 children. Reserve your party today! Extra Party Packages Available!

### BIRTHDAY PARTY TIME

*(Times Vary Based Upon Party Type)*

Sunday: 11:00 a.m. – 4:00 p.m.

Friday: 5:00 p.m. – 8:00 p.m.

Saturday: 11:00 a.m. – 5:00 p.m.



Contact our party coordinator, Aisha Laliberte about all your upcoming events. Available for sweet 16, first communion and various celebrations.

## PRESCHOOL GYM PARTY

The perfect party for your little one! Reserve an hour just for your party in our soft-play and tube rooms. These two great rooms will have your child begging not to leave. This party area will be one that your child will not forget anytime soon! (1 hour pre-school play, 1 hour party room)

Member/Non-Member: \$155/\$230



## FLICK & FLOAT PARTY

Do you love to watch movies? Do you love to Swim? Celebrate your party in our heated pool while watching your favorite movie! Our new Flick & Float party includes one hour in our party room and two hours in the pool. We'll provide the floats and you can bring in your favorite movie!

Member/Non-Member: \$255/\$300

## CROCODILE ROCK PARTY

Have a blast playing games in our designated party room for an hour. Slip and splash in the pool on Slippery the Crocodile Slide for another hour! See ya later, gator!

Member/Non-Member: \$155/\$230

## TREASURE HUNT PARTY

Hunt for hidden treasure at Y Island! You'll get a map -- X marks the spot! Children will love this adventure. (1 hour of party room time and 1 hour treasure hunt with our staff.)

Member/Non-Member \$180/\$255

## ROCKIN' CROC PARTY

Love the Rockwall? Love the Pool? Why not enjoy them both? Come and have a try at reaching our 23ft. Rockwall. Our trained staff will make sure you have a safe climb up. This party also includes 1 hour in our pool with the Crocodile Slide! And the best part is that you can celebrate with cake and games for an hour in our party rooms (3 hour party)

Member/Non-Member: \$230/\$280

## PRINCESS PARTY

Once upon a time, there was a princess who ruled the kingdom. Your princess will love her big day. The YMCA princess theme party includes a beautifully decorated party room, paper goods and a tiara. Each guest will get a candy-filled Princess mug as a souvenir. Your child will remember this party as one of her best! (1.5 hour of party room time)

Member/Non-Member: \$255/\$300

# TEEN PROGRAMS

## TEEN FLAG FOOTBALL

### Ages 11 to 17 years old

Playing Flag Football is designed for players who want to learn how to play the sport, brush up on the rules, tactics, and skills and improve their game. It is a fun and competitive environment which builds new friendships and improves overall health.

Monday - Friday: 4:00 p.m.- 5:00 p.m.  
Member/ Non-Member \$10/\$20

## TEEN ROCK WALL

### Ages 13 to 17 years old

The FamilyY offers a 23 ft. climbing wall with experienced staff always ready to guide you through our array of trails. Participants will learn proper safety and climbing techniques to achieve personal goals.

Monday - Friday: 4:30 p.m. - 5:30 p.m.  
Members Only: Free

## YOUNG LEADERS

### Ages 13 to 17 years old

This 9-week program focuses on trust leadership and responsibility through various activities. The Y is committed to insuring young people build positive relationships with peers and connect with leaders to build character for their promising future. Each participant will have dinner that is included Monday thru Friday at the FamilyY. The program will allow for two activities per night as well as a monthly event to showcase emerging talent during open mic night. (Some activities include: basketball, weight training, improv theater class, flag football, hip hop dance, rock climbing, film making and swimming).

5:00 - 5:30 p.m. - Attend drop-in center

5:30 - 6:00 p.m. - Dinner

6:15 - 7:15 p.m. - Activity Choice 1

7:20 - 8:20 p.m. - Activity Choice 2

8:15 - 8:30 p.m. - Wrap Up

Members Only: Free

## OPEN TEEN GYM

This is a time set aside for teen members to drop in and play the sport of the day. Basketball, wiffleball, soccer, football and volleyball activities are enjoyed by teens and supervised by staff. Come join us for some fun!

Monday - Friday: 3:00 p.m.- 6:00 p.m.  
Members Only: Free

## TEEN BASKETBALL LEAGUE

### Ages 13 to 17 years old

The Y's Teen Basketball League is an instructional program designed for teens new to the sport as well as those who want to brush up on the rules, tactics, and skills and improve their game. Sign up today!

Monday - Friday: 3:00 p.m.- 5:00 p.m.  
Member/ Non-Member \$30/\$60

## FILM CLASS

Film in itself is an art form. In this class we will attempt to create our own films by using the tools of the industry to generate ideas.

Tuesday: 6:30 p.m. - 7:30 p.m.

Members Only: Free

## HOMEWORK CLUB

Got homework? Come down after school and get your homework done with help from tutors. Who knows - your grades may go up. They're there everyday in the Teen Center.

Weekdays: 3:00 p.m. - 5:00 p.m.

Members Only: Free



# ADULT/FAMILY AQUATICS

## MEMBER SWIM SCHEDULE

### FAMILY OPEN SWIM

Sunday:	10:10 a.m. - 10:55 a.m. 1:30 p.m. - 3:30 p.m.
Monday:	6:00 p.m. - 8:30 p.m.
Tuesday:	7:15 p.m. - 8:30 p.m.
Wednesday:	6:00 p.m. - 8:30 p.m.
Thursday: (w/slide)	7:15 p.m. - 8:30 p.m.
Friday:	2:00 p.m. - 5:00 p.m. 6:00 p.m. - 8:30 p.m.
Saturday:	11:45 a.m. - 2:30 p.m.

### ADULT LAP SWIM

Sunday:	7:00 a.m. - 9:00 a.m.
Monday - Friday:	6:00 a.m. - 9:00 a.m. 11:00 a.m. - 1:00 p.m.
Monday:	5:00 p.m. - 8:30 p.m.
Tuesday:	7:15 p.m. - 8:30 p.m.
Wednesday:	5:00 p.m. - 8:30 p.m.
Friday:	5:00 p.m. - 8:30 p.m.
Saturday:	7:00 a.m. - 9:00 a.m.

### YOUTH & TEEN OPEN SWIM

Monday:	2:00 - 4:45 p.m.	Thursday:	2:00 - 4:45 p.m.
Tuesday:	2:00 - 4:45 p.m.	Friday:	2:00 - 4:45 p.m.

### ADULT SWIM INSTRUCTION

Learn to swim the Y way! Small class size allows you to progress at your own pace. Emphasis is on making the beginner comfortable in the water and the intermediate an efficient and skilled swimmer. Spots are limited.

Sunday:	8:00 a.m. - 8:45 a.m.
Monday:	5:00 p.m. - 5:45 p.m.
Wednesday:	5:00 p.m. - 5:45 p.m.
Friday:	5:00 p.m. - 5:45 p.m.
Member/Non-Member:	\$45/\$85

### AQUA-FIT / DEEP WATER EXERCISE

This class combines water aerobics with intervals of body sculpting. Participants in this new class focus on getting a low impact exercise workout that will help bodies feel better and fully energized. Work the entire body without putting pressure on your joints and bones, this class is perfect for the beginner. A great non-weight bearing class for all ages and abilities.

Wednesday:	9:00 a.m. - 10:00 a.m.
Friday:	9:00 a.m. - 10:00 a.m.
Non-Member Fee	\$50 (6 weeks)

### OPEN WATER EXERCISE

Aquatic exercise offers many benefits including aerobic fitness, muscular strength and endurance, flexibility and better balance. Water's buoyancy makes the workout easier on your joints and its resistance challenges your muscles. Come get a low impact workout at the Family Y pool on the convenience of your schedule!

### FREE WITH MEMBERSHIP

Monday:	9:00 a.m. - 9:55 a.m.
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### LUNCH BREAK BASKETBALL

This program is designed to offer adults a program where they can come in on their lunch hour and enjoy a basketball game. Basketball is a great cardiovascular workout. You are running and jumping and that really works the heart and lungs. You are getting your blood pumping and your breathing is accelerated. It is an amazing workout for your body. It also brings people together and creates bonds and friendships.

Friday:	12:00 p.m. - 2:00 p.m.
Member/Non-Member:	FREE/\$5

# ADULT PROGRAMS

## RACQUETBALL

Racquetball is a faster game than tennis, the game is designed for quick thinking and quick moving participants looking to add variety to their workouts. Members may reserve court time up to one week in advance. For more information or to sign up, please visit the Member Services desk.

Members Only: Free

## RACQUETSPORT LESSONS

### Ages 8 years old and up

Racquetball lessons are an excellent way to learn proper technique, court positioning and shot selection. One hour lessons by certified staff are arranged by appointment. Please sign up at the Member Services Desk.

Member/ Non-Member \$29/\$59

## PERSONAL TRAINING

Personal training tailors every fitness workout customized to your unique body and your individual health fitness goals. Get personal attention and encouragement will bring your workout to the next level. Each of the personal training workouts optimize your time for maximum results. Personal Training will increase your energy, metabolism and muscle mass while decreasing your body fat.

Fee (1 Hour Sessions):

1 Session	\$40
3 Sessions	\$115
5 Sessions	\$175
10 Sessions	\$300
15 Sessions	\$420
20 Sessions	\$520
25 Sessions	\$650
3 Sessions (plus) 1 Nutrition Class	\$150

*Make an appointment - Please see the Member Services Desk.*

## GROUP EXERCISE

Strengthen your heart and lungs, burn calories, increase your strength and endurance, increase total stamina, sleep better, reduce the risk of diseases and improve your quality of life. Group exercise provides socialization, accountability to drive consistent participation and motivation to achieve your goals.

## HEALTH ASSESSMENTS

A health assessment is your first step to fitness. A health assessment determines how healthy you are and can prepare you to live a healthier lifestyle. The assessment takes roughly a half hour and provides you with a print out of the assessment results.

- Body measurements
- Body fat analysis using calipers
- Accurate weigh-ins.

Members/Non-Members: \$5/\$10

## BUDDY TRAINING

(2 person) Personal Training Sessions

Single Session (1 Hour)	\$25 pp
3 Sessions	\$75 pp
5 Sessions	\$100 pp
10 Sessions	\$180 pp
15 Sessions	\$250 pp
20 Sessions	\$300 pp

3 Sessions (plus) 1 Nutrition Class	\$85 pp
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# FOR HEALTHY LIVING

## FITNESS ORIENTATION

The Y wants you to exercise your options when it comes to health and fitness. We offer many choices to our members for a well-rounded workout. Whether you work out at your own pace, work one-on-one with personal trainers or join weekly group classes, we have what you're looking for. Schedule a meeting so we can set up a personalized exercise program for you. You will also receive a complete orientation on proper use of the fitness equipment.

### (2) FREE One-Hour Sessions

By appointment only

**NEW**

## BELLY DANCING

Belly dancing is one of the oldest forms of social dances. The class provides an awesome cardio workout, trims the waist line and strengthens the back and abdomen muscles. Belly dancing also increases total body suppleness and your body's flexibility.

Wednesday 6:30 p.m. - 7:30 p.m.

Member/ Non-Member \$20/\$50

## FITNESS FUSION

A conditioning workout that is both cardiovascular and muscle toning. It is performed with light weights, body bars, and plyometrics to create this fast pace, high intensity workout. This is for moderate to advanced exercisers!

Friday: 9:00 a.m. - 10:30 a.m.

Non-Member Fee \$50 (6 weeks)



## ADULT OPEN GYM

Open gym allows people who work during the day time to still come in and get a workout and enjoy pick up games of any sort. Our open gym allows for members to socialize and have an enjoyable and athletic afternoon.

Monday - Friday: 5:30 a.m. - 8:00 a.m.  
6:00 p.m. - 8:30 p.m.

Members Only: Free

## WALLYBALL

Wallyball is an exciting game that combines volleyball and racquetball. The challenging game is played in a racquetball court. Wallyball provides the element of surprise as an ordinary volley can go in new directions with spiking the ball off the walls. Rentals for members only are available.

(1) hour \$29 • (2) hours \$49

**NEW**

## KICKBOX FUSION

A fast-paced combination of Martial Arts and Boxing moves blended into a solid aerobic routine to music. Join this non-contact class and combine the kicks and punches from martial arts and boxing with an aerobic edge.

Tuesday: 6:30 p.m. - 7:30 p.m.

Non-Member Fee \$50 (6 weeks)

## FIGHT FOR FITNESS

A 10-week program for individuals that have a hard time getting into shape or have trouble losing weight and keeping it off. No matter what your goals are for the new year, you'll find resources in this class for reaching them. This class will offer encouragement and a wealth of ideas and that can help you get started toward a healthy diet with nutritional training. Class participants will also learn a variety of fitness techniques and exercises.

Begins: (January) TBA

Members/Non-Members: \$200/\$350

# FREE FOR MEMBERS

## FUNCTIONAL ATHLETIC TRAINING

Combines a time compressed cardiovascular workout with plyometric and sport drills, that will reshape your body. This class will strengthen and stabilize the body's core spinal and abdominal areas while sharpening speed, agility and balance. Great for athletes and intermediate or advanced fitness levels!

Saturday: 8:30 a.m. - 9:30 a.m.  
Non-Member Fee \$50 (6 weeks)

## MUSCLE MADNESS

A combination of high impact drills and plyometrics. A 60-minute cardio workout that incorporates exercises that can help you enhance strength, stability and add definition to your muscles. At the end of each class, there will be a mini abdominal workout. Guaranteed to add intensity to your routine and make you sweat!

Monday: 5:30 p.m. - 6:30 p.m.  
Non-Member Fee \$50 (6 weeks)

## LEGS, GLUTES, ABS & MORE

Using the step, hand weights, exercise balls, gliding discs, you will experience the most toning workout imaginable. Standing sculpting work, floor variations, plyometrics and effective abdominal training will create a killer workout! Starting date: TBA

Tuesday: 5:30 p.m. - 6:30 p.m.  
Thursday: 5:00 p.m. - 6:00 p.m.  
Non-Member \$50 (6 weeks)

## CYCLING SCULPT

This is a 1½ hour class that begins with a 30-45 minute cycling class. Get ready to sweat, burn calories and enjoy the cycling path to fitness! The class ends with a 30 minute sculpting class that targets every major muscle.

Friday: 9:00 a.m. - 10:30 a.m.  
Non-Member Fee \$50 (6 weeks)

## AIKIDO

Aikido is a popular modern martial art emphasizing the blending with an attacker's energy in the performance of self-defense techniques. Flexibility of the joints and connective tissues is developed through various stretching exercises and through the techniques.

Monday: 6:30 p.m. - 7:30 p.m.  
Wednesday: 6:30 p.m. - 7:30 p.m.  
Non-Member Fee \$50 (6 weeks)

## WOMEN WITH WEIGHTS

Weight training will give you near-perfect symmetry. A hour long circuit training class combining toning and shaping, core and strengthening exercises. You will be introduced to free weights and core training and is suitable for all ages.

Monday: 9:00 a.m. - 10:00 a.m.  
Wednesday: 9:00 a.m. - 10:00 a.m.  
Non-Member Fee \$50 (6 weeks)

## BODY BOOT CAMP

A conditioning workout that is both cardiovascular and muscle toning. It is performed with light weights, body bars, and plyometrics to create this fast pace, high intensity workout. This is for moderate to advanced exercisers!

Wednesday: 5:30 p.m. - 6:30 p.m.  
Non-Member Fee \$50 (6 weeks)



# FOR HEALTHY LIVING

**HABLA  
ESPAÑOL**

## ZUMBA TONING

When it comes to body sculpting, Zumba Toning raises the bar (or rather the toning stick). This exciting class targets body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance-fitness party. Students learn how to use light weights to enhance rhythm and tone all the targeted zones including arms, abs, glutes and thighs. Zumba Toning is the perfect way for all enthusiasts to sculpt their bodies!

Thursday: 6:30 p.m. - 7:30 p.m.  
Member/ Non-Member \$40/\$70

## GROUP CYCLING

Spinning is a type of low-impact aerobic exercise that is considered highly effective when done regularly, but also is gentle on the back. This program brings your outdoor cycling training indoors! Experience athletic, adrenaline pumping, authentic cycling drills all done to music!

Tuesday: 6:00 p.m. - 7:00 p.m.  
Saturday: 8:00 a.m. - 9:00 a.m.  
Non-Member Fee \$50 (6 weeks)



**HABLA  
ESPAÑOL**

## ZUMBA

Combining Latin rhythms with high-energy movements, Zumba is the latest way to get everyone moving! It's Jazzercise meets Salsa dancing. A new Latin-inspired routine touted as the most popular workout in years. The processes of Zumba dance steps are meant to restructure and reshape the body, keeping it flexible and agile. Zumba dance music is extremely catchy and upbeat thus creating this a fun and wonderful chance to bring great workout in your life minus the rigor if that is what you have feeling at the gym. Free for Members.

Monday: 6:30 p.m. - 7:30 p.m.  
Friday: 5:30 p.m. - 6:30 p.m.  
Saturday: 10:00 a.m. - 11:00 p.m.  
Non-Member Fee \$50 (6 weeks)

**HABLA  
ESPAÑOL**

## CARDIO LATIN BEAT

This exciting class is an innovative freestyle fitness program that incorporates Latin dance steps as the foundation of a fun and exciting cardio workout. This program will provide you with exercise that will contribute to improving your physical appearance and help strengthen your cardio-vascular system. Come laugh, dance and shake your hips in a rhythmic with an infectious rhythm.

Tuesday: 9:00 a.m. - 10:00 a.m.  
Thursday: 9:00 a.m. - 10:00 a.m.  
Non-Member Fee \$50 (6 weeks)

## ADULT RUNNING CLUB

Running is one of the best forms of exercise that there is. All that's required to join is a good pair of running shoes and a little motivation. When you run, you burn significant calories. As part of the running club, you can gain some knowledge from experienced runners. Socialize and have fun with a group that shares a common interest in running.

Sunday: 9:00 a.m. - end of run  
Non-Member Fee \$50 (6 weeks)

# SENIOR PROGRAMS

## AQUA-FIT / DEEP WATER EXERCISE

This class combines water aerobics with intervals of body sculpting. Work the entire body without putting pressure on your joints and bones. A great non-weight bearing class for all abilities.

Wednesday: 9:00 a.m. - 10:00 a.m.

Friday: 9:00 a.m. - 10:00 a.m.

Members Only: Free

## STRONG & FLEXIBLE SENIORS

Stretching increases flexibility and freedom of movement will help you do more. Incorporates a variety of exercises as well as a 15 minute flexibility segment.

Tuesday: 9:00 a.m. - 10:00 a.m.

Thursday: 9:00 a.m. - 10:00 a.m.

Members Only: Free

## AQUA ACTIVE OLDER ADULT CARDIO LATIN BEAT

Exercise in the water and contribute to improving your overall physical appearance and help strengthen your cardiovascular system.

Monday: 10:00 a.m. - 11:00 a.m.

Members Only: Free

## GAME DAY

Games for seniors exercise the mind and sharpening awareness skills. This monthly program will include activities such as memorization, puzzles, and other brain teasers.

Friday: 11:30 a.m. - 1:00 p.m.

(Last Friday of Every Month)

Members Only: Free

## SOCIAL HOUR

Enjoy great food, great people, and great conversation. Feel free to bring your favorite dish and enjoy Free Coffee!

Wednesday: 11:30 a.m. - 12:30 p.m.

Friday: 11:30 a.m. - 12:30 p.m.

Members Only: Free

## The Silver Sneakers® Fitness Program



## SILVER SNEAKERS® MUSCLE STRENGTH & CONDITIONING

During the past few years more and more studies have shown that sensible strength training produces many health and fitness benefits especially for older adults. Move to the music through a variety of exercises designed to increase muscular strength, movement, and activity for daily living skills. To build a strong core you need to exercise a variety of muscles from your hips to your shoulders. The class will use hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Wed.: 10:30 a.m. - 11:30 a.m.

Friday: 10:30 a.m. - 11:30 a.m.



# WORKSHOPS

In cooperation with New York Life Insurance Company, we will be offering a series of free financial workshops covering several topics which are sure to be of interest to our members and our entire community. Held at our 20 Summer St., these workshops will be hosted by Matthew Capone and Mark Soloperto, Financial Service Professionals for New York Life Insurance Co. and NYLIFE Securities LLC. The topics, times and dates for the workshops are as follows:

## **Protecting Your Nest Egg (for seniors)**

**Wednesday, January 25th at 11:00 am**

This workshop is a comprehensive overview of the financial issues facing seniors today. Topics include wills and probate, gifting, life insurance, Medicare and Medicaid, long-term care insurance, and guaranteed lifetime income.

## **Strategies to Help Grow Your Wealth**

**Wednesday, February 15th at 6:30 pm**

Listen to how to overcome concerns when facing retirement and secure your financial future. Topics like the rise in the cost of living and the rise in medical and health care costs will be covered.

## **Special Needs Planning**

**Wednesday, March 21st at 6:30 pm**

Caring for loved ones under unique circumstances. This workshop highlights the special planning issues faced by all families caring for a child with special needs. From trusts to government programs to estate planning, this is a simple explanation of some complicated concerns.

## **Blueprint for Financial Success**

**Tuesday, April 24th at 6:30 pm**

Be introduced to basic components of setting a financial foundation and the value of setting and achieving financial goals (such as following a budget and becoming debt free).

## **Raising Financially Responsible Children**

**Tuesday, June 19th at 6:30 pm**

Discuss the importance of educating parents and their children on financial responsibility, including helpful teaching tips and age-appropriate ideas.

# **HEALTHY KIDS WEEKEND**

**April 13th – 15th**

Save the date! A fun filled weekend at the YMCA. World's longest soccer game, Swim-A-Thon, Teen Dance, Flick and Float, Girl Power & Fun Run. Activities offered all weekend long.

# INFORMATION

CATEGORY:	MONTHLY BANKDRAFT:	ANNUAL FEE:	*ONE-TIME CAPITAL FEE
<b>PRESCHOOL</b> (2 – 5 yrs.)	\$21.00	\$252.00	\$21.00
<b>YOUTH</b> (6 – 12 yrs.)	\$21.00	\$252.00	\$21.00
<b>TEEN</b> (13 – 17 yrs.)	\$21.00	\$252.00	\$21.00
<b>YOUNG ADULT</b> (18 – 24 yrs.)	\$38.00	\$456.00	\$72.00
<b>ADULT</b>	\$44.00	\$528.00	\$72.00
<b>SENIORS</b> (65 +)	\$38.00	\$456.00	\$72.00
<b>FAMILY</b>	\$60.00	\$720.00	\$84.00

• Monthly bank drafts are withdrawn from your checking, savings or credit card on either the 1st or 15th of the month. See bank draft forms. • Memberships can be paid using credit, cash, checks and money orders. \* Capital fee is one-time charge unless membership lapses for a period of 15 or more days.

*PLEASE NOTE: MEMBERSHIP FEES ARE NON-REFUNDABLE*

## GUEST PASSES

Guest passes are available up to four times a year per individual.

Youth: \$8.00 per visit • Adult: \$18.00 per visit • Family: \$20.00 per visit

## LOCKERS

Box Lockers: \$10.00 per month or \$120.00 per year. There are daily lockers available to members and guests. The YMCA is not responsible for lost, misplaced or stolen items.

## MY Y IS YOUR Y RECIPROCAL PROGRAM

Did you know that your current Y membership can be used at other New England facilities from Maine to Connecticut? Call your designated YMCA for any restrictions that may apply. All memberships are valid by showing your Y member ID.

## HOURS OF OPERATION

Exercise areas close **30 minutes** before the building shuts down.

<b>Monday – Friday</b>	<b>5:30 a.m. – 9:00 p.m.</b>
<b>Saturday</b>	<b>7:00 a.m. – 5:00 p.m.</b>
<b>Sunday</b>	<b>7:00 a.m. – 4:00 p.m.</b>
<b>Holiday Hours</b>	<b>SUBJECT TO CHANGE</b>

## REFUNDS & CREDITS

**Refunds will be available through the first day of class.** NO credit will be available after that. Class refunds are only provided if the YMCA has to cancel a class or a doctor's note is presented.

**MEMBERSHIPS ARE NON-REFUNDABLE.**

## LATE REGISTRATIONS

Late registrations are accepted on a first come first serve basis when space is available. Full fees are charged during the first 3 weeks of the session.

## FINANCIAL AID

This program is based on the household income of all members. Disabled adults must supply an application along with Disability Award Letter. Applications are processed twice a month.

## MAKE UP CLASSES

Make up classes will be scheduled when a class is not held because of a holiday, or other circumstances. The YMCA reserves the right to change/cancel any program or change an instructor without notice.

New Years Day, Easter Sunday and Memorial Day.

*Holiday schedule subject to change.  
Please check with Member Services Desk*