



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

# BECOME A BETTER YOU!

## WINTER 2019 PROGRAMS • FAMILY YMCA

### SESSION DATES

Winter 2: February 25 - April 13

### REGISTRATION DATES

Winter 2: Member registration: February 11 • Community Registration: February 18

### WINTER I

YOUTH BASKETBALL (Saturdays)	MARTIAL ARTS (Mon - Wed)	YOUTH PROGRAMS	ADULT PROGRAMS
<p>Parent &amp; Me</p> <ul style="list-style-type: none"> <li>• (Ages 3-5)</li> <li>• 10am - 11am</li> <li>• \$40member/\$75non-member</li> </ul> <p>All Stars</p> <ul style="list-style-type: none"> <li>• (Ages 6-8)</li> <li>• 11:30am - 12:30am</li> <li>• \$50member/\$95non-member</li> </ul> <p>Superstars</p> <ul style="list-style-type: none"> <li>• (Ages 9-13)</li> <li>• 12:30pm - 1:30pm</li> <li>• \$50member/\$95non-member</li> </ul>	<p>Karate Youth</p> <ul style="list-style-type: none"> <li>• 2X per week</li> <li>• \$40 member/\$60 non-member</li> </ul> <p>Karate Youth</p> <ul style="list-style-type: none"> <li>• 3X per week</li> <li>• \$60 member/\$75 non-member</li> </ul> <p>Adult Karate</p> <ul style="list-style-type: none"> <li>• 2X per week</li> <li>• \$40 member/\$60 non-member</li> </ul> <p>Adult Karate</p> <ul style="list-style-type: none"> <li>• 3X per week</li> <li>• \$60 member/\$75 non-member</li> </ul>	<p>Art Club (Ages 8-12)</p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• 6:30-8:00pm</li> <li>• \$40member/\$60non-member</li> </ul> <p>Cooking Club (Ages 10-12)</p> <ul style="list-style-type: none"> <li>• Thursday</li> <li>• 6:00-7:30pm</li> <li>• \$40member/\$60non-member</li> </ul> <p>Photography Club (Ages 8-12)</p> <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 6:30-8:00pm</li> <li>• \$40member/\$60non-member</li> </ul>	<p>Fight for Fitness</p> <ul style="list-style-type: none"> <li>• Starts week of January 14th</li> <li>• 1 or 2 times a week, 5 and 10 week options</li> <li>• Early morning, mid morning, evening, and weekend classes available</li> <li>• Member fee: \$125-\$225</li> <li>• Community fee: \$200-\$350</li> </ul>
<p><b>YOUTH SOCCER</b> (Sundays)</p> <p>Parent &amp; Me</p> <ul style="list-style-type: none"> <li>• (Ages 3-5)</li> <li>• 11am - 12pm</li> <li>• \$40member/\$75non-member</li> </ul> <ul style="list-style-type: none"> <li>• (Ages 6-8)</li> <li>• 12pm - 1pm</li> <li>• \$50member/\$95non-member</li> </ul> <ul style="list-style-type: none"> <li>• (Ages 9-13)</li> <li>• 1pm - 2pm</li> <li>• \$50member/\$95non-member</li> </ul>		<p>Super Saturdays</p> <ul style="list-style-type: none"> <li>• 9am-2pm</li> <li>• Members only</li> <li>• \$7.00</li> <li>• Saturday January 19th</li> <li>• Saturday February 16th</li> </ul> <p>Fitness for Fun</p> <ul style="list-style-type: none"> <li>• Fridays</li> <li>• (Ages 10-12)</li> <li>• \$20 - 6 weeks</li> </ul>	

# SWIM LESSONS

Winter 2: February 25 - April 13

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parents/child 30 minute class Member \$45 Non-member \$85							
A (6 months-2yr)						11:15am	10:25am
B (2 yrs-3yrs)						11:15am	10:25am
PRESCHOOL LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes class 3-5 yrs Member \$45 Non-member \$85							
Pre-k 1		5:00pm		5:00pm		9:00am	
Pre-k 2		5:00pm		5:00pm		9:00am	
Pre-k 3		5:00pm		5:00pm		9:00am	
Pre-k 4		5:00pm		5:00pm		9:00am	
YOUTH LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 minute classes 6-12yrs Member \$55 Non-member \$105							
Y1		5:35pm 6:25pm		5:35pm 6:25pm		9:35am 10:25am	11:00am
Y2		5:35pm 6:25pm		5:35pm 6:25pm		9:35am 10:25am	11:00am
Y3		5:35pm		5:35pm		9:35am	11:50am
Y4		5:35pm		5:35pm		9:35am	11:50am
Y5		6:25pm		6:25pm		10:25am	
Y6		6:25pm		6:25pm		10:25am	
Seahorse Swim (Special Needs) Ages 3-17							9:50am
Adult Beginner 13 & above Member \$55 Non-member \$105						8:00am	8:00am