



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVING MORE TOGETHER!

2017-2018 Winter I & II, Spring
PROGRAM BOOK



Pawtucket Family YMCA
20 Summer Street
Pawtucket, RI 02860
727.7900

Heritage Park YMCA
333 Roosevelt Avenue
Pawtucket, RI 02860
727.7050

INFORMATION

Welcome to the Pawtucket Family YMCA



The Family Y has four additional 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 quality-rated early childhood education program for children 6 weeks to 7 years of age. Outfitted in 20 spacious classrooms as well as indoor and outdoor play spaces, the Heritage Park YMCA gives children an ample amount of 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 also have an opportunity to learn to swim at the Family Y location.

DARLINGTON YMCA

1080 Newport Ave., Pawtucket, RI 02861 • (401) 729-8794

The Darlington YMCA is conveniently located on Newport Avenue. We offer quality before and after school programming while serving local schools. This unique program offers homework help, Fit Kids program, swimming 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 and all day program care is available on select holidays and snow days at no extra charge.

FAIRLAWN

515 Smithfield Ave., Pawtucket, RI 02860 • (401) 727-7900

The Fairlawn program site offers quality before and after school programming, serving local schools. This program offers homework help, fit kids program, swimming and various other fun activities that help a child develop. Through this program, we offer breakfast, snack and dinner and all day program care available on selected holidays and snow days at no extra charge.

HOURS OF OPERATION

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

Monday - Friday 5:30 a.m. - 9:00 p.m.

Saturday 7:00 a.m. - 5:00 p.m.

Sunday 7:00 a.m. - 4:00 p.m.

Holiday Hours SUBJECT TO CHANGE



CHILDCARE

At the Heritage Park Early Learning Center

INFANT CHILDCARE

Ages: 6 Weeks - 18 Months

Heritage Park YMCA Infant Center meets your child's individual needs by ensuring positive attention and care. The Y's infant care focuses on the development of each child and equips even infants with essential skills for learning. In addition, the program uses assessment tools to monitor growth and development. A nurse is on staff and helps mentor infants.

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

TODDLER CHILDCARE

Ages: 18 Months - 3 Years

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 and certified teachers.

Member/Non-Member: \$175/\$205 (per week)

PRESCHOOL EARLY CHILDHOOD EDUCATION

Ages: 3 Years - 5 Years

Heritage Park YMCA is a 3-star rated BrightStars program for early childhood education. This program is for children aged 6 weeks to 5 years. All of our lead teachers have either a Child Development Associate Certification or Associate Degrees in Early Childhood Education. Heritage Park has also partnered with Ready to Learn Providence to run two state pre-k classrooms. Heritage Park has an active Parent Advisory Committee.

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

BEFORE AND AFTER SCHOOL CHILDCARE

Kindergarten - 1st Grade

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)

FAMILY DINNER PROGRAM

The Pawtucket Family YMCA offers the best value in the area! The Y provides a dinner program that is open to everyone! Dine with us on Monday through Friday from 5:00 - 7:00 p.m. The cost is just \$3 a plate, \$10 a week and \$40 per month. Join us today! To sign up visit the Y Member Services.

CHILDCARE

AT THE PAWTUCKET FAMILY YMCA, AS WELL AS DARLINGTON, FAIRLAWN, VETERANS AND ELLA RISK SITES!

EARLY RISERS CHILDCARE PROGRAM

Kindergarten - 8th Grade

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 is also provided.

Monday - Friday: 6:30 a.m. - Start of School

Member/Non-Member: \$40/\$60



**6:30 a.m. to
6:30 p.m. with
Dinner
Provided!**

AFTER SCHOOL CHILDCARE

Kindergarten - 8th Grade

The Family 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 are 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 & AFTER SCHOOL CHILDCARE

Kindergarten - 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. All of the participants will be enrolled in the Family Y Dinner Program.

Member/Non-Member: \$105/\$150 (per week) **SAVE \$4 on Both Programs!**

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



CATCH PROGRAM
A fun exciting program
designed for physical
activity and nutrition
education!

INTERN PROGRAM

Ages 12 - 15 years



**TUTORS
Available**

Designed for young teens to develop skills and self confidence for a lifetime. The intern's afternoon will consist of job skill building, community service and character building. They will have an opportunity to earn up to a \$50 stipend every month which will be awarded based on different evaluations 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

AQUATICS

SWIM LESSONS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

At the YMCA of Pawtucket, we understand that swim lessons are more than just stroke development. As they learn to swim, children also develop endurance, self-confidence, and an appreciation for water safety. The Y staff works hard to create an encouraging atmosphere in the water, where each swimmer can learn and progress at his or her own rate and comfort level.

WE'RE HERE FOR EVERYONE

All ages – from infants to seniors – can learn to swim. See our class offerings to find one that best fits your family's busy schedule.

PRIVATE LESSONS

Ages 3-Adult

The Y staff will be happy to work with you and your family in small groups or individually. Please contact Jonathan Chaisty our Aquatics Director at ext. 111 to schedule or for any questions.

Member/Non-Member: \$20/\$45 per 45-minute lesson

6 pack of 45-minute lessons

Member/Non-Member: \$110/\$225

SEAHORSES

Ages: 4-12

For youth with special needs

These 30-minute classes have smaller student-to-instructor ratios to help acclimate children with special needs to the water and teach them basic swimming skills. Parents and/or aides are welcome to get in the water to help during the class.

Sundays: 9:50am-10:20am

SCOUTS SWIM BADGE

Boy Scouts and Girl Scouts troops are welcome to come to the Y for structured badge or pin training followed by recreational swim time with the family. By appointment only.

Location: Pawtucket Family YMCA

Member/Non-Member: Call for information on Pricing.

YOUTH AQUATICS

SWIM STARTERS

Recommended Age Range: Infants & Toddlers (6 mos. – 3 yrs.) with Parent
In this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters, including how to best supervise children in the water, how to prevent accidents, and how to plan for emergencies.

Stages A & B – Water Discovery and Exploration w/ Parent

Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Saturdays: 11:15 a.m. -11:45 a.m. Sundays: 10:25 a.m.-10:55 a.m.

SWIM BASICS

Recommended Age Ranges: Preschool Youth (3–5 yrs.) School-Age Youth (5–12 yrs.), Teens & Adults (12+ yrs.)

In these three stages, students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress. By the end of this series of stages, students achieve basic swimming competency by learning two benchmark skills – “swim, float, swim” and “jump, push, turn, grab.”

STAGE 1 – WATER ACCLIMATION (Pike) [With Parent Optional]

Increases comfort with underwater exploration and basic self-rescue skills performed with assistance. While using a flotation device, swimmers will learn to swim independently in correct body position, become comfortable getting their face wet, floating on their back and jumping into the pool without assistance.

Sundays: 11:00 a.m. - 11:30 a.m. Thursdays: 5:00 p.m. - 5:30 p.m.
Tuesdays: 5:00 p.m. - 5:30 p.m. Saturdays: 9:00 a.m. - 9:30 a.m.

STAGE 2 – WATER MOVEMENT (Eel)

Encourages forward movement in water and basic self-rescue skills performed independently. Swimmers in this level swim independently with a flotation device, get their face wet, and jump in and exit pool without assistance. Swimming in correct body position, forward movement, back gliding and safety skills will be emphasized.

Sundays: 11:00 a.m. - 11:30 a.m. Thursdays: 5:00 p.m. - 5:30 p.m.
Tuesdays: 5:00 p.m. - 5:30 p.m. Saturdays: 9:00 a.m. - 9:30 a.m.

STAGE 3 – WATER STAMINA (Ray)

Develops intermediate self-rescue skills performed at a longer distance than in previous stages. At this level, students swim without a bubble or with only a single slice flotation. They will learn to swim in a correct prone front position with their face in the water and also back glide 10 yards without a bubble. This class builds endurance to swimming on front one length of the pool without flotation device and develops stroke technique on front and back.

Sundays: 11:35 a.m. - 12:20 a.m. Thursdays: 5:35 p.m. - 6:20 p.m.
Tuesdays: 5:35 p.m. - 6:20 p.m. Saturdays: 9:35 a.m. - 10:20 a.m.

YOUTH AQUATICS

SWIM STROKES

Recommended Age Ranges: School-Age Youth (5–12 yrs.), Teens & Adults (12+ yrs.)

In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGE 4 – STROKE INTRODUCTION (Starfish)

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Rhythmic breathing and flutter kick will be practiced.

Sundays: 11:35 a.m. - 12:20 p.m. Thursdays: 5:35 p.m. - 6:20 p.m.
Tuesdays: 5:35 p.m. - 6:20 p.m. Saturdays: 9:35 a.m. - 10:20 a.m.

STAGE 5 – STROKE DEVELOPMENT (Minnow) (max 4 per class)

Introduces breaststroke and butterfly. Reinforces water safety through treading water and side stroke. The four competitive strokes and side stroke will be taught. Participants should be able to swim the length of the pool with proper rotary breathing before joining this class.

Sundays: 11:35 a.m. - 12:20 p.m. Thursdayss: 6:25 p.m. - 7:10 p.m.
Tuesdays: 6:25 p.m. - 7:10 p.m.

STAGE 6 – STROKE MECHANICS (Fish/Flying Fish/Shark)

This introduction to competitive swimming refines stroke technique on all four competitive strokes, builds endurance, and encourages swimming as part of a healthy lifestyle.

Tuesdays: 6:25 p.m. - 7:10 p.m. Saturdays: 10:25 a.m. - 11:10 a.m.
Thursdayss: 6:25 p.m. - 7:10 p.m.



ADULT/FAMILY AQUATICS

MEMBER SWIM SCHEDULE

FAMILY OPEN SWIM

Sunday: 12:30 p.m. - 1:30 p.m.
Monday: 6:00 p.m. - 8:30 p.m.
Tuesday (w/slide):
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. - 9:50 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.
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. Tuesday: 2:00 - 4:45 p.m.
Thursday: 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. The 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/\$95

AQUA-FIT 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.

Members Only: FREE

OPEN WATER EXERCISE

The Open Water Exercise with lap lane is a non-instructional and recreational time for adults to utilize the pool for personal exercise. Water exercise offers many benefits including muscular strength, endurance, flexibility and balance. Water's buoyancy makes the workout easier on your joints and its resistance challenges your muscles. Come get a low impact workout on the convenience of your schedule!
Monday: 9:00 a.m. - 9:55 a.m.
Members Only: FREE



PRESCHOOL PROGRAMS

PRESCHOOL PLAY & GYM

Stay, Play, Learn & Grow! Parents are welcome to spend time with their children in our exciting Play Gym during designated hours. It's a great chance for young children to socialize with other kids their age, get their bodies moving, and engage in creative play! Check with the 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.



YOUTH PROGRAMS

ART CLUB

Ages 8 - 11 years

Take your creativity and turn it into something inspiring, all while having fun. Through our 8 week program, you will meet people with the same passion as you while you express yourself through many different styles of arts and crafts. Don't be afraid to make mistakes, because that's what art is all about.

Mondays: 6:30 p.m. - 8:00 p.m.
Member Only: \$40

COOKING CLUB

Ages 8 - 11 years

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 Y Kitchen. During this educational program children will learn healthy recipes and cooking techniques. Kids will learn how to handle utensils properly and become familiar with the kitchen. Did we also mention having fun too? Spots are limited!

Thursday: 6:30 p.m. - 8:00 p.m.
Members Only: \$40

FITNESS FOR FUN

Ages 9 - 12 Years

Do you want your child to become more active and health conscious? This 6 week class will focus on learning the exercise principles, guidelines and techniques to use in the Fitness Center or Ready To Be Fit Room. Participants will learn the proper use of the cardio and strength equipment. The children will also be taught the importance of nutrition. Upon completion of the program, the youth will be permitted into the designated fitness areas accompanied by an adult at select times throughout the week.

Tuesday: 5:00 p.m. - 6:00 p.m.
Members Only: \$20/6 Week Session

MAGIC THE GATHERING CLUB

Ages 8 - 11 years

Come learn and play this exciting challenging card game. Each 8 week session will end with a tournament. Our staff will help develop strategic skills and understanding for better game play. Join us, have some fun, and make new friends! Cards included.

Tuesday: 6:30 p.m. - 8:00 p.m.
Member Only: \$40

PHOTOGRAPHY CLUB

Ages 8 - 11 years

Photo club will give youth a chance to be behind the lens. Through our 8 week program, youth will learn about lighting, framing, retouching, developing and Photoshop. Youth will take various types of pictures including black and whites, digital and 35 mm. By learning new techniques and having fun, youth will develop a life-long love of photography while forming friendship's with peers who share their passion. Sign up early - spots are limited!

Wednesday: 6:30 p.m. - 8:00 p.m.
Member Only: \$40

PACKAGE DEAL!

Sign up for Cooking Club, Photography Club, Magic the Gathering Club and Art Club to be eligible for a special deal.

One Program:	\$40
Two Programs:	\$80
Three Programs:	\$100
All Four Programs:	\$120

YOUTH PROGRAMS

ROOKIE'S BASKETBALL

Ages 4 - 7 years

This is a 6-week program focusing on the fundamentals 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. The Y has excellent instructors with backgrounds playing on a college level, professionally and coaching.

Saturday: Time TBD
Member/Non-Member \$30/\$50

PAWTUCKET YMCA YOUTH BASKETBALL LEAGUE

Ages 8 - 12 years

Come play on the Y's Youth Basketball League! We focus on team building, stress team concepts and team shift. 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 and learn a fun-filled sport. Be a part of the winning team!

Monday/Thursday: Time TBD
Saturday: Time TBD
Member/Non-Member \$40/\$70

YOUTH INDOOR SOCCER LEAGUE

Ages 4 - 15 years

Come play the biggest sport in the world in a fun environment by playing exciting energetic games that teach the fundamentals of this great sport. Learn to pass, shoot and work together as a team or even improve on your skills to be the next SUPERSTAR. Shirts are included with registration. Located in the Gym.

Member/Non-Member: \$25/\$35
Sundays: Time TBD

SHITO RYU KAI KARATE

Ages 6 - Adult

Students learn basic techniques, forms, and self-defense in a structured martial arts program. Students also learn the history of karate.

YOUTH (Ages 6 - 12 years old)

Monday thru Wednesday: Time TBD

ADULT (Ages 13 and older)

Monday thru Wednesday: Time TBD

Member: \$40, 2x/week
\$60, 3x/week
Non-Member: \$75, 2x/week
\$90, 3x/week

TEEN BASKETBALL LEAGUE

Ages 13 - 17 years

The Y 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!

Thursday: Time TBD
Member/ Non-Member \$15/\$20

TEEN FLAG FOOTBALL

Ages 10 - 15 years

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.

Wednesday: Time TBD
Member/Non-Member \$20/\$35



ACTIVITIES/CHILDWATCH

Childwatch is a feature of the Y's youth programming that offers a variety of supervised activities for children. Childwatch is a drop-off full-service that members can use while using the facility. Your children are provided with a positive social experience in a secure, happy environment. Low ratios are implemented at all times.

MORNING CHILD WATCH

Ages 3 months - 5 years

Monday - Friday:

9:00 a.m. - 12:00 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 free play (puzzles, toys, blocks, etc ...) story time, interactive games, crafts, cognitive learning as well as play time in our Preschool Play Gym and Youth Fitness room. Y programs are grounded in our core values of caring, honesty, respect and responsibility.

Member/ Non-Member FREE/\$3

EVENING CHILDWATCH

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

Ages 3 months - 4 years

Rest assured that your child is safe and well supervised while you work out. Free play, story time, play dough, creative play, movies and lots of fun.

Ages 5 - 12 years

ChildWatch staff will engage with your kids in basketball, playing games on Wii, games, swimming, indoor play gym, watching movies and Rock Wall.

SATURDAY CHILDWATCH

3 months - 12 years

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

Saturday Childwatch offers age-appropriate activities for children. Our staff will engage children with activities and offer homework assistance as well as encourage each child to stay active with their minds and bodies. Offerings include crafts, gym activities, sport wall, rock wall, computer lab, and more!

SUPER SATURDAYS

Ages 6 - 12 years

Join us one Saturday a month and enjoy energizing and super fun activities for your child while you earn some free time to yourself. Drop them off from 9 - 2 p.m. Free breakfast and lunch provided. Price per child is \$7.00. Register by the Friday before the event.

January 20th

February 17th

March 17th

April 21st

May 19th

ADULT PROGRAMS

IN PARTNERSHIP WITH THE SUPER FUN ACTIVITIES CLUB

DODGEBALL

9-week session. Co-ed. Make new friends while throwing soft foam dodgeballs at them and getting exercise. This league is for honest players only! Bring the right attitude, lots of high fives, dance to the music, and dodge some balls. Sign up as an individual, small group or an entire team. To register, please visit the Member Services desk.

Monday and Thursday: 6:30 p.m.
Members: \$50

VOLLEYBALL

9-week session Co-ed. 6 vs 6 format. Very friendly fun volleyball. No strict enforcement of real volleyball rules. Just friendly fun games with music pumping to get some exercise in a social setting with very nice people. Sign up as an individual, small group or an entire team. To register, please visit the Member Services desk.

Tuesday and Wednesday: 6:45p.m.
Members: \$50

YOGY BALL

9-week session. Co-ed. 6 vs 6
Played just like volleyball (on a volleyball court) except all players hold a giant yoga exercise ball. Players use the exercise ball to hit the volleyball back and forth over the net. Surprisingly, a very good workout. Not surprisingly, an absolute blast and tons of fun! Sign up as an individual, small group or an entire team. To register, please visit the Member Services desk.

Wednesday: 6:45 p.m.
Members: \$50

KICKBALL

9-week session. Co-ed. 12 vs 12. You haven't played kickball until you've played kickball with the Super Fun Activities Club. Filled with funny twists, SFAC Kickball will have you laughing until you're crying while playing a childhood favorite. Sign up as an individual, small group or an entire team. To register, please visit the Member Services desk.

Friday: 6:30 p.m.
Members: \$50

PERSONAL TRAINING

Get personal attention and 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.

Member Fee

(1 Hr. Sessions)

1 Session	\$40
3 Sessions	\$115
5 Sessions	\$175
8 Sessions	\$264
10 Sessions	\$320
15 Sessions	\$450
20 Sessions	\$560
25 Sessions	\$675

Buddy Training

(2 person 1 Hr. Sessions)

Single Session	\$25 pp
3 Sessions	\$75 pp
5 Sessions	\$115 pp
10 Sessions	\$220 pp
15 Sessions	\$300 pp
20 Sessions	\$360 pp
25 Sessions	\$400 pp

Make an appointment - Please see the Member Services Desk.

ADULT PROGRAMS

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 while running and jumping that really works the heart and lungs. You are getting your blood pumping and your breathing is accelerated. Basketball brings people together and creates friendships.

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

ADULT BASKETBALL LEAGUE

Compete with the best of the best in the area for ultimate bragging rights. Fast paced full court games with two 20 minute halves. Dry fit shirts are included for 8 players per team. 10 week season with 2 - 3 week playoff. Wednesdays: Time TBD
Member/Non-Member: \$350/team



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

NUTRITION PACKAGES

Having a difficult time losing weight or are you struggling with your eating habits? Want to learn what foods are right for you and your body? Don't wait! Come see our Professional Nutrition Specialists and get started on a healthy Nutritional Program. Packages include personalized: meal plans, food and exercise journals, recipes and education. Nutritional Coaching through email beyond the session. By appointment only. Call the Health and Wellness Director for more information.

Initial Consultation: \$50.00
(This price must be paid upfront)

3 Pack	\$85.00
6 Pack	\$150.00
12 Pack	\$270.00

HEALTH ASSESSMENTS

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.

Members Only: \$10

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

TEEN PROGRAMS

TEEN CENTER

The Teen Center provides children between the ages of 13 - 18, a dedicated space to explore supervised social activities and provide educational resources to help build positive life skills. Teens also have the opportunity to visit local colleges and meet members of different organizations throughout Rhode Island. The center is a "safe zone" for those who enter as it is a drug and alcohol free environment. The center is a free program to members and offers an extended programming package where small fees and deposits may be required.

LEADERS IN TRAINING (LIT)

Ages 13 - 18 years

This after school program allows teens to socialize with other teens in a safe environment. During their time in the club, we will offer homework help as needed and access to computers for school projects. Those enrolled in the program will also be offered dinner every night during the week. We offer free weekly classes that can include dance, rock wall climbing, fitness center, art projects, etc.

Monday - Friday: Time TBD

Member/Non-member:

Free/\$10 a month

TEEN OPEN GYM

Ages 13 to 17 years

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! Teen Gym is a safe, monitored environment for your teens to flip around. This is a great fitness and fun geared alternative. It gives teens the opportunity for fun, fitness and social interaction!

Monday thru Friday: Time TBD

Members Only: FREE

TEEN ROCK WALL

Ages 13 to 17 years

The Family Y 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.

Wednesday: Time TBD

Friday: Time TBD

Member/Non-Member: \$1/\$30

TEEN FIELD TRIPS

Ages 13 - 18 Years

Through our programs, youth cultivate values, relationships and skills that lead to positive behaviors. Teens have a great time participating in fun, recreational activities in the local community. Fun activities include bowling, Laser Gate, movies and more.

Members Only: Fee Varies

TEEN HOMEWORK CLUB

Got homework? Come down after school and get your homework done. Who knows - your grades may go up. Everyday in the Teen Center.

Weekdays: Time TBD

Members Only: FREE

TEEN FITNESS ORIENTATION

Ages 13 - 17 years

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 the Fitness Center.

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

BIRTHDAY PARTIES

POOL OR 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 or Pool play, 1 hour party room)

Member/Non-Member: \$175/\$250

THEME PARTIES

Includes Supreme Party package

PRINCESS PARTY

Once upon a time, there was a princess who ruled the kingdom. Your princess will love her big day. The Y 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 hours of party room time and 1.5 hours of swimming)

Members Only: \$355

TREASURE HUNT PARTY

Hunt for hidden treasure at Y Island! You'll get a map - X marks the spot! Children will love this adventure. (1.5 hours of party room time and 1.5 hours treasure hunt with our staff - 3 hour party)

Members Only: \$355

ROCKIN' CROC PARTY

Love the Rock wall? Love the Pool? Why not enjoy them both? Come and have a try at reaching our 23ft. Rockwall. 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)

Members Only: \$355

Birthday child receives: a free swim lesson session (6) lessons with a theme party package!

BIRTHDAY PARTY ADD-ONS

GENERAL INFORMATION:

All Party Packages are based on 25 children. Reserve your party today! Extra Party Packages Available! Additional children \$5 per child.

1 Hour Activity: \$75/\$100

1 Hour Room Time: \$50/\$75

DELUXE PARTY

This party package includes Basic pool or PPG party, 40 invitations, Olly's Pizza (2 slices per child), 25 Juice boxes, Assorted snacks. Member/Non-Member: \$70/\$80

SUPREME PARTY

Free swim lesson package for birthday child (member only). Basic pool or PPG party. Our Supreme Party Package includes 1/4 Sheet cake or 30 Cupcakes, Ice cream cups, YT-shirt (Birthday Child) and the Deluxe package is also included.

Member/Non-Member: \$90/\$100

PARTY TIME BLOCKS

(Start times vary based upon party Type)

Sunday: 11:00 a.m. - 4:00 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.

FOR HEALTHY LIVING

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. Ask Membership Service Desk for schedule.

Members Only: FREE

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. Our members receive 20% off per month.

AQUA CARDIO LATIN BEAT

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

Members Only: FREE

AQUA-FIT 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.

Members Only: FREE

CANCER EXERCISE PROGRAM

Starting or maintaining an exercise program after a cancer diagnosis results in patients who are stronger both mentally and physically. Exercise has benefits for both preventing disease and promoting health and well being. Studies have demonstrated that physical exercise following a disease diagnosis has a positive effect on the quality of one's life. Schedule TBA

Member: FREE

Non-Member: FREE

(1st 12-week session)

CORE AND MORE

Want to have firm and toned abs?? This class can help you by providing you with an ALL CORE training to enhance the strength, stability and add definition to your abs and back. This program is guaranteed to add intensity and variety into your ordinary abs routine!!

Members Only: FREE

DIABETES PREVENTION PROGRAM

Are you at risk for Type 2 Diabetes? If your health care provider recommended a lifestyle intervention program for Type 2 Diabetes - this class is for you! The Y will educate participants on how to set goals, lose weight, increase activity and help you feel better. This program is nationally recognized and based on the research study supported by the National Institutes of Health and the Centers for Disease Control. Personal information intake is required for this program. Our DPP kickoff will take place in mid-October and our meetings will occur over a one-year period. If you are interested or have questions, please contact the Health and Wellness Department at smillett@ymcapawt.org.

FITNESS ORIENTATION

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.

Two FREE One-Hour Sessions

By appointment only

FOR HEALTHY LIVING

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.

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

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!

Members Only: FREE

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!

Members Only: FREE

GROUP CYCLING

Spinning is a type of low-impact aerobic exercise that is considered highly effective. Indoor cycling workout routines are great because they shed calories and limit the wear and tear of your body. These workout routines are meant to develop energy, speed, and endurance. Experience athletic, adrenaline pumping, authentic cycling drills all done to music!

Members Only: FREE

LEGS, GLUTES, & MORE

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

Members Only: FREE

MOSSASTRENGTH TRAIN TOGETHER

NEW

This class will blast your muscles with a high rep weight training workout. Using an adjustable barbell, weighted plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to your personal best.

Members Only: FREE

MOSSA ACTIVE TOGETHER

NEW

Gives you all the training you need - cardio, strength, balance, core and flexibility in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weighted plates and simple athletic movements.

Members Only: FREE

STRONG BY ZUMBA™

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Members only: FREE

Classes are subject to change. Visit the Member Services Desk for schedules. Up-to-date information is posted online:

www.YMCAPAWTUCKET.org

FOR HEALTHY LIVING

WOMEN WITH WEIGHTS

Weight training will give you near perfect symmetry. Using weights can boost your metabolism. 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.

Members Only: FREE

YMCA BOOK CLUB

Love to read? ... then the Family Y Book Club is for you! This casual discussion club is a group of people who meet to discuss a book and express their opinions, likes, dislikes, etc. Stimulate your mind and share your passion for reading. This club is for book lovers giving them a chance to read and experience books together. The books are chosen in advance by book club members. Meet new friends and discover literary gems. Coffee and tea are provided. Please sign up at the Member Services Desk.

Members Only FREE

VINYASA YOGA

Looking to get into Yoga? This is the class for you. The term vinyasa refers to the alignment of movement and breath, a method which turns static asanas into a dynamic flow. Throughout the 6 week session, you will improve your muscle tone, flexibility and strength. It is known that Yoga also helps reduce stress, tension and boosts your self esteem.

Date and Time: TBA

Members Only: FREE



ZUMBA® FITNESS

When participants see a Zumba class in action, they can't wait to give it a try. Classes feature exotic rhythms set to high-energy Latin and international beats. Participants get fit and their energy levels soar! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Members Only: FREE

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 movement.

Members Only: FREE

CPR/FIRST AID/AED PROGRAM

The YMCA of Pawtucket now offers the American Red Cross First Aid/CPR/AED program to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers a choice of First Aid, CPR and AED courses to meet the various training needs of a diverse audience.

January 12th • February 9th •
March 9th • April 13th • May 11th
• June 15th

FOR HEALTHY LIVING

STRONG & FLEXIBLE SENIORS

Exercise and physical activity are great ways to have fun, be with friends and family, and enjoy the outdoors. Regular exercise and physical activity can also have a direct impact on your everyday life. The benefits they provide can help you stay strong and fit enough to perform your daily activities, get around, and maintain your independence. Stretching increases flexibility and freedom of movement helping you do more. Incorporates a variety of exercises as well as a 15 minute flexibility segment.

Members Only: FREE

GAME DAY

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

Members Only: FREE

BLUE CHIP - MEDICARE LIVING FIT BENEFIT

Being active is one way you may improve your quality of life and help prevent or control conditions like diabetes and heart disease. Blue Chip members receive the Living Fit benefit, which provides an unlimited-use membership at the Pawtucket Family YMCA facility for just \$5 per month. You pay month-to-month.

ROCKWALL, POOL, GYM & MEETING ROOM RENTALS

Facility rentals at the Family YMCA provide a perfect setting for your corporate or social event in our state-of-the-art facility. There are many options available and our staff can help accommodate you. For events big and small, we have the right solution for you. All rentals are available through contract only. Please visit the Member Services Desk or call 401-727-7900.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

CDSMP is an effective self-management education and support program for people with chronic health problems. The program specifically addresses arthritis, diabetes, and lung/heart diseases but also teaches skills useful for managing other illnesses. Workshops are facilitated by two trained leaders and the workshop meets for 6 weeks for 2.5 hours per session.

Members and Non-Members: FREE

SILVER SNEAKERS® YOGA

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Members Only: FREE

SILVER SNEAKERS® CLASSIC

Silver Sneakers® group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Members Only: FREE

INFORMATION

MEMBERSHIP FOR ALL

The YMCA is a mission-driven, nonprofit organization that strives to serve all. The YMCA is committed to ensuring that everyone has the opportunity to benefit from YMCA membership and programs. To that end, this Y provides financial assistance for those who may not be able to afford the full cost of programs and services. We offer an income-based rate scale to reduce joining, monthly, and/or program fees to eligible individuals, making the Y accessible to individuals and families at all income levels.

Our income-based membership rate scale welcomes all individuals and families to become active members of the Y, no matter what their financial circumstances may be. Membership for All is made possible due to the generosity of donations made through our Annual Fundraising Campaign. Our income-based charts are available on-line and at our Welcome Center Desks.

To qualify for a Membership for All rate, you will need to provide the YMCA with tax documentation to verify your income within 30 days of your membership start date. Failure to provide the proper documentation within 30 days, the fee will default to the full rate.

GUEST POLICY

Share your success with a friend. Members receive unlimited guest passes to introduce their friends and family to the YMCA. Guest passes are available at our Welcome Center Desk. Please accompany your guest. Individuals are allowed three free guest pass visits after which they may purchase a membership or a Day Pass at the following rates: Adults \$12/day; Family \$25/day; Youth \$8/day. Day Pass purchases may be applied to a membership.

ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work, or travel. This is an essential part of our mission to strengthen communities.

IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

LOCKERS

Daily lockers available to members and guests - must bring your own lock. The Y is not responsible for lost, misplaced or stolen items.

HOW TO REGISTER

Members of the YMCA may register for programs at the Member Service Desk or online at: YMCApawtucket.org. Registrations cannot be completed without payment.

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.

MAKE UP CLASS POLICY.

There will be no make up classes unless class is cancelled by the Y.

REFUNDS & CREDITS

Refunds will only be available 48 hours before the first day of class. Refunds are only provided if the Y has to cancel a class or a doctor's note is presented for the entire session being missed due to illness. Credits will only be issued until the 3rd week of classes. MEMBERSHIP FEES ARE NON-REFUNDABLE.

E.F.T. DRAFT

For your convenience, an automatic payment plan will be initiated for payment of your membership. With your authorization, each month your bank will pay your membership through your checking, savings or credit card.



YMCA of PAWTUCKET

20 Summer Street
Pawtucket, RI 02860

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Mission Statement

To put Christian principles into practice through programs that build character and promote a healthy spirit, mind and body for all.

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Call Us at (401) 727-7900

or visit us online at www.ymcapawtucket.org/