



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE THAN FITNESS

2017-2018 Winter I & II, Spring
PROGRAM BOOK



MacColl YMCA

32 Breakneck Hill Road, Lincoln, RI 02865
www.YMCApawtucket.org

INFORMATION

WELCOME TO THE MACCOLL YMCA



MacColl YMCA located in Lincoln, RI is a state-of-the-art facility that far surpasses that of any ordinary gym. The gymnasium accommodates a full basketball court and hosts many gym activities. It also has a 30 foot indoor rock wall play area. MacColl Y is equipped with over 55 pieces of cardio equipment, including a full circuit of machines and an ample free weight area, as well as a smaller "personal fitness" center. MacColl's multi-purpose rooms are utilized

for various types of group exercise and wellness classes. All of these amenities are complemented by our 6 lane, 25 yard indoor pool and family activity pool. The MacColl YMCA's outdoor grounds are just as incredible as the facility itself. The facility is located on 125 acres encompassing soccer and softball fields, basketball court, camp pavilion, wooded trails and family pool..

Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

Who We Are

The Y is the nation's leading non-profit organization committed to strengthening communities through youth development, healthy living and social responsibility.

What We Do

The Y makes accessible the support and opportunities that empower people and communities to learn, grow, and thrive. With focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

How We Do It

There is no other non-profit quite like the YMCA. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver wellness and family programming.

MY Y IS YOUR Y RECIPROCAL PROGRAM

Your MacColl YMCA membership enables you to visit any participating YMCA in the United States.

HOURS OF OPERATION

All program areas close **30 minutes** before the building closes. Wellness Center closes **15 minutes** before the building closes.

Monday - Friday:

5:15 a.m. - 9:30 p.m.

Saturday & Sunday:

7:00 a.m. - 6:00 p.m.

The MacColl YMCA will be closed on New Year's Day, Easter Sunday and Memorial Day. (Some holidays may reflect a different schedule).

INFORMATION

CHILDWATCH

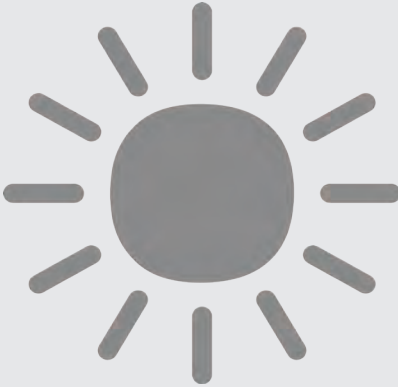
A FREE SERVICE TO ALL YOUTH & FAMILY MEMBERS

Limited to 2 hours per day. Pick up the schedule at the Member Services Desk.

CHILDWATCH
6 Weeks - 6 years

OLDER CHILDWATCH
Ages 6 - 12 years

INTERESTED IN A PRIVATE EVENT?



ROCKWALL, POOL, GYMNASIUM & MEETING ROOMS

Have an event today at the Y! Facility rentals at MacColl YMCA provide a perfect setting for your social or corporate event. All event rentals are available through contract only.

For more information, please call us at: (401) 725-0773.

CAMP TOURS

Hundreds of children enjoy day camp at MacColl YMCA each summer. We strengthen our community by providing an ACA certified camp that will help children build confidence, self-esteem and life skills. If you are unavailable to attend the group tours listed below, please contact to set up a time that works best for you.

April 21st - 10:00 a.m. to 12:00 p.m.

May 4th & 18th - 5:00 p.m. to 7:00 p.m.

June 1st - 9:00 a.m. to 11:00 a.m.

June 9th - 9:00 a.m. to 11:00 a.m. - Meet the camp staff!

TODDLER & PRESCHOOL

ALPHABET TIME

Ages 3 - 5

This class focuses on letter recognition through various activities. Your child will learn to write the letter, make letter sounds and have fun while learning. The letters will be reinforced through crafts, stories and more!

Tuesday: 9:30 a.m. -10:15 a.m.

Wednesday: 10:30 a.m. - 11:15 a.m.

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

TINY TUMBLERS

18 months - 5 years

This fun class offers tumbling and stretching drills designed to help improve agility, dexterity, flexibility and balance. Focus is on exercise, physical fitness and group play.

Thursday:

18 mos. to 3 yrs:

10:45 a.m. - 11:30 a.m.

Saturday:

18 mos. to 2.5 yrs:

10:45 a.m. - 11:30 a.m.

Ages 2.5 to 5:

9:45 a.m. - 10:30 a.m.

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

POTPOURRI

Ages 3 - 5

Can't decide on just one class? This class highlights a different activity each week including cooking, crafts, alphabets, tumbling, music and more!

Monday: 9:30 a.m. -10:15 a.m.

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

LET'S EXPLORE

Ages 3 - 5 years

Must be potty trained.

Each week we will introduce your preschooler to a new science concept. Hands on experiments will help us become scientists.

Tuesday: 10:30 a.m. - 11:15 p.m.

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

ART-BOOK-COOK

Ages 3 - 5

Each class will begin with a storybook followed by making a healthy treat and ending with a craft related to the story.

Wednesday: 9:30 a.m. -10:15 a.m.

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

PEEWEE P.E.

Ages 2 - 5

Come and help them get their jiggles out. Organized games and recreational group play will promote exercise and relationship building in a fun way to play. Parents may be asked to participate in class.

Monday: 10:15 a.m. - 11:00 a.m.

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

LITTLE DRAGONS

Ages 2 - 6

Students learn martial arts as a form of discipline (mind, body, spirit), which develops physical defense and encourages respect for others. It provides your child with exercises that stress the value of self-importance and self-discipline.

Saturday:

Ages 2 - 4: 9:45 a.m. - 10:15 a.m.

Ages 5 - 6: 10:30 a.m. - 11:00 a.m.

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



SO BIG

Ages 3 - 4 years old

Children play cooperatively, develop fine and gross motor skills, take turns, and communicate. They will participate in several different activities including open play, craft time, indoor play story time and music and movement.

Thursday: 9:45 a.m. - 10:30 a.m.

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

PRESCHOOL & YOUTH

PARENT & ME BASEBALL

Ages 3 - 5 years Spring
This class will introduce and improve the fundamentals of throwing, catching, fielding and batting. Equipment will be provided. Children are encouraged to bring their own glove. Game play to begin week 2 and increases time each week. Proper seasonal athletic attire and sneakers preferred over cleats.

Saturday:

Ages 3 - 4 9:15 a.m. - 10:00 a.m.

Ages 4 - 5 11:15 a.m. - 12:00 p.m.

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

PARENT & ME BASKETBALL

Ages 3 - 5 years
This class will introduce the basics of passing, shooting and dribbling with the help of the parent. Skills and drills mini games will provide a fun way to build a solid basketball foundation for the future.

Wednesday: 6:30 p.m. - 7:15 p.m.

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

BEGINNER BASKETBALL SKILLS

Ages 5 - 8 years
The Y's Basketball skills class focuses on building a passing, shooting and dribbling foundation to become a better player. Drills, small team play and mini games will look to keep players alert and interested as they learn to practice and play the right way. Come and learn to be a better overall basketball player.

Wednesday: 6:30 p.m. - 7:15 p.m.

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

PARENT & ME SOCCER

Ages 3 - 5 years Spring
This class will engage youngsters with skill building activities that promote development with repeated movements of dribbling, passing and shooting drills with the parent's help. Limited game play may be offered at the end of a class for team achievement. Cleats and shin guards are not needed but advised.

Saturday:

Ages 3 - 4 10:15 a.m. - 11:00 a.m.

Ages 4 - 5 12:15 p.m. - 1:00 p.m.

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

CO-ED SOCCER SKILLS

Ages 6 - 12 Spring
This class is a series of skills and drills that translate into set game play. Great for the player who is still learning the game as well as those who already understand game play. Class time will include dribbling, passing and shooting skill development.

All sign-ups for the Outdoor Soccer League receive a \$10 credit towards the Co-Ed Soccer Skills class.

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

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



YOUTH PROGRAMS

CO-ED OUTDOOR SOCCER LEAGUE

Ages 6 - 12 Spring
Come play in our Spring outdoor soccer league. This recreational league will be played over 7 weeks. Teams will be created prior to the season. Athletic wear, shin guards and cleats are required. T-Shirts will be provided. All skill levels welcomed. Games will be played in all weather conditions unless canceled or delayed due to unsafe conditions. Mandatory eval for all players required prior to the season. Evaluation dates TO BE ANNOUNCED.

Save \$10 on the Co-Ed soccer Skills Class.

Saturday:
Ages 6 - 7 3:00 p.m. - 4:00 p.m.
Ages 8 - 9 4:00 p.m. - 5:00 p.m.
Ages 10 - 12 5:00 p.m. - 6:00 p.m.
Member/ Non-Member: \$45/\$85

CO-ED RECREATIONAL FLAG FOOTBALL & SKILLS

Ages 6 - 12 Spring
The rules to flag football are nearly identical to regular tackle football, except that each player wears a belt of flags around his or her waist. Rec play consists of passing, running, defense and game time. All skill levels welcomed. Parent coaches needed.

Games will be played in all weather conditions unless canceled or delayed due to unsafe conditions. Mandatory evaluation for all players required prior to the season. Evaluation dates TBA.

Saturday:
Ages 6 - 8 9:30 a.m. - 10:15 a.m.
Ages 9 - 12 10:30 a.m. - 11:30 p.m.
Member/Non-Member: \$40/\$75

NEW ENGLAND KIDS TRIATHLON – JULY 2018

Do you have a child between the ages of 6 and 15 looking for a challenge? We will partner with kidstriathloninc.org for the second year to prepare for and compete in the New England Kids Triathlon which takes place at MIT in Cambridge, MA. All your child needs is the interest and the desire – we will provide the training and motivation to inspire. Distances are set to be challenging but achievable. Triathlon truly is one of the few sports you can play for your entire life, and we want to help kids build these healthy habits at a young age. Open to our Y members and our community members. If you are interested and have questions, please attend our Kids Triathlon meeting on Thursday, May 10th at 6:00 p.m.



YOUTH PROGRAMS

Y MARTIAL ARTS

Ages 6 and Up

The Y's Martial Arts program will be offered to children and adults twice a week for 6 weeks. Students will learn to stay focused and develop a sense of pride while training your mind, body and spirit. Periods of longer concentration through repetition are also areas of personal focus in this class.

Tuesday:

Beginner 6:30 p.m. - 7:15 p.m.

Advanced 7:15 p.m. - 8:00 p.m.

Thursday:

Beginner 6:30 p.m. - 7:15 p.m.

Advanced 7:15 p.m. - 8:00 p.m.

Member/Non-Member: \$45/\$85

CO-ED YOUTH INDOOR SOCCER LEAGUE

Ages 6 -12

Winter I

Indoor soccer is fast paced and never stops. Come kick it at the Y for our indoor soccer league! This is a competitive/recreational play for kids that want to play soccer year-round. Teams will be created prior to the season. Athletic wear, shinguards and proper indoor footwear is required. 7 week season.

Mandatory Evaluation will be required. T-shirt provided to players. Coaches always welcomed.

Saturday:

Ages 6 - 7 8:30 a.m. - 9:15 a.m.

practice session weekly: 8:00 a.m.

Saturday:

Ages 8 - 9 9:30 p.m. - 10:15 a.m.

Ages 10-12 10:30 a.m. - 11:15 a.m.

Member/Non-Member: \$45/\$85

BEGINNER BASEBALL SKILLS

Ages 6 - 10

Spring

Beginner Baseball Skills class teaches the basics of the game of baseball and looks to promote overall skill development in throwing, fielding, catching and hitting. Weekly drills will be followed with controlled game play for the advancement of game awareness, physical fitness, teamwork, social skills and the further understanding of the game. This is not a league.

Saturday:

Ages 6 - 8 1:15 p.m. - 2:00 p.m.

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

T.O.O.O.L.S.

Ages 5 - 17

TOOOLS is a chance for your child to be involved in a True One On One Lesson Series. Let the Y help you fine tune your child's passion. Private lesson time dedicated to the understanding of the sport and the development of skill. Series will be offered in a 3 or 6 lesson package and will meet for one hour. Times and days to be determined by the coaching staff. Available for Basketball and Soccer by appointment only.

Member/Non-Member: (3) \$60/\$120

Member/Non-Member: (6) \$120/\$240



YOUTH PROGRAMS

INTERMEDIATE AND ADVANCED BASKETBALL SKILLS

Ages 8 - 12

This basketball skills program helps move the beginners up to the next level. Intermediate Basketball skills gets them ready for game play with faster moving drills to develop a larger foundation for the game. Advanced Skills pushes developed players to reach for higher goals and concentrates on advanced dribbling, passing, shooting skill building and better overall game skill and understanding.

Wednesday: 7:15 p.m. - 8:00 p.m.

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

FIT KIDS

Ages 8 - 12

Winter I

The Y's FitKids program will help get your child off the couch and off the phone.. Weekly gymnasium workouts will test them physically and look to increase children's upper body strength, cardio allowance, overall speed, dexterity and endurance. Weekly game style challenges will look to help improve their overall fitness over a fun filled 7 week session. All levels of fitness are welcome.

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

Member/Non-Member: \$45/\$85

CO-ED YOUTH BASKETBALL LEAGUE

Ages 6 - 12

Winter II

Join the MBL. The MacColl Y Basketball League is a competitive youth league that promotes working as a team, good sportsmanship and having fun. Be part of the learning and playing over an 8 week season including playoffs. Limited experienced players welcomed to join as well. Weekly practice times provided based on age group and teams. Mandatory Evaluation will be required. T-shirt provided to players.

Coaches always welcomed. Be a team sponsor for \$100.

Saturdays:

Ages 6 - 7 8:30 a.m. - 9:15 a.m.

Saturdays:

8:00 a.m. practice session weekly.

Ages 8 - 9 9:30 a.m. - 10:15 a.m.
Monday or Thursday

6:30 p.m. practice session weekly.

Ages 10 - 12 10:30 a.m. - 11:15 a.m.

Monday or Thursday

7:30 p.m. practice session weekly.

Member/Non-Member: \$45/\$85



YOUTH PROGRAMS

COOKING FOR FUN

Ages 8 - 12 Winter I & II
Come and see what you can make and bake while cooking for fun! Each week students will have the chance to create something delicious. Cakes, confections, jellies, jams, cookies or candies may be on your cooking list. Students will have the opportunity to decide each week's menu choices.
Saturday: 9:30 a.m. - 11:00 a.m.
11:00 a.m. - 12:30 p.m.
Member/Non-Member: \$35/\$70

ONE ON ONE YOUTH STRENGTH TRAINING

Ages 10 - 12
This class, for 10-12 year olds, is ideal for youth that cannot commit to the session times for the Youth Strength Training class. 1 on 1 Youth Strength Training will give members the flexibility to work directly with their trainer to schedule their 4 private one hour lessons. Upon completion of the program, youth will be permitted to use the fitness center when accompanied by a parent during age appropriate times. Note this class is not Youth Personal Training.
By Appointment Only.
Members Only: \$125

CO-ED TEEN BASKETBALL LEAGUE

Ages 13 - 17 Winter II
The Y's Teen basketball league will give players a chance to get game ready with recreational play. All players 13-17 are welcome. YMCA staff referees will control game, keep score and run stats. Player substitutions occur every 6 minutes. Draft a team of friends while being a team captain and win it all. Limited space available.
Saturdays:
Member/Non-Member: \$45/\$85

YOUTH STRENGTH TRAINING

Ages 10 - 12
Would you like to get your child started on the right path to fitness. This class will focus on learning strength training principles, guidelines, and techniques in the wellness center. During each class students will learn the proper use of the cardio and Cybex® selectorized machines. The class will incorporate basic muscle anatomy in an interactive and supportive group environment.. Upon completion of the program, youth will be permitted to use the fitness center when accompanied by a parent during age appropriate times.. Class meets once a week for 4 weeks. Class size is limited to 6 participants.
Members Only \$30
Wednesdays: 6:00 p.m. - 7:00 p.m.
Saturdays: 10:00 a.m. - 11:00 a.m.

NEW A HEALTHIER YOU

Ages 12 - 15 Winter I & II
Group based program designed to incorporate Healthy eating habits and increase physical activity. Two hour session; one hour of activity in the wellness center. Including, A mix of group classes, wellness center orientation, and group Personal training. Followed by an hour in the kitchen learning healthy recipes.
Fridays: 6:30 p.m. - 8:30 p.m.
Member/Non-Member: \$80/\$120



TEEN PROGRAMS

5TH GRADE NIGHTS

This is a fun night out with your 5th grade friends. The night will consist of activities including a variety of sports, games, and movies. These are held the first Friday of the month.

**January 5 • February 2 • March 2
April 6 • May 4**

Fridays: 6:00 p.m. - 9:00 p.m.
Member/Non-Member: FREE/\$8

TEEN NIGHT

A fun night out with the guys or the girls. Activities will include cooking, movie nights, sports and much more. Create new friendships or expand your existing ones!

**January 12 • February 9 • March 9
April 13 • May 11**

Friday Nights: 6:30p.m. -9:30 p.m.
Member/Non-Member: FREE/\$10

LEADERS CLUB

The Leaders Club is a group of teens in 6th through 12th grade organized to develop youth as leaders and fosters a culture of service. It also provides knowledge and training that will help them to better serve others and to shape a healthy lifestyle. This program has open enrollment and runs from September - May.

Tuesdays: 6:30 p.m. - 8:00 p.m.
Meets twice a month.

Member/Non-Member: \$20/\$30 year

NEW

GOOD VIBES

High School only

LGBTQQ+ Allies group; explore your perceptions of the world around you, formulate new connections, and generate a place for tolerance and acceptance for youth. Contact Steve Morse, Teen Director, at smorse@ymcapawt.org for additional information.

Meets twice a month; Rolling Enrollment.

Member/Non-Member: \$20/\$30 year

TEENS ON THE MOVE

Join us on our excursions! Enjoy a fun day out while learning sportsmanship, friendship & building life skills. Note the Minimum number of participants needed for each trip. Please contact Steve Morse, Teen Director smorse@ymcapawt.org for specific event details. Events will be held on Saturdays. Pricing specific for each event.

January - Nashoba Valley Tubing
(10 person minimum)

Member/Non-Member: \$50/\$70

February - Battle Grounds

Member/Non-Member: \$45/\$60

March - Escape Room
(10 person minimum)

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

April - North Bowl Lanes

Member/Non-Member: \$20/\$30



SPEED AND AGILITY TRAINING

Ages 14-18

Do you want to run faster, jump higher, and perform at your best? Then this four week program is for you. This speed centered program, designed for high school athletes, gives participants the opportunity to maximize their athletic potential. By learning proper running form, teen athletes will become faster and less prone to injury. Speed, quickness, and agility are the keys to advancing to the next level in any sport. Join us in the wellness center to unlock your full speed potential. Classes are limited to 4 participants per class. Classes will run for 4 weeks for 1 hour each time.

Thursdays: 7:00 p.m. - 8:00 p.m.

Saturdays 3:00 p.m. - 4:00 p.m.

Members Only: \$75

MULTI-MEDIA CLUB

Winter I & II

Explore your creative mind with the use of multi-media. Projects will include a paint night, cooking classes, visual arts and much more!

Monday: 6:30 p.m. - 8:00 p.m.

Member/Non-Member: \$50/\$90

BIRTHDAY PARTIES

GENERAL INFORMATION:

All party packages are based on 30 total guests - provided with six tables and thirty chairs and a host for your event. Available days are Friday evenings, Saturday afternoons and Sunday afternoons. All additional party materials will be supplied by the rental group. Catered events are permitted. Parties will have shared use in the Pool area and private use of the Party Room, Gym and Rock Wall areas. There are no flotation devices provided. All swimmers that require a flotation device must be accompanied by an adult in the pool. Book your party today by contacting us at 401-725-0773. Have a Y Happy Birthday!

BIRTHDAY PARTY TIME

(Times Vary Based Upon Party Type)

Friday Evenings

Saturday & Sunday Afternoons

Book your party today! Contact the Aquatics Department for more information at 725-0773.

SLIP & SLIDE PARTY

Spend an hour in the party room and follow it up with an hour in the pool with your friends. This two hour party is a hit with the water toys and water slide in our 3 ½ foot deep activity pool or the 11 inch deep shallow water play area. Member/Non-Member: \$175/\$250

GYM & SWIM PARTY

This three hour party will start with you and your friends in the gym for two, 30 minute sports or activity games followed by an hour in the party room and an hour in the pool. Dodgeball, kickball, basketball are top choices but new games are welcome.

Member/Non-Member: \$250/\$325

ROCKIN' POOL PARTY

Get ready to be climb to the top of our 35 foot rock wall and rappel down with our auto belay system. Climbers must be 40 lbs min. to 275 lbs max. Follow your climb time with an hour in the party room and an hour in the pool. It's like your own personal three hour adventure.

Member/Non-Member: \$260/\$335

1/2 ROCK & 1/2 GYM PARTY

Come try a little bit of everything. Party goes get 30 minutes in the gym and 30 minutes in the rock wall before going to your party room for an hour and finishing up with an hour in the pool. Easily our most popular party with the kids and the adults.

Member/Non-Member: \$275/\$350

ROCK & GYM PARTY

Come together and challenge your friend's skills in the rock wall and the gym. This three hour party spends an hour in the rock wall and hour in your party room and finishes with an hour in the gym. If you're looking for some activity for your birthday then this is where you can be in it to win it.

Member/Non-Member: \$290/\$365



PARENT/CHILD 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 Colleen Logan our Aquatic Director at ext 215 to schedule or for any questions

Member/Non-Member: \$35/\$60 per 30-minute lesson

3 pack of 30-minute lessons

Member/Non-Member: \$75/\$150

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

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

Member/Non-Member: \$40/\$75 per 30-minute lesson

STAGE A – WATER DISCOVERY

Ages 6 months-2yrs

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

Saturdays: 9:00 a.m. -9:30 a.m.

10:10 a.m. -10:40 a.m.

STAGE B – WATER DISCOVERY

Ages 2-3yrs

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

Saturdays: 9:35 a.m. -10:05 a.m.

10:45 a.m.-11:15 a.m.

PRESCHOOL AQUATICS

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.”

PRESCHOOL LEVELS (AGES 3–5)

Member/Non-Member: \$40/\$75 per 30-minute lesson

STAGE 1 – WATER ACCLIMATION (Pike)

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.

Mondays:	9:00 a.m. - 9:30 a.m.	Wednesday:	4:00 p.m. - 4:30 p.m.
	10:00 a.m. - 10:30 a.m.		5:00 p.m. - 5:30 p.m.
	11:00 a.m. - 11:30 a.m.	Thursdays:	10:30 a.m. - 11:00 a.m.
	4:00 p.m. - 4:30 p.m.		11:30 a.m. - 12:00 p.m.
	5:00 p.m. - 5:30 p.m.	Saturdays:	9:00 a.m. - 9:30 a.m.
Tuesdays:	3:30 p.m. - 4:00 p.m.		9:35 a.m. - 10:05 a.m.
	4:30 p.m. - 5:00 p.m.		10:10 a.m. - 10:40 a.m.
	5:30 p.m. - 6:00 p.m.		10:45 a.m. - 11:15 a.m.
			11:20 a.m. - 11:50 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.

Mondays:	10:30 a.m. - 11:00 a.m.	Thursdays:	9:00 a.m. - 9:30 a.m.
	11:30 a.m. - 12:00 p.m.		10:00 a.m. - 10:30 a.m.
	3:30 p.m. - 4:00 p.m.		11:00 a.m. - 11:30 a.m.
	4:30 p.m. - 5:00 p.m.	Saturdays:	9:00 a.m. - 9:30 a.m.
	5:30 p.m. - 6:00 p.m.		9:35 a.m. - 10:05 a.m.
Tuesdays:	4:00 p.m. - 4:30 p.m.		10:10 a.m. - 10:40 a.m.
	5:00 p.m. - 5:30 p.m.		10:45 a.m. - 11:15 a.m.
Wednesdays:	3:30 p.m. - 4:00 p.m.		11:20 a.m. - 11:50 a.m.
	4:30 p.m. - 5:00 p.m.		
	5:30 p.m. - 6:00 p.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.

Mondays:	4:00 p.m. - 4:30 p.m.	Saturdays:	9:00 a.m. - 9:30 a.m.
Tuesdays:	4:00 p.m. - 4:30 p.m.		10:10 a.m. - 10:40 a.m.
	5:00 p.m. - 5:30 p.m.		11:20 a.m. - 11:50 a.m.
Wednesdays:	4:30 p.m. - 5:00 p.m.		

YOUTH AQUATICS

SWIM BASICS YOUTH LEVEL (AGES 6-12)

Member/Non-Member:

\$50/\$95 per 45-minute lesson

STAGE 1 – WATER ACCLIMATION (polliwog beginner)

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.

Mondays:	4:00 p.m. - 4:45 p.m.	Saturdays:	9:00 a.m. - 9:45 a.m.
Tuesdays:	5:00 p.m. - 5:45 p.m.		9:50 a.m. - 10:35 a.m.
Wednesdays:	4:00 p.m. - 4:45 p.m.		10:40 a.m. - 11:25 a.m.
			11:30 a.m. - 12:15 p.m.

STAGE 2 – WATER MOVEMENT (polliwog)

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.

Mondays:	5:00 p.m. - 5:45 p.m.	Saturdays:	9:00 a.m. - 9:45 a.m.
Tuesdays:	4:00 p.m. - 4:45 p.m.		10:40 a.m. - 11:25 a.m.
Wednesdays:	5:00 p.m. - 5:45 p.m.		11:30 a.m. - 12:15 p.m.

STAGE 3 – WATER STAMINA (polliwog plus)

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 assistance. This class builds endurance to swimming on front one length of the pool without flotation device and develops stroke technique on front and back.

Mondays:	5:00 p.m. - 5:45 p.m.	Wednesdays:	5:00 p.m. - 5:45 p.m.
Tuesdays:	5:45 p.m. - 6:30 p.m.	Saturdays:	9:50 a.m. - 10:35 a.m.



AQUATICS

SWIM STROKES

Recommended Age Ranges: School-Age Youth (6–12 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.

PRESCHOOL LEVELS (AGES 3–5)

Member/Non-Member: \$40/\$75 per 30-minute lesson

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 kicks will be practiced.

Mondays: 4:00 p.m. - 4:30 p.m. Saturdays: 9:35 a.m. - 10:05 a.m.
Tuesdays: 4:00 p.m. - 4:30 p.m. 10:45 a.m. - 11:15 a.m.
Wednesdays: 4:00 p.m. - 4:30 p.m.

YOUTH LEVEL (AGES 6–12)

Member/Non-Member: \$50/\$95 per 45-minute lesson

STAGE 4– STROKE INTRODUCTION (guppy)

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

Mondays: 5:00 p.m. - 5:45 p.m. Saturdays: 9:50 a.m. - 10:35 a.m.
Tuesdays: 5:45 p.m. - 6:30 p.m. 11:05 a.m. - 11:50 p.m.
Wednesdays: 5:00 p.m. - 5:45 p.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.

Mondays: 5:00 p.m. - 5:45 p.m. Saturdays: 9:00 a.m. - 9:45 a.m.
Tuesdays: 5:45 p.m. - 6:30 p.m. 10:45 a.m. - 11:30 a.m.
Wednesdays: 5:00 p.m. - 5:45 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.

Mondays: 5:45 p.m. - 6:30 p.m. Saturdays: 8:00 a.m. - 8:45 a.m.
Wednesdays: 5:45 p.m. - 6:30 p.m. 9:00 a.m. - 9:45 a.m.
9:50 a.m. - 10:35 a.m.

ADULT/FAMILY AQUATICS

MEMBER SWIM SCHEDULE

The pool schedule may change due to various reasons, please check with our welcome center or go on line at YMCAPawtucket.org to download the most up to date schedule or down load the YMCA app. for the most updated aquatic schedule.

ACTIVITY POOL - FAMILY PLAY

with Splash / Slide Activity

Saturday & Sunday:
12:00 p.m. - 5:30 p.m.
Monday - Thursday:
3:30 p.m. - 6:30 p.m.
Friday:
3:30 p.m. - 8:30 p.m.

ACTIVITY POOL - OPEN SWIM Without Splash or Slide Use

Sunday:
8:45 a.m. - 10:00 a.m.
Monday, Wednesday & Friday:
12:00 p.m. - 3:30 p.m.
6:30 p.m. - 7:30 p.m.
8:30 p.m. - 9:00 p.m.
Tuesday & Thursday:
1:00 p.m. - 3:30 p.m.
6:30 p.m. - 7:30 p.m.
8:30 p.m. - 9:00 p.m.
Saturday:
8:00 a.m. - 9:00 a.m.

LAP POOL - TIMES / LANES

Sunday:
(6) 7:00 a.m. - 9:00 a.m.
(3) 9:00 a.m. - 5:30 p.m.
Monday - Friday:
(6) 5:30 a.m. - 9:00 a.m.
(2) 9:00 a.m. - 12:00 p.m.
(3) 12:00 p.m. - 2:30 p.m.
(2) 4:00 p.m. - 6:00 p.m.
(3) 8:00 p.m. - 9:00 p.m.
Saturday:
(6) 7:00 a.m. - 9:00 a.m.
(3) 12:30 p.m. - 5:30 p.m.

LAP POOL - OPEN SWIM / LANES

Sunday:
(3) 11:00 a.m. - 5:30 p.m.
Monday - Friday:
(2) 12:00 p.m. - 2:30 p.m.
(2) 7:30 p.m. - 9:00 p.m.
Saturday:
(3) 12:30 p.m. - 5:30 p.m.

() - indicates the number of lanes available



ADULT AQUATICS

REST AND REJUVENATION

This is a low impact water class with focus on relaxation and rejuvenation. The goal is to use the water to relieve pressures on muscles and joints. This allows the body to move with greater ease and movement. This class will be held in the family pool.

Thursday: 10:45 a.m. - 11:15 a.m.

Members Only: FREE

STRENGTH & STRETCHING

This is a great aquatics class for the beginner level. Designed for those who want to strengthen and stretch their bodies while relieving stress on their joints and bones. This class will be held in the family pool. Space is limited - Sign up today!

Tuesday: 10:45 a.m. - 11:15 a.m.

Members Only: FREE

WATER WORKS

This fast-paced, fun-filled low impact water fitness class promotes cardiovascular health, flexibility, strength and range of motion. A variety of aerobic movements are performed in the activity pool to provide both a cardiovascular and strength training workout.

Tuesday: 10:00 a.m. - 10:45 a.m.

Wednesday: 10:30 a.m. - 11:15 a.m.

Thursday: 10:00 a.m. - 10:45 a.m.

Friday: 10:30 a.m. - 11:15 a.m.

Members Only: FREE

AM WATER AEROBICS

A great workout that is easy on the body. Use the natural resistance of the water to get your heart healthy and your body toned. Aerobic capability, strength, flexibility, reaction time and balance will improve. Water exercise classes are designed for those who would like to participate in a lower impact water exercise class. Participants should be capable swimmers in shallow and deep water.

Monday, Wednesday, Friday:

9:30 a.m. - 10:15 a.m.

Members Only: FREE

PM WATER AEROBICS

This group exercise class will be for the participant who is looking for an aerobic workout in water. This class will help increase strength and overall range of motion. This class is a medium impact workout class with a focus on cardiovascular conditioning. Participants should be capable swimmers in shallow and deep water.

Monday & Wednesday:

6:00 p.m. - 7:00 p.m.

Tuesday & Thursday:

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

Members Only: FREE

SENIOR AQUA-FIT

This group exercise class emphasizes strengthening and shaping while providing a light cardiovascular workout. Swimmers will make aerobic movements as well as small intervals of body sculpting. All participants should be capable swimmers in shallow and deep water.

Monday & Wednesday:

10:30 a.m. - 11:15 a.m.

Friday: 10:45 a.m. - 11:15 a.m.

Members Only: FREE

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

YMCAPAWTUCKET.org

OLDER ADULT PROGRAMS

SEATED YOGA / STRETCH

Participants will enjoy gentle seated yoga poses and stretches to assist in freedom of movement in everyday activities. This class is not restricted to the chair and participants to work at their own ability. Reserve your spot today!

Tuesday: 8:30 a.m. - 9:15 a.m.

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

FUNCTIONAL STRENGTH

Use your own body weight, weights, and stability balls, to gain strength, stabilize joints, increase flexibility, add balance, and relieve pain to increase mobility for daily life.

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

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

TREADMILL TREKKING

This class is a form of interval training which consists of speed intervals, walking, balance work and arm movements. Prior registration is required. Sign up at the Member Services Desk or contact the Health & Wellness Director.

Tuesday: 9:30 a.m. - 10:30 a.m.

WATER WALKING

Water walking is an excellent aerobic workout. This is a self-led program and you can work at your own pace and fitness level. A very basic, low-impact, light-intensity aquatic workout using the natural resistance of water to help strengthen core muscles and to increase personal flexibility. Appropriate for those members just starting to exercise or those who are considering water exercise.

Monday - Friday:

6:00 a.m. - 9:00 a.m.

Sunday and Saturday:

7:00 a.m. - 8:00 a.m.

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. No experience is necessary - bring your willingness to have fun and we will learn all the rules together. If you are interested or have questions, please contact Emily Bird, Health & Wellness Director at ebird@ymcapawt.org.

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



ADULT PROGRAMS

ADAPTED PROGRAMS (AP ONLY) + (AP Offering)

Adapted Programs (AP ONLY) are provided to give participants with disabilities opportunities to participate in recreational activities. The YMCA will promote a safe, friendly and supportive environment that will help individuals gain confidence, independence and responsibility while socializing and working with others in a smaller class setting with additional staff. Parents and student aids are asked to be part of the program. (AP Offering) Classic Y programs with adapted program time offerings.

GET UP & GET ACTIVE (AP ONLY)

All Ages

Adaptive Participants will have a chance to take part in an area of activity each class. Rotational schedule of the Rockwall, Pool Play, Gym Games, Art Class, Social Sports and Social Swim. Group interaction with activity and socializing with peers.

Tuesdays: 10:30 a.m. - 11:15 a.m.
Member/ Non-Member: \$25/\$50

COURT SPORTS - BASKETBALL (AP ONLY)

All Ages

Adaptive Participants will have a chance to take part in an organized basketball practice with game play. Promotes exercise, sportsmanship, cooperation, group interaction and socializing with peers. Proper gymnasium attire required.

Thursdays: 10:30 a.m. - 11:15 a.m.
Member/ Non-Member: \$25/\$50

"NEW" JUNIOR UNIFIED BASKETBALL TEAM

Ages 8-12

We are proud to announce the formation of our Junior Unified Sports Programs here at MacColl. In conjunction with Special Olympics of RI we are offering programs that bring people with and without disabilities together on the same team to compete in various sports throughout the year.
Thursdays: 6:30pm - 7:15pm

LUNCH BUNCH (AP ONLY)

Ages 13-21 & 18 & up

Participants will have 45 minute group activity followed by a 45 minute group lunch period. This program focuses on making time for social interaction and social activity. Tuesday activities may include Fitness Classes, Puzzles, Group Games, Arts & more. Thursday activities may include Basketball, Walking group, Rockwall, Swimming & more. Make sure you pack your own lunch. Lunch space will be provided.

Ages 13 - 21

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

Ages 18 & UP

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

Member/ Non-Member: \$25/\$50

INTRODUCTION TO WELLNESS (AP ONLY)

Ages 16 & up

Adaptive participants will have a chance to take part in physical activities that promote wellness and body movement. Participants will have introduction to the Wellness Center's cardio and weight machines by trained Wellness Staff, in a small class setting, tailored to their needs and personal goals.

Tuesdays: 11:30 a.m. - 12:15 p.m.

Thursdays: 11:30 a.m. - 12:15 p.m.

Member/ Non-Member: \$25/\$50



ADULT PROGRAMS

FITNESS ASSESSMENTS

A Fitness Assessment is a great way to evaluate your current status and set realistic and achievable goals. Based on your personal wellness goals and your own individual abilities, our personal training staff can assist you in determining and understanding your overall fitness, including:

- Flexibility/Range of Motion
- Body Composition
- Circumference Measurements
- Fitness Level

Our staff will work with you and recommend an exercise routine (or an extension to your current one) which may work more efficiently for you or help you slowly change what you are currently doing. We want to help you feel comfortable and healthy.

By Appointment Only: \$25

FITNESS ORIENTATION

Ages 18 and up

Meet one of the MacColl Y's Personal Trainers to identify your personal level of fitness. After being led through a consultation, you and the wellness trainer will have the tools necessary to implement an easy to follow fitness program at the Y. During the orientation, a wellness trainer will:

- Provide participants with guidelines for cardiovascular training, strength training and stretching techniques
- Show you how to safely and effectively use the Cybex® selectorized equipment.
- Assist you in finding your personal settings on each machine
- Answer your general fitness questions

Please stop by the fitness center to set up your orientation or contact us at 401-725-0773. By appointment only.

Members Only: FREE

SMALL GROUP TRAINING

You can get the motivation and instruction of a personal trainer in a group atmosphere. Work with 3-6 people to see maximum results in your fitness level with less of an impact on your wallet. Small group training is a class that consists of 1 trainer with 3-6 clients. NEW 6 or 12 week classes will be advertised by the 1st of every month. Check back for new groups starting up!

By Appointment Only
(1 Hour Sessions)

Member:

6 Sessions	\$111 pp
12 Sessions	\$216 pp

For additional information, stop by the Member Services Desk or call (401) 725-0773.

CHALLENGE U

A 10-Week Weight Loss and Healthy Lifestyle Challenge to help you find the best you. Join us on an adventure of small group workouts which will give you 10 weeks of tools and training. Achieve your goals in a supportive environment with the help of your trainer and your team. Along the way you will be given encouragement, nutritional support and guidance to adopt a healthier lifestyle. Trainers will have team times posted in the Wellness Center. You can join a team as an individual or join as a group. Your 10 weeks will consist of:

- Weekly 60-minute team workout with your trainer
- Weekly 30-minute individual workout with your trainer
- Three team challenge workouts (yes we mean a competition)
- Weekly weigh-ins

A celebration of the new you!

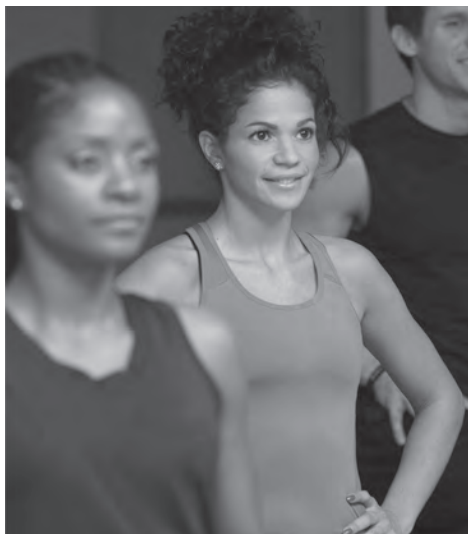
Member Only Pricing: \$350 for 10 Weeks (Compare to 10 weeks of personal training at \$420).

Challenge U Kick-Off will be January 27th.

ADULT WELLNESS

Welcome to Group Exercise at MacColl YMCA - Our schedules can be viewed on the web at www.goymca.com and on our free App which can be found at "YMCA of Pawtucket".

Our group exercises classes are intended for members aged 13 or older unless marked otherwise. Our classes are also free to members unless indicated otherwise. Please inform the instructor at the beginning of class if you are new or if you need modifications. All classes are subject to change and/or cancellation due to instructor.



ACTIVE TOGETHER

Active Together gives you all of the training you need – cardio, strength, balance and flexibility – just in one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movement.

BOOTCAMP

This is an intense class for the individual looking to take cardio and strength outside the box! Training includes a combination of plyometrics, conditioning drills and strength training utilizing interval styles and circuit styles.

BARRE/STRETCH/TONE

A challenging and unique workout that incorporates ballet and Pilates sculpting movements. This cross-training workout promotes balance, flexibility, and core strength while toning and lengthening your muscles.

CIRCUIT TRAINING

Move through a variety of body conditioning, muscle endurance challenges and cardio circuits with an emphasis on building core strength. This class moves quickly and is full of variety.

GROUP CYCLE

An unmatched way to make your fitness goals a reality! With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body.

Due to limited space and high demand, this class requires advanced bike reservation. Reservations start 24 hours in advance. Please call 401-725-0773 or stop by the member service desk to secure your spot!

PILATES

This class will focus on your body's "powerhouse" or the core (abs & back) with an added twist of legs and upper body. Please bring a yoga mat for comfort.

POUND

Become the music in this exhilarating full body workout that combines cardio, conditioning and strength training with yoga and Pilates.

ADULT WELLNESS



SMALL GROUP TRX TRAINING

This small group training is designed to help you build strength, lose weight or just to simply help you learn exercises on the TRX straps with the guidance and expertise of a Qualified TRX instructor. Small group TRX training is pre-registered and by appointment only. Groups need a minimum of 2 participants to run with a maximum of 4 participants. 4 Sessions, 1 hr each: \$88 per person

STRENGTH TRAIN TOGETHER

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

STRONG BY ZUMBA®

A wild workout that 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.

TABATA

Get lean, toned and burn calories beyond the workout with this popular form of high intensity interval training during shortened periods of exercise and rest.

TOTAL BODY CONDITIONING

Serious full body workout utilizing free weights and other accessories that will completely strengthen and tone your entire body. This class whips your body into shape and builds strength.

Y CYCLE

An unmatched way to make your fitness goals a reality! With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body.

YOGA (SLOW FLOW AND HATHA)

This class is a vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose. This practice will offer challenges for those seeking to deepen their practice and modifications for those working with injuries and other limitations. This is a practice for all – leaving you feeling energized and centered.

YOGA (POWER FLOW)

This class focuses on strength and flexibility and sequencing of posture. Matching movements with breathing, holding postures for longer periods of time challenges both mind and body combined.

ZUMBA®

A fusion of Latin, international music and dance themes creating a dynamic, effective and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms to tone and sculpt. No dance experience is required.



FAMILY ACTIVITIES

January 20th - **BINGO IN THE BARN** - 6:00 p.m. - 8:00 p.m. Feeling lucky???? Come play bingo and socialize with us. Win prizes and have fun!! All children must be accompanied by parent. A snack bar will be open with all items for under \$2. Don't miss this event! (2 adults and any children under the age of 16)
Members: Free • Non-Members \$5 per family.

FEBRUARY DROP IN EVENTS - Stop by MacColl YMCA and have some fun in our lobby for nail painting and temporary tatoos.

February 9th - 10:00 a.m. to 12:00 p.m.

February 10th - 10:00 a.m. to 12:00 p.m.

February 17th - **FUNNY FOR FUNDS** - Don't miss out on an adult night of laughter while supporting your favorite cause MacColl YMCA's Support a Child Fund. All funds raised during this event will help bring children and families to the YMCA that would otherwise not be able to afford it. In 2015, approximately 700 children came to camp and childcare through the Support a Child Fund. You will experience a night of laughs with a 90 minute comedy show along with silent auction items to bid on. This event will be held in the MacColl YMCA Barn. The doors will open at 7:30 p.m. with the show starting at 8:30 p.m.. There will be a cash bar and light snacks provided. \$25/person, Tables of 10 will be reserved.

March 30th - **PICTURES WITH THE BUNNY** - 6:00 p.m. - 7:00 p.m. - Come enjoy a fun filled egg hunt and pictures with the Bunny. Donations to fill eggs welcome.

April 21st - **HEALTHY KIDS DAY** - 10:00 a.m. - 2:00 p.m. - YMCA's Healthy Kids Day is the Y's national initiative to improve the health and well-being of families and to help them get a jump on creating a healthier summer. The MacColl Y is celebrating YMCA's Healthy Kids Day with a free community event that encourages kids to get moving and learning, and families living healthier.. So come out and play! Local company vendors and so much more! Details to be announced.

May 5 - **CINCO DE MAYO** - Come join us for a Cinco De Mayo snack in the lobby.

May 11th - **MAKE YOUR OWN MOTHER'S DAY CARD**

10:00 a.m. - 12:00 p.m. in the lobby and 5:00 p.m. - 6:30 p.m in Child Watch. Show your mother how much you care. Design her a creative, personal card.

THE REVIVER CHALLENGE

June 2, 2018 will see the return of the Reviver Challenge to the MacColl YMCA. Open to elite athletes and beginner racers. This is a family friendly event that you can run alone or as a team. Compete yourself and against hundreds of others in a 2.5 mile obstacle course with 13 different obstacles. Race designed to help you run for a cause and to find your inner warrior. See more at REVIVERCHALLENGE.COM.

Y CHILDCARE



FOUR CORNERS EARLY LEARNING CENTER

Cumberland 287-8646

- Toddlers - 18 months to 36 months
- Pre-School - 3 to 5 years old
- Pre-Kindergarten - 4 to 5 years old

LINCOLN CHILD DEVELOPMENT CENTER

Lincoln 287-8275

- Toddlers - 18 months to 36 months
- Pre-School - 3 to 4 years old
- Pre-Kindergarten - 4 to 5 years old



CUMBERLAND

BF. Norton
Garvin
Community
Cumberland Hill
Ashton
North Middle (AS only)
McCourt Middle (AS only)

LINCOLN

Central
Lonsdale
Northern
Saylesville
Middle

NORTH PROVIDENCE

Marieville
Whelan
Stephen Onley
Maguire
Greystone

BLACKSTONE VALLEY PREP
ES1, ES2, ES3
Middle 1 + 2

For more information visit:
YMCApawtucket.org

MacColl YMCA provides early childhood education and before and after school programs for children ages 18 months to 14 years old.

For more information please visit:
YMCApawtucket.org

PROGRAM FEATURES

- Safe and accessible, age-appropriate environments that promote learning.
- Professionally trained directors, childcare counselors, teacher assistants and classroom aides are required to complete 20 hours of training each year.
- Homework assistance
- Sibling discounts
- Staff members are partners with parents, working together to help kids grow.
- Open on school vacation weeks, most snow days and some holidays

CONVENIENT HOURS

Childcare hours are different for each site - please consult the website. Early Risers is available at specific sites and is designed for families needing care prior to work - Monday through Friday. After school care commences with the close of school each day.

PAYMENT

Registration fees are non-refundable. Childcare fees are due and payable by the Friday prior to the week of care. Fees are assessed and due regardless of the attendance of the child. Refer to payment plan option.

FINANCIAL AID

MacColl YMCA believes that everyone, regardless of their financial situation, deserves access to our services. All children deserve the chance to realize their potential and live a healthy life. The Y has financial assistance available for families in need. Applicants may apply at the Member Services Desk. Please allow 3 weeks for processing.

MEMBERSHIP

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.



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FOR HEALTHY LIVING
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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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