



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MORE THAN FITNESS

2018 Fall I & II  
PROGRAM BOOK



MacColl YMCA

32 Breakneck Hill Road, Lincoln, RI 02865  
[www.YMCApawtucket.org](http://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 NATIONWIDE 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 Christmas & New Years Day. (Some holidays may reflect a different schedule).

# INFORMATION

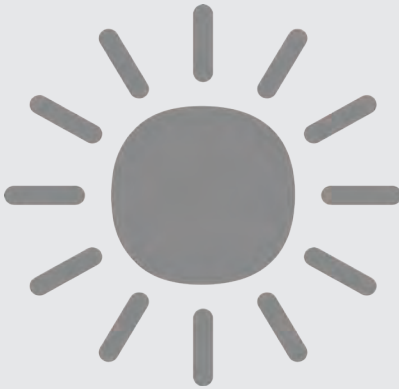
## CHILDWATCH

**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 ext. 224 or email [SGuzierka@ymcapawt.org](mailto:SGuzierka@ymcapawt.org).



# TODDLER & PRESCHOOL

## **ABC & 123**

**Ages 3 - 5**

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

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.

3:00 p.m. - 3:45 p.m.

**Ages 2.5 to 5:**

4:00 p.m. - 4:45 p.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

## **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.

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

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 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 6 - 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**

### **Fall I**

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**

### **Fall I**

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.**

Saturday: 11:00 a.m. - 12:00 p.m.

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



# YOUTH PROGRAMS

## JUNIOR UNIFIED SKILLS PROGRAMS

### Ages 8 - 12

We are proud to announce the formation of our Junior Unified Sports Programs here at MacColl. In conjunction with the Special Olympics of RI we are offering programs that bring youth with and without disabilities together on the same team to compete in various sports according to the season throughout the year. Please contact Sean Guzeika for more information on what programs are available @ sguzeika@ymcapawt.org or (401) 725-0773 ext 224.

## CO-ED RECREATIONAL FLAG FOOTBALL & SKILLS

### Ages 6 - 12

### Fall I

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.

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

## CO-ED YOUTH BASKETBALL LEAGUE

### Ages 6 -12

### Fall 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

## 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

## 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

## COOKING FOR FUN

### Ages 8 - 12

### Fall I

Come and see what you can make and bake while cooking for fun! Each week students will have the chance to create something delicious and decadent. Cakes, confections, jellies, jams, cookies or candies may be on your cooking list. Students will also learn about portions and healthy choices.

Saturday: 9:30 a.m. - 11:30 a.m.

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

## HEALTHY COOKING

### Ages 8 - 12

### Fall II

Children will be taught basic nutrition information that can be used to improve diets, cooking practices and lifestyles. A basic nutrition information session will start each class and follow with everyone participating in cooking a recipe that emphasizes what was taught in the class. The Healthy Cooking program is designed to help participants improve health and well-being.

Saturday: 9:30 a.m. - 11:30 a.m.

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



# YOUTH PROGRAMS

## INTERMEDIATE AND ADVANCED BASKETBALL SKILLS

**Ages 9 - 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

## STEAM FOR ALL

**Ages 4-14**

**Fall II**

STEAM is a 7 week educational program that gets together once a week to develop and prepare children for the fields of science, technology, engineering, arts and mathematics (STEAM). In addition to subject-specific learning, STEAM aims to foster inquiring minds, logical reasoning, and collaboration skills.

4-6: Monday 4:00 p.m.- 5:00 p.m.

6-10: Tuesday 4:00 p.m.- 5:00 p.m.

10-14: Wednesday 4:00p.m.- 5:00p.m.

Member/Non-Member: \$50/\$75

## CREATIVE WRITING /POETRY CLASS

**Ages 12-17**

**Fall II**

Grab a pen and let the creating begin! At the Y, we believe all youth should have the opportunity to explore, dream and create, all while expressing their voice and artistic talents through writing. This 7 week program will help your child discover and develop their unique voice. Best of all, there are no exams, no grades, no wrong answers... just fun, creative writing.

Tuesday: 6:00 p.m. - 6:45 p.m.

Member/Non-Member: \$35/\$55

## DROP-OFF AFTER SCHOOL SPORTS

**Fall II**

Looking for a safe place to learn new games have some fun and meet new friends while playing your favorite sport. The MacColl Y is the spot! Come and enjoy a mix of activities from Basketball, Volleyball, Soccer, Rock Wall, Indoor Group games. MacColl Y will be offering a daily drop off spot in our gym Mon-Fri for a daily rate.

Mon - Friday: 3:00 p.m. - 4:00 p.m.

Member/Non-Member:

\$5/\$10 per day





# YOUTH PROGRAMS

## 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

## 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.

## A HEALTHIER YOU

### Ages 12 - 15

### Fall 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

## MACCOLL BLACK MARLINS SWIM TEAM

The MacColl Black Marlins are part of the SENECEY swim league. All swimmers 18 years and younger before December 1st 2018 are eligible for the team. The team is made up of three different age groups: mini marlins ages 5-7, red marlins ages 7-10, and black marlins ages 11-18. Come join us for our free trial week for all new swimmers September 10th-13th. Our season officially starts the week of September 17th. New parents meeting will be held September 4th at 6pm.

For more information, email [amccormick@ymcapawt.org](mailto:amccormick@ymcapawt.org).



# 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.

**September 14th • October 12th • November 9th**

Fridays: 6:00 p.m. - 9:00 p.m.  
Member/Non-Member: FREE/\$10

## 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!

**September 21st • October 19th • November 16th**

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

## GOOD VIBES

### High School only

LBGTQQ+ Allies group; explore your perceptions of the world around you, formulate new connections, and generate a place for tolerance and acceptance for youth.

Meets twice a month; Rolling Enrollment.

Member/Non-Member: FREE

## DROP OFF TEEN BASKETBALL

### Fall I & II

Need a place to have fun and make new friends in a safe environment, try our Teen basketball drop off nights that happen once a month. For a daily rate, drop your teen off for a Friday Night of Basketball with their peers.

Once a month on Friday Nights:  
Dates TBA

7:00 p.m. - 8:30 p.m.

Member/Non-Member: \$5/\$10 per day

## CO-ED TEEN BASKETBALL LEAGUE

### Ages 13 - 17

### Fall 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:

13-15: 11:30 a.m. - 12:15 p.m.

16-17: 12:30 p.m. - 1:15 p.m.

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



# 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! For more information, contact us at 725-0773 ext. 224 or [SGuzeika@ymcapawt.org](mailto:SGuzeika@ymcapawt.org).

## 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 1/2 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 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 on 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 on the rock wall and the gym. This three hour party spends an hour on 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 5 - 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/\$70 per 30-minute lesson

### 3 pack of Private 30-minute lessons

Member/Non-Member: \$100/\$200

### Semi-Private 30-minute lesson (2-3 students)

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

**Adult Beginner lessons:** Learning to swim is a valuable life lesson at any age. This class teaches basic swimming skills such as the crawl stroke, breathing techniques, and floating to help gain confidence in the water. Our trained instructors will individualize the class to meet personal needs. Saturday: 8:15 a.m. - 9:00 a.m. Member/Non-Member: \$ 50/\$100

## 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.

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

### STAGE B – WATER DISCOVERY

#### Ages 2 - 3yrs

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

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

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.	Wednesdays:	3:30 p.m. - 4:00 p.m.
	10:00 a.m. - 10:30 a.m.		4:00 p.m. - 4:30 p.m.
	11:00 a.m. - 11:30 a.m.		5:00 p.m. - 5:30 p.m.
	3:30 p.m. - 4:00 p.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

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

### STAGE 3 – WATER STAMINA

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 a 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.
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

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: 4:15 p.m. - 5:00 p.m. Saturdays: 9:50 a.m. - 10:35 a.m.

Tuesdays: 5:00 p.m. - 5:45 p.m. 11:30 a.m. - 12:15 p.m.

Wednesdays: 4:15 p.m. - 5:00 p.m.

### STAGE 2 – WATER MOVEMENT

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: 4:15 p.m. - 5:00 p.m. 10:40 a.m. - 11:25 a.m.

Wednesdays: 5:00 p.m. - 5:45 p.m.

### STAGE 3 – WATER STAMINA

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 a flotation device and develops stroke technique on front and back.

Tuesdays: 4:15 p.m. - 5:00 p.m. Saturdays: 9:00 a.m. - 9:45 a.m.

Wednesdays: 5:00 p.m. - 5:45 p.m. 10:40 a.m. - 11:25 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

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: 4:30 p.m. - 5:00 p.m.      Saturdays: 9:35 a.m. - 10:05 a.m.  
Tuesdays: 4:30 p.m. - 5:00 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

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

### STAGE 5 – STROKE DEVELOPMENT

(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: 5:45 p.m. - 6:30 p.m.      Saturdays: 9:00 a.m. - 9:45 a.m.  
Wednesdays: 5:45 p.m. - 6:30 p.m.      10:40 a.m. - 11:25 a.m.

### STAGE 6 – STROKE MECHANICS

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: 9:50 a.m. - 10:35 a.m.  
Wednesdays: 5:45 p.m. - 6:30 p.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](http://YMCAPawtucket.org) to download the most up to date schedule or download 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 & Wednesday:

4:00 p.m. - 7:30 p.m. (no toys)

2:30 p.m. - 4:00 p.m. (toys)

Tuesday:

4:00 p.m. - 6:30 p.m. (no toys)

6:30 p.m. - 8:30 p.m. (toys)

Thursday & 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. - 8:45 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:  
6:35 p.m. - 7:35 p.m.  
Thursday: 7:30 p.m. - 8:30 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 work at their own ability. Reserve your spot today!

Tuesday & Thursday:

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.

Friday: 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](mailto: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, 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

### 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 PICK UP VOLLEYBALL

#### Ages 18+

#### Fall I

Designed for players of all levels, our adult sports offerings give adults an opportunity to participate in organized activities while having fun, meeting new people and getting fit.

Mondays: 7:00 p.m. - 9:00 p.m.  
Members/Non-Members: \$5/\$10



# 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 16 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
- Two team challenge workouts (yes we mean a competition)
- Weekly weigh-ins

A celebration of the new you!

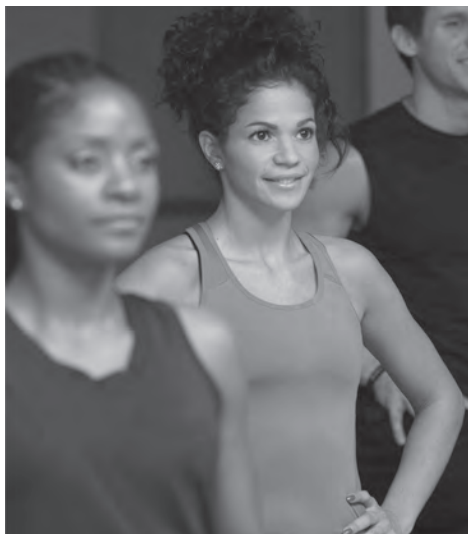
Member Only Pricing: \$375 for 10 Weeks and a t-shirt is included (Compare to 10 weeks of personal training at \$420).

Challenge U Kick-Off will be September 8th.

# ADULT WELLNESS

**Welcome to Group Exercise at MacColl YMCA - Our schedules can be viewed on the web at [www.goymca.com](http://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.

## **HIIT**

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.

## **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)**

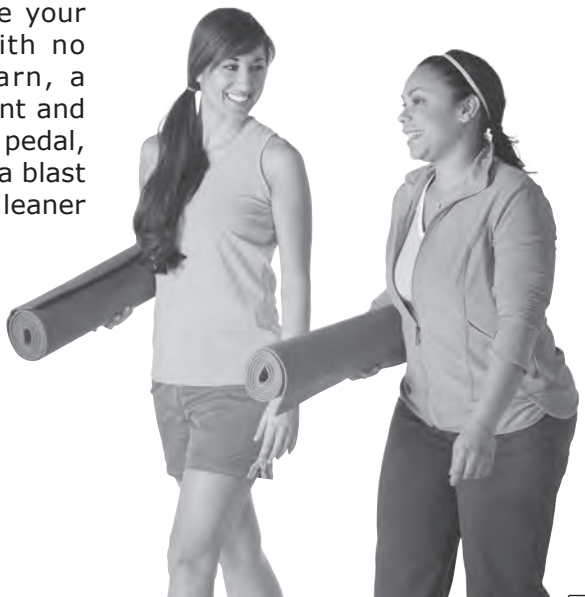
This class is a vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose. This practice will offer challenges for those seeking to deepen their practice and modifications for those working with injuries and other limitations. This is a practice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



# LIVESTRONG AT THE Y



LIVESTRONG®

FOUNDATION

National statistics show that 1 out of every 2 people's lives are affected by cancer. Thanks to a generous grant from Y-USA, the YMCA of Pawtucket will be welcoming our first **LIVESTRONG** participants in September 2018 at the MacColl Y branch in Lincoln.

Y-USA developed this program to address the needs of cancer survivors, learning that their number one concern was the difficulty of returning to physical activity after treatment. In response, **LIVESTRONG** partnered with them in 2007 to create **LIVESTRONG** at the YMCA, a 12-week, small group health and wellness program offered at no cost to participants. The program is designed to help adult survivors overcome the effects of fatigue and deconditioning due to treatment and disease. The program also embraces family and caregivers who have been affected by this disease. The Y will be partnering with many of our community organizations to ensure we are providing programs and services for cancer survivors from all types of cancer and from all of the diverse backgrounds and cultures represented in our communities.

At the Y, we believe in the human connection, respect for one another, and our ability to strengthen lives. **LIVESTRONG** at the Y is a special opportunity for us to realize that immense strength lies in people, partnerships and a shared commitment to one another.

If you are interested in learning more or being a part of our **LIVESTRONG** program, please email [ebird@ymcapawt.org](mailto:ebird@ymcapawt.org).



# FAMILY ACTIVITIES

September 8 - **FAMILY MOVIE NIGHT ON THE LAWN** - 7:00 p.m. - Come join us for movies in the field on our inflatable screen. (Movie is TBD). Snacks will be available for purchase. Member: FREE • Non-member: \$3 per person

October 26 - **TRICK-OR-TRUNK** - 6:00 p.m. - 8:00 p.m. - The annual Trick-o-Trunk event is back at MacColl. Bring the entire family for a spooktacular Halloween event with candy, hot cider, face painting, and our jumpy house. Costumes are encouraged, but not required. Prizes will be given for the best costume.

*You TOO Can Decorate a Trunk!* Add to the fun of the night by creating and decorating a trunk with your family and friends. Please, nothing too scary. We are looking for fun and interactive! Themes are great! Please email [maccoll@ymcapawt.org](mailto:maccoll@ymcapawt.org) to let us know that you will be part of the fun by Friday, October 20th. Set up for trunks begins at 5:00 p.m.

November 14 - **THANKSGIVING BASKET MAKING** - Are you interested in helping others? Join us in making decorative baskets for families in need during the Thanksgiving season. (This event is for school aged children grades 2-6).

November 19 - 23 - **NATIONAL FAMILY WEEK** - MacColl YMCA has a special week planned for the family including Charlie Browns Thanksgiving movie and popcorn, crafts in the lobby, recipes for leftover turkey and Black Friday family boot camp. Please see member service desk for details as the holiday approaches.

November 23 - **BLACK FRIDAY SPECIAL!** No joiner's fee for new members ... Tell your friends!

December 16 - **BREAKFAST WITH SANTA** - Come enjoy breakfast and have a visit with Santa. Make sure you bring your camera to capture that special moment. Breakfast seating's will be at 8:30, 9:30 and 10:30 a.m.. Register at the Member Services Desk for your seating time.  
Members: \$5 per family • Non-Members: \$4 per person / \$10 per family.





# 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](http://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](http://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, non-profit 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 Desk.

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](http://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.



Nonprofit Org.  
U.S. Postage  
PAID  
Pawtucket, RI  
Permit No. 204



### **Mission Statement**

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

# **Call Us at (401) 725-0773**

or visit us online at [YMCApawtucket.org](http://YMCApawtucket.org)