



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

# BECOME A BETTER YOU!

## WINTER 2019 PROGRAMS • MACCOLL YMCA

### SESSION DATES

Winter 2: February 25 – April 13

### REGISTRATION DATES

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

### WINTER 2

<p><b>YOUTH BASKETBALL</b> Parent &amp; Me Basketball (Ages 3-5) • Wednesday • 6:30pm-7:15pm • \$40/75 non-member</p> <p>Beginner Basketball Skills (Ages 6-8) • Wednesday • 6:30pm-7:15pm • \$40/75 non-member</p> <p>Intermediate &amp; Advanced Basketball Skills (Ages 9-12) • Wednesday • 7:30pm-8:15pm • \$40/75 non-member</p> <p>Co-ed Youth Basketball League (Ages 6-7, 8-9, 10-12) • Saturday • 8:30 am, 9:30am, 10:30am • \$45/\$85 non-member *Register for basketball skills class and save \$10 towards league fee</p> <p>Co-ed Teen Basketball League (Ages 13-17) • Saturday • 11:30am • \$45/\$85 non-member</p> <p>*New* Teen Basketball Skills (Ages 13-17) • Wednesday • 8:15pm-9:00pm • \$40/\$75 non-member</p>	<p><b>MARTIAL ARTS</b> Beginner 6-12 • Tuesday/Thursday • 6:30pm-7:15pm • \$45/75 non-member</p> <p>Advanced 6-12 • Tuesday/Thursday • 7:15pm-8:00pm • \$45/85 non-member</p> <p>*New* Teen/Adult (Ages 13 &amp; Up) • Tuesday/Thursday • 8:00pm-8:45pm • \$45/\$85 non-member</p> <p>Ages 2-5 • Saturday • 9:45am-10:15am (Ages 2-4) • 10:30am-11:00am (Ages 4-5) • \$40/75 non-member</p>	<p><b>YOUTH PROGRAMS</b> Healthy Cooking (Ages 8-12) • Saturday • 9:30am-11:30am • 12:00pm-2:00pm • \$50/\$75 non-member</p> <p>Youth Strength Training (Ages 10-12) • Wednesday 6:30-7:30pm • Saturday 10:00am-11:00am • \$30</p> <p>Fit Kids (Ages 8-12) • Tuesday 5-5:45 pm • \$45/\$85 non-member</p> <p>Strength Training/Student Athletes (Ages 13 and up) • Thursday • 6pm - 7pm • \$50/\$75 non-member</p> <p>Creative Writing/Poetry Class (Ages 12-17) • Monday/Thursday • 6:00pm-6:45pm • \$35/\$55 non-member</p>	<p><b>ADULT PROGRAMS</b> Volleyball Pick-Up Game • Monday • 7pm –8 pm • 8pm-9pm • \$15/30 non-member</p> <p><b>ADAPTED PROGRAMS</b> Court Sports • Thursdays • 10:50am-12pm • \$25/50 non-member</p> <p>Introduction to Wellness • Tuesdays/Thursdays • 10:50 am –12pm • \$25/50 non-member</p> <p>Get Up &amp; Get Active • Tuesdays • 10:50 am – 12pm • \$25/50 non-member</p> <p>Arts &amp; Crafts • Wednesdays • 10:50 am-12pm • \$25/50 non-member</p>
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### TODDLER & PRESCHOOL

<p><b>ABC &amp; 123</b> Wednesday 3-5yrs 10:30 - 11:10 \$40/75 non-member</p> <p><b>TINY TUMBLERS</b> Thursday 18mos to 3 yrs 10:45 - 11:15 Saturday 18mos to 2.5yrs 10:30 - 11:00 Saturday 2.5 to 5yrs 9:45 - 10:15 \$40/75 non-member</p>	<p><b>LET'S EXPLORE</b> Tuesday 3-5 yrs 10:30 - 11:10 \$40/75 non-member</p> <p><b>ART-BOOK-COOK</b> Tuesday 3-5yrs 9:30 - 10:15 \$40/75 non-member</p> <p><b>PARENT &amp; ME COOKING</b> Friday 11am-12pm Ages 2-5 yrs \$40/\$75 non-member</p>	<p><b>SO BIG</b> Thursday 3-5yrs 9:45 - 10:30 \$40/75 non-member</p> <p><b>PEEWEE P.E.</b> FRIDAY 2-5yrs 10:45-11:25 \$40/75 non-member</p>
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# SWIM LESSONS

Winter 2: February 25 - April 13

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parents/child 30 minute class Member \$45 Non-member \$85							
A (6 months-2yr)	9:30am		9:00am			9:00am 11:20am	
B (2 yrs-3yrs)			9:30am			10:10am	
PRESCHOOL LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes class 3-5 yrs Member \$45 Non-member \$85							
Pre-k 1	9:00am 10:00am 11:00am 3:30pm 4:00pm 5:00pm	4:30pm 5:30pm	10:00am 11:00am 5:00pm	10:00am 11:00am		8:30am 9:00am 9:35am 10:10am 10:45am 11:20am 11:55am	
Pre-k 2	10:30am 4:30pm 5:45pm	9:30am 3:30pm 4:00pm 5:00pm	10:30am 4:30pm 5:30pm	10:30am 11:00am		9:35am 10:45am 11:20am 11:55am	
Pre-k 3		4:30pm	4:00pm			9:00am 9:35am	
Pre-k 4		4:00pm	4:30pm			10:10am	
YOUTH LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 minute classes 6-12yrs Member \$55 Non-member \$105							
Y1	4:15pm	5:00pm	4:15pm			9:50am 11:30am	
Y2	5:00pm	4:15pm	5:00pm			9:00am 10:40am	
Y3	5:00pm	4:15pm (max 4)	5:00pm			9:00am 10:40am	
Y4	4:15pm	4:15pm (max 4)	4:15pm			9:50am 11:30am	
Y5		5:45pm	5:45pm			8:15am	
Y6		5:45pm	5:45pm			8:15am	
Adult Beginner (13 & above) Member \$55 Non-member \$105						8:15am	