



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE STRONG FAMILIES

2017-2018 Winter I & II, Spring
PROGRAM BOOK



Woonsocket YMCA
18 Federal Street, Woonsocket, RI 02895
www.YMCApawtucket.org

WELCOME TO THE WOONSOCKET YMCA



The YMCA of Greater Woonsocket is more than a place to work out. It's a family oriented institution where members are embraced and encouraged to attain their fitness and lifestyle goals. Through programs based on the character values of caring, honesty, respect and responsibility, the staff works tirelessly towards youth development, healthy living and social responsibility.

Featuring an olympic sized swimming pool, a gymnasium, a fitness center, exercise classes, health-related programs, the YMCA of Greater Woonsocket gives its members the tools they need to strengthen their spirits, minds and bodies. Also, a well-trained staff operates a high-quality and affordable childcare program, allowing parents to concentrate on work while their children participate in a variety of growth activities. Financial aid is available for childcare as well as other programs and memberships, making the YMCA family accessible to everyone. Come in for a tour and begin your path to a healthier lifestyle.

Our Cause

At the Y, strengthening the 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 a 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 Woonsocket 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 5:00 a.m. - 9:00 p.m.
Saturday 7:00 a.m. - 5:00 p.m.
Sunday 8:00 a.m. - 1:00 p.m.

The Woonsocket YMCA will be closed:
Christmas Day December 25, 2017
New Year's Day January 1, 2018
Easter April 1, 2018
Memorial Day May 28, 2018

CHILDCARE

The Woonsocket YMCA provides before and after school childcare with healthy constructive enrichment activities for children in grades Kindergarten - 5th. Our site is held at Harris School.

With so many demands on today's families, parents need all the support they can get. That's why childcare at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through Y values of caring, honesty, respect and responsibility.

For more information, please go to: YMCApawtucket.org.

PROGRAM FEATURES

- Safe and accessible, age-appropriate environments that promote learning
- Professionally trained directors and childcare counselors are required to complete 20 hours of training each year
- Free swim lessons to each child registered for childcare
- 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



BEFORE & AFTER SCHOOL

Before School Care

6:30 a.m. - Beginning of School

Members: \$40 per week
Non Members: \$60 per week

After School Care

School Dismissal - 5:45 p.m.
Members: \$75 per week
Non Members: \$90 per week

Before & After School Care

Members: \$100 per week
Non Members: \$120 per week

Transportation is provided to and from all Woonsocket public schools and Catholic regional schools.

\$35 Registration Fee Per Family
RICCAP Accepted.

Must have Approved certificate number. Pending certificate number pays full fee until approved.

Become a Member and Save.
Youth Memberships are \$11 per month.

CONVENIENT HOURS

Early Risers 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 Thursday 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

Woonsocket 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 up to one week for processing.

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 Woonsocket, 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 Ed Rotella our Aquatic Director at ext. 403 to schedule lessons or for any questions.

Member/Non-Member:

\$70/\$90 per 30-minute lesson



YOUTH AQUATICS

SWIM STARTERS

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

Stages A & B – Water Discovery and Exploration

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

Saturdays: 8:30 a.m. - 9:00 a.m.

SWIM BASICS

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

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

PRESCHOOL LEVELS (AGES 3–5)

30 mins

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.

Tuesdays: 10:00 a.m. - 10:30 a.m. Saturdays: 9:00 a.m. - 9:30 a.m.
5:00 p.m. - 5:30 p.m. 10:30 a.m. - 11:00 a.m.

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

STAGE 2 – WATER MOVEMENT (Eel)

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

Tuesdays: 10:00 a.m. - 10:30 a.m. Saturdays: 9:00 a.m. - 9:30 a.m.
5:00 p.m. - 5:30 p.m. 10:30 a.m. - 11:00 a.m.

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

STAGE 3 – WATER STAMINA (Ray)

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

Wednesdays: 11:00 a.m. - 11:30 a.m. Saturdays: 9:00 a.m. - 9:30 a.m.
Tuesdays: 5:00 p.m. - 5:30 p.m. 10:30 a.m. - 11:00 a.m.
Fridays: 11:00 a.m. - 11:30 a.m.

YOUTH AQUATICS

SWIM BASICS YOUTH LEVEL (AGES 5-12)

45 mins

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.

Tuesdays: 10:30 a.m. - 11:15 a.m. Saturdays: 9:45 a.m. - 10:30 a.m.

Thursdays: 10:30 a.m. - 11:15 a.m. 11:15 a.m. - 12:00 p.m.
5:00 p.m. - 5:45 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.

Tuesdays: 10:30 a.m. - 11:15 a.m. Saturdays: 9:45 a.m. - 10:30 a.m.

Thursdays: 10:30 a.m. - 11:15 a.m. 11:15 a.m. - 12:00 p.m.
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 flotation device and develops stroke technique on front and back.

Tuesdays: 11:00 a.m. - 11:45 a.m. Saturdays: 9:45 a.m. - 10:30 a.m.

Wednesdays: 6:00 p.m. - 6:45 p.m. 11:15 a.m. - 12:00 p.m.

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

SPRING SWIM TEAM

Ages 6 - 18 years old

Do you want to improve your stroke? Interested in getting into better swimming shape? Just want to try competitive swimming?

This is the program for you. Swimmers of all levels, and experience will benefit from this program.

Coached by Bill Evans.

Begins: May 1 thru June 12

7 Weeks

Monday thru Thursday:

4:30 p.m. - 5:30 p.m.

Members Only: \$110

Additional USA Coach: \$50

YMCA SPLASH WEEK

April 18, 2018 - April 21, 2018

The Y believes everyone should learn to be safe in and around the water. Each year we offer swim lessons at a minimal fee to teach children the basic swimming skills and water safety practices. Splash week offers beginner level skill lessons for those not currently enrolled in Y swim lessons.

Tuesday thru Friday:

Ages 3 - 6: 4:00 p.m. - 4:30 p.m.

Ages 7 - 12: 4:45 p.m. - 5:15 p.m.

Members/Non-members: FREE/\$5

ADULT AQUATICS

ADULT SWIM LESSONS

Ages 16 & up

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

Beginner: This class is designed to take adults who are new to the water and teach them the basic fundamentals of swimming. Breathing, floating, kicking and stroke development are the key components that make up the Adult Beginner class. This 6 week program helps participants become more comfortable and confident in the water by taking a step-by-step approach.

Wednesdays: 6:15 p.m. - 7:00 p.m.
7:00 p.m. - 7:45 p.m.

Advanced: Designed for adults who already know how to swim. This class emphasizes stroke development and different methods of swimming such as back stroke, side stroke, breast stroke and freestyle. We will also develop other skills such as rotary breathing, treading water and safety.

Wednesdays: 6:15 p.m. - 7:00 p.m.
7:00 p.m. - 7:45 p.m.

WATER AEROBICS

A low impact workout designed to increase cardiovascular fitness, muscle tone, flexibility and endurance, and at the same time have fun and meet new friends. Beneficial to non swimmers as well as swimmers. Ideal for both men and women.

Mondays, Wednesdays, & Fridays:
9:45 a.m. - 10:30 p.m.

Tuesdays & Thursdays:
9:00 a.m. - 9:45 a.m.

DEEP WATER EXERCISE

A class designed to create more resistance and less impact on your knees, back, and feet because it is held in the deep end. Using a variety of techniques that may or may not include the use of a flotation belt (aquajogger), this class will give you a great all around workout including strengthening, toning, and cardio.

Mondays & Wednesdays:
7:00 p.m.

MOVIE NIGHT AT THE POOL

Bring the family, a flotation device and relax while we show a family friendly movie in our pool. **Participants Must pre-register. All pool rules still apply. No lap swimming will be available.**

Register early, space is limited.

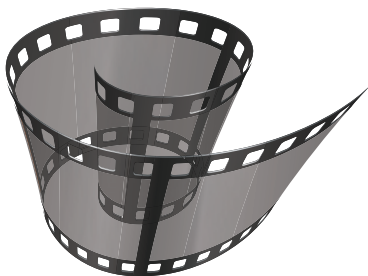
Family

\$5

Youth Members with Adult Supervision
(All youth Must have adult supervision.)

\$2 each

See Member Service Desk for dates and times.



YOUTH WELLNESS

FITNESS EQUIPMENT

ORIENTATION

Ages 12 and up

Want to begin an exercise program, but don't know where to start? Sign up for an equipment orientation with a trained YMCA staff member who will introduce you to both cardio and strength training equipment. This orientation will teach you the proper equipment usage as well as any safety issues. Available for **all** members: Free

SCHOOL VACATION CAMPS

Outdoor Play, Movies, & Swimming. Pack a lunch, snacks for the day, bathing suit and towel and dress for outdoor/indoor play.

February: 2/19 - 2/23

April: 4/16 - 4/20

Members: \$145

Non Members: \$165

Includes field trip fees.

SUMMER CAMP

It's not too early to start thinking about summer camp.

Visit us online at:

www.ymcapawtucket.org

in April 2018, or pick up a Summer Camp Brochure when they come available.



ADULT WELLNESS

Welcome to Group Exercise at Woonsocket YMCA - Pre-registration is required for each class. 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 availability.

Member/Non-Member:

FREE/\$10 per Class

PILATES

An exercise form developed by Joseph H. Pilates. The emphasis is on building strength and improving posture, balance, coordination, and stamina. Designed to strengthen, stretch, and stabilize muscles without building bulk.

Y CYCLE

This exercise class simulates the Aerobic qualities of road cycling and incorporates motivating music to ensure a fun, safe, and effective workout in a non-competitive environment.

YOGA (VINYASA AND POWER)

A form of exercise with the focus on whole-body integration. The postures or poses promote toning and strengthening muscles, flexibility and range of motion, balance and relaxation. Yoga is a spiritual practice, providing tools to help quiet the mind, become more grounded, and live in harmony and tranquility.

ZUMBA

This routine features aerobic interval training with a combination of fast and slow Latin music that tone and sculpt the body. Maximize your calorie output, fat burning, and total body toning.

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 intervals styles and circuit styles.

TOTAL BODY CONDITIONING

Serious full body workout utilizing free weights and other equipment that will completely strengthen and tone your entire body.

CHRONIC DISEASE

SELF-MANAGEMENT CLASS

CDSMP is an effective self management education and support program for people with Chronic health issues. The program specifically addresses arthritis, diabetes, lung and heart disease, but teaches skills useful for managing a variety of chronic diseases. CDSMP workshops are facilitated by two trained leaders and the workshop meets for 2 ½ hours once a week for 6 weeks.

Members/Non-member: **FREE**

INFORMATION

POOL OR GYM PARTY

The first hour is in the pool or the gymnasium and the second hour is in the party room. We set up the tables and chairs, you bring the cake and refreshments. Decorations are permitted. Best of all, we handle the clean-up.



Saturday: 12:00 p.m. - 2:00 p.m.

2:30 p.m. - 4:30 p.m.

Sunday: 10:30 a.m. - 12:30 p.m.

For further details call or stop by the Front Desk. Gym not available Saturday during YBL Season (October - March)

Under 20 people in pool:

Members/Non-Members: \$100/\$140

Over 20 people in pool:

Members/Non-Members: \$125/\$170

PLAY SOME HOOPS OR GAMES. IT'S YOUR PARTY!!

LIFEGUARD CERTIFICATION

If you are 15 or older and looking for a great job opportunity or a noteworthy career earning a lifeguard certification is a great place to start. This course helps you develop skills and experience valued by colleges and future employers. You'll develop new skills and learn how to deal effectively with people, fostering a "Take Charge" attitude. Through videos, group discussions and hands on practice, you'll learn rescue and surveillance skills, first aid and CPR/AED. Participants **Must** be strong swimmers and pass a prerequisite endurance test in order to take the class. The test involves a 300 yard swim, 2 minute leg tread and a timed 1 minute, 30 second 10-pound brick retrieval. For additional information or to answer additional questions, please contact Ed Rotella at 401-769-0791. Member/Non-Member: \$225/\$275

Tuesday - Friday:

4:30 p.m. - 8:30 p.m.

Saturday: Noon - 4:00 p.m.

Classes will be offered during the weeks of:

February 21st - February 25th

May 30th - June 3rd

RED CROSS CPR:

A 4 hour Red Cross CPR class that gives participants an adult and infant CPR Certification which is valid for 2 years. Class is limited, so register early. This is not a First Aid Class.

Fee:

\$45

By Appointment Only.

GIFT CERTIFICATES AVAILABLE

- Memberships • Childcare
- Youth Programs • Swim Lessons
- Summer Camp... and more!

Visit YMCAPAWTUCKET.ORG



INFORMATION

	PRE-SCHOOL	YOUTH	TEEN	YOUNG ADULT	ADULT	CLUB 65	FAMILY	COUPLE
POOL	●	●	●	●	●	●	●	●
GYMNASIUM	●	●	●	●	●	●	●	●
HEALTH & WELLNESS CENTER			●	●	●	●	●	●
FREE WEIGHT ROOM			●	●	●	●	●	●
TRACK			●	●	●	●	●	●
FREE AEROBIC CLASSES				●	●	●	●	●
FREE SPINNING CLASSES				●	●	●	●	●

Members must follow posted schedules for usage of facilities. Training mandatory for Health & Wellness Center. Classes may require pre-registration.

Health & Wellness Center: Ages 12-17 (1:30 p.m. - 4:30 p.m.) Ages 16 - 17 (1:30 p.m. - 6:00 p.m.) Weekdays Only, unless accompanied by a parent/guardian who is also a member.

GIFT CERTIFICATES AVAILABLE

- Memberships
- Childcare
- Youth Programs
- Swim Lessons
- Summer Camp
- ... and more!

Visit YMCAPAWTUCKET.ORG



INFORMATION

MEMBERSHIP FOR ALL

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

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

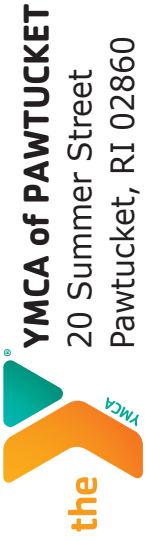
There will be no make up classes unless class is cancelled by the Y.

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.



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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Mission Statement

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

Call Us at (401) 769-0791
or visit us online at YMCApawtucket.org