



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

# BECOME A BETTER YOU!

## FALL 2019 PROGRAMS • MACCOLL YMCA

### SESSION DATES

**Fall I:** September 9 – October 26  
**Fall II:** November 4 – December 21

### REGISTRATION DATES

**Fall I:** Member registration: 8/26/19 • Community Registration: 9/3/19  
**Fall II:** Member registration: 10/21/19 • Community Registration: 10/28/19

### FALL

<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 9-16) • Wednesday • 7:30pm-8:15pm • \$40/75 non-member</p> <p>Co-ed Youth Basketball League <b>(Fall II)</b> (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><b>MARTIAL ARTS</b> Beginner (Ages 6-12) • Tuesday/Thursday • 6:30pm-7:15pm • \$45/85 non-member</p> <p>Advanced (Ages 6-12) • Tuesday/Thursday • 7:15pm-8:00pm • \$45/85 non-member</p>	<p>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 • 10:30am-11:00am • \$40/75 non-member</p> <p><b>YOUTH PROGRAMS</b> T.O.O.L.S. Ages 5-17 • \$60/120 (3 lessons) • \$120/240 (6 lessons)</p> <p>Fit Kids (Ages 8-12) • Tuesday 6-6:45pm • \$45/85 non-member</p> <p>Co-ed Recreational Flag Football <b>(Fall I)</b> • Ages 6-8 (9:30am-10:15am) • Ages 9-12 (10:30am-11:15am) • Ages 13-16 (11:30am-12:30pm) • Saturday • \$40/75 non-member</p> <p>Parent &amp; Me Soccer (Fall I) • Ages 3-4 (9:15am - 10:00am) • Ages 4-5 (10:15am - 11:00am) • Saturday • \$40/75 non-member</p> <p>Co-Ed Soccer Skills (Fall I) • Ages 6-12 • Saturday • 11:30am - 12:15pm • \$40/75 non-member</p>	<p>Youth Strength Training (Ages 10-12) • Monday 6:30-7:30pm • Saturday 10:00am-11:00am • \$40</p> <p>Strength Training/Student Athletes (Ages 13 and up) • Thursday • 6pm - 7pm • \$50/\$75 non-member</p> <p>Creative Writing/Poetry Class <b>(Fall II)</b> (Ages 12-17) • Monday • 6:00pm-6:45pm • \$35/55 non-member</p> <p>Cooking for Fun <b>(Fall I)</b> (Ages 8-12) • Saturday • 9:15-11:15am • \$50/100 non-member</p> <p>Healthy Cooking <b>(Fall II)</b> (Ages 8-12) • Saturday • 9:15-11:15am • \$50/100 non-member</p> <p><b>ADULT &amp; FAMILY PROGRAMS</b> <b>NEW*</b> Family Time Sports <b>(Fall I)</b> • Adult + youth(s) • (Ages 7-9) 6:00pm (Ages 10-12) 7:15pm • Thursday • \$40/75</p>	<p>Women's Basketball League <b>(Fall I)</b> • Ages 18+ • Saturday 9:00am - 11:00am \$40 Individual/\$250 Per Team</p> <p>Pick Up Volleyball • Ages 18+ • Monday 7:15 pm - 9:00 pm • \$20/40 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> <p>Junior Unified Soccer <b>(Fall I)</b> • Ages 8-12 • Free, all abilities welcomed</p>
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### TODDLER & PRESCHOOL

<p><b>ABC &amp; 123</b> Wednesday 3-5yrs 10:00 - 10:40 \$40/75 non-member</p>	<p><b>TINY TUMBLERS</b> Thursday 18mos to 3 yrs 10:45 - 11:15 Saturday 18mos to 2.5yrs 9:45 - 10:15 Saturday 2.5 to 5yrs 10:30 - 11:00 \$40/75 non-member</p>	<p><b>ART-BOOK-COOK</b> Wednesday 3-5yrs 9:10 - 9:50 \$40/75 non-member</p> <p><b>PEEWEE P.E.</b> FRIDAY 2-5yrs 10:45-11:25 \$40/75 non-member</p>	<p><b>LET'S EXPLORE</b> FRIDAY 3-5yrs 9:15-9:45 \$40/75 non-member</p> <p><b>POTPOURRI</b> FRIDAY 3-5yrs 10:00-10:30 \$40/75 non-member</p>
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## SWIM LESSONS

**Fall I:** September 16 - November 2 (Fall I swim only - starts one week later)

**Fall II:** November 4 - December 21

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	
B (2 yrs-3yrs)			9:30am			10:00am	
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	3:30pm 4:30pm 5:00pm	10:00am 11:00am 3:30pm 4:00pm 5:00pm	9:30am 10:00am 11:30am 4:30pm 5:30pm		9:00am 9:30am 10:00am 10:30am 11:00am 11:30am	
Pre-k 2	10:30am 4:30pm 5:00pm	4:00pm 5:00pm 5:30pm	10:30am 4:00pm 4:30pm	10:30am 11:00am 3:30pm 4:00pm 5:00pm		9:30am 10:30am 11:00am	
Pre-k 3	4:00pm	4:00pm	4:30pm	9:00am 4:00pm 5:00pm		9:00am 10:00am	
Pre-k 4	4:30pm	4:30pm	5:00pm	4:30pm		11:30am	
YOUTH LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 minute classes 6-12yrs Member \$55 Non-member \$105							
Y1	4:00pm	4:45pm				9:00am 10:30am	
Y2	4:45pm	4:00pm		4:45pm		9:45am 11:15am	
Y3	4:00pm	4:45pm	4:00pm	4:00pm		9:00am 10:30am	
Y4	4:45pm	4:00pm	4:45pm			9:45am 11:15am	
Y5			5:30pm	5:30pm		8:00am	
Y6			5:30pm	5:30pm		8:00am	
Adult Beginner (13 & above) Member \$55 Non-member \$105						12:00pm	