



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

[ymcapawtucket.org](http://ymcapawtucket.org)

# BECOME A BETTER YOU!

## FALL I 2020 PROGRAMS • MACCOLL YMCA

### SESSION DATES

9/21/20 - 10/24/20

### REGISTRATION DATES

Member and Non-member Registration: 9/14/20 - Register online or in person today!

<p><b>YOUTH SPORTS</b></p> <p>Beginner Basketball Skills (Ages 6-9)</p> <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 6:00pm-6:45pm</li> <li>• \$40/60 non-member</li> </ul> <p>Intermediate &amp; Advanced Basketball Skills (Ages 10-17)</p> <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 6:00pm-6:45pm</li> <li>• \$40/60 non-member</li> </ul> <p>Co-ed 6v6 Outdoor Soccer League (Ages 6-9, 10-12, 13-17)</p> <ul style="list-style-type: none"> <li>• Saturday</li> <li>• 9:30am, 10:30am, 11:30am</li> <li>• \$40/\$60 non-member</li> </ul> <p>Co-ed 7v7 Flag Football</p> <ul style="list-style-type: none"> <li>• Saturday</li> <li>• (Ages 9-12) 12:45pm-1:30pm</li> <li>• (Ages 13-17) 1:45pm-2:30pm</li> <li>• \$40/\$60 non-member</li> </ul> <p>Co-ed 5v5 Wiffleball</p> <ul style="list-style-type: none"> <li>• Friday</li> <li>• (Ages 9-12) 4:30pm-5:30pm</li> <li>• (Ages 13-17) 5:45pm-6:45pm</li> <li>• \$40/\$60 non-member</li> </ul>	<p><b>MARTIAL ARTS</b></p> <p>Ages 6-13</p> <ul style="list-style-type: none"> <li>• Tuesday/Thursday</li> <li>• 6:00pm-6:45pm</li> <li>• \$40/60 non-member</li> </ul>	<p><b>YOUTH PROGRAMS</b></p> <p>T.O.O.L.S.</p> <p>Ages 5-17</p> <ul style="list-style-type: none"> <li>• \$60/120 (3 lessons)</li> <li>• \$120/240 (6 lessons)</li> </ul> <p>Fit Kids (Ages 8-12)</p> <ul style="list-style-type: none"> <li>• Monday 6:00-6:45pm</li> <li>• \$40/60 non-member</li> </ul> <p>Youth Strength Training (Ages 10-12)</p> <ul style="list-style-type: none"> <li>• Monday 5:45-6:45pm</li> <li>• Saturday 10:00am-11:00am</li> <li>• \$40</li> </ul> <p>Creative Writing/Poetry Class (Ages 13-17)</p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• 6:00pm-6:45pm</li> <li>• \$40/60 non-member</li> </ul>	<p>Pick Up Volleyball</p> <ul style="list-style-type: none"> <li>• Teens ages 13-18</li> <li>• Friday 5:45pm - 6:45pm</li> <li>• Ages 18+</li> <li>• Monday 5:45pm - 6:45pm</li> <li>• Free - members only</li> </ul>
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### TODDLER & PRESCHOOL \*Classes held in our outside pavillion

<p><b>ABC &amp; 123</b></p> <p>3-5yrs</p> <p>Monday, 10:00 - 10:40</p> <p>\$40/60 non-member</p> <p><b>*NEW PAINTING PALS</b></p> <p>2.5-5yrs</p> <p>Friday, 10:00-10:40</p> <p>\$40/60 non-member</p>	<p><b>POTPOURRI SPORTS</b></p> <p>3-5yrs</p> <p>Monday, 1:00pm</p> <p>\$40/60 non-member</p>	<p><b>ART-BOOK-COOK</b></p> <p>3-5yrs</p> <p>Saturday, 11:15-12:00</p> <p>\$40/60 non-member</p>	<p><b>LET'S EXPLORE</b></p> <p>3-5yrs</p> <p>Friday, 9:15-9:45</p> <p>\$40/60 non-member</p> <p><b>POTPOURRI</b></p> <p>3-5yrs</p> <p>Monday, 9:15-9:45</p> <p>\$40/60 non-member</p>
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**\*The Strong Challenge:** Coming to a living room near you! Virtual challenge for all. Together we will be healthier and happier!!

# SWIM LESSONS

Fall I: 9/21/20 - 10/24/20

Saturdays 6 Weeks

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parents/child 30 minute class Member \$45 Non-member \$70						(4 Weeks) \$40 \$80	
A (6 months-2yr)						9:00am	
B (2 yrs-3yrs)						12:00pm	
PRESCHOOL LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes class 3-5 yrs Member \$60 Non-member \$80	(8 Classes) M & W					(4 Weeks) \$40 \$80	
Pre-k 1	4:00pm 5:00pm		4:00pm 5:00pm			9:30am 11:30am	
Pre-k 2	4:30pm 5:30pm		4:30pm 5:30pm			9:45am 10:00am	
Pre-k 3						10:15am	
Pre-k 4						10:45am	
YOUTH LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minute classes 6-12yrs Member \$60 Non-member \$80						(4 Weeks) \$40 \$80	
Y1						10:30am	
Y2						11:00am	
Y3	4:30pm		4:30pm			9:15am	
Y4	4:00pm		4:00pm			8:45am	
Y5						8:15am	
Y6							

\*If you feel safer with specific members, neighbors, or relatives and you want to create your own swim pod or sport pod, please contact us at [amccormick@ymcapawt.org](mailto:amccormick@ymcapawt.org) or [jcusati@ymcapawt.org](mailto:jcusati@ymcapawt.org).