



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

HEALTHY HAPPENS HERE!

FALL 2020 PROGRAMS • PAWTUCKET FAMILY YMCA

SESSION DATES

Fall I: September 21 - October 25

Fall II: November 2 - December 20

REGISTRATION DATES

Register online or in person!

SWIM LESSONS

Fall I 4wks \$40 member \$60 non member

Fall II 6wks \$60 member/\$90 non member

YOUTH BASKETBALL

Parent & Me Basketball

Skills and drills (Ages 3-5)

- Tuesday & Thursday
- 4:15-5:00pm
- \$35/\$50 non-member

We will emphasize sportsmanship, teamwork and youth wellness while developing basketball skills

KARATE

Ages 6 & Up

- Monday/Wednesday
- 5:30pm-6:30pm
- \$50 member/\$80 non-member
- 8 classes per registration

This class is meant to guide you towards Leadership Development while at the same time teaching you skills of self-defense.

PRESCHOOL AND YOUTH SOCCER

We emphasize sportsmanship, teamwork and youth wellness while developing skills and practicing drills.

Ages 3-5

Tues 5-5:45pm

Ages 6 & up

Thurs 5-5:45

\$60 member/\$90 non member

PINT-SIZED PICASSOS

These pint-sized Picassos will have the opportunity to express themselves artistically while they discover new things about the artist in them. Project-based hands-on art using multiple mediums.

Ages 3-6

- Time & Day TBD
- \$40 member/\$60 non member

ADULT PROGRAMS

Fight for Fitness

- Wednesday & Friday
- 6am-7am
- \$100 = 10 weeks
- \$200 = 20 weeks

This program isn't designed just to help you lose weight, but also teach you the techniques and exercises to maintain your new healthy lifestyle

ACTIVE OLDER ADULTS

Aqua Fit

- Tuesday & Thursday
- 11am-12pm

Silver sneakers

- Wednesday & Friday
- 11am-12pm

Free for Members

PRESCHOOL LEVELS	SATURDAY
Stage A & B	9am
Preschool 1 & 2	9:45am
Preschool 3 & 4	10:30am
YOUTH LEVELS	SATURDAY
Youth 1 & 2	9am
Youth 3 & 4	9:45am
Youth 5 & 6	10:30am

30 min lessons for Youth and Preschool

Preschool 1:4

Youth 1:6

Parents will NOT be required to be in the water unless it's a parent/child class. Instructors will wear masks. Kids will NOT be required to wear masks WHILE SWIMMING. Kids will be placed six feet apart on the wall for levels 1-3. 4-6 will be distanced in a lane.

Private Swim Lessons

\$45 members, \$90 non-members.

DISTANCE LEARN HERE

Serving most Pawtucket schools!

Inquire within or call us
401-727-7900

DID YOU KNOW?

You have access to our group exercise classes online at YMCA360.org

Look for new happenings at
Ymcapawtucket.org

***The Strong Challenge:** Coming to a living room near you!
Virtual challenge for all. Together we will be healthier and happier!!