



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

HEALTHY HAPPENS HERE!

WINTER 2021 PROGRAMS • PAWTUCKET FAMILY YMCA

SESSION DATES

Winter Jan. 18 - Feb. 14 (4 weeks)

Spring Feb. 22 - April 18 (8 weeks)

REGISTRATION DATES

Register online or in person!

SWIM LESSONS

Winter \$40 member / \$50 program member

Spring \$80 member/\$100 program member

KARATE

Ages 6 & Up

- Monday/Wednesday
- 5:30pm-6:30pm
- \$50member/\$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

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?

Look for new happenings at
www.ymcapawtucket.org

***The Strong RESET Challenge:** Coming to your living room in January! Virtual challenge for all. Together we will be healthier and happier!!