



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

# BECOME A BETTER YOU!

## WINTER 2021 PROGRAMS • MACCOLL YMCA

### SESSION DATES

1/18/21 - 2/14/21

### REGISTRATION DATES

Member and Non-member Registration: 12/26/20 - 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/\$50 non-member</li> </ul> <p>Intermediate &amp; Advanced Basketball Skills (Ages 10-17)</p> <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 7:00pm-7:45pm</li> <li>• \$40/\$50 non-member</li> </ul> <p>Field Hockey Skills Clinic</p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• (Ages 9-17) 5:15pm-6:00pm</li> <li>• \$40/\$50 non-member</li> </ul> <p>Basic Gymnastics</p> <ul style="list-style-type: none"> <li>• Thursday</li> <li>• (Ages 6-8) 6:15pm-7:00pm</li> <li>• (Ages 9-12) 7:15pm-8:00pm</li> <li>• \$40/\$50 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, Beginner</li> <li>• 7:00pm-7:45pm, Advanced</li> <li>• \$40/\$50 non-member</li> </ul>	<p><b>YOUTH PROGRAMS</b></p> <p>Private Sports Coaching Ages 8-17</p> <ul style="list-style-type: none"> <li>• \$60/120 (3 lessons)</li> <li>• \$120/240 (6 lessons)</li> </ul> <p>Fit Kids (Ages 9-15)</p> <ul style="list-style-type: none"> <li>• Tuesday 6:30-7:15pm</li> <li>• \$40/\$50 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/\$50 non-member</li> </ul>	<p><b>TEEN/ADULT PROGRAMS</b></p> <p>Pick Up Volleyball</p> <ul style="list-style-type: none"> <li>• Teens +Up</li> <li>• Friday 6:15-7:30pm</li> <li>• Ages 18+</li> <li>• Monday 6:15-7:30pm</li> <li>• Members only - \$20</li> </ul>
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### TODDLER & PRESCHOOL

<p><b>ABC &amp; 123</b> 3-5yrs Monday, 10:00 - 10:40 \$40/\$50 non-member</p> <p><b>*NEW PAINTING PALS</b> 2.5-5yrs Friday, 10:00-10:40 \$40/\$50 non-member</p>	<p><b>POTPOURRI SPORTS</b> 3-5yrs Monday, 11:00am \$40/\$50 non-member</p>	<p><b>ART-BOOK-COOK</b> 3-5yrs Saturday, 11:15-12:00 \$40/\$50 non-member</p>	<p><b>LET'S EXPLORE</b> 3-5yrs Friday, 9:15-9:45 \$40/\$50 non-member</p> <p><b>POTPOURRI</b> 3-5yrs Monday, 9:15-9:45 \$40/\$50 non-member</p>
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**\*Reset:** Coming to a living room near you! Virtual challenge for all. Together we will be healthier and happier!! Text RESET to 855-520-6222.

# SWIM LESSONS

## Winter 1

4 Week Session

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parents/child 30 minute class Member \$40 Non-member \$50							
A (6 months-2yr)						9:00am	
B (2 yrs-3yrs)						9:30am	
PRESCHOOL LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes class 3-5 yrs Member \$40 Non-member \$50							
Pre-k 1	5:00pm		4:00pm 5:30pm			10:00am 11:00am 12:00pm	
Pre-k 2	4:30pm 5:30pm		4:30pm			10:30am 11:30am	
Pre-k 3	4:00pm					9:00am	
Pre-k 4			5:00pm			9:30am	
YOUTH LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minute classes 6-12yrs Member \$40 Non-member \$50							
Y1	4:00pm		5:30pm			10:00am	
Y2	4:30pm		5:00pm			10:30am	
Y3	5:00pm		4:00pm			11:00am	
Y4	4:15pm 5:30pm		4:30pm			11:30am	
Y5, Y6						8:00am	
Adult Beginner 13 and above Member \$40 Non-member \$50							