



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

HEALTHY HAPPENS HERE!

WINTER 2021 PROGRAMS • WOONSOCKET YMCA

SESSION DATES

Winter I Jan 18th-Feb 14th
Spring I Feb 22nd - April 18th

REGISTRATION

Register online or in person!

SWIM LESSONS

Winter I

WINTER

<p>SWIM TEAM JOIN THE WOONSOCKET WHALERS! Great coaches • Great pool Great results • Great Reputation</p> <p>Level 1</p> <ul style="list-style-type: none"> Monday, Tuesday, Thursday 4:30pm-5:15pm \$350 <p>Level 2</p> <ul style="list-style-type: none"> Monday, Tuesday, Thursday 5:15pm-6pm Friday 4:30pm-6pm \$350 <p>Level 3</p> <ul style="list-style-type: none"> Monday Through Friday 4:30pm-6pm \$400 <p>Level 4</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday 4:30pm-6pm Tuesday & Thursday Strength Train 4:30pm-5:15pm Swim 5:15pm-6:30pm \$450 <p>INTRO TO COMPETITIVE SWIM</p> <ul style="list-style-type: none"> 8 week program Specifically Designed for our Y! Monday, Wednesday & Friday 6-7pm \$200 <p>ADULT LESSONS</p> <ul style="list-style-type: none"> Wednesdays 6pm-7pm 	<p>WATER AEROBICS Water is low impact on joints Great for Heart Strengthening Improves range of motion</p> <ul style="list-style-type: none"> 4 Week Program FREE to Members Limited space available Instructed by Ray E. <p>Session 1</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday 10-10:40am <p>Session 2</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday 11-11:40am <p>GROUP CLASSES YOGA-instructed by Elaine</p> <ul style="list-style-type: none"> Mondays 9 am Light-Moderate * can be modified <p>BALANCE & FLEX</p> <ul style="list-style-type: none"> Instructed by Stephanie Tuesdays 5pm Invigorating! <p>STRENGTH TRAIN TOGETHER</p> <ul style="list-style-type: none"> Instructed by Kristin Wednesdays 5pm Get Strong *can be modified <p>BARRE</p> <ul style="list-style-type: none"> Instructed by Elaine Wednesdays 6pm Low impact high intensity
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PRESCHOOL LEVELS	SATURDAY
30 minute class 3-5 yrs Member \$60 Non-member \$95	
Pre-k 1	9-9:30am 10:30-11am
Pre-k 2	9-9:30am 10:30-11am
Pre-k 3	9-9:30am 10:30-11am
YOUTH LEVELS	SATURDAY
30 minute class 6-12 yrs Member \$40 Non-member \$50	
Y1	9:45-10:15am 11:15-11:45am
Y2	9:45-10:15am 11:15-11:45am
Y3	9:45-10:15am 11:15-11:45am
Y4	9:45-10:15am 11:15-11:45am
Y5	11:15-11:45am
Y6	11:15-11:45am
PRESCHOOL PROGRAMS	
ART IN MOTION Wednesday 9:30AM-10:10AM	ABC & 123 Wednesday 10:30AM-11:10AM

CHILDCARE

<p>DISTANCE LEARN HERE</p> <p>Serving most Woonsocket schools!</p> <p>Inquire within or call us 401-769-0791</p>	<p>AFTER SCHOOL</p> <p>After School Enrichment program</p> <p>Featuring S.T.E.A.M. Physical Activities Transportation from school And more!</p>	<p>DID YOU KNOW?</p> <p>We now have pool lockers available to rent! You Have access to our group exercise classes online on facebook or YMCA360.org</p> <p>Look for new happenings at Ymcapawtucket.org</p>
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