



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

HEALTHY HAPPENS HERE!

WINTER 2021 PROGRAMS • WOONSOCKET YMCA

SESSION DATES

Winter I Jan 4th-Feb 14th (4 weeks)

Spring Feb 22 – April 18 (8 weeks)

REGISTRATION

Register online or in person!

SWIM LESSONS

Members/ Program Members

Winter \$40 /\$50 Spring \$80/\$100

WINTER

SWIM TEAM

JOIN THE WOONSOCKET WHALERS!

Great coaches • Great pool
Great results • Great Reputation

Level 1

- Monday, Tuesday, Thursday
- 4:30pm-5:15pm
- \$350

Level 2

- Monday, Tuesday, Thursday
- 5:15pm-6pm
- Friday 4:30pm-6pm
- \$350

Level 3

- Monday Through Friday
- 4:30pm-6pm
- \$400

Level 4

- Monday, Wednesday, Friday
- 4:30pm-6pm
- Tuesday & Thursday
- Strength Train 4:30pm-5:15pm
- Swim 5:15pm-6:30pm
- \$450

INTRO TO COMPETITIVE SWIM

- 8 week program
- Specifically Designed for our Y!
- Monday, Wednesday & Friday
- 6-7pm
- \$200

ADULT LESSONS

- Wednesdays 6pm-7pm

WATER AEROBICS

Water is low impact on joints
Great for Heart Strengthening
Improves range of motion

- 4 Week Program
- FREE to Members
- Limited space available
- Instructed by Ray E.

Session 1

- Monday, Wednesday & Friday
- 10-10:40am

Session 2

- Monday, Wednesday & Friday
- 11-11:40am

GROUP CLASSES

YOGA-instructed by Elaine

- Mondays
- 9 am
- Light-Moderate * can be modified

BALANCE & FLEX

- Instructed by Stephanie
- Tuesdays
- 5pm
- Invigorating!

STRENGTH TRAIN TOGETHER

- Instructed by Kristin
- Wednesdays
- 5pm
- Get Strong *can be modified

BARRE

- Instructed by Elaine
- Wednesdays
- 6pm
- Low impact high intensity

PRESCHOOL LEVELS

30 minute class
3-5 yrs

Pre-k 1

Pre-k 2

Pre-k 3

YOUTH LEVELS

30 minute class
6-12 yrs

Y1

Y2

Y3

Y4

Y5

Y6

PRESCHOOL PROGRAMS

ART IN MOTION

Wednesday

9:30AM-10:10AM

DISTANCE LEARN HERE

Serving most Woonsocket schools!

Inquire within or call us
401-769-0791

AFTER SCHOOL

After School Enrichment program

Featuring S.T.E.A.M.
Physical Activities
Transportation from school
And more!

DID YOU KNOW?

We now have pool lockers available to rent!

You Have access to our group exercise classes
online on Facebook Live

Look for new happenings at
www.ymcapawtucket.org