



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

HEALTHY HAPPENS HERE!

SPRING 2021 PROGRAMS • PAWTUCKET FAMILY YMCA

PROGRAM SESSION DATES

Spring: Feb. 22 – April 18, 2021

PROGRAM REGISTRATION DATES

Register online or in person!

Member: NOW

Program: NOW

SWIM LESSONS

Spring: \$80 member / \$100 non 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.

DANCE (STARTS 3/2)

Ages 8-12

Tues 4pm
\$20 / 6 week session

ACTIVE OLDER ADULTS

Aqua Fit

- Tuesday & Thursday
- 11am-12pm

SilverSneakers

- Wednesday & Friday
- 10:30-11:30am

Free for Members

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.

PRESCHOOL LEVELS	TUESDAY	THURSDAY	SATURDAY
Stage A & B	3-3:30pm	3-3:30pm	9-9:30am
Preschool 1 & 2	3:45-4:15pm	3:45-4:15pm	9:45 10:15am
Preschool 3 & 4	4-4:30pm	4-4:30pm	10:30-11 am
YOUTH LEVELS	TUESDAY	THURSDAY	SATURDAY
Youth 1 & 2	3:30-3:30pm	3-3:30pm	9-9:30am
Youth 3 & 4	3:45-4:15pm	3:45-4:15pm	9:45 10:15am
Youth 5 & 6	4-4:30pm	4-4:30pm	10:30-11 am
PORPOISE CLUB	TUESDAY	THURSDAY	
\$100/\$125	4:45-5:30pm	4:45-5:30pm	

CHILD WATCH IS OPEN!

Ages 5-11

Mon & Wed 5-7pm

By reservation only

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