



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

HEALTHY HAPPENS HERE!

SPRING 2021 PROGRAMS • WOONSOCKET YMCA

SESSION DATES

Spring Feb 22 – April 18
(8 weeks)
SPRING

REGISTRATION

Registration begins
February 8th

SWIM LESSONS

Members \$80
Non-Members \$100

INTRO TO COMPETITIVE SWIM	GROUP CLASSES
<ul style="list-style-type: none"> Specifically Designed for our Y! Monday, Wednesday & Friday 6:00-7:00pm \$200 8-week program <p>WATER AEROBICS Water is low impact on joints Great for Heart Strengthening Improves range of motion</p> <ul style="list-style-type: none"> FREE to Members Limited space available Instructed by Ray E. Monday, Wednesday & Friday 10:00-10:40am or 11:00-11:40am <p>Skills and Drills Basketball</p> <ul style="list-style-type: none"> Ages 6-8 Comes with YMCA Basketball Saturdays 10:00-11:00am Members \$40 Non-Members \$60 <p>Martial Arts</p> <ul style="list-style-type: none"> Ages 6-12 Saturdays 11-12pm Instructed by Josie Develop skills, confidence, coordination and more! Members \$40 Non-Members \$60 <p>Movement & Rhythm</p> <ul style="list-style-type: none"> Ages 8-12 Co-ed dance Instructed by Elyssa Mondays 4-5pm Members & nonmembers \$20 6-week Course 	<p>YOGA</p> <ul style="list-style-type: none"> Instructed by Elaine Mondays 9:00am Light-Moderate *can be modified <p>BALANCE & FLEX</p> <ul style="list-style-type: none"> Instructed by Stephanie Tuesdays 5:00pm Invigorating! <p>STRENGTH TRAIN TOGETHER</p> <ul style="list-style-type: none"> Instructed by Kristin Wednesdays 9:00am Thursdays 5:00pm Fridays 9:00am Get Strong *can be modified <p>BARRE</p> <ul style="list-style-type: none"> Instructed by Elaine Wednesdays 6:00pm Improve posture and muscle definition! Low impact/ high intensity <p>CYCLING</p> <ul style="list-style-type: none"> Wednesdays 5:00pm Fridays 5:00pm Indoor cycling Instructed High intensity & recovery intervals Work on your endurance! <p>PILATES</p> <ul style="list-style-type: none"> Instructed by Cheryl Mondays 6:00-7:00pm Flexibility, strength and control Work your core!

PRESCHOOL LEVELS	SATURDAY	
30-minute class 3-5 yrs.		
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.		
Y1	9:45-10:15am 11:15-11:45am	
Y2	9:45-10:15am 11:15-11:45am	Wednesday & Thursday 6:00-6:30pm
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	

Call to inquire about Adult Swim Lessons!

<p>TEEN WEIGHTLIFTING CLUB</p> <p>Starts February 23rd 2021 Registration required Tuesdays 5:00-6:00 pm Saturdays 11:15-12:15pm Free to Members!</p>	<p>AFTER SCHOOL OR DISTANCE LEARNING</p> <p>After School Enrichment program Featuring S.T.E.A.M. Physical Activities Transportation from school and more! 401-769-0791</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 Live Look for new happenings at www.ymcapawtucket.org</p>
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