



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY HAPPENS HERE

## Program Guide 2020

Serving Rhode Island with locations in:  
Pawtucket, Lincoln, Woonsocket, Cumberland & Coventry

Register early – new programs start approximately every 8 weeks – check out the YMCA of Pawtucket mobile app for details or stop in at our welcome centers.

**WINTER I**  
January 6 – February 23

**SPRING I**  
February 24 – April 13

**SPRING II**  
April 20 – June 7

**SUMMER I**  
June 22 – July 19

**SUMMER II**  
July 20 – August 16

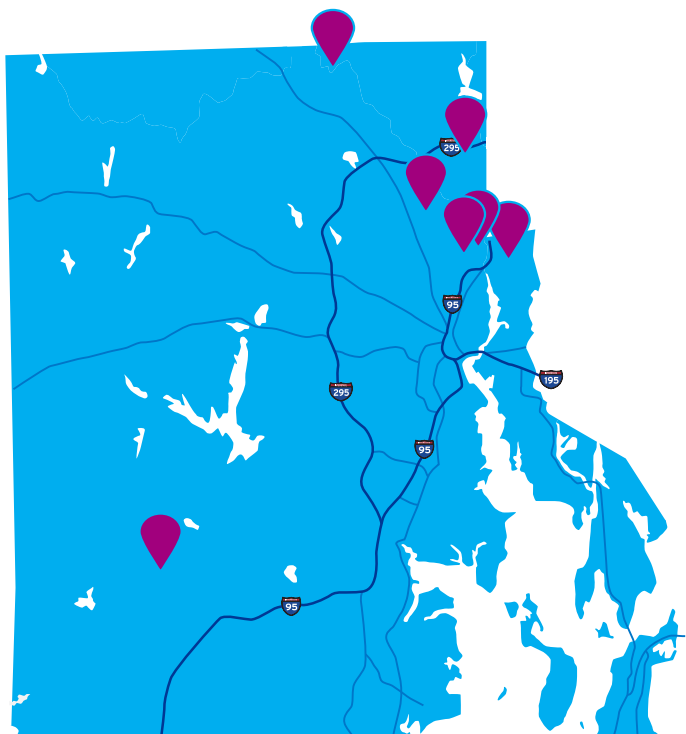
**FALL I**  
September 7 – October 25

**FALL II**  
November 2 – December 20



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## Locations

### Heritage Park YMCA

333 Roosevelt Avenue  
Pawtucket, RI 02860  
401.727.7050

### MacColl YMCA

32 Breakneck Hill Road  
Lincoln, RI 02865  
401.725.0773

### Pawtucket Family YMCA

20 Summer Street  
Pawtucket, RI 02860  
401.727.7900

### Westwood YMCA

2093 Harkney Hill Road  
Coventry, RI 02816  
401.397.7779

### Woonsocket YMCA

18 Federal Street  
Woonsocket, RI 02895  
401.769.0791

### Darlington YMCA

Program Center  
1080 Newport Avenue  
Pawtucket, RI 02861  
401.729.8794  
401.727.7900

### Four Corners Early Learning Center

160 Bear Hill Road  
Cumberland, RI 02864  
401.333.6402

### Lincoln Child Development Center

32 Breakneck Hill Road  
Lincoln, RI 02865  
401.725.0773

	Family Y	Heritage Park Y	MacColl Y	Westwood Y	Woonsocket Y
Adult Sports	•		•		•
Arts & Humanities	•	•	•	•	•
Childcare	•	•	•	•	•
Child Watch	•		•		•
Day Camp	•	•	•	•	•
Group Exercise	•		•		•
Gymnasium	•		•		•
Indoor Pool	•		•		•
Outdoor Pool or Lake			•	•	
Outdoor Fields			•	•	
Personal Training	•		•		•
Playground	•	•	•	•	•
Rock Walls	•		•		
Ropes Course				•	
Senior Citizens Programs	•		•		•
Steam Rooms or Saunas	•		•		•
Strength & Cardio Equipment	•		•		•
Swim Lessons	•		•	•	•
Tennis/Racquetball	•			•	
Track/Trail			•	•	•
Volunteer Opportunities	•	•	•	•	•

## Our Cause

At the Y, strengthening community is our cause. Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

## Who We Are

The Y is the nation's leading non-profit organization committed to strengthening communities through youth development, healthy living and social responsibility.

## What We Do

The Y makes accessible the support and opportunities that empower people and communities to learn, grow, and thrive. With focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

## How We Do It

There is no other non-profit quite like the YMCA. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver wellness and family programming.

## MY Y IS YOUR Y NATIONWIDE PROGRAM

Your YMCA membership enables you to visit any participating YMCA in the United States.

## Full Facility Location Hours

### MacColl

Monday – Friday:  
5:15 AM – 9:30 PM

Saturday & Sunday:  
7:00 AM – 6:00 PM

### Family

Monday – Friday  
5:30 AM – 9:00 PM

Saturday  
7:00 AM – 5:00 PM

Sunday  
7:00 AM – 4:00 PM

### Woonsocket

Monday – Friday  
5:00 AM–9:00 PM

Saturday  
7:00 AM–5:00 PM

Sunday  
8:00 AM–1:00 PM

All program areas close 30 minutes before the building closes. Wellness Center closes 15 minutes before the building closes. The YMCA will be closed on Easter, Memorial Day, July 4th, Labor Day, Christmas, and New Years Day. (Some holidays may reflect a different schedule depending on the branch). Download our Y app for schedules.

## Early Learning & Year-Round Childcare Location Hours

### Heritage Park YMCA

Monday – Friday  
6:30 AM – 5:45 PM

Saturday & Sunday  
Closed

### Lincoln Child Development Center

Monday – Friday  
6:30 AM – 5:45 PM

Saturday & Sunday  
Closed

### Darlington YMCA Program Center

Monday – Friday  
6:30 AM – 6:30 PM

Saturday & Sunday:  
Closed

### Westwood YMCA Summer:

Monday – Sunday  
9:00 AM – 6:00 PM

### Winter:

Monday – Friday  
9:00 AM – 3:00 PM

Saturday & Sunday  
Closed

# INFORMATION

The YMCA of Pawtucket serves Northern Rhode Island and the Coventry community area with three full-service locations and six child care/camp program locations.

## MacColl YMCA

MacColl YMCA located in Lincoln, RI is a state-of-the-art facility that far surpasses that of any ordinary gym. The gymnasium accommodates a full basketball court and hosts many gym activities. It also has a 30-foot indoor rock wall play area. MacColl Y is equipped with over 55 pieces of cardio equipment, including a full circuit of machines and an ample free weight area, as well as a smaller "personal fitness" center. MacColl's multi-purpose rooms are utilized for various types of group exercise and wellness classes. All of these amenities are complemented by our 6-lane, 25-yard indoor pool and family activity pool. The MacColl YMCA's outdoor grounds are just as incredible as the facility itself. The facility is located on 125 acres encompassing soccer and softball fields, basketball court, camp pavilion, wooded trails and family pool.

## Woonsocket YMCA

Woonsocket YMCA features swimming pools, a gymnasium, a fitness center, exercise classes, health-related programs, the YMCA gives its members the tools they need to strengthen their mind, body and spirit. Well-trained staff operates a high-quality and affordable childcare program, allowing parents to concentrate on work while their children participate in a variety of growth activities.

## Pawtucket Family YMCA

Pawtucket Family YMCA offers a state-of-the-art facility which provides over thirty venues to recreate, socialize, and stay active while giving us the vehicle to put forth one of the most innovative programming calendars in the country. Featuring over 30 Group Exercise classes, youth sport opportunities and swimming, our YMCA is an arena filled with energy and smiles.

## Westwood YMCA

The Westwood YMCA is not your traditional brick and mortar recreational facility. Instead, it's a YMCA "without walls." It consists of 80 acres of preserved woodlands and an approximate 300-acre pristine lake, making it Rhode Island's premiere outdoor recreational resource center, where members and visitors can go swimming, boating, camping, hiking, fishing, kayaking and sailing. Families can vacation there, using camp sites that can accommodate recreational vehicles or renting cabins. Westwood is a regional destination that can be enjoyed for a day, week or entire camping season.

Besides day camps, year-round child care services for families that reside in Coventry, Exeter and West Greenwich are offered by the Westwood YMCA.

## Darlington YMCA Child Care and Camp

The Darlington YMCA is conveniently located on Newport Avenue and offers quality before and after school programming, serving local schools. This unique program offers homework help, fit kids program, swimming and various other fun activities that help a child develop. At the Y, Children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. This program offers a snack and dinner. All-day program care is available on selected holidays and snow days at no extra charge.

## Early Learning Centers

Our curriculum is consistent with the YMCA's philosophy, which is grounded in a child-centered and hands on approach to early childhood. We use the developmental domains of the RI Early Learning and Development Standards as the basis for our ongoing curriculum development and assessment.

## Heritage Park YMCA

The Heritage Park YMCA located in Pawtucket, Rhode Island has a BrightStars quality-rated early childhood education program for children aged 6 weeks to 7 years of age. Outfitted in 20 spacious classrooms as well as indoor and outdoor play spaces, the Heritage Park YMCA gives children ample space to "Play to Learn and Learn to Play." Each of our programs has the latest materials that encourage children to learn at their own pace. Our center is licensed by the Department of Children, Youth and Families and our preschool program is approved by the Rhode Island Department of Education. Preschoolers and afterschool students have an opportunity to learn to swim at the Family Y location.

## Lincoln Child Development & Four Corners Child Care

We believe that our Early Learning Centers should be an extension of the home rather than a substitute. Our 4 Star Bright Star Program encourages children to learn and to develop both at home and through the program with parents' involvement. The information gathered from families will be used to enhance the program Curriculum. Both formal and informal methods will be used to communicate with families about the program, goals for children and to get input from the families regarding program development. We will offer many opportunities for families to be engaged in supporting their child's growth and development.



Book your wedding in our pavilion overlooking the lake!



# TODDLER & PRESCHOOL

The Y exists to strengthen the foundations of our community through Youth Development, Healthy Living and Social Responsibility. We do this work by teaching kids new skills that build self-confidence, character values and by helping families lead healthy lifestyles. This starts with our youngest families and children in our preschool and youth programs. People typically engage with the Y on one level but soon find deeper meaning to their activities and a connection to those around them.

## A. ABC & 123

### AGES 3 – 5 YEARS

This class focuses on letter and number recognition through various activities. Your child will learn to write letters and numbers, make letter sounds and have fun while learning. Letters and numbers will be reinforced through crafts, stories and more!

## B. TINY TUMBLERS

### 18 MONTHS – 5 YEARS

This fun class offers tumbling and stretching drills designed to help improve agility, dexterity, flexibility and balance. Focus is on exercise, physical fitness and group play.

## C. LET'S EXPLORE

### AGES 3 – 5 YEARS

Must be potty-trained. Each week we will introduce your preschooler to a new science concept. Hands on experiments will help us become scientists.

## D. ART-BOOK-COOK

### AGES 3 – 5 YEARS

Each class will begin with a storybook followed by making a healthy treat and ending with a craft related to the story.

## E. PEEWEE P.E.

### AGES 2 – 5 YEARS

Come and help them get their jiggles out. Organized games and recreational group play will promote exercise and relationship building in a fun way to play. Parents may be asked to participate in class.

## F. MARTIAL ARTS – LITTLE DRAGONS

### AGES 2 – 5 YEARS

Students learn martial arts as a form of discipline (mind, body, spirit), which develops physical defense and encourages respect for others. It provides your child with exercises that stress the value of self-importance and self-discipline.

## G. SO BIG

### AGES 3 – 4 YEARS

Children play cooperatively, develop fine and gross motor skills, take turns, and communicate. They will participate in several different activities including open play, craft time, indoor play story time and music and movement.





# PRESCHOOL & YOUTH

At the Y we are committed to building a strong foundation for all children in our community.

Whether you're a new parent looking to learn how to best prepare your young one for school or looking for a fun, enriching place for your older child to spend time after school, our programs are here to help set your child up for the brightest future possible

## H. BASKETBALL PARENT & ME

### AGES 3 – 5 YEARS

This class will introduce the basics of passing, shooting and dribbling with the help of the parent. Skills and drills mini games will provide a fun way to build a solid basketball foundation for the future.

## I. SOCCER PARENT & ME

### AGES 3 – 5 YEARS

This class will engage youngsters with skill building activities that promote development with repeated movements of dribbling, passing and shooting drills with the parent's help. Limited game play may be offered at the end of a class for team achievement. Cleats and shin guards are not needed but advised.

## J. BASEBALL

### AGES 3-5 YEARS (CO-ED)

This class will introduce and improve the fundamentals of throwing, catching, fielding, and batting. Equipment will be provided except gloves. Proper seasonal athletic attire and sneakers are preferred.

## CHILDWATCH

### A Free Service for all Adult and Family Members

Limited to 2 hours per day. Pick up the schedule at the Member Services Desk.

### CHILDWATCH

6 WEEKS – 6 YEARS

### OLDER CHILDWATCH

AGES 6 – 12 YEARS

	A	B	C	D	E	F	G	H	I	J
Family		•		•		•		•	•	
MacColl	•	•	•	•	•	•	•	•	•	•
Woonsocket	•			•				•	•	



# YOUTH PROGRAMS

The Y nurtures the potential of all young people to supporting their unique youth development journey through holistic programming. The Y is the starting point for youths to learn about becoming and staying active and developing healthy habits they will carry with them throughout their lives. The benefits are far greater than just physical health. Whether it is gaining confidence from learning a new skill or learning good sportsmanship and teamwork, participating in programs at the Y is about building the whole child from the inside out.

## YOUTH SPORTS

### A. BASEBALL

#### **AGES 6-8, 9-12 YEARS (CO-ED)**

Beginner Baseball Skills class teaches the basics of the game of baseball and looks to promote overall skill development in throwing, fielding, catching and hitting. Weekly drills will be followed with controlled game play for the advancement of game awareness, physical fitness, teamwork, social skills and the further understanding of the game. This is not a league.

### B. FLAG FOOTBALL & SKILLS

#### **AGES 6 – 8, 9 – 12 YEARS (TEEN FOOTBALL see page 10)**

The rules to flag football are nearly identical to regular tackle football, except that each player wears a belt of flags around his or her waist. Rec play consists of passing, running, defense and game time. All skill levels welcomed. Parent coaches needed. Games will be played in all weather conditions unless canceled or delayed due to unsafe conditions.

### C. MARTIAL ARTS

#### **6+ YEARS**

Students learn martial arts as a form of discipline (mind, body, spirit), which develops physical defense and encourages respect for others. It provides your child with exercises that stress the value of self-importance and self-discipline.

### D. BASKETBALL – SKILLS

#### **BEGINNER (CO-ED)**

#### **AGES 6 – 8 YEARS**

The Y's Basketball skills class focuses on building a passing, shooting and dribbling foundation to become a better player. Drills, small team play and mini games will look to keep players alert and interested as they learn to practice and play the right way. Come and learn to be a better overall basketball player.

### BASKETBALL – SKILLS

#### **INTERMEDIATE/ADVANCED (CO-ED)**

#### **AGES 8-9, 10-16 YEARS (TEEN BASKETBALL see page 10)**

This basketball skills program helps move the beginners up to the next level. Intermediate Basketball skills gets them ready for game play with faster moving drills to develop a larger foundation for the game. Advanced Skills pushes developed players to reach for higher goals and concentrates on advanced dribbling, passing, shooting skill building and better overall game skill and understanding.

## E. BASKETBALL LEAGUE

### AGES 6 – 12 YEARS (CO-ED) (TEEN LEAGUE see page 10)

Join the MBL. The MacColl Y Basketball League is a competitive youth league that promotes working as a team, good sportsmanship and having fun. Be part of the learning and playing over an 8-week season including playoffs. Limited experienced players welcomed to join as well. Weekly practice times provided based on age group and teams. Mandatory Evaluation will be required. T-shirt provided to players. Coaches always welcomed. Be a team sponsor for \$100. Program runs on Saturdays.

## F. SPORTS SPECIFIC TRAINING

### T.O.O.O.L.S.

#### AGES 5 – 17 YEARS

TOOOLS is a chance for your child to be involved in a True One on One Lesson Series. Let the Y help you fine tune your child's passion. Private lesson time dedicated to the understanding of the sport and the development of skill. Series will be offered in a 3 or 6 lesson package and will meet for one hour. Times and days to be determined by the coaching staff. Available for Basketball and Soccer by appointment only.

## G. SOCCER LEAGUE – INDOOR

### AGES 6-7, 8-9, 10-12 YEARS (CO-ED)

Indoor soccer is fast paced and never stops. Come kick it at the Y for our indoor soccer league! This is a competitive/recreational play for kids that want to play soccer year-round. Teams will be created prior to the season. Athletic wear, shin guards and proper indoor footwear is required.

## H. SOCCER LEAGUE – OUTDOOR

### AGES 6-7, 8-9, 10-12 YEARS (CO-ED)

Come play in our Spring outdoor soccer league. This Recreational league will be created prior to the start of the season. Athletic wear, shin guards and cleats are required. Shirts will be provided. All skills welcomed.

## I. SOCCER SKILLS

### AGES 6-8, 9-12 (CO-ED)

This class is a series of skills and drills that translate into set game play. Great for players who are still learning the game as well as those who already understand game play. Class time will include dribbling, passing and shooting skill development

## YOUTH ARTS & HUMANITIES

## J. HEALTHY COOKING

### AGES 8 – 12 YEARS

Children will be taught basic nutrition information that can be used to improve diets, cooking practices and lifestyles. A basic nutrition information session will start each class and follow with everyone participating in cooking a recipe that emphasizes what was taught in the class. The Healthy Cooking program is designed to help participants improve health and well-being.

## K. JUNIOR UNIFIED SKILLS PROGRAMS

### AGES 8 – 12 YEARS

We are proud to announce the formation of our Junior Unified Sports Programs here at MacColl. In conjunction with the Special Olympics of RI we are offering programs that bring youth with and without disabilities together on the same team to compete in various sports according to the season throughout the year. Please contact Sean Guzeika for more information on what programs are available at [sguzeika@ymcapawt.org](mailto:sguzeika@ymcapawt.org) or (401) 725-0773 ext. 241.

## L. CREATIVE WRITING / POETRY CLASS/ART

### AGES 12-17 YEARS

Grab a pen and let the creating begin! At the Y, we believe all youth should have the opportunity to explore, dream and create, all while expressing their voice and artistic talents through writing or art. This 7-week program will help your child discover and develop their unique voice. Best of all, there are no exams, no grades, no wrong answers... just fun, creative writing.

### 5TH GRADE NIGHTS AT MACCOLL Y

This is a fun night out with your 5th grade friends. The night will consist of activities including a variety of sports, games, and movies. These are held the first Friday of the month.



M. PHOTOGRAPHY CLUB

Develop your skills taking photos. Travel to different venues and learn artistic applications.

N. ART CLUB

Project-based, hands-on art using multiple mediums.

ROCK CLIMBING

Practice your skills together as a family at the MacColl or Family branches. Contact Member Services for the Open Rock Climbing schedule.

For a full list of current programs be sure to download the YMCA of Pawtucket Mobile App!

YOUTH FITNESS

O. FIT KIDS

AGES 8-12 YEARS

The Y’s Fit Kids program will help get your child off the couch and off the phone. Weekly gymnasium workouts will test them physically and look to increase children’s upper body strength, cardio allowance, overall speed, dexterity and endurance. Weekly game style challenges will look to help improve their overall fitness over a fun-filled session. All levels of fitness are welcome.

P. ONE ON ONE YOUTH STRENGTH TRAINING

AGES 10 - 12 YEARS

This class, for 10-12 year old’s, is ideal for youth that cannot commit to the session times for the Youth Strength Training class. 1 on 1 Youth Strength Training will give members the flexibility to work directly with their trainer to schedule their 4 private one-hour lessons. Upon completion of the program, youth will be permitted to use the fitness center when accompanied by a parent during age appropriate times. Note this class is not Youth Personal Training. By Appointment Only.

Q. YOUTH STRENGTH TRAINING

AGES 10 - 12 YEARS

Would you like to get your child started on the right path to fitness? This class will focus on learning strength training principles, guidelines, and techniques in the wellness center.

During each class students will learn the proper use of the cardio and Cybex® selectorized machines. The class will incorporate basic muscle anatomy in an interactive and supportive group environment. Upon completion of the program, youth will be permitted to use the fitness center when accompanied by a parent during age appropriate times. Class meets once a week for 4 weeks. Class size is limited to 6 participants.

\*One on one youth strength training also available.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
Family		•	•	•	•	•	•			•			•	•	•	•	•
MacColl	•	•	•	•	•	•	•	•	•	•	•	•			•		•
Woonsocket				•	•	•	•								•	•	•



# TEEN PROGRAMS

The YMCA of Pawtucket is dedicated to investing in our leaders of tomorrow and teens are the immediate future of our community and our nation. The Y provides a safe place where teens can find a sense of belonging, cultivate their interests, develop leadership and job skills as well as nurture their creative and athletic passions.

## A. ACHIEVERS PROGRAM

Started in Boston in 1975, the YMCA Achievers Program is designed to provide the critical support that low income and first generation students need to complete post-secondary education and open the door to a successful career. The program uses an evidence-based curriculum that builds on five pillars: Academics, College Knowledge, Positive Relationships, Life Skills, and Positive Identity. Teens will participate in classroom-based sessions on topics including college exploration, time management, financial planning, and socio-emotional skill building with a focus on building resiliency and successful relationships.

## B. LEADERS CLUB

The Leaders Club is a group of teens in 6th through 12th grade organized to develop youth as leaders and fosters a culture of service. It also provides knowledge and training that will help them to better serve others and to shape a healthy lifestyle. This program has open enrollment and runs from September – May. Meets twice a month.

## C. TEEN NIGHT

A fun night out with the guys or the girls. Activities will include cooking, movie nights, sports and much more. Create new friendships or expand your existing ones! Members are free and non-members can come for a small fee.

## D. GOOD VIBES

### HIGH SCHOOL ONLY

### MEMBER/NON-MEMBER: FREE

LBGTQQ+ Allies group; explore your perceptions of the world around you, formulate new connections, and generate a place for tolerance and acceptance for youth. Meets twice a month; rolling enrollment.

## E. TEEN BASKETBALL

### (DROP OFF)

Need a place to have fun and make new friends in a safe environment? Try our Teen Basketball drop off nights that happen once a month on Friday nights. For a daily rate, drop your teen off for a night of basketball with their peers.

## F. TEEN BASKETBALL LEAGUE

### AGES 13 – 17 YEARS (CO-ED)

The Y's Teen basketball league will give players a chance to get game ready with recreational play. All players 13–17 are welcome. YMCA staff referees will control game, keep score and run stats. Player substitutions occur every 6 minutes. Limited space available.

## G. TEEN FLAG FOOTBALL

### AGES 13 – 17 YEARS (CO-ED)

The rules to flag football are nearly identical to regular tackle football, except that each player wears a belt of flags around his or her waist. Rec play consists of passing, running, defense and game time. All skill levels welcomed. Parent coaches needed. Games will be played in all weather conditions unless canceled or delayed due to unsafe conditions.

H. TEEN CENTER

These centers provide a safe and engaging atmosphere for teens to socialize and most importantly have fun. Supervised by Y staff, the centers offer games, movies, snacks and club activities.

For a full list of current programs  
be sure to download the YMCA of  
Pawtucket Mobile App!

I. FUTURE LEADERS

This program invites teens to learn job skills and guides them to develop goals about their eminent adulthood. College visits, job shadowing, fitness and community service are integral components of this innovative and exciting opportunity where young teens can earn up to \$50/week by working on the goals they set with their mentors.

J. LIFEGUARD CERTIFICATION

A lifeguard develops the skills everyone needs to be successful: leadership, teamwork and self-confidence. When you choose to become a lifeguard, you are taking a stand to be a lifesaver, to protect others and to serve your community. This is a great first job and always in high demand.

	A	B	C	D	E	F	G	H	I	J
Family	•	•	•		•	•		•	•	•
MacColl		•	•	•	•	•	•			•
Westwood		•								•
Woonsocket	•				•	•		•	•	•



# BIRTHDAY PARTIES

Serving families has always been at the heart of the Y. We are a place where they can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with their communities.

## GENERAL INFORMATION:

All party packages are based on 25 youth – provided with six tables and thirty chairs and a host for your event. Available days are Friday evenings, Saturday afternoons and Sunday afternoons. All additional party materials will be supplied by the rental group. Catered events are permitted. Parties will have shared use in the Pool area and private use of the Party Room, Gym and Rock Wall areas.

There are no flotation devices provided. All swimmers that require a flotation device must be accompanied by an adult in the pool.

For more information email [sguzeika@ymcapawt.org](mailto:sguzeika@ymcapawt.org) at MacColl, [erotella@ymcapawt.org](mailto:erotella@ymcapawt.org) at Woonsocket, or [alaliberte@ymcapawt.org](mailto:alaliberte@ymcapawt.org) at Pawtucket.

## SEASONAL OUTDOOR RENTALS

The MacColl YMCA offers outdoor rental space with access to our Community Pool, Spray Park and Water Slides. Available June 11th through Labor Day, renters will also be provided with a large tent with charcoal grill and picnic tables. Renters can choose between use of the soccer field or outdoor basketball courts. Call Sean Guzeika 401-725-0773 x241 or email [Sguzeika@ymcapawt.org](mailto:Sguzeika@ymcapawt.org) for more information on holding your next event at the Y.

## POOL PARTY

Spend an hour in the party room and follow it up with an hour in the pool with your friends. This two-hour party is a hit and includes water toys. At the MacColl Y you can add the slide and/or play in the 3.5 foot deep activity pool or the 11 inch deep shallow water play area with spray park elements. At the Family Y we add the huge inflatable crocodile slide to your fun.

## GYM & SWIM PARTY

This three-hour party will start with you and your friends in the gym for two, 30-minute sports or activity games followed by an hour in the party room and an hour in the pool. Dodgeball, kickball, basketball are top choices, but new games are welcome. Ask about Bounce House addition.

## ROCKIN' POOL PARTY (MACCOLL & FAMILY Y)

Get ready to climb to the top of our 35-foot rock wall and rappel down with our auto belay system. Climbers must be 40 lbs. min. to 275 lbs. max. Follow your climb time with an hour in the party room and an hour in the pool with slides. It's like your own personal three-hour adventure.

## 1/2 ROCK & 1/2 GYM PARTY

Come try a little bit of everything. Party goes get 30 minutes in the gym and 30 minutes on the rock wall before going to your party room for an hour and finishing up with an hour in the pool. Easily our most popular party with the kids and the adults.

## ROCK & GYM PARTY

Come together and challenge your friend's skills on the rock wall and the gym. This three-hour party spends an hour on the rock wall and hour in your party room and finishes with an hour in the gym. If you're looking for some activity for your birthday then this is where you can be in it to win it.



# PRESCHOOL SWIM PROGRAMS

In these three stages, students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress. By the end of this series of stages, students achieve basic swimming competency by learning two benchmark skills – “swim, float, swim” and “jump, push, turn, grab.”

## SWIM STARTERS/INFANT TODDLER

**AGES 6 MONTHS – 3 YEARS WITH PARENT  
(30 MINUTE LESSON)**

This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

## STAGES A & B – WATER DISCOVERY AND EXPLORATION

Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

## SWIM BASICS/PRESCHOOL LEVEL

**AGES 3 – 5 YEARS (30 MINUTE LESSON)**

Swimmers develop high level of comfort in the water by practicing safe water habits, engaging in underwater exploration and learning how to swim safely and exit if they fall into a body of water.

## STAGE 1 – WATER ACCLIMATION

Increases comfort with underwater exploration and basic self-rescue skills performed with assistance. While using a flotation device, swimmers will learn to swim independently in correct body position, become comfortable getting their face wet, floating on their back and jumping into the pool without assistance.

## STAGE 2 – WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently. Swimmers in this level swim independently without a flotation device, get their face wet and jump in and exit pool without assistance. Swimming in correct body position, forward movement, back gliding and safety skills will be emphasized.

## STAGE 3 – WATER STAMINA

Develops intermediate self-rescue skills performed at a longer distance than in previous stages. At this level, students swim without a bubble or with only a single slice flotation. They will learn to swim in a correct prone front position with their face in the water and also back glide 10 yards without a bubble. This class builds endurance to swimming on front one length of the pool without a flotation device and develops stroke technique on front and back.

## PRIVATE LESSONS

The Y staff will be happy to work with you and your family in small groups or individually. Please contact our Aquatic Directors to schedule or for any questions.

- 3 pack of Private 30-minute lessons
- Semi-Private 30-minute lesson (2-3 students)





# YOUTH SWIM PROGRAMS

The Y has a long-standing history of teaching individuals about safety around water. YMCA of Pawtucket swim instructors are nationally certified and trained in CPR, First Aid and Oxygen administration. In addition to providing life-saving skills, the Y's Swim programs provide outlets for physical activity, avenues for competition and opportunities for employment.

## **SWIM BASICS/YOUTH LEVEL** **AGES 6-12 (45-MINUTE LESSON)**

Swimmers develop high level of comfort in the water by practicing safe water habits, engaging in underwater exploration and learning how to swim safely and exit if they fall into a body of water.

### **STAGE 1 – WATER ACCLIMATION**

Increases comfort with underwater exploration and basic self-rescue skills performed with assistance. While using a flotation device, swimmers will learn to swim independently in correct body position, become comfortable getting their face wet, floating on their back and jumping into the pool without assistance.

### **STAGE 2 – WATER MOVEMENT**

Encourages forward movement in water and basic self-rescue skills, performed independently. Swimmers in this level swim independently without a flotation device, get their face wet, and jump in and exit pool without assistance. Swimming in correct body position, forward movement, back gliding and safety skills will be emphasized.

### **STAGE 3– WATER STAMINA**

Develops intermediate self-rescue skills performed at a longer distance than in previous stages. At this level, students swim without a bubble or with only a single slice flotation. They will learn to swim in a correct prone front position with their face in the water and also back glide 10 yards without assistance. This class builds endurance to swimming on front one length of the pool without a flotation device and develops stroke technique on front and back.

## **SWIM STROKES/YOUTH LEVEL – ADULT** **AGES 6-12, TEENS & ADULTS**

In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### **STAGE 4– STROKE INTRODUCTION**

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Rhythmic breathing and flutter kicks will be practiced.

### **STAGE 5 – STROKE DEVELOPMENT**

Introduces breaststroke and butterfly. Reinforces water safety through treading water and side stroke. The four competitive strokes and side stroke will be taught.

Participants should be able to swim the length of the pool with proper rotary breathing before joining this class.

### **STAGE 6 – STROKE MECHANICS**

This introduction to competitive swimming refines stroke technique on all four competitive strokes, builds endurance, and encourages swimming as part of a healthy lifestyle.



# SWIM PROGRAMS

As the largest provider of swim lessons in the country, we believe swimming skills saves lives, builds confidence and strengthens the body.

## LIFEGUARD CERTIFICATION

A lifeguard develops the skills everyone needs to be successful: leadership, teamwork and self-confidence. When you choose to become a lifeguard, you are taking a stand to be a lifesaver, to protect others and to serve your community. This is a great first job and always in high demand.

## CPR & FIRST AID

Offered for teens and adults at our full-facility locations.

## ADULT BEGINNER LESSONS

Learning to swim is a valuable life lesson at any age. This class teaches basic swimming skills such as the crawl stroke, breathing techniques and floating to help gain confidence in the water. Our trained instructors will individualize the class to meet personal needs.

## OPEN SWIM

You can swim every day at the Y. Feel free to try out any of our pools and get the amazing benefits of regular swimming. Slim down, shape up and delay the effects of aging. Swimming laps reduces blood pressure, increases muscle mass, improves oxygen and blood flow to the brain, and increases cardiovascular health. Check at the Y, online or on our Y app for the schedule.

## FAMILY SWIM

Splash, swim and have fun in our indoor and outdoor pools. Schedules for Family Time are at our Welcome Centers, on our website and our Y app.

## WATER WALKING

Water walking is an excellent aerobic workout. This is a self-led program and you can work at your own pace and fitness level. A very basic, low impact, light-intensity aquatic workout using the natural resistance of water to help strengthen core muscles and to increase personal flexibility. Appropriate for those members just starting to exercise or those who are considering water exercise.

See page 17 for more water-based options.

**For a full list of current programs  
be sure to download the YMCA of  
Pawtucket Mobile App!**



# SWIM TEAM

Take your swim skills to the next level by adding education, competition and super charged work-outs. The Y will help you achieve your swim goals through a variety of aquatic opportunities.

## **MACCOLL BLACK MARLINS: FALL**

The MacColl Black Marlins are part of the SENECEY swim league. All swimmers 18 years and younger before December 1 of the current year are eligible for the team. The team is made up of three different age groups: mini marlins ages 5-7, red marlins ages 7-10, and black marlins ages 11-18. We will hold a new parents meeting before the swim team starts. Please see the Member Services Desk for information or email [amccormick@ymcapawt.org](mailto:amccormick@ymcapawt.org).

## **MACCOLL FULLER STINGRAY: SUMMER**

The Stingrays are part of the Narragansett Swim League. All swimmers 16 years and younger are eligible for the team and no competitive swim experience is necessary. Come be part of the fast summer season and swim with the MacColl YMCA Fuller Stingrays. Contact Head Coach Alexandria McCormick for additional information about this fun summer squad at [amccormick@ymcapawt.org](mailto:amccormick@ymcapawt.org).

## **WOONSOCKET WHALERS: FALL AND WINTER**

The season runs from September-March with meets held on Saturdays & Sundays. A competitive swimming experience for girls and boys ages 5-18. The team philosophy is designed to provide growth experiences for all participants, from the novice to expert swimmer. The group setting encourages the development for positive values, with an emphasis on teamwork, cooperation, respect for hard work and individual effort. Contact Ed Rotella at [erotella@ymcapawt.org](mailto:erotella@ymcapawt.org).

**\*PLEASE NOTE:** The pool schedules may change due to various reasons, please check with our welcome center or go online at [YMCAPawtucket.org](http://YMCAPawtucket.org) to download the most up to date schedule or download the YMCA app for the most updated aquatic schedule.

## **INTRO TO COMPETITIVE SWIMMING (FAMILY Y & WOONSOCKET)**

Wondering what a team workout might look like? Nervous that you are not a strong enough swimmer yet? This is the program for you. Lots of education and coaching but only three days per week. When you're ready to move up we have USA certified swim teams for you to join.

## **TRIATHLON - RACE4CHASE**

The Race4Chase Program aims to provide kids, aged 6-12, with a safe, healthy, non-competitive environment to discover the sport of triathlon. Designed as a 6-week goal oriented summer program, participants are provided with expert instruction in swimming, cycling, running, strength training and flexibility and being taught the fundamentals of good nutrition, under the supportive guidance of coaches, lifeguards and instructors to get ready for a USAT-sanctioned race. Implementing a custom-designed training program the coaches provide the youth athletes with all the equipment, knowledge and one-on-one support they need to become tri-athletes and lifelong athletes.

The Program is created in memory of Chase Kowalski. Chase was an amazing son, brother, and friend who was taken from the world on 12/14/12 in the Sandy Hook Elementary School tragedy. He loved sports of all kinds and had an incredibly competitive spirit. His family's vision is "to turn tragedy into triumph by healing and strengthening our families and communities". The Kowalski family wanted to capture Chase's competitive spirit and vitality in creating a charity in his honor with a focus on health and wellness for children and their families. Offered at our Westwood Y in Coventry RI.



# WATER AEROBICS

Water exercise offers a deluge of benefits. Exercising in water builds cardiovascular stamina, strength, and flexibility, helps burn body fat, increases circulation, and can help you rehabilitate healing muscles and joints.

## A. REST AND REJUVENATION

This is a low impact water class with focus on relaxation and rejuvenation. The goal is to use the water to relieve pressures on muscles and joints. This allows the body to move with greater ease and movement.

## B. STRENGTH & STRETCHING

This is a great aquatics class for the beginner level. Designed for those who want to strengthen and stretch their bodies while relieving stress on their joints and bones. This class will be held in the family pool. Space is limited – Sign up today!

## C. WATER FITNESS/AQUA-FIT

### MEMBERS ONLY: FREE

This fast-paced, fun-filled low impact water fitness class promotes cardiovascular health, flexibility, strength and range of motion. A variety of aerobic movements are performed in the activity pool to provide both a cardiovascular and strength training workout.

## D. WATER AEROBICS

### MEMBERS ONLY: FREE

A great workout that is easy on the body. Use the natural resistance of the water to get your heart healthy and your body toned. Aerobic capability, strength, flexibility, reaction time and balance will improve. Water exercise classes are designed for those who would like to participate in a lower impact water exercise class. Participants should be capable swimmers in shallow and deep water. Note: Special Cardio Latin Water Aerobics at the Pawtucket Family Y pool.

## Water Aerobics and Active Older Adult Programs

See page 18 for listings E–M

	A	B	C	D	E	F	G	H	I	J	K	L	M
Family		•	•	•	•			•		•	•	•	•
MacColl	•	•	•	•	•	•	•	•	•				•
Woonsocket			•	•				•		•			•



# ACTIVE OLDER ADULT PROGRAMS

At the Y we provide multiple opportunities for social and physical activity. Physical activity is the key to maintaining the ability to live independently and reduces the risk of falling and fracturing bones. Exercising the mind is just as important as is building friendships and having fun. You can have it all at the Y!

## FITNESS

### E. SEATED YOGA / STRETCH

Participants will enjoy gentle seated yoga poses and stretches to assist in freedom of movement in everyday activities. This class is not restricted to the chair and participants work at their own ability. Reserve your spot today!

### F. FUNCTIONAL STRENGTH

Use your own body weight, weights, and stability balls, to gain strength, stabilize joints, increase flexibility, add balance, and relieve pain to increase mobility for daily life.

### G. TREADMILL TREKKING

This class is a form of interval training which consists of speed intervals, walking, balance work and arm movements. Prior registration is required. Sign up at the Member Services Desk or contact the Health & Wellness Director.

### H. WATER WALKING

Water walking is an excellent aerobic workout. This is a self-led program and you can work at your own pace and fitness level. A very basic, low impact, light-intensity aquatic workout using the natural resistance of water to help strengthen core muscles and to increase personal flexibility. Appropriate for those members just starting to exercise or those who are considering water exercise.

See page 17 for more water-based options.

### I. PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. No experience is necessary – bring your willingness to have fun and we will learn all the rules together.

## EXERCISE YOUR MIND

### J. BOOK CLUB

Join the monthly Book Club at the Y. Enjoy lively conversations, in depth analysis, great snacks and new friends.

### K. GAME DAY

Board games and potluck offered monthly. Join your friends, make new ones and stay competitive.

### L. FIELD TRIPS

Enjoy outings with your Y friends to places like Newport and local wineries. Contact Shelly Millett at [smillett@ymcapawt.org](mailto:smillett@ymcapawt.org) for details.

## DID YOU KNOW?

### FITNESS MAY BE COVERED BY YOUR INSURANCE PLAN!

Many insurance companies and most medicare plans offer fitness benefits! You may be eligible for reimbursement of your membership fees or even have your plan pay 100% for your YMCA experience. Register with your medicare insurance provider for plans such as Silver Sneakers, Renew Active, and Silver & Fit. These plans give you unlimited access to the YMCA.



A photograph of two women playing basketball. One woman is jumping high to shoot the ball, while the other is jumping to block her. They are both wearing athletic wear. The background is a solid magenta color.

# ADULT FITNESS & SPORTS PROGRAMS

We believe sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. That's why you'll find a range of recreational activities at the Y. With something to offer everyone, there's no such thing as being too old to get in the game.

## BASKETBALL – MEN'S LEAGUE

### AGES 18+

Friendly and competitive atmosphere to enjoy the game of basketball. This league is for the recreational player who wants to play competitively. All skill levels are welcome. Contact Jay, the league coordinator if interested. Must register as a team. Game times begin at 8am.

### AGES 30+

Over the age of 30 and still love running up and down the court? This league is for the recreational player who wants to play competitively. All skill levels are welcome. Contact Jay, the league coordinator if interested. Must register as an individual.

## BASKETBALL – WOMEN'S LEAGUE

Time for ladies to make basketball her-story! This league is for the recreational player who wants to play competitively. All skill levels are welcome and the atmosphere is friendly competition. Offered currently at the MacColl Y – contact Jay [jcusati@ymcapawt.org](mailto:jcusati@ymcapawt.org) for more info.

## PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. No experience is necessary – bring your willingness to have fun and we will learn all the rules together. If you are interested or have questions, please contact our Health & Wellness Director or Executive Director.

## RACQUETBALL

Get a great workout playing this racquet sport that is played with a hollow rubber ball in our indoor court. Unlike most racquet sports, such as tennis and badminton, there is no net to hit the ball over and no out-of-bounds! Also, the court's walls, floor, and ceiling are legal playing surfaces!

## SOCCER – ADULT PICK-UP INDOOR

This Co-Ed program is designed for players of any level. Play that never gets rained out! This soccer program will have you getting into better shape while you meet new friends and have fun.

## VOLLEYBALL – ADULT PICK UP

### AGES 18+

Designed for players of all levels, our adult sports offerings give adults an opportunity to participate in organized activities while having fun, meeting new people and getting fit.

## WUN=WEIGHTS AND RUNNING

A magenta starburst graphic with the word "NEW" in white capital letters.

**NEW**

The best of both exercises in WUN hour. Participants meet weekly to focus on running and weight training for 30 minutes each. Weekly runs will be built around individual goals and abilities. Weight training will include free weights, plyometrics, and kettlebells, working all of the major muscle groups. Sign up for this six week program to train for your next big race, or to just have fun and meet fellow members.



# HEALTHY LIVING

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Ys and our communities—better. The result is a country that values health and communities that support healthy choices.

## A. FITNESS ASSESSMENTS **FREE**

A Fitness Assessment is a great way to evaluate your current status and set realistic and achievable goals. Based on your personal wellness goals and your own individual abilities, our personal training staff can assist you in determining and understanding your overall fitness, including:

- Flexibility/Range of Motion
- Body Composition
- Circumference Measurements
- Fitness Level

Our Personal Trainers will work with you and recommend a program that will provide maximum results.

## B. FITNESS ORIENTATION **FREE**

Meet one of the Y's Exercise Consultants to identify your personal level of fitness. After being led through a consultation, you and the wellness trainer will have the tools necessary to implement an easy to follow fitness program at the Y.

During the orientation, a wellness trainer will:

- Provide participants with guidelines for cardiovascular training, strength training and stretching techniques
- Show you how to safely and effectively use the selectorized equipment
- Assist you in finding your personal settings on each machine
- Answer your general fitness questions

Please stop by the fitness center or front desk to set up your orientation. By appointment only.

## C. PERSONAL TRAINING

As a Y member you are entitled to a complimentary 45-minute fitness evaluation with one of our nationally certified personal trainers. During the session, our nationally certified personal trainers will help you select the program that best suits your personal goals and needs. Be sure to complete the Personal Training Request form so we can schedule this session for you. Train one-on-one, with a buddy, or in a small group.

## D. SMALL GROUP TRAINING

### BY APPOINTMENT ONLY (1 HOUR SESSIONS) MEMBERS ONLY

You can get the motivation and instruction of a personal trainer in a group atmosphere. Small group training is a class that consists of 1 trainer with 3-6 clients. .

## E. SMALL GROUP TRX TRAINING

### 4 SESSIONS, 1 HR. EACH: \$88 PER PERSON

This small group training is designed to help you build strength, lose weight or just to simply help you learn exercises on the TRX straps with the guidance and expertise of a Qualified TRX instructor. Small group TRX training is pre-registered and by appointment only. Groups need a minimum of 2 participants to run with a maximum of 4 participants.

## F. FITNESS COMPETITION CHALLENGE

An exciting Weight Loss and Healthy Lifestyle Challenge to help you find the best you. Join us on an adventure of small group workouts which will give you the tools and training you need to achieve your goals in a supportive environment. Work with our certified Personal Trainers. The group work offers encouragement and weekly nutritional support and guidance on adopting a healthier lifestyle. Trainers will have team times posted in the Wellness Center. You can join as an individual or recruit your own team. Offered as Challenge U at MacColl and Fight 4 Fitness at Pawtucket.

## G. NUTRITION COUNSELING

Certified Nutritionists can help you design a plan that works for you!



# COMMUNITY INTEGRATED HEALTH

Community integrated health is the effort to strengthen the linkages between traditional health care and community-based prevention strategies in order to help individuals prevent, delay or live better with chronic conditions.

## A. CHRONIC DISEASE SELF-MANAGEMENT

Adults (18+ years old) who have, or who care for someone with, a chronic condition such as asthma, arthritis, cancer, COPD, diabetes, or heart disease are eligible for this free program. Our instructors trained by the RI Department of Health can help you manage symptoms and medications, communicate with families and doctors, and relieve stress. You will learn to eat well and exercise safely while you set goals to improve your health and lifestyle.

Group sessions lead by Peer Leaders meet for 2 1/2 hours per week for 6 weeks. Open to the Community. For more info: [communityhealthnetwork@ripin.org](mailto:communityhealthnetwork@ripin.org)

## B. CHRONIC PAIN SELF MANAGEMENT

Provides participants with the tools to manage medications, fatigue, frustration, proper nutrition, communication skills, evaluate treatments, and action plans. This 6 week program meets for 2-1/2 hours per week and is led by certified, caring Peer Leader instructors. Our instructors are trained by the RI Department of Health. The program is offered at no cost to participants. Open to the Community. For more info: [communityhealthnetwork@ripin.org](mailto:communityhealthnetwork@ripin.org)

## C. DIABETES PREVENTION

Diabetes is a chronic disease that causes blood sugar levels to rise higher than normal. Diabetes affects more than 29 million people. A condition called prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. More than 84 million Americans have prediabetes and are at risk of developing diabetes. Diabetes has no cure, but prediabetes can be reversed. This program empowers participants to make lasting lifestyle changes that improve their overall health. It is community based and participants gather in a relaxed classroom setting. Qualified participants receive a free YMCA membership while attending classes. Contact Jeff Smith [jsmith@ymcapawt.org](mailto:jsmith@ymcapawt.org) for more info.

## D. HEALTHY HEART

Cardiovascular Disease (CVD), including heart disease and stroke, is the leading cause of death and disability in the nation. In the United States, the first leading cause of death is heart disease and the third is stroke. In Rhode Island, heart disease and stroke cause more deaths among men and women than any other disease, in all racial and ethnic groups. At the Y we can help get and keep your heart healthy and also help with rehab once your formal cardiac rehab program has ended. Set up an appointment with our Health & Wellness Directors or certified Personal Trainers to discuss a program that will fit your needs.

## E. LIVESTRONG®

National statistics show that 1 out of every 2 people's lives are effected by cancer. Y-USA in partnership with LIVESTRONG developed this program to address the needs of cancer survivors, after learning that their number one concern was the difficulty of returning to physical activity after treatment. LIVESTRONG at the YMCA is a 12-week, small group health and wellness program offered at no cost to participants. The program is designed to help adult survivors overcome the effects of fatigue and deconditioning due to treatment and disease. The program also embraces family and caregivers who have been affected by this disease. The program is offered three times a year. For enrollment information contact Aisha Laliberte [alaliberte@ymcapawt.org](mailto:alaliberte@ymcapawt.org) or [livestrong@ymcapawt.org](mailto:livestrong@ymcapawt.org).

## F. WALK WITH EASE

This program meets 3 times per week with a certified leader and is designed to help people who suffer with arthritis pain. It can help people who are able to stand for 10 minutes at a time and improves balance, flexibility, walking pace and fitness levels. Contact Kristin Quinn at [kquinn@ymcapawt.org](mailto:kquinn@ymcapawt.org)



# GROUP EXERCISE

Welcome to Group Exercise – Our schedules can be viewed on the web at [www.ymcapawtucket.org](http://www.ymcapawtucket.org) and on our free app which can be found at “YMCA of Pawtucket”. Our group exercises classes are intended for members aged 13 or older unless marked otherwise. Our classes are also free to members unless indicated otherwise. Please inform the instructor at the beginning of class if you are new or if you need modifications. All classes are subject to change and/or cancellation due to instructor.

## A. ACTIVE TOGETHER

Active Together gives you all of the training you need – cardio, strength, balance and flexibility – just in one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movement.

## B. BALANCE & FLEX TOGETHER

Balance and Flex Together will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

## C. STRENGTH TRAIN TOGETHER

Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

## D. BARRE/STRETCH/TONE

A challenging and unique workout that incorporates ballet and Pilates sculpting movements. This cross-training workout promotes balance, flexibility, and core strength while toning and lengthening your muscles.

## E. BOOTCAMP

This is an intense class for the individual looking to take cardio and strength outside the box! Training includes a combination of plyometrics, conditioning drills and strength training utilizing interval styles and circuit styles.

## F. GROUP CYCLE

An unmatched way to make your fitness goals a reality! With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body.

Due to limited space and high demand, this class requires advanced bike reservation. Reservations start 24 hours in advance. Please call 401-725-0773 or stop by the Member Services Desk to secure your spot!

## G. HIIT

Move through a variety of body conditioning, muscle endurance challenges and cardio circuits with an emphasis on building core strength. This class moves quickly and is full of variety.



## H. PILATES

This class will focus on your body's "powerhouse" or the core (abs & back) with an added twist of legs and upper body. Please bring a yoga mat for comfort.

## I. POUND

Become the music in this exhilarating full body workout that combines cardio, conditioning and strength training with yoga and Pilates.

## J. TOTAL BODY CONDITIONING

Serious full body workout utilizing free weights and other accessories that will completely strengthen and tone your entire body. This class whips your body into shape and builds strength.

## K. YOGA (SLOW FLOW AND HATHA)

This class is a vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose. This practice will offer challenges for those seeking to deepen their practice and modifications for those working with injuries and other limitations. This is a practice for all – leaving you feeling energized and centered.

## L. YOGA (POWER FLOW)

This class focuses on strength and flexibility and sequencing of posture. Matching movements with breathing, holding postures for longer periods of time challenges both mind and body combined.

## M. ZUMBA®

A fusion of Latin, international music and dance themes creating a dynamic, effective and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms to tone and sculpt. No dance experience is required.

	A	B	C	D	E	F	G	H	I	J	K	L	M
Family		•	•		•	•	•			•	•		•
MacColl	•	•	•	•	•	•	•	•	•	•	•	•	•
Woonsocket		•	•	•	•	•	•	•		•	•	•	•

**For a full list of current programs  
be sure to download the YMCA of  
Pawtucket Mobile App!**





## **YMCA of Pawtucket**

8 Summer Street  
Pawtucket, RI 02860

[ymcapawtucket.org](http://ymcapawtucket.org)

### **Heritage Park YMCA**

333 Roosevelt Avenue  
Pawtucket, RI 02860  
401.727.7050

### **MacColl YMCA**

32 Breakneck Hill Road  
Lincoln, RI 02865  
401.725.0773

### **Pawtucket Family YMCA**

20 Summer Street  
Pawtucket, RI 02860  
401.727.7900

### **Westwood YMCA**

2093 Harkney Hill Road  
Coventry, RI 02816  
401.397.7779

### **Woonsocket YMCA**

18 Federal Street  
Woonsocket, RI 02895  
401.769.0791

### **Darlington YMCA**

**Program Center**  
1080 Newport Avenue  
Pawtucket, RI 02861  
401.729.8794  
401.727.7900

### **Four Corners Early Learning Center**

160 Bear Hill Road  
Cumberland, RI 02864  
401.333.6402

### **Lincoln Child Development Center**

32 Breakneck Hill Road  
Lincoln, RI 02865  
401.725.0773

### **OUR COMMITMENT TO INCLUSION**

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect and responsibility—they guide everything we do.

The YMCA is committed to ensuring that everyone has the opportunity to benefit from YMCA membership and programs. To that end, this Y provides financial assistance for those who may not be able to afford the full cost of programs and services. We offer an income-based rate scale to reduce joining, monthly and/or program fees for eligible individuals, making the Y accessible to individuals and families at all income levels.