

WINTER PROGRAM GUIDE

January – February



**MACCOLL YMCA
PAWTUCKET YMCA**



ABOUT

New Programs! Use this booklet to guide you through the new and exciting programs the YMCA is offering in 2024, organized by age groups:

- Parent / Child (Ages 0 – 2 years)
- Preschool (Ages 3 – 5 years)
- School Aged (Ages 6 – 11 years)
- Teen (Ages 12 – 17 years)
- Adults (Ages 18+ years)
- Families (All Ages)

The age groups are meant to be a guide. The programs, discipline, and curriculum will vary amongst the programs.

You may see some overlap between age groups and you may see listings in multiple age groups.

Monthly Sign-Ups: All programs have transitioned to a monthly registration system, including Monthly, Academy, and Team levels. Existing program enrollees from 2023, like the Jr. Celtics, will maintain their current schedules. New programs, such as youth sports and swim lessons, etc. will adopt the monthly model. Discover specific changes and explore our new programs in our updated program guide to offer your family a new experience each month.

Seasonal Sessions: Programs will be offered in four distinct sessions: Winter (January and February), Spring (March, April, May), Summer (June, July, August), and Fall (September through December). Participants can register for an entire session or monthly. Try a new adventure every month!

Free Programs: Family memberships (for 1 or 2 parent families) will now have access to FREE fundamental programs designed for the whole family. If you don't have a family membership yet, inquire at the membership desk about upgrading. These programs will be offered monthly, so make sure to pick up a program guide to explore the exciting adventures awaiting your family.



TABLE OF CONTENTS

Parent/Child (Ages 0 – 2 years)

Preschool (Ages 3 – 5 years)

School Aged (Ages 6 – 11 years)

Teen (Ages 12 – 17 years)

Adults/Seniors (Ages 18+ years)

Families (All Ages)

PROGRAM CALENDAR

Winter Session: January 2024 & February 2024

Member Registration Opens: December 11th

Guest Registration Opens: December 18th

- Programs begin on the 1st of the month and end on the last day of the month
- Payment is due at the time of registration or you can choose to have us automatically process your payment on the 25th of the month prior to your program.

Automatic Payment Dates

- For January programs, the automatic payment will be processed on December 25th
- For February programs, the automatic payment will be processed on January 25th

Program registration is always open, meaning you can sign up for a program at any time.

Make ups, prorated fees, or refunds will not be offered.



LOCATIONS

MacColl YMCA

32 Breakneck Hill Road
Lincoln, RI 02865
(401) 725.0773

Hours:

Monday – Friday: 5:15 am – 9 pm

Saturday/Sunday: 7 am – 3 pm

***Summer Hours:** 7 am – 7 pm

Pawtucket Family YMCA

20 Summer Street
Pawtucket, RI 02860
(401) 727.7900

Hours:

Monday – Friday: 6 am – 8 pm

Saturday/Sunday: 7 am – 3 pm

Westwood YMCA

2093 Harkeney Hill Road
Coventry, RI 02816
(401) 397.7779

Office Hours:

Monday – Friday: 9 am – 5 pm

Summer Hours:

Monday – Friday: 7 am – 6 pm

Early Learning Centers

Davies ELC

50 Jenckes Hill Road
Lincoln, RI 02865
(401) 728.1550 ext. 237

Four Corners ELC

160 Bear Hill Road
Cumberland, RI 02864
(401) 616.3652

Heritage Park ELC

333 Roosevelt Avenue
Pawtucket, RI 02860
(401) 727.7050

Lincoln Child Development Center

32 Breakneck Hill Road
Lincoln, RI 02865
(401) 725.0773

MEMBERSHIP

The YMCA offers diverse membership options suitable for everyone. Explore our membership chart and consult with a YMCA membership representative to guide you in selecting the most fitting membership for your needs. Enjoy exclusive benefits, including priority registration and a 50% discount on programs, free programs, and more as a valued member.

MEMBERSHIP FOR ALL

The YMCA is a nonprofit organization that strives to serve all. The YMCA is committed to ensure everyone has the opportunity to benefit our memberships and programs. Membership for All, a program made possible by the generous donations to our annual campaign, allows members to pay a rate based on household size vs household income.

To qualify for a Membership for All rate, you will need to provide the YMCA with tax documentation or a months worth of pay stubs to verify your pre-tax income within 30 days of your membership start date. Please speak with a membership representative with any questions.





PARENT / CHILD

FAMILY LUNCH & STORY

Family Lunch & Story (Ages 0 years - 5 years)

Join the Y for a lunch meet and greet after a morning of playing and learning. Bring your own lunch and enjoy meeting other families and children. Be sure to stay for story time!

Location	Days	Time	Member	Guest
MacColl	Tues.	12 pm - 1 pm	FREE	\$14

JUMPING BEANS

Jumping Beans (Ages 18 months - 3 years)

This fun class offers tumbling and stretching drills designed to help improve agility, dexterity, flexibility and balance. Focus on exercise and physical fitness and group play with the assistance of a grown up!

Location	Days	Time	Member	Guest
MacColl	Thurs.	9 am - 9:30 am	\$30	\$60
	Sat.	9 am - 9:30 am	\$30	\$60
Pawtucket Family	Tues.	9 am - 9:45 am	\$40	\$80

PRESCHOOL PLAY

Preschool Play (Ages 18 months - 5 years)

Our preschool play program proudly offers toddlers 18 months to 5 years of age to creatively promote body awareness and self-esteem through exercise and game play.

Location	Days	Time	Member	Guest
MacColl	Mon.	12:30 pm - 1:30 pm	FREE	\$14
	Tues.	12:30 pm - 1:30 pm	FREE	\$14
	Wed.	12:30 pm - 1:30 pm	FREE	\$14
	Thurs.	12:30 pm - 1:30 pm	FREE	\$14
	Fri.	12:30 pm - 1:30 pm	FREE	\$14

SWIM LESSONS

Parent & Child Swim Lesson (Ages 6 months - 3 years)

This class provides parents and young children the opportunity to become familiar with the pool in a safe and fun environment, while enjoying quality bonding time together. This class will introduce skills such as blowing bubbles, floating, and climbing out.

Location	Days	Time	Member	Guest
MacColl	Mon.	10 am - 10:45 am	\$40	\$80
	Sat.	9 am - 9:45 am	\$40	\$80
	Sat.	9:45 am - 10:30 am	\$40	\$80
Pawtucket Family	Sat.	8:45 am - 9:30 am	\$40	\$80

WIGGLE WORMS

Wiggle Worms (Ages 1 year - 2 years)

This class is designed for kids to socialize, move to age-appropriate music and play games with other kids as well as their parents!

Location	Days	Time	Member	Guest
MacColl	Thurs.	10:30 am - 11 am	\$30	\$60
	Sat.	9:30 am - 10 am	\$30	\$60



P R E S C H O O L



FAMILY LUNCH & STORY

Family Lunch & Story (Ages 0 years - 5 years)

Join the Y for a lunch meet and greet after a morning of playing and learning. Bring your own lunch and enjoy meeting other families and children. Be sure to stay for story time!

Location	Days	Time	Member	Guest
MacColl	Tues.	12 pm - 1 pm	FREE	\$14

FIT KIDS

FIT Kids (Ages 3 years - 5 years)

Let us teach your child the basics of human movement in a fun and engaging way. Your child will learn locomotor skills to assist in running, skipping, jumping, squatting, and throwing. Fit Kids helps children develop an early love of fitness by teaching them the basics of human movement.

Location	Days	Time	Member	Guest
MacColl	Mon.	5 pm - 5:45 pm	\$30	\$60

PRESCHOOL DANCE

Preschool Dance (Ages 3 years - 5 years)

Exploring creative capacities and expression through dance and movement. Dance techniques will be provided to help promote gross motor skills, body awareness, play with space, as well as aid in the child's social and emotional development (i.e. listening skills). Children will learn basic dance steps and movements of both ballet and jazz. The purpose is to create a fun and interactive learning environment that is both supportive and enriching.

Location	Days	Time	Member	Guest
MacColl	Sat.	12 pm - 12:45 pm	\$40	\$80

PRESCHOOL PLAY

Preschool Play (Ages 18 months - 5 years)

Our preschool play program proudly offers toddlers 18 months to 5 years of age to creatively promote body awareness and self-esteem through exercise and game play.

Location	Days	Time	Member	Guest
MacColl	Mon.	12:30 pm - 1:30 pm	FREE	\$14
	Tues.	12:30 pm - 1:30 pm	FREE	\$14
	Wed.	12:30 pm - 1:30 pm	FREE	\$14
	Thurs.	12:30 pm - 1:30 pm	FREE	\$14
	Fri.	12:30 pm - 1:30 pm	FREE	\$14

T
O
O
H
C
S
E
R
P

PRESCHOOL POTPURRI

Preschool Potpurri (Ages 3 years – 5 years)

Have your children take place in a different activity every week. Through out the season we will be exploring different activities such as cooking, building, stem, science experiments, sports and crafts.

Location	Days	Time	Member	Guest
MacColl	Mon.	12 pm – 12:45 pm	FREE	\$14

RECIPES WITH ROSE

Recipes with Rose (Ages 3 years – 5 years)

Explore the magic of the kitchen! Little chefs embark on a delightful culinary journey, crafting simple and tasty recipes.

Location	Days	Time	Member	Guest
MacColl	Mon.	6 pm – 7 pm	FREE	\$14

SOCCER

Lil' Kicks (Ages 3 years – 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 parents help. Limited game play may be offered at the end of a class for team achievement. Let's score together!

Location	Days	Time	Member	Guest
MacColl	Mon.	5:30 pm – 6 pm	\$30	\$60

SPORTS MEDLEY

Sports Medley (Ages 3 years – 5 years)

Experience the thrill of diverse sports in our Sport Medley Program—fun, skill-building, and teamwork for active enthusiasts! New Sport every week!

Location	Days	Time	Member	Guest
MacColl	Wed.	5:30 pm – 6 pm	FREE	\$14

TINY TUMBLERS

Tiny Tumblers (Ages 3 years – 5 years)

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

Location	Days	Time	Member	Guest
MacColl	Wed.	5 pm – 5:45 pm	\$40	\$80
	Sat.	10 am – 10:45 am	\$40	\$80
Pawtucket Family	Tues.	9:45 am – 10:30 am	\$40	\$80

SWIM LESSONS

Swim Lessons (Ages 3 years - 5 years)

This class teaches young children how to be safe in and around the pool, while parents stay comfortably dry on the sidelines. Classes will focus on water safety skills such as floating, returning to the wall, and blowing bubbles. Participants will progress to independent swimming and treading water as they advance.

Location	Days	Time	Member	Guest
MacColl	Mon.	11 am - 11:45 am	\$40	\$80
	Mon.	3:15 pm - 4 pm	\$40	\$80
	Mon.	4 pm - 4:45 pm	\$40	\$80
	Mon.	5:30 pm - 6:15 pm	\$40	\$80
	Tues.	3:15 pm - 3 pm	\$40	\$80
	Tues.	4:45 pm - 5:30 pm	\$40	\$80
	Tues.	6:15 pm - 7 pm	\$40	\$80
	Wed.	3:15 pm - 4 pm	\$40	\$80
	Wed.	4:45 pm - 5:30 pm	\$40	\$80
	Wed.	6:15 pm - 7 pm	\$40	\$80
	Sat.	9 am - 9:45 am	\$40	\$80
	Sat.	10:30 am - 11:15 am	\$40	\$80
	Sat.	11:15 am - 12 pm	\$40	\$80
Pawtucket Family	Tues.	4 pm - 4:45 pm	\$40	\$80
	Tues.	5:30 pm - 6:15 pm	\$40	\$80
	Thurs.	4:45 pm - 5:30 pm	\$40	\$80
	Thurs.	6:15 pm - 7 pm	\$40	\$80
	Sat.	9:30 am - 10:15 am	\$40	\$80
	Sat.	11 am - 11:45 am	\$40	\$80

SCHOOL AGED



CULINARY KIDS

Culinary Kids (Ages 7 years - 12 years)

Come explore new flavors and recipes! Kids will enjoy learning to cook and enjoying their delicious creations!

Location	Days	Time	Member	Guest
MacColl	Thurs	5 pm – 6 pm	\$50	\$100

DANCE

Ballet (Ages 6 years - 9 years)

The foundation of all dance styles with an emphasis on technique, strength, flexibility and control while learning to improve coordination and mental focus.

Location	Days	Time	Member	Guest
MacColl	Mon.	5 pm – 5:45 pm	\$40	\$80

Tap (Ages 6 years - 9 years)

The expression of music through your feet.

Location	Days	Time	Member	Guest
MacColl	Sat.	1 pm – 1:45 pm	\$40	\$80

EXPERIMENTS & EXPLOSIONS

Experiments & Explosions (Ages 6 years - 9 years)

Explore the wonders of STEM with this hands-on program. Come see what scientific discovery awaits you.

Location	Days	Time	Member	Guest
MacColl	Tues.	4:30 pm – 5:15 pm	\$40	\$80

FIT KIDS

Fit Kids (Ages 6 years - 8 years)

Let us teach your child the essential building blocks of human movement in a fun and engaging way. Your child will learn locomotor skills to assist in running, skipping, jumping, squatting, and throwing. Upon completion of this program, children will develop more advanced skills including squatting with objects, lunging, and rotational throwing. Fit Kids helps children develop an early love of fitness by teaching them the basics of human movement.

Location	Days	Time	Member	Guest
MacColl	Mon.	5:45 pm – 6:45 pm	\$30	\$60

FITNESS FOR FUN

Fitness for Fun (Ages 9 years - 11 years)

This program will focus on learning the exercise principles, guidelines and techniques to use in the Fitness Center. Each class the participants will learn the proper use of the cardio equipment.

Location	Days	Time	Member	Guest
Pawtucket Family	Sat.	10:30 am - 11:30 am	\$30	\$60

KARATE

Karate (Ages 6 years - 17 years)

Looking for a way to learn Self-Discipline and/or Self- Defense? Try Rolisam Shito Kai Karate, taught by Sensei Emiliano Luna. This class guides you towards leadership development while at the same time teaching you skills in self-defense.

Location	Days	Time	Member	Guest
Pawtucket Family	Mon./Wed.	5:30 pm - 6:30 pm	\$70	\$90

KID'S STRENGTH & CONDITIONING

Kid's Strength & Conditioning (Ages 10 years - 12 years)

A strength and conditioning program designed to aide children ages 10-12 to learn about fitness and develop a lifelong love of exercising. Sessions consist of strength training and conditioning as well as goal setting. Each session will guide children closer to their fitness goals.

Location	Days	Time	Member	Guest
MacColl	Tues.	5:30 pm - 6:30 pm	\$50	\$100
	Thurs.	5:30 pm - 6:30 pm	\$50	\$100

LEVEL UP

Level Up (Ages 6 years - 11 years)

Take a chance at winning board games or video games – bring your own or be surprised for a few fun-filled hours.

Location	Days	Time	Member	Guest
Pawtucket Family	Sun. 1st Sunday of the Month	12 pm - 3 pm	FREE	N/A

MOVEMENT THROUGH DANCE

Movement through Dance (Ages 7 years – 9 years)

An active approach to movement expression! Every class will begin with a dynamic warm-up, followed by creative games that generate expressive movement. We will explore how different colors, shapes, feelings, and concepts feel like through embodied storytelling!

Location	Days	Time	Member	Guest
Pawtucket Family	Thurs..	5:30 pm – 6:30 pm	\$40	\$80

MUSICAL LAB

Music (Ages 6 years – 8 years)

Music and fun combined! Learn rhythm and timing through musical games and activities.

Location	Days	Time	Member	Guest
Pawtucket Family	Tues.	4:30 pm – 5 pm	\$40	\$80

Music (Ages 9 years – 11 years)

Music and fun combined! Learn rhythm, timing, and notes through musical games and activities on a variety of instruments.

Location	Days	Time	Member	Guest
Pawtucket Family	Tues.	5:15 pm – 5:45 pm	\$40	\$80

SOCCER

Soccer Skills & Drills (Ages 6 years – 12 years)

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

Location	Days	Time	Member	Guest
MacColl	Mon.	6:15 pm – 7 pm	\$40	\$80

SPLASH AND SPIN

Splash and Spin (Ages 6 years and up)

Dive into the world of synchronized swimming in our School-Age Intro to Synchro class—grace, teamwork, and aquatic fun. Participants must be able to comfortably touch the bottom in the shallow end OR pass the swim test.

Location	Days	Time	Member	Guest
Pawtucket Family	Sun.	10 am – 11 am	\$40	\$80

SPORTS MEDLEY

Sports Medley (Ages 6 years – 9 years)

Experience the thrill of diverse sports in our Sport Medley Program—fun, skill-building, and teamwork for active enthusiasts! New Sport every week!

Location	Days	Time	Member	Guest
MacColl	Wed.	6:15 pm – 7 pm	FREE	\$14

Sports Medley (Ages 10 years – 12 years)

Experience the thrill of diverse sports in our Sport Medley Program—fun, skill-building, and teamwork for active enthusiasts! New Sport every week!

Location	Days	Time	Member	Guest
MacColl	Wed.	7:15 pm – 8 pm	FREE	\$14

SWIM LESSONS

Swim Lessons (Ages 6 years – 12 years)

This class teaches school-age children how to be safe in and around the pool, while parents stay comfortably dry on the sidelines. Classes will focus on water safety skills such as floating, returning to the wall, and blowing bubbles. Participants will progress to independent swimming and treading water as they advance.

Location	Days	Time	Member	Guest
MacColl	Mon.	4:45 pm – 5:30 pm	\$40	\$80
	Mon.	6:15 pm – 7 pm	\$40	\$80
	Tues.	4 pm – 4:45 pm	\$40	\$80
	Tues.	5:30 pm – 6:15 pm	\$40	\$80
	Wed.	4 pm – 4:45 pm	\$40	\$80
	Wed.	5:30 pm – 6:15 pm	\$40	\$80
	Sat.	8:15 am – 9 am	\$40	\$80
	Sat.	9 am – 9:45 am	\$40	\$80
	Sat.	9:45 am – 10:30 am	\$40	\$80
	Sat.	11:15 am – 12 pm	\$40	\$80
Pawtucket Family	Tues.	4:45 pm – 5:30 pm	\$40	\$80
	Tues.	6:15 pm – 7 pm	\$40	\$80
	Thurs.	4 pm – 4:45 pm	\$40	\$80
	Thurs.	5:30 pm – 6:15 pm	\$40	\$80
	Sat.	10:15 am – 11 am	\$40	\$80
	Sat.	11:45 am – 12:30 pm	\$40	\$80

TUMBLING

Tumbling (Ages 6 years - 8 years)

This basic skills class will provide students with knowledge of their inner zen! This class will take part on a matted surface so the students will feel more comfortable learning how to move their body as well as learn how to stretch and flip. The students will be using objects such as a foam wedge, a foam dome, etc, to help them perform and learn these new tricks.

Location	Days	Time	Member	Guest
MacColl	Tues.	5:30 pm - 6:15 pm	\$40	\$80
	Thurs.	5:30 pm - 6:15 pm	\$40	\$80
	Sat.	11 am - 11:45 am	\$40	\$80

Tumbling (Ages 9 years - 11 years)

This basic skills class will provide students with knowledge of their inner zen! This class will take part on a matted surface so the students will feel more comfortable learning how to move their body as well as learn how to stretch and flip. The students will be using objects such as a foam wedge, a foam dome, etc, to help them perform and learn these new tricks.

Location	Days	Time	Member	Guest
MacColl	Tues.	6:30 pm - 7:30 pm	\$40	\$80
	Thurs.	6:30 pm - 7:30 pm	\$40	\$80

VOLLEYBALL

Fundamentals (Ages 6 years - 9 years)

Come on over and learn how to play the sport of volleyball! This fundamental class is to help young athletes learn how to play volleyball from understanding the court to learning how to serve!

Location	Days	Time	Member	Guest
MacColl	Thurs..	6:15 pm - 7 pm	\$30	\$60

Skills & Drills (Ages 10 years - 15 years)

Come on over and learn how to play the sport of volleyball! This instructional class is to help young athletes learn how to play volleyball from understanding the court to learning how to serve!

Location	Days	Time	Member	Guest
MacColl	Fri.	6:15 pm - 7 pm	\$30	\$60

YOUTH FITNESS ORIENTATION

Youth Fitness Orientation (Ages 9 years - 12 years)

Two-hour crash course of the wellness center for members ages 9-12. During this session, your child will become familiar with all of the equipment in the wellness center. Upon completion of this program, your child will be able to utilize the fitness center under the supervision of a guardian.

Location	Days	Time	Member	Guest
MacColl	Sat. 3rd Saturday of the Month	11 am - 1 pm	\$30	\$60

YOUTH PICKLEBALL

Youth Pickleball (Ages 6 years - 9 years)

Learn how to play the sport of Pickleball! This class is designed to help participants learn how to play Pickleball from understanding the court to learning the game!

Location	Days	Time	Member	Guest
MacColl	Sat.	12:30 pm - 1:30 pm	\$30	\$60
Pawtucket Family	Sat.	1 pm - 3 pm	\$30	\$60

Youth Pickleball (Ages 10 years - 12 years)

Learn how to play the sport of Pickleball! This class is designed to help participants learn how to play Pickleball from understanding the court to learning the game!

Location	Days	Time	Member	Guest
MacColl	Sat.	1:30 pm - 2:30 pm	\$30	\$60
Pawtucket Family	Sat.	1 pm - 3 pm	\$30	\$60





NEET

300 to 100

300 to 100 (Ages 13 years and older)

Keep up with your New Year's resolutions and challenge yourself to swim 100 miles or more in 300 days! Complete our 300 to 100 Challenge and win prizes when you hit different milestones. Tracking will start on February 1st and end on November 28th. All tracking is done in conjunction with the MacColl YMCA Aquatics Department.

Location	Days	Time	Member	Guest
MacColl	Feb. - Nov.	Anytime	\$30	N/A

KARATE

Karate (Ages 6 years - 17 years)

Looking for a way to learn Self-Discipline and/or Self- Defense? Try Rolisam Shito Kai Karate, taught by Sensei Emiliano Luna. This class guides you towards leadership development while at the same time teaching you skills in self-defense.

Location	Days	Time	Member	Guest
Pawtucket Family	Mon./Wed.	5:30 pm - 6:30 pm	\$70	\$90

LEVEL UP

Level Up (Ages 12 years - 17 years)

Take a chance at winning board games or video games - bring your own or be surprised for a few fun-filled hours.

Location	Days	Time	Member	Guest
Pawtucket Family	Sun. 3rd Sunday of the Month	12 pm - 3 pm	FREE	N/A

MUSICAL LAB

Music (Ages 12 years - 14 years)

Start learning to play a variety of instruments, while learning how to read notes and rhythm on prepared sheet music. Continuing participants can show off their musical talents at planned performances for family and friends.

Location	Days	Time	Member	Guest
Pawtucket Family	Tues.	5:50 pm - 6:30 pm	\$40	\$80

SPLASH AND SPIN

Splash & Spin (Ages 12 years & up)

Dive into the world of synchronized swimming in our Teen Intro to Synchro class—grace, teamwork, and aquatic fun. Participants must be able to comfortably touch the bottom in the shallow end OR pass the swim test.

Location	Days	Time	Member	Guest
Pawtucket Family	Sun.	10 am - 11 am	\$40	\$80

SPORTS FUSION

Sports Fusions (Ages 12 years - 17 years)

Take on our Sports Fusion time by being a part of a new sport game each week! Not only will you be able to be a part of team but be able to build endurance and skills while doing so!

Location	Days	Time	Member	Guest
MacColl	Tues.	2:30 pm - 4 pm	FREE	\$14
	Thurs.	2:30 pm - 4 pm	FREE	\$14

TEEN ORIENTATION

Teen Orientation (Ages 13 years - 17 years)

The goal of this program is to provide information and training to teen members free of cost. Participants will learn technique for major lifts and basics of developing weightlifting programs.

Location	Days	Time	Member	Guest
MacColl	Mon./Wed.	3 pm - 4 pm	FREE	N/A

TEEN STRENGTH & CONDITIONING

Teen Strength & Conditioning (Ages 13 years - 15 years)

A strength and conditioning program designed to aide teens ages 13 - 15 to learn about fitness and develop a lifelong love of exercising. Sessions consist of strength training and conditioning as well as goal setting. Each session will guide children closer to their fitness goals. We will review all major lifting techniques: bench press, back squat, bent over row and other accessory exercises.

Location	Days	Time	Member	Guest
MacColl	Tues.	6:30 pm - 7:30 pm	\$50	\$100
	Thurs.	6:30 pm - 7:30 pm	\$50	\$100

N

E

E

T

VOLLEYBALL

Open Volleyball (Ages 16 years & up)

Open Volleyball is designed for all skilled players to join together on the court and serve!

Location	Days	Time	Member	Guest
MacColl	Mon.	6 pm – 8:30 pm	FREE	\$14

Volleyball Skills & Drills (Ages 10 years to 15 years)

Come on over and learn how to play the sport of volleyball! This instructional class is to help youth athletes learn how to play volleyball from understanding the court to learning how to serve!

Location	Days	Time	Member	Guest
MacColl	Fri.	6:15 pm – 7 pm	\$30	\$60

YOUTH PICKLEBALL

Youth Pickleball (Ages 12 years – 17 years)

Learn how to play the sport of Pickleball! This class is designed to help participants learn how to play Pickleball from understanding the court to learning the game!

Location	Days	Time	Member	Guest
Pawtucket Family	Sat.	1 pm – 3 pm	\$30	\$60





ADULTS / SENIORS

300 to 100**300 to 100** (Ages 13+)

Keep up with your New Year's resolutions and challenge yourself to swim 100 miles or more in 300 days! Complete our 300 to 100 Challenge and win prizes when you hit different milestones. Tracking will start on February 1st and end on November 28th. All tracking is done in conjunction with the MacColl YMCA Aquatics Department.

Location	Days	Time	Member	Guest
MacColl	Feb. - Nov.	Any time	\$30	N/A

BASKETBALL**Adult Basketball League** (Ages 18+)

Join our Adult Basketball Program for fitness, friendly competition, and the thrill of the game. League runs through January - April.

Location	Days	Time	Member	Guest
MacColl	Sundays	8 am Start	\$1000 per team	\$1000 per team
Pawtucket Family	Sundays	9 am Start	\$100	\$100

IRON MAIDENS**Iron Maidens** (Ages 18+)

For female lifters of all Levels! This four-week program meets twice a week to improve your strength and master at least one variation of each of the following fundamental barbell exercises!

Location	Days	Time	Member	Guest
MacColl	Mon./Wed.	9:30 am - 10:30 am	\$50	\$100
	Mon./Wed.	7 pm - 8 pm	\$50	\$100

SPORTS FUSION**Sports Fusion** (Ages 18+)

Take on our Sports Fusion time by being a part of a new sport game each week! Not only will you be able to be a part of team but be able to build endurance and skills while doing so!

Location	Days	Time	Member	Guest
MacColl	Tues.	7 pm - 8:30 pm	FREE	\$14
	Thurs.	7 pm - 7:30 pm	FREE	\$14

PICKLEBALL

Intro to Pickleball (Ages 18+)

Learn how to play the sport of Pickleball! The instructional class is designed to help participants learn how to play Pickleball from understanding the court to learning the game!

Location	Days	Time	Member	Guest
MacColl	Mon./Wed.	11:15 am - 12:30 pm	\$30	\$60
Pawtucket Family	Wed. (Beginner)	9 am - 10 am	\$99	\$99
	Mon. (Advanced)	10 am - 11 am	\$99	\$99
	Wed. (Advanced)	10 am - 11 am	\$99	\$99

Beginner Pickleball (Ages 18+)

Join us for Beginner Pickleball at MacColl! This pick-up game allows beginner players to come together to play the sport.

Location	Days	Time	Member	Guest
MacColl	Tues./Thurs.	11:15 am - 12:30 pm	\$10	\$25

Intermediate/Advanced Pickleball (Ages 18+)

Join us for Pickleball at MacColl! This pick-up game allows for an array of level players to come together to play the sport.

Location	Days	Time	Member	Guest
MacColl	Mon. - Fri.	8am - 11 am	\$10	\$25

SWIM LESSONS

Swim Lesson (Ages 18+)

This class teaches adults how to be safe in and around the pool. Classes will begin with skills such as floating and treading water, and progress to independent swimming for progressively longer distances. Students may begin learning stroke technique and diving.

Location	Days	Time	Member	Guest
MacColl	Mon.	7 pm - 7:45 pm	\$40	\$80
	Wed.	7 pm - 7:45 pm	\$40	\$80
Pawtucket Family	Tues.	7 pm - 7:45 pm	\$40	\$80
	Thurs.	7 pm - 7:45 pm	\$40	\$80
	Sat.	8 am - 8:45 am	\$40	\$80

ADULTS / SENIORS

VOLLEYBALL

Open Volleyball (Ages 16+)

Open Volleyball is designed for all skilled players to join together on the court and serve!

Location	Days	Time	Member	Guest
MacColl	Mon.	6 pm – 8:30 pm	FREE	\$14





F A M I L I E S

KidZone

KidZone is a FREE childcare opportunity included with all Full Facility Memberships!

Checking In

For the safety of your child, a parent/guardian over the age of 18 must sign their child in and out. The same adult that signs their child in, must sign the child out. No one under the age of 18 is allowed to check children in and out of KidZone.

All children being checked-in must be listed on your membership.

Ages

Please check with the branch you are visiting for the ages they accept.

Time Limits

KidZone is limited to 2-hours of attendance per day. In certain circumstances, KidZone may be limited to 1-hour.

Capacity Limits

Each branch's KidZone has a limited number of kids that can be in the play area at a time. On occasion, you may have to wait before your child(ren) can be signed in.



Clothing

All children playing in KidZone must be wearing socks or shoes during play.

Food & Drink

Drinks may be left at the check-in table. Please make sure to label your child(ren)'s cups. No food, candy, gym, raisins, peanut products or meals are allowed.

Leaving the YMCA

KidZone is not a licensed childcare facility, therefore a parent/guardian **MUST** remain inside the YMCA facility during the child's stay. Failure to comply will result in revocation of KidZone services.

Illness

Children showing signs of illness will not be allowed in the KidZone. A child must be symptom-free for 24 hours in order to return. If your child has a communicable illness or head lice, please notify the branch so staff can take appropriate cleaning measures.

BIRTHDAY PARTIES

Looking for a great place to host a birthday party? The YMCA may be a great fit! Contact the Y for scheduling and additional information. Be sure to contact us in advance of your desired dates, in order to secure the best time for your party.

*Please note that each branch may have different offerings. Contact the branch that you would like to have your party at to receive more information regarding their offerings.

FAMILY VOLLEYBALL

Family Volleyball

At the Y, our goal is to bring families closer together, encourage good health and promote the bonding experience through fitness and sports. This program is for families to enjoy playing volleyball together!

Location	Days	Time	Member	Guest
MacColl	Fri.	7 pm - 8:30 pm	FREE	\$14

LEVEL UP

Level Up

Take a chance at winning board games or video games – bring your own or be surprised for a few fun-filled hours.

Location	Days	Time	Member	Guest
MacColl	Sun. 4th Sunday of the Month	12 pm - 3 pm	FREE	N/A
Pawtucket Family	Sun. 2nd Sunday of the Month	12 pm - 3 pm	FREE	N/A





YMCA OF PAWTUCKET

Serving Central Falls, Cumberland, Lincoln, North Providence,
Pawtucket, Woonsocket and surrounding areas!

8 Summer St. Pawtucket, RI 02860

MEMBERS HAVE PRIORITY REGISTRATION!

Member Registration Begins: December 11th

Guest Registration Begins: December 18th

OUR MISSION:

**To put Christian principles into practice
through programs that build healthy spirit,
mind, and body for all.**