

SPRING PROGRAM GUIDE

March, April,
and May



**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 Registrations: 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 adult 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.



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Families (All Ages)

PROGRAM CALENDAR

Spring Session: March 2024, April 2024, and May 2024

Member Registration Opens: February 12th

Guest Registration Opens: February 19th

- 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 March programs, the automatic payment will be processed on February 25th
- For April programs, the automatic payment will be processed on March 25th
- For May programs, the automatic payment will be processed on April 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

*Weekend hours of 7 am – 5 pm will begin on
March 1, 2024.

***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 from 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, please 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

JUMPING BEANS

Jumping Beans (Ages 1 year – 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 | \$30 | \$60 |

MIGHTY MIGHT'S: SPORTS FUN FOR TODDLERS

Mighty Might's: Sports Fun for Toddlers (Ages 2 years – 3 years)

This youth and parent class is designed for 2 and 3-year-olds eager to explore the world of sports! Each session offers a variety of sports, including soccer, hockey, track and field, gym games, baseball, football, and basketball, providing a different experience for every class.

| Location | Days | Time | Member | Guest |
|-------------------------|-------------|----------------|--------|-------|
| Pawtucket Family | Mon. | 9 am – 9:45 am | \$30 | \$60 |
| | Wed. | 9 am – 9:45 am | \$30 | \$60 |

PRESCHOOL PLAY

Preschool Play (Ages 18 months – 5 years)

Our preschool play program proudly offers toddlers 18 months to 5 years of age a space to creatively promote body awareness and self-esteem through exercise and game play. (Not instructor led)

| Location | Days | Time | Member | Guest |
|----------------|----------------------|-------------|--------|-------|
| MacColl | Mon. – Thurs. | 1 pm – 2 pm | FREE | \$14 |

TASTE & EXPLORE

Taste & Explore (Ages 1 year – 4 years)

Learn about food, their tastes, and explore different ways to utilize them in this Parent/Child class

| Location | Days | Time | Member | Guest |
|-------------------------|-----------------------|---------------------|--------|-------|
| Pawtucket Family | Wed. Mar. 20 | 10:30 am – 11:30 am | FREE | \$14 |
| | Thurs. Mar. 21 | 9 am – 10 am | 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. | 10:15 am - 10:45 am | \$30 | \$60 |
| | Sat. | 9 am - 9:30 am | \$30 | \$60 |
| | Sat. | 9:30 am - 10 am | \$30 | \$60 |
| 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 | Sat. | 9:30 am - 10 am | \$30 | \$60 |



P R E S C H O O L



BASKETBALL

Lil' Ballers (Ages 3 years - 5 years)

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

***This class requires parent participation.**

| Location | Days | Time | Member | Guest |
|------------------|------|----------------|--------|-------|
| MacColl | Wed. | 5:30 pm - 6 pm | \$30 | \$60 |
| Pawtucket Family | Sat. | 9 am - 9:30 am | \$30 | \$60 |

League (Ages 4 years - 6 years)

Our Youth Basketball League (YBL) features basketball fundamentals, team play, sportsmanship, and skill development. Participants will practice together and be placed on a team. Team shirt included in registration. This program runs on Saturdays in the Winter.

| Location | Days | Time | Member | Guest |
|------------------|------|----------------|--------|-------|
| Pawtucket Family | Sat. | 9 am - 9:30 am | \$30 | \$60 |

CULINARY KIDS

Culinary Kids (Ages 5 years - 8 years)

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

| Location | Days | Time | Member | Guest |
|------------------|------|-------------|--------|-------|
| Pawtucket Family | Sat. | 1 pm - 2 pm | \$50 | \$100 |

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 | FREE | \$14 |



MIGHTY MIGHT'S: SPORTS FUN FOR TODDLERS

Mighty Might's: Sports Fun for Toddlers (Ages 2 years - 3 years)

This youth and parent class is designed for 2 and 3-year-olds eager to explore the world of sports! Each session offers a variety of sports, including soccer, hockey, track and field, gym games, baseball, football, and basketball, providing a different experience for every class.

| Location | Days | Time | Member | Guest |
|------------------|------|----------------|--------|-------|
| Pawtucket Family | Mon. | 9 am - 9:45 am | \$30 | \$60 |
| | Wed. | 9 am - 9:45 am | \$30 | \$60 |

NINJAZONE

Lil' Ninjas (Ages 3 years - 5 years)

NinjaZone is a fusion of obstacle course training, gymnastics, parkour, and character building. These programs are the foundation of whole-body movement and the mind-body connection. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children build strength, agility, and learn at their own pace.

***This class has a one-time registration fee of \$35.**

| Location | Days | Time | Member | Guest |
|----------|--------|------------------|--------|-------|
| MacColl | Thurs. | 10 am - 10:45 am | \$40 | \$80 |
| | Sat. | 10 am - 10:45 am | \$40 | \$80 |

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 a space to creatively promote body awareness and self-esteem through exercise and game play. (Not instructor led)

| Location | Days | Time | Member | Guest |
|----------|---------------|-------------|--------|-------|
| MacColl | Mon. - Thurs. | 1 pm - 2 pm | FREE | \$14 |

PRESCHOOL POTPOURRI

Preschool Potpourri (Ages 3 years - 5 years)

Have your children take part in a different activity every week. Throughout the season, we will explore activities like cooking, building, stem, science experiments, sports and crafts.

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

RHYTHM ROCKERS

Rhythm Rockers (Ages 3 years - 5 years)

Play the day away in our fun music class! Participants will use their hands, feet, and boomwhackers to learn beats, rhythms, and songs. Classes will include instruction and fun music discovery.

***This class may require parent participation.**

| Location | Days | Time | Member | Guest |
|----------|-------|-------------------|--------|-------|
| MacColl | Tues. | 5:15 pm - 5:45 pm | \$30 | \$60 |

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!

***This class requires parent participation.**

| 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. Lots of fun, skill-building, and teamwork for active enthusiasts! Come learn a new sport every week!

***This program will not be offered in March.**

| Location | Days | Time | Member | Guest |
|------------------|------|------------------|--------|-------|
| MacColl | Wed. | 5:30 pm – 6 pm | \$30 | \$60 |
| Pawtucket Family | Mon. | 10 am – 10:45 am | \$30 | \$60 |
| | Wed. | 10 am – 10:45 am | \$30 | \$60 |

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. | 4 pm – 4:45 pm | \$40 | \$80 |
| | Mon. | 5:30 pm – 6:15 pm | \$40 | \$80 |
| | Tues. | 4:45 pm – 5:30 pm | \$40 | \$80 |
| | Wed. | 4:45 pm – 5:30 pm | \$40 | \$80 |
| | Wed. | 5:30 pm – 6:15 pm | \$40 | \$80 |
| | Thurs. | 4:45 pm – 5:30 pm | \$40 | \$80 |
| | Sat. | 9 am – 9:45 am | \$40 | \$80 |
| | Sat. | 10:30 am – 11:15 am | \$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 |

TASTE & EXPLORE

Taste & Explore (Ages 1 years – 4 years)

Learn about food, their tastes, and explore different ways to utilize them in this Parent/Child class

| Location | Days | Time | Member | Guest |
|------------------|------------------|---------------------|--------|-------|
| Pawtucket Family | Wed. Mar. 20 | 10:30 am – 11:30 am | FREE | \$14 |
| | Thurs. Mar 21 | 9 am – 10 am | 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 | Sat. | 11 am – 11:45 am | \$40 | \$80 |
| Pawtucket Family | Thurs. | 9 am – 9:45 am | \$40 | \$80 |
| | Sat. | 9 am – 9:45 am | \$40 | \$80 |



SCHOOL AGED



ARROW ADVENTURERS

Arrow Adventurers (Ages 7 years - 12 years)

Take aim in our exciting archery program! This program will introduce young archers to the art of the sport. Led by a licensed archery instructor, kids will learn safety and proper techniques while engaging in fun hands-on activities and games.

***Only offered in May 2024.**

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

ART EXPLOSION

Art Explosion (Ages 7 years - 12 years)

Join us for a blast of creativity, where we will ignite your artistic talents and let your imagination soar.

| Location | Days | Time | Member | Guest |
|----------|------|----------------|--------|-------|
| MacColl | Wed. | 6 pm - 6:45 pm | \$40 | \$80 |

BASKETBALL

Fundamentals (Ages 6 years - 9 years)

At the beginner basketball skills level, our athletes will focus on passing, shooting and dribbling. Drills, team play, and mini games will look to keep players alert and interested as they learn to practice and play the right way.

| Location | Days | Time | Member | Guest |
|----------|------|----------------|--------|-------|
| MacColl | Wed. | 6:15 pm - 7 pm | \$40 | \$80 |

Junior and Senior Skills & Drills (Ages 10 years - 17 years)

At the Jr. and Sr. Levels, our focus is to enhance drills of passing, shooting and dribbling. Drills, team play, and game like situations will look to keep players alert and interested as they learn to practice and play the right way. Players ages 10 - 12 will sign up for the Junior level and players ages 13 - 17 will sign up for the Senior level.

| Location | Days | Time | Member | Guest |
|----------|------|----------------|--------|-------|
| MacColl | Wed. | 7:15 pm - 8 pm | \$40 | \$80 |

League (Ages 6 years - 15 years)

Participants will play against each other on teams in an environment that focuses on competition, sportsmanship, learning, and fun.

| Location | Days | Time | Member | Guest |
|------------------|---------------------|------------------|--------|-------|
| MacColl | Sat. | Start Time: 8 am | \$40 | \$80 |
| Pawtucket Family | Sat. (Ages 4 - 6) | 9 am - 10 am | \$40 | \$80 |
| | Sat. (Ages 7 - 10) | 10 am - 11 am | \$40 | \$80 |
| | Sat. (Ages 11 - 15) | 11 am - 12 pm | \$40 | \$80 |

CHALLENGE COURSE TRAILBLAZERS

Challenge Course Trailblazers (Ages 7 years – 12 years)

Embark on a journey of teamwork and adventure with our Low Ropes Program! Navigate obstacles, problem solve, and conquer challenges while swinging your way through our engaging course.

***Only offered in May 2024.**

| Location | Days | Time | Member | Guest |
|----------|------|-------------|--------|-------|
| MacColl | Sat. | 1 pm – 2 pm | \$40 | \$80 |

CULINARY KIDS

Culinary Kids (Ages 5 years – 8 years)

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

| Location | Days | Time | Member | Guest |
|------------------|------|-------------|--------|-------|
| Pawtucket Family | Sat. | 1 pm – 2 pm | \$50 | \$100 |

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 | Tues. | 4:30 pm – 5:30 pm | \$50 | \$100 |
| | Thurs. | 4:30 pm – 5:30 pm | \$50 | \$100 |

Culinary Kids (Ages 9 years – 11 years)

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

| Location | Days | Time | Member | Guest |
|------------------|------|--------------------|--------|-------|
| Pawtucket Family | Sun. | 12:30 pm – 1:30 pm | \$50 | \$100 |

DANCE

Ballet (Ages 6 years – 8 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 | Sat. | 1 pm – 2 pm | \$40 | \$80 |



EXPERIMENTS & EXPLOSIONS

Experiments & Explosions (Ages 7 years - 12 years)

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

| Location | Days | Time | Member | Guest |
|----------|------|----------------|--------|-------|
| MacColl | Wed. | 5 pm - 5:45 pm | \$40 | \$80 |

FIT KIDS

Fit Kids (Ages 6 years - 9 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. | 5:45 pm - 6:30 pm | FREE | \$14 |
| | Thurs. | 4 pm - 4:45 pm | FREE | \$14 |

FUNDAMENTALS OF MUSIC

Fundamentals of Music (Ages 5 years - 17 years)

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

| Location | Days | Time | Member | Guest |
|------------------|---------------------|-------------------|--------|-------|
| Pawtucket Family | Tues. (Ages 5 - 7) | 4:45 pm - 5:15 pm | \$40 | \$80 |
| | Tues. (Ages 8 - 13) | 6 pm - 6:30 pm | \$40 | \$80 |

INTRO TO SKETCHING, DRAWING, AND COLORED PENCILS

Intro to Sketching, Drawing, and Colored Pencils (Ages 10 years - 17 years)

Come work on the fundamentals of pencil sketching, doodling, and blending colored pencils. Let your creativity soar!

| Location | Days | Time | Member | Guest |
|------------------|------|-------------------|--------|-------|
| Pawtucket Family | Wed. | 6:30 pm - 7:30 pm | \$50 | \$100 |

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 AND CONDITIONING

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

A strength and conditioning program designed to aide participants 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 participants closer to their fitness goals. Participants are encouraged to register for both Tuesdays and Thursdays to maximize the program.

| Location | Days | Time | Member | Guest |
|----------|--------------|-------------------|--------|-------|
| MacColl | Tues./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 | Mar. 3 | 12 pm - 3 pm | FREE | \$5 |
| | Apr. 7 | 12 pm - 3 pm | FREE | \$5 |
| | May. 5 | 12 pm - 3 pm | FREE | \$5 |

MAGIC THE GATHERING

Magic the Gathering (Ages 10 years - 17 years)

Enter into a fantasy world. Explore new characters, locations, and challenge your opponents.

| Location | Days | Time | Member | Guest |
|------------------|--------|-------------|--------|-------|
| Pawtucket Family | Thurs. | 6 pm - 7 pm | FREE | \$14 |

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. 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 |

MOVIE NIGHT

Movie Night (Ages 6 years – 11 years)

Come dressed in your comfy clothes and enjoy a family movie together. At the Y, we help families enjoy quality time together!

| Location | Days | Time | Member | Guest |
|------------------|--------|-------------------|--------|-------|
| Pawtucket Family | May 22 | 5:30 pm – 7:30 pm | \$2 | \$5 |

REELIN’ IT IN

Reelin’ It In (Ages 7 years – 12 years)

Cast off in our exciting fishing program! Join us as we explore the wonders of fishing, learn new skills, and reel in unforgettable memories.

*Only offered in May 2024.

| Location | Days | Time | Member | Guest |
|----------|------|---------------|--------|-------|
| MacColl | Sat. | 10 am – 11 am | \$40 | \$80 |

RHYTHM ROCKERS

Rhythm Rockers (Ages 6 years – 8 years)

Play the day away in our fun music class! Participates will use their hands, feet, and boomwhackers to learn beats, rhythms, and songs. Classes will include instruction and song creation.

| Location | Days | Time | Member | Guest |
|----------|-------|-------------------|--------|-------|
| MacColl | Tues. | 6:15 pm – 6:45 pm | \$30 | \$60 |

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 |

SPORTS MEDLEY

Sports Medley (Ages 6 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!

*This program will not be offered at MacColl in March.

| Location | Days | Time | Member | Guest |
|------------------|-----------------------|-------------------|--------|-------|
| MacColl | Wed. | 6:30 pm – 7 pm | \$30 | \$60 |
| Pawtucket Family | Fri. (Ages 9 – 12) | 5:30 pm – 6:30 pm | \$30 | \$60 |

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. | 4:45 pm - 5:30 pm | \$40 | \$80 |
| | Wed. | 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. | 8:15 am - 9 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 SKILLS & CONDITIONING

Tumbling Skills & Conditioning (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 | Thurs. | 6 pm – 6:45 pm | \$40 | \$80 |

Tumbling Skills & Conditioning (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 pm – 6:45 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 | \$40 | \$80 |
| Pawtucket Family | Sat. | 9 am – 10 am | \$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 | \$40 | \$80 |
| Pawtucket Family | Sat. | 10 am – 11 am | \$30 | \$60 |

YOUTH FITNESS ORIENTATION

Youth Strength Training (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 | Mar. 16 | 11 am – 1 pm | \$30 | N/A |
| | Apr. 27 | 11 am – 1 pm | \$30 | N/A |
| | May 18 | 11 am – 1 pm | \$30 | N/A |

YOUTH PICKLEBALL

Youth Pickleball (Ages 6 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 | Fri. | 5 pm – 6 pm | \$40 | \$80 |





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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 |

ARROW ADVENTURERS

Arrow Adventurers (Ages 7 years - 12 years)

Take aim in our exciting archery program! This program will introduce young archers to the art of the sport. Led by a licensed archery instructor, kids will learn safety and proper techniques while engaging in fun hands-on activities and games.

***Only offered in May 2024.**

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

ART EXPLOSION

Art Explosion (Ages 7 years - 12 years)

Join us for a blast of creativity, where we will ignite your artistic talents and let your imagination soar.

| Location | Days | Time | Member | Guest |
|----------|------|----------------|--------|-------|
| MacColl | Wed. | 6 pm - 6:45 pm | \$40 | \$80 |

BOXING

Boxing (Ages 13 years - 18 years)

Learn the basics of boxing including: striking, head movement, stance, and pad holding. All striking is done on pads. This four week course will introduce you to the basics of boxing.

| Location | Days | Time | Member | Guest |
|----------|--------------|-------------------|--------|-------|
| MacColl | Tues./Thurs. | 4:30 pm - 5:30 pm | \$50 | \$100 |



CHALLENGE COURSE TRAILBLAZERS

Challenge Course Trailblazers (Ages 7 years - 12 years)

Embark on a journey of teamwork and adventure with our Low Ropes Program! Navigate obstacles, problem solve, and conquer challenges while swinging your way through our engaging course.

***Only offered in May 2024.**

| Location | Days | Time | Member | Guest |
|----------|------|-------------|--------|-------|
| MacColl | Sat. | 1 pm - 2 pm | \$40 | \$80 |

FUNDAMENTALS OF MUSIC

Fundamentals of Music (Ages 5 years - 17 years)

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

| Location | Days | Time | Member | Guest |
|------------------|----------------------|-------------------|--------|-------|
| Pawtucket Family | Tues. (Ages 7 - 13) | 6 pm - 6:30 pm | \$40 | \$80 |
| | Tues. (Ages 14 - 17) | 5:15 pm - 5:45 pm | \$40 | \$80 |

INTRO TO SKETCHING, DRAWING, AND COLORED PENCILS

Intro to Sketching, Drawing, and Colored Pencils (Ages 10 years - 17 years)

Come work on the fundamentals of pencil sketching, doodling, and blending colored pencils. Let your creativity soar!

| Location | Days | Time | Member | Guest |
|------------------|------|-------------------|--------|-------|
| Pawtucket Family | Wed. | 6:30 pm - 7:30 pm | \$50 | \$100 |

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 |



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KID'S STRENGTH AND CONDITIONING

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

A strength and conditioning program designed to aide participants 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 participants closer to their fitness goals. Participants are encouraged to register for both Tuesdays and Thursdays to maximize the program.

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

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 | Mar. 17 | 12 pm - 3 pm | FREE | N/A |
| | Apr. 21 | 12 pm - 3 pm | FREE | N/A |
| | May. 19 | 12 pm - 3 pm | FREE | N/A |

MAGIC THE GATHERING

Magic the Gathering (Ages 10 years - 17 years)

Enter into a fantasy world. Explore new characters, locations, and challenge your opponents.

| Location | Days | Time | Member | Guest |
|------------------|--------|-------------|--------|-------|
| Pawtucket Family | Thurs. | 6 pm - 7 pm | FREE | \$14 |

REELIN' IT IN

Reelin' It In (Ages 7 years - 12 years)

Cast off in our exciting fishing program! Join us as we explore the wonders of fishing, learn new skills, and reel in unforgettable memories.

***Only offered in May 2024.**

| Location | Days | Time | Member | Guest |
|----------|------|---------------|--------|-------|
| MacColl | Sat. | 10 am - 11 am | \$40 | \$80 |

SPORTS MEDLEY

Sports Medley (Ages 9 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 |
|------------------|------|-------------------|--------|-------|
| Pawtucket Family | Fri. | 5:30 pm - 6:30 pm | \$30 | \$60 |

SWIM LESSONS

Swim Lessons (Ages 13 years - 17 years)

This class teaches teens 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 | Sat. | 12 pm - 12:45 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 |

TEEN STRENGTH AND CONDITIONING

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

A strength and conditioning program designed to aide participants 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 participants closer to their fitness goals. Participants are encouraged to register for both Tuesdays and Thursdays to maximize the program.

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

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 | \$25 |

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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 | \$40 | \$80 |

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 |



ACADEMY

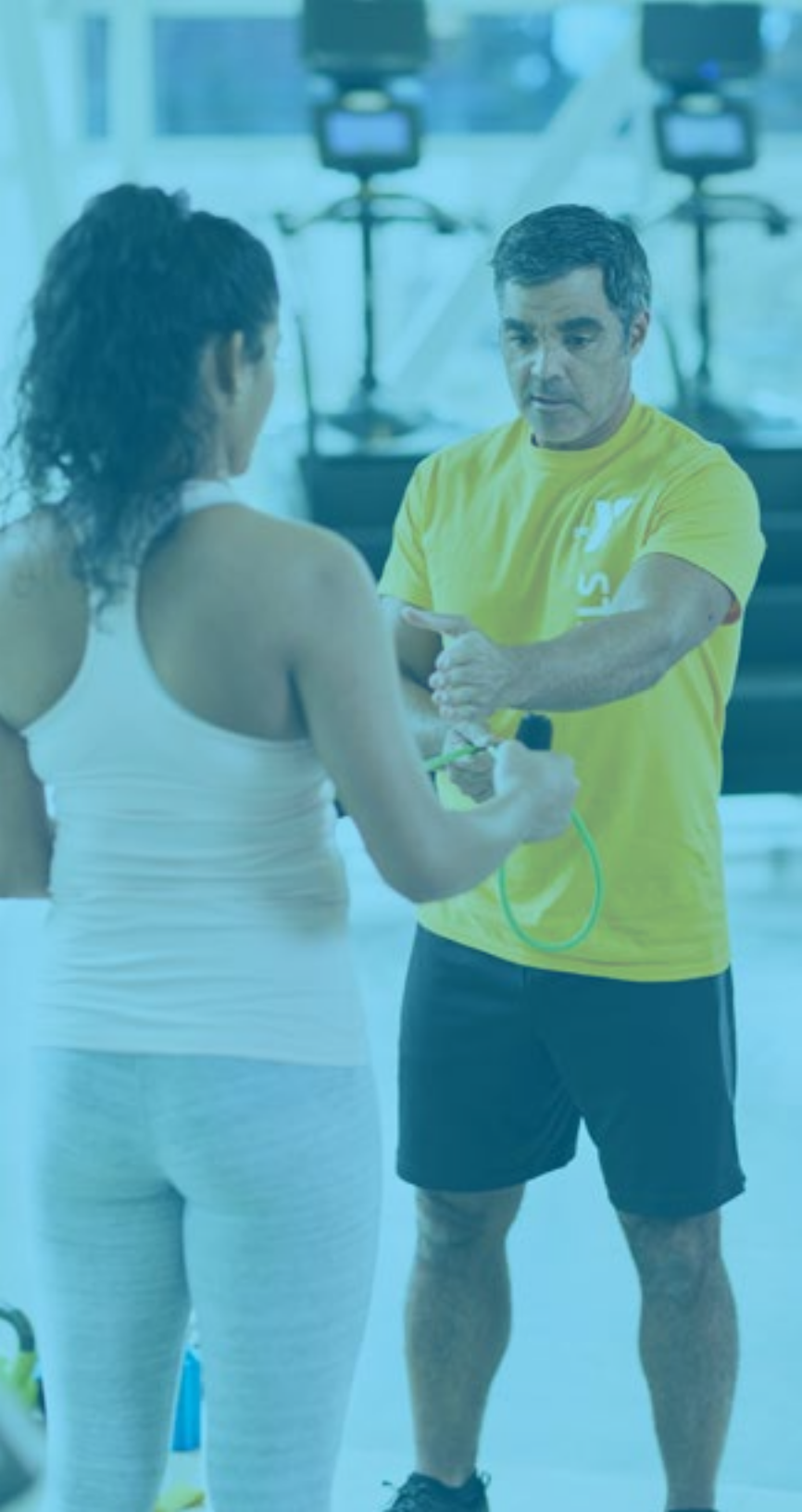
CULINARY ACADEMY

Culinary Academy (Ages 12 years - 17 years)

Create the perfect recipe in the kitchen for your teens after school. This fun cooking class teaches essential techniques, such as sautéing, while they work alongside their peers. They will build on new skills weekly and learn a variety of menus. Let's get Cooking!

| Location | Days | Time | Member | Guest |
|------------------|------|-------------------|--------|-------|
| Pawtucket Family | Sun. | 1:45 pm - 2:45 pm | \$50 | \$100 |

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 |

BADMINTON**Badminton** (Ages 18+)

Join us for Badminton at MacColl! Games are allotted for a variety of skilled players from beginners to competitive play! Badminton is a great social game to keep you healthy and enhance your skills!

| Location | Days | Time | Member | Guest |
|----------------|--------|-------------------|--------|-------|
| MacColl | Thurs. | 6 :15pm - 8:30 pm | FREE | \$25 |

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

Join our Adult Basketball Program for fitness, friendly competition, and the thrill of the game.

| Location | Days | Time | Member | Guest |
|----------------|---------|------------|-----------------|-----------------|
| MacColl | Sundays | 8 am Start | \$1000 per team | \$1000 per team |

Adult Men's 3-on-3 League (Ages 18+)

Join our 3 on 3 men's league. Community, Connection and Fun! Games will be played in 2, 15-min halves. Jerseys not provided.

| Location | Days | Time | Member | Guest |
|-------------------------|---------|-------------|--------|-------|
| Pawtucket Family | Fridays | 6 pm - 9 pm | \$80 | \$100 |

BOOK CLUB**Book Club** (Ages 18+)

Expand your literary horizons and join our Book Club! Each member takes a turn to recommend books to read and discuss. You'll be exposed to new genres and books, share your favorite books and make new friends.

| Location | Days | Time | Member | Guest |
|-------------------------|---------|-----------------|--------|-------|
| Pawtucket Family | Mar. 15 | 11:30 am - 1 pm | FREE | \$10 |
| | Apr. 19 | 11:30 am - 1 pm | FREE | \$10 |
| | May 17 | 11:30 am - 1 pm | FREE | \$10 |

BOXING

Boxing (Ages 13 years - 18 years)

Learn the basics of boxing including: striking, head movement, stance, and pad holding. All striking is done on pads. This four week course will introduce you to the basics of boxing.

| Location | Days | Time | Member | Guest |
|----------|--------------|-------------------|--------|-------|
| MacColl | Tues./Thurs. | 4:30 pm - 5:30 pm | \$50 | \$100 |

COFFEE & CONNECTION

Coffee & Connection (Ages 18+)

Make new friends, join old friends for coffee, board games, snacks and discussion. ***Members Only**

| Location | Days | Time | Member | Guest |
|------------------|--------|-----------------|--------|-------|
| Pawtucket Family | Mar. 1 | 8:30 am - 12 pm | FREE | N/A |
| | Apr. 5 | 8:30 am - 12 pm | FREE | N/A |
| | May 3 | 8:30 am - 12 pm | FREE | N/A |

COOKING

Cooking (Ages 18+)

Get cozy in the kitchen with our NEW Adult Cooking Classes, offered in collaboration with the RI Food Bank. Take your cooking to the next level, experiment with new techniques, learn new recipes, make new friends and have fun!

| Location | Days | Time | Member | Guest |
|------------------|------|-----------------|--------|-------|
| Pawtucket Family | Fri. | 11:30 am - 1 pm | FREE | \$14 |

FUNDAMENTALS OF MUSIC

Fundamentals of Music (Ages 18+)

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

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

IRON MAIDENS

Iron Maidens (Ages 18+)

For female lifters of all Levels! This multi 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. | 6 pm - 7 pm | \$100 | \$200 |
| | Tues./Thurs. | 7 pm - 8 pm | \$100 | \$200 |
| | Fri. | 9:30 am - 10:30 am | \$50 | \$100 |

KARATE

Karate (Ages 18+)

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. | 10 am | \$100 for 6 sessions | |

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 | \$40 | \$80 |
| Pawtucket Family | Mon. | 10 am - 11 am (Advanced) | \$99 | \$99 |
| | Wed. | 9 am - 10 am (Beginner) | \$99 | \$99 |
| | Wed. | 10 am - 11 am (Advanced) | \$99 | \$99 |

Open Play Pickleball (Ages 18+)

Join us for Open Play Pickleball at MacColl! This pick-up game allows for a variety of skilled players to come together to play the sport.

| Location | Days | Time | Member | Guest |
|-------------------------|--------------|----------------|--------|-------|
| MacColl | Tues. | 6 pm - 8:30 pm | \$10 | \$25 |
| Pawtucket Family | Mon. | 9 am - 10 am | FREE | \$10 |

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 |
| | Mon. | 7:45 pm - 8:30 pm | \$40 | \$80 |
| | Wed. | 7 pm - 7:45 pm | \$40 | \$80 |
| | Wed. | 7:45 pm - 8:30 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 |

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 | \$25 |

2nd Annual Indoor Triathlon

Sunday, March 10, 2024

The MacColl YMCA is please to announce the
2nd Annual Indoor Triathlon!

Check-in starts at 7:30 am and the first heat
goes off at 8:00 am. Participants will be provided
heat times after registration closes based on
experience.

The event will consist of a 10-minute indoor
swim, 30-minute indoor bike, and a 20-minute
indoor run.

Tri something fun, no experience needed!.

Registration is \$50 per person and can be
completed using the QR code on the last page.

An email will be sent to you within 24 hours
of signing up with a form for us to gather key
information from you.



National Senior Health & Fitness Day

Wednesday, May 29, 2024

National Senior Health & Fitness Day is an annual health and wellness event for older adults. The 31st annual event is set for Wednesday, May 29, 2024. More than 100,000 older adults will participate in these local health events across the country. The goals of National Senior Health & Fitness Day are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities.

Fitness activities will include low-impact exercises, health screenings, health information tables, and more! Join us for this FREE event!



ADULTS / SENIORS

FAMILIES



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, gum, 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.

FAMILYES

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 | \$25 |

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 | Mar. 10 | 12 pm - 3 pm | FREE | \$10 per family |
| | Apr. 14 | 12 pm - 3 pm | FREE | \$10 per family |
| | May 12 | 12 pm - 3 pm | FREE | \$10 per family |



PARENTS NIGHT OUT

Parents Night Out (Ages 5 years - 11 years)

This event is a three hour drop off program where your children will have the opportunities to swim, join in on sports, crafts and much more. This program will be for school age kids from grades K-5.

| Location | Days | Time | Member | Guest |
|------------------|---------|----------------|--------|-------|
| MacColl | Mar. 15 | 6 pm - 9 pm | \$15 | \$30 |
| | Apr. 26 | 6 pm - 9 pm | \$15 | \$30 |
| | May 17 | 6 pm - 9 pm | \$15 | \$30 |
| Pawtucket Family | Mar. 15 | 5 pm - 7:45 pm | \$15 | \$30 |
| | Apr. 19 | 5 pm - 7:45 pm | \$15 | \$30 |
| | May 17 | 5 pm - 7:45 pm | \$15 | \$30 |



FAMILIES

Healthy Kids Day

Saturday, April 20, 2024

Join us for Healthy Kids Day on Saturday, April 20th! Bring your family and friends to Healthy Kids Day at the Y and celebrate all the ways the Y helps build healthy, resilient kids through engaging programs, physical activity, nutritious foods, learning opportunities, and more.

Food, fun, games, and more are in store at Healthy Kids Day! Join us, and bring friends for this FREE, family-friendly event at the MacColl and Pawtucket Family YMCA branches.



NEW! Lü Indoor Interactive Playground

Lü is an interactive, indoor playground that uses lights, sounds, and video to transform our indoor space into an engaging, immersive video game! Our traditional indoor play area will be transformed into an immersive and interactive space using purposeful activities and audiovisual equipment.

New state of the art programs for kids, teens, and families coming soon! Stop by the Pawtucket Family Y's Welcome Center, update your contact information and stay in the know with all new programs and events today!





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: February 12th

Guest Registration Begins: February 19th

**Scan or click on the
QR code to register!**



**Not a member yet? Sign up for a membership and a program
at the same time throughout the month of March and receive
a second program for FREE!**

**Offer only available when registering in-house.*

OUR MISSION:

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