

SUMMER PROGRAM GUIDE

June, July,
and August



**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.

Academy 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

Summer Session: June 2024, July 2024, and August 2024

Member Registration Opens: May 13th

Guest Registration Opens: May 20th

- 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 June programs, the automatic payment will be processed on May 25th
- For July programs, the automatic payment will be processed on June 25th
- For August programs, the automatic payment will be processed on July 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.



OUR PROGRAM MODEL

The YMCA of Pawtucket implemented a new monthly program model at the beginning of 2024. With the new model, participants can register for multiple months of programming at one time, without a 6-week or more commitment to just one class. Our goal is to allow members to try as many classes as they choose at a lower cost and with a shorter commitment. Our new programming model also introduces Academies. Academies are programs that last the entire session (typically 12 to 16 weeks) without requiring participants to register each month.



Specifically for swim lessons, we adapted the Y-USA Swim Lesson Curriculum to our new model to ensure that all participants are still learning quality swim safety skills. Our registration is now organized by age group (Parent & Child, Preschool, Youth, Teen, and Adult) to offer flexibility when finding a day and time that works for you and/or your family. Every participant's swimming ability will be evaluated during their first class of the month (unless it has been done previously). Our Deck Managers will then place each participant in a class with other participants who are at equal or similar stages of skill. This process occurs during the first 5 minutes of the first class. During each swim lesson, we are constantly evaluating each participant and can advance a participant to the next stage without having to wait until the session ends. During the last class of the month, every participant will be given an evaluation form notifying them of what stage they ended the month in.

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 reduced rate 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 when your visit a facility to join. Please speak with a membership representative with any questions.



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 – 5 pm

***Summer Hours:** 7 am – 7 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

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



Early Learning Centers

Davies ELC

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

Heritage Park ELC

333 Roosevelt Avenue
Pawtucket, RI 02860
(401) 727.7050

Four Corners ELC

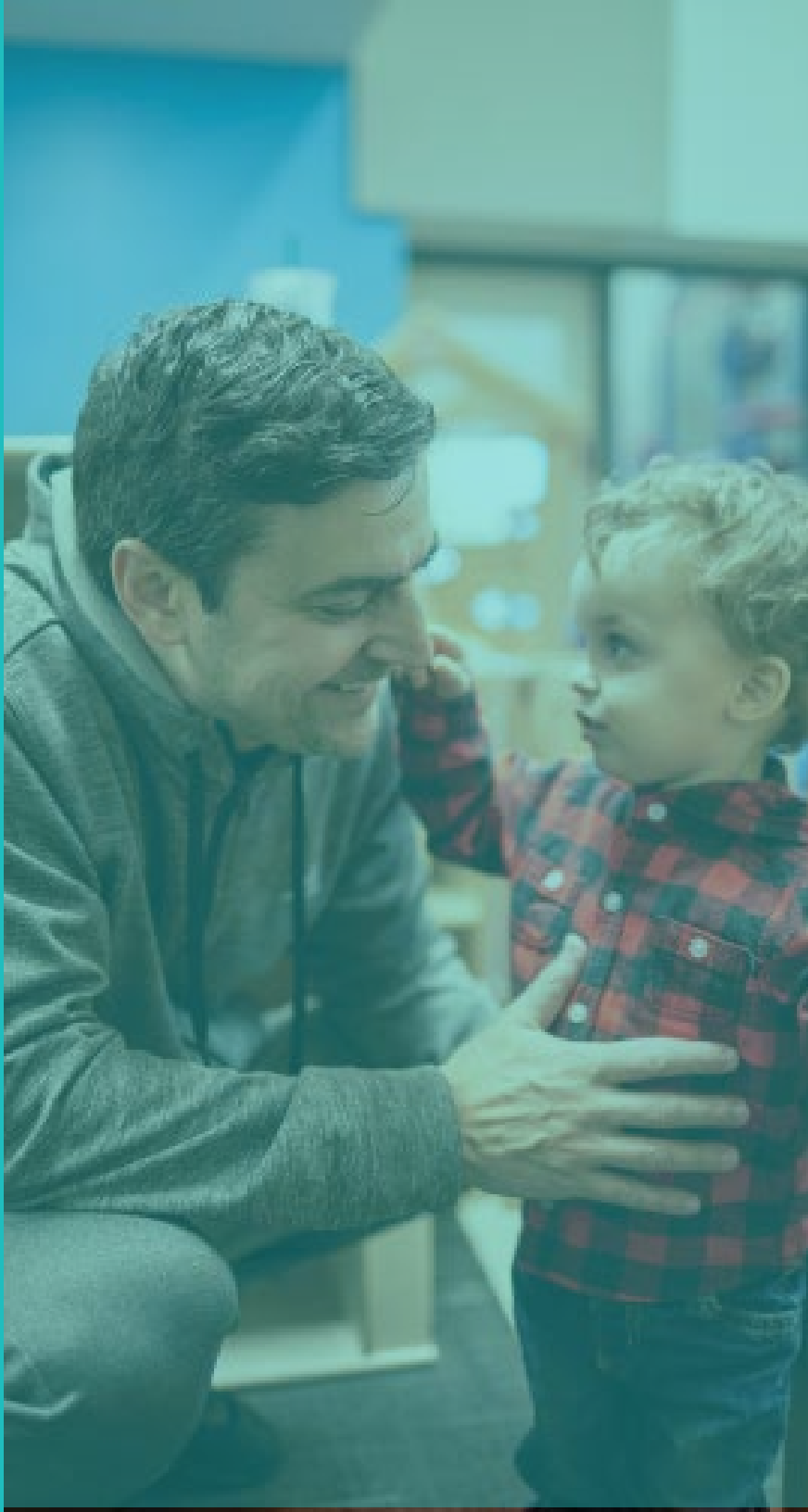
160 Bear Hill Road
Cumberland, RI 02864
(401) 616.3652

Lincoln Child Development Center

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



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	Sat.	9 am - 9:30 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

STORYTELLING SNACK TIME

Storytelling Snack Time (Ages 2 years - 5 years)

Welcome to Storytelling Snack Time, where imagination meets delicious treats! Our program combines the joy of storytelling with the delight of enjoying a tasty snack, creating a magical experience for preschool kids. All children participating in Storytelling Snack Time are required to bring their own snacks.

Location	Days	Time	Member	Guest
MacColl	Wed.	12 pm - 12:30 pm	FREE	\$25

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 - 10:30 am	\$30	\$60
	Sat.	9 am - 9:30 am	\$30	\$60
	Sat.	9:30 am - 10 am	\$30	\$60
Pawtucket	Sat.	8:45 am - 9:15 am	\$30	\$60

WALKING INTO PLAY

Walking into Play (Ages 1 year - 2 years)

Children will personalize their learning throughout each week with activities geared towards a specific theme. This age group is becoming more independent. They will be introduced to activities that include movement, sharing, creative areas, language and literacy. They will explore movement and fine motor skills through play, activities and story reading.

Location	Days	Time	Member	Guest
MacColl (Mon. - Thurs.)	Week 1 (Jun. 24 - Jun. 27)	8:30 am - 9:15 am	FREE	\$40
	Week 2 (Jul. 1 - Jul.3)	8:30 am - 9:15 am	\$30	\$60
	Week 3 (Jul. 8 - Jul. 11)	8:30 am - 9:15 am	\$40	\$80
	Week 4 (Jul. 15 - Jul. 18)	8:30 am - 9:15 am	\$40	\$80
	Week 5 (Jul. 22 - Jul. 25)	8:30 am - 9:15 am	\$40	\$80
	Week 6 (Jul. 29 - Aug. 1)	8:30 am - 9:15 am	\$40	\$80
	Week 7 (Aug. 5 - Aug. 8)	8:30 am - 9:15 am	\$40	\$80
	Week 8 (Aug. 12 - Aug. 15)	8:30 am - 9:15 am	\$40	\$80
	Week 9 (Aug. 19 - Aug. 22)	8:30 am - 9:15 am	\$40	\$80
	Week 10 (Aug. 26 - Aug. 29)	8:30 am - 9:15 am	\$40	\$80



P R E S C H O O L



ART

ABC's and Art with Alyson (Ages 4 years - 7 years)

Advance your child's early reading skills through story time and a coordinating craft to get their creativity flowing!

Location	Days	Time	Member	Guest
Pawtucket	Sat.	9 am - 10:15 am	\$30	\$60

Lil' Artists (Ages 3 years - 5 years)

Bring your best paint brush and get ready to mix all the colors of the rainbow! Come join us on Saturday mornings for a story read aloud and a craft to follow!

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

BASEBALL

Lil' Baserunners (Ages 3 years - 5 years)

This class will introduce the fundamentals of throwing, catching, fielding and batting with the help of a parent. Equipment will be provided but children are encouraged to bring their own gloves.

***This class requires parent participation.**

Location	Days	Time	Member	Guest
MacColl	Tues.	5:30 pm - 6 pm	\$30	\$60

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	Mon.	5:30 pm - 6 pm	\$30	\$60

COME THROUGH, CHECK OUT THE LU!

Come Through, Check Out the Lu! (Ages 5 years - 10 years)

Lu is an interactive, indoor playground that uses lights, sounds and video to transform our indoor space into an engaging, immersive video game! Come check it out!

Location	Days	Time	Member	Guest
Pawtucket	Fri.	5:30 pm - 6:30 pm	FREE	\$10

COOKING

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	Sat.	1 pm - 2 pm	\$50	\$100

Lil' Chefs (Ages 3 years - 5 years)

Come cook breakfast on Saturday mornings with us over at MacColl! Each week we will be learning a new recipe in which we can share with our families after!

Location	Days	Time	Member	Guest
MacColl	Sat.	9 am - 9:45 am	\$50	\$100

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	Fri.	5 pm - 5:45 pm	\$40	\$80

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

FUNDAMENTALS OF MUSIC

Fundamentals of Music (Ages 5 years - 7 years)

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

Location	Days	Time	Member	Guest
Pawtucket	Tues.	4:45 pm - 5:15 pm	\$40	\$80

GYM & SWIM

Gym & Swim (Ages 3 years - 5 years)

Get your child moving with our gym and swim program! Participate in sports, games, and swimming with your little one!

Location	Days	Time	Member	Guest
Pawtucket	Mon.	10:30 am - 12 pm	\$30	\$60

INDOOR ROCK CLIMBING

Indoor Rock Climbing (Ages 3 years - 17 years)

Join us as we reopen our rock wall! Rock Climbing is an exciting way to exercise, challenging your body and your mind. Take your fitness to new heights!

Location	Days	Time	Member	Guest
Pawtucket	Sun.	11 am - 12 pm	\$40	\$80

Lil' Climbers (Ages 3 years - 5 years)

Designed specifically for young adventurers, our program offers a fun and safe environment where children can learn the basics of climbing while building confidence and coordination. Under the guidance of our experienced instructors, kids will explore colorful climbing walls, conquer fun challenges, and make new friends along the way!

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

Climbing Club (Ages 3+)

Experience the thrill of indoor climbing at MacColl. Our Climbing Club offers a diverse range of routes for climbers of all levels, from beginners to seasoned pros. Join us for a dynamic and exhilarating adventure as you challenge yourself on our climbing walls. With instruction and a supportive community, Climbing Club is the perfect place to discover the joy of climbing in a safe and welcoming environment. Come climb with us and reach new heights!

Location	Days	Time	Member	Guest
MacColl	Mon.	4 pm - 6 pm	\$40	\$80
	Tues.	7:30 pm - 8:30 pm		
	Wed.	4 pm - 6 pm		
	Thurs.	7:30 pm - 8:30 pm		
	Fri.	4 pm - 6 pm		
	Sat.	8 am - 11 am		
	Sat.	3 pm - 5 pm		

Open Climb (Ages 3+)

Open Climb is a program available for YMCA members and guests. Members are welcome to use the wall for free during Open Climb and our Guests are welcome to use the wall with the purchase of a day pass to our facility. No previous climbing experience necessary and there will be a belay-certified Y staff member available to assist.

Location	Days	Time	Member	Guest
MacColl	Sun.	12 pm - 3 pm	FREE	\$25
	Wed.	6:30 pm - 8:30 pm	FREE	\$25
	Sat.	11 am - 12 pm	FREE	\$25
	Sat.	5 pm - 6 pm	FREE	\$25

LITTLE LIFE PRESCHOOL

Little Life Preschool (Ages 3 years - 5 years)

Gearing up for school can be overwhelming and exciting at the same time. This exploration group allows children from ages 3-5 to explore Preschool scenarios such as story time, movement breaks, creative play arts and crafts, and helpful communication skills.

Location	Days	Time	Member	Guest
MacColl (Mon. - Thurs.)	Week 1 (Jun. 24 - Jun. 27)	10 am - 11:30 am	FREE	\$40
	Week 2 (Jul. 1 - Jul. 3)	10 am - 10:30 am	\$30	\$60
	Week 3 (Jul. 8 - Jul. 11)	10 am - 11:30 am	\$40	\$80
	Week 4 (Jul. 15 - Jul.,18)	10 am - 11:30 am	\$40	\$80
	Week 5 (Jul. 22 - Jul. 25)	10 am - 11:30 am	\$40	\$80
	Week 6 (Jul. 29 - Aug. 1)	10 am - 11:30 am	\$40	\$80
	Week 7 (Aug. 5 - Aug. 8)	10 am - 11:30 am	\$40	\$80
	Week 8 (Aug 12. - Aug. 15)	10 am - 11:30 am	\$40	\$80
	Week 9 (Aug, 19 - Aug. 22)	10 am - 11:30 am	\$40	\$80
	Week 10 (Aug. 26 - Aug. 29)	10 am - 11:30 am	\$40	\$80

MOVEMENT IN THE MORNING

Movement in the Morning (Ages 3 years - 5 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	Tues.	10:30 am - 11:15 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 fee of \$35 for the uniform.**

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

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	Thurs.	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!

Location	Days	Time	Member	Guest
MacColl	Fri	5:30 pm - 6 pm	FREE	\$25

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.	10:45 am - 11:25 am	\$40	\$80
	Mon.	4 pm - 4:40 pm	\$40	\$80
	Mon.	5:30 pm - 6:10 pm	\$40	\$80
	Tues.	4:45 pm - 5:25 pm	\$40	\$80
	Tues.	6:15 pm - 6:55 pm	\$40	\$80
	Wed.	4:00 pm - 4:40 pm	\$40	\$80
	Wed.	5:30 pm - 6:10 pm	\$40	\$80
	Thurs.	4:45 pm - 5:25 pm	\$40	\$80
	Thurs.	6:15 pm - 6:55 pm	\$40	\$80
	Sat.	9 am - 9:40 am	\$40	\$80
Sat.	10:30 am - 11:10 am	\$40	\$80	
Pawtucket	Tues.	4 pm - 4:40 pm	\$40	\$80
	Tues.	5:30 pm - 6:10 pm	\$40	\$80
	Thurs.	4:45 pm - 5:25 pm	\$40	\$80
	Thurs.	6:15 pm - 6:55 pm	\$40	\$80
	Sat.	9:30 am - 10:10 am	\$40	\$80
	Sat.	11 am - 11:40 am	\$40	\$80

STORYTELLING SNACK TIME

Storytelling Snack Time (Ages 2 years - 5 years)

Welcome to Storytelling Snack Time, where imagination meets delicious treats! Our program combines the joy of storytelling with the delight of enjoying a tasty snack, creating a magical experience for preschool kids. All children participating in Storytelling Snack Time are required to bring their own snacks.

Location	Days	Time	Member	Guest
MacColl	Wed.	12 pm - 12:30 pm	FREE	\$25

TINY TACKLERS

Tiny Tacklers (Ages 3 years - 5 years)

A fun flag football program designed for youth to work on their skills while learning the game of football. Participants will work on the basics of passing, catching, running, and team play while learning the rules of the game with the help of a parent.

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

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	Thurs.	9:45 am - 10:30 am	\$30	\$60



SCHOOL AGED



ART

ABC's and Art with Alyson (Ages 4 years - 7 years)

Advance your child's early reading skills through story time and a coordinating craft to get their creativity flowing!

Location	Days	Time	Member	Guest
Pawtucket	Sat.	9 am - 10:15 am	\$30	\$60

BASKETBALL

Junior Skills & Drills (Ages 6 years - 9 years)

At the Jr. 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	Mon.	6:15 pm - 7 pm	\$40	\$80

Senior Skills & Drills (Ages 10 years - 12 years)

At the Sr. level, 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.

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

Outdoor Basketball League (Ages 6 years - 9 years)

★ACADEMY

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

This will be a 12 week league with the first week being an evaluation for all players. Players and teams will also have a practice every Monday prior to their outdoor game on Wednesday night.

***All games will be held at MacColl.**

Location	Days	Time	Member	Guest
MacColl	Mon. (Practice)	6:15 pm - 8:30 pm	\$120	\$240
	Wed. (Games)	6:15 pm - 8:30 pm		
Pawtucket	Mon. (Practice)	6:15 pm - 8:30 pm	\$120	\$240
	Wed. (Games)	6:15 pm - 8:30 pm		



COME THROUGH, CHECK OUT THE LU!

Come Through, Check Out the Lu! (Ages 5 years - 10 years)

Lu is an interactive, indoor playground that uses lights, sounds and video to transform our indoor space into an engaging, immersive video game! Come check it out!

Location	Days	Time	Member	Guest
Pawtucket	Fri.	5:30 pm - 6:30 pm	FREE	\$14

CRAFTOPIA

Craftopia (Ages 6 years - 12 years)

Craftopia encourages your child to draw, paint and craft projects, so they can develop their artistic talents and expression. Our Craftopia class gives kids a creative outlet that allows their imaginations to flourish.

Location	Days	Time	Member	Guest
MacColl	Wed.	6:15 pm - 7 pm	\$50	\$100

COOKING

Culinary Kids (Ages 5 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	Sat. (Ages 5 - 8)	1 pm - 2 pm	\$50	\$100
	Sun. (Ages 9 - 11)	12:30 pm - 1:30 pm	\$50	\$100

Jr. Chefs (Ages 6 years - 9 years)

Come explore new flavors and recipes with us over at MacColl where kids will enjoy learning to cook and enjoy their delicious creations too!

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

Sr. Chefs (Ages 10 years - 12 years)

Come explore new flavors and recipes with us over at MacColl where kids will enjoy learning to cook and enjoy their delicious creations too!

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

DANCE

Dance Medley (Ages 6 years - 11 years)

Dance Medley will focus on the awareness of alignment, coordination and rhythm while teaching many basic steps and dance positions. Dancers will be taught how to properly stretch and warm up their bodies. Our Dancers will learn new movements and dance combos each week! Instill a love of music and dance in your growing child

Location	Days	Time	Member	Guest
MacColl	Fri. (Ages 6 - 8)	6 pm - 6:45 pm	\$40	\$80
	Fri. (Ages 9 - 11)	7 pm - 7:45 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

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	Sat.	10:30 am - 11:30 am	\$30	N/A

FLAG FOOTBALL

Fundamentals (Ages 6 years - 9 years)

A fun flag football program designed for youth to work on their skills while learning the game of football. Participants will work on the basics of passing, catching, route running, and team play while learning the rules of the game. * Games are 6 on 6 and will take place on our field.

Location	Days	Time	Member	Guest
MacColl	Tues.	6:45 pm - 7:30 pm	\$40	\$80

Skills & Drills (Ages 10 years - 12 years)

A fun, fast-paced flag football program designed for youth to work on their skills while learning the game of football. Participants will work on the basics of passing, catching, route running, and team play while learning the rules of the game.

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

INDOOR ROCK CLIMBING

Jr. Climbers (Ages 6 years - 11 years)

Designed specifically for young adventurers, our program offers a fun and safe environment where children can learn the basics of climbing while building confidence and coordination. Under the guidance of our experienced instructors, kids will explore colorful climbing walls, conquer fun challenges, and make new friends along the way!

Location	Days	Time	Member	Guest
MacColl	Tues.	6:30 pm - 7:15 pm	\$40	\$80
	Thurs.	6:30 pm - 7:15 pm	\$40	\$80



Climbing Club (Ages 3+)

Experience the thrill of indoor climbing at MacColl. Our Climbing Club offers a diverse range of routes for climbers of all levels, from beginners to seasoned pros. Join us for a dynamic and exhilarating adventure as you challenge yourself on our climbing walls. With instruction and a supportive community, Climbing Club is the perfect place to discover the joy of climbing in a safe and welcoming environment. Come climb with us and reach new heights!

Location	Days	Time	Member	Guest
MacColl	Mon.	4 pm - 6 pm	\$40	\$80
	Tues.	7:30 pm - 8:30 pm		
	Wed.	4 pm - 6 pm		
	Thurs.	7:30 pm - 8:30 pm		
	Fri.	4 pm - 6 pm		
	Sat.	8 am - 11 am		
	Sat.	3 pm - 5 pm		

Open Climb (Ages 3+)

Open Climb is a program available for YMCA members and guests. Members are welcome to use the wall for free during Open Climb and our Guests are welcome to use the wall with the purchase of a day pass to our facility. No previous climbing experience necessary and there will be a belay-certified Y staff member available to assist.

Location	Days	Time	Member	Guest
MacColl	Sun.	12 pm - 3 pm	FREE	\$25
	Wed.	6:30 pm - 8:30 pm	FREE	\$25
	Sat.	11 am - 12 pm	FREE	\$25
	Sat.	5 pm - 6 pm	FREE	\$25
Pawtucket	Sun.	10 am - 12 pm	FREE	\$25
	Wed.	9 am - 11 am	FREE	\$25

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	Mon.	5:30 pm - 6:30 pm	\$70	\$90
	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

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	Thurs.	5:30 pm - 6:30 pm	\$40	\$80

NINJAZONE

Jr. Ninjas (Ages 6 years - 8 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.

***This class has a fee of \$35 for the uniform.**

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

NINJAZONE

Sr. Ninjas (Ages 9 years - 11 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.

***This class has a fee of \$35 for the uniform.**

Location	Days	Time	Member	Guest
MacColl	Tues.	7 pm - 7:45 pm	\$40	\$80
	Thurs.	7 pm - 7:45 pm	\$40	\$80

PICKLEBALL

Outdoor 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	Sat.	11 am - 11:45 am	\$40	\$80

ROCK & BOWL!

Rock & Bowl (Ages 5+)

Join us as a family, an individual, or bring a friend to climb and bowl while listening to some 'rock n roll'.

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

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	Thurs.	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!

Location	Days	Time	Member	Guest
MacColl	Fri.	6:30 pm - 7 pm	FREE	\$25

TENNIS

Youth Tennis (Ages 6 years - 12 years)

This program combines skill-building, fun drills, and friendly matches. This is a great way for kids to learn, play, and make new friends on the court.

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

TUMBLING SKILLS & CONDITIONING

Tumbling Skills & Conditioning (Ages 6 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	Wed. (Ages 6 - 8)	6 pm - 6:45 pm	\$40	\$80
	Wed. (Ages 9 - 11)	7 pm - 7:45 pm	\$40	\$80



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 - 5:25 pm	\$40	\$80
	Mon.	6:15 pm - 6:55 pm	\$40	\$80
	Tues.	4 pm - 4:40 pm	\$40	\$80
	Tues.	5:30 pm - 6:10 pm	\$40	\$80
	Wed.	4:45 pm - 5:25 pm	\$40	\$80
	Wed.	6:15 pm - 6:55 pm	\$40	\$80
	Thurs.	4 pm - 4:40 pm	\$40	\$80
	Thurs.	5:30 pm - 6:10 pm	\$40	\$80
	Sat.	8:15 am - 8:55 am	\$40	\$80
	Sat.	9:45 am - 10:25 am	\$40	\$80
	Sat.	11:15 am - 11:55 am	\$40	\$80
Pawtucket	Tues.	4:45 pm - 5:25 pm	\$40	\$80
	Tues.	6:15 pm - 6:55 pm	\$40	\$80
	Thurs.	4 pm - 4:40 pm	\$40	\$80
	Thurs.	5:30 pm - 6:10 pm	\$40	\$80
	Sat.	10:15 am - 10:55 am	\$40	\$80
	Sat.	11:45 am - 12:25 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

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

Open Volleyball (Ages 6+)

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

Location	Days	Time	Member	Guest
Pawtucket	Thurs.	5:30 pm - 6:30 pm	FREE	\$14

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	Jun. 22	11 am - 1 pm	\$30	N/A
	Jul. 20	11 am - 1 pm	\$30	N/A
	Aug. 24	11 am - 1 pm	\$30	N/A



TEEN



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

AQUA VOLLEYBALL

Aqua Volleyball (Ages 13+)

Stop by for a game or two of volleyball in the pool! Played in the shallow end, so no swimming or volleyball experience necessary. Each side can have up to 6 players, so come alone or bring some friends.

Location	Days	Time	Member	Guest
Pawtucket	Wed.	5:30 pm - 7:30 pm	FREE	\$14

BADMINTON

Badminton (Ages 16+)

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 pm - 8:30 pm	FREE	\$25

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

BASKETBALL

Senior Skills & Drills (Ages 10 years - 12 years)

At the Sr. level, 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.

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

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Outdoor Youth Basketball League (Ages 10 years - 12 years) ★ ACADEMY

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

This will be a 12 week league with the first week being an evaluation for all players. Players and teams will also have a practice every Monday prior to their outdoor game on Wednesday night.

***All games will be held at MacColl.**

Location	Days	Time	Member	Guest
MacColl	Tues. (Practice)	6:15 pm - 8:30 pm	\$120	\$240
	Thurs. (Games)	6:15 pm - 8:30 pm		
Pawtucket	Tues. (Practice)	6:5 pm - 8:30 pm	\$120	\$240
	Thurs.(Games)	6:15 pm - 8:30 pm		

COOKING

Sr. Chefs (Ages 10 years - 12 years)

Come explore new flavors and recipes with us over at MacColl where kids will enjoy learning to cook and enjoy their delicious creations too!

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

CRAFTOPIA

Craftopia (Ages 6 years - 12 years)

Craftopia encourages your child to draw, paint and craft projects, so they can develop their artistic talents and expression. Our Craftopia class gives kids a creative outlet that allows their imaginations to flourish.

Location	Days	Time	Member	Guest
MacColl	Wed.	6:15 pm - 7 pm	\$50	\$100

FLAG FOOTBALL

Skills & Drills (Ages 10 years - 12 years)

A fun, fast-paced flag football program designed for youth to work on their skills while learning the game of football. Participants will work on the basics of passing, catching, route running, and team play while learning the rules of the game.

Location	Days	Time	Member	Guest
MacColl	Tues.	7:45 pm - 8:30 pm	\$40	\$80

FUNDAMENTALS OF MUSIC

Fundamentals of Music (Ages 8 years - 17 years)

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

Location	Days	Time	Member	Guest
Pawtucket	Tues. (Ages 8 - 13)	6 pm - 6:30 pm	\$40	\$80
	Tues. (Ages 14 - 17)	5:15 pm - 5:45 pm	\$40	\$80

INDOOR ROCK CLIMBING

Climbing Club (Ages 3+)

Experience the thrill of indoor climbing at MacColl. Our Climbing Club offers a diverse range of routes for climbers of all levels, from beginners to seasoned pros. Join us for a dynamic and exhilarating adventure as you challenge yourself on our climbing walls. With instruction and a supportive community, Climbing Club is the perfect place to discover the joy of climbing in a safe and welcoming environment. Come climb with us and reach new heights!

Location	Days	Time	Member	Guest
MacColl	Mon.	4 pm - 6 pm	\$40	\$80
	Tues.	7:30 pm - 8:30 pm		
	Wed.	4 pm - 6 pm		
	Thurs.	7:30 pm - 8:30 pm		
	Fri.	4 pm - 6 pm		
	Sat.	8 am - 11 am		
	Sat.	3 pm - 5 pm		



Open Climb (Ages 3+)

Open Climb is a program available for YMCA members and guests. Members are welcome to use the wall for free during Open Climb and our Guests are welcome to use the wall with the purchase of a day pass to our facility. No previous climbing experience necessary and there will be a belay-certified Y staff member available to assist.

Location	Days	Time	Member	Guest
MacColl	Sun.	12 pm - 3 pm	FREE	\$25
	Wed.	6:30 pm - 8:30 pm	FREE	\$25
	Sat.	11 am - 12 pm	FREE	\$25
	Sat.	5 pm - 6 pm	FREE	\$25
Pawtucket	Sun.	10 am - 12 pm	FREE	\$25
	Wed.	9 am - 11 am	FREE	\$25
	Wed. *Teens Only	6 pm - 7:30 pm	FREE	\$25

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	Mon.	5:30 pm - 6:30 pm	\$70	\$90
	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

PICKLEBALL

Outdoor 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	Sat.	11 am - 11:45 am	\$40	\$80

SWIM LESSONS

Swim Lessons (Ages 13+)

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	Mon.	7 pm - 7:40 pm	\$40	\$80
	Mon.	7:45 pm - 8:25 pm	\$40	\$80
	Wed.	7 pm - 7:40 pm	\$40	\$80
	Wed.	7:45 pm - 8:25 pm	\$40	\$80
Pawtucket Family	Tues.	7 pm - 7:40 pm	\$40	\$80
	Thurs.	7 pm - 7:40 pm	\$40	\$80
	Sat.	8 am - 8:40 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

TENNIS

Youth Tennis (Ages 6 years - 12 years)

This program combines skill-building, fun drills, and friendly matches. This is a great way for kids to learn, play, and make new friends on the court.

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

TEEN

ULTIMATE FRISBEE

Ultimate Frisbee (Ages 6+)

This Ultimate Frisbee program is perfect for all experience levels, from beginner to advanced. Players will have the chance to learn the fundamental skills of the sport, get an understanding of the rules of the game and be challenged through a fun variety of games, drills and scrimmages.

Location	Days	Time	Member	Guest
MacColl	Saturday (Ages 6 - 15)	12:30 pm - 1:30 pm	FREE	\$25
	Saturday (Ages 16+)	1:30 pm - 2:30 pm	FREE	\$25

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
Pawtucket	Thurs.	5:30 pm - 6:30 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!

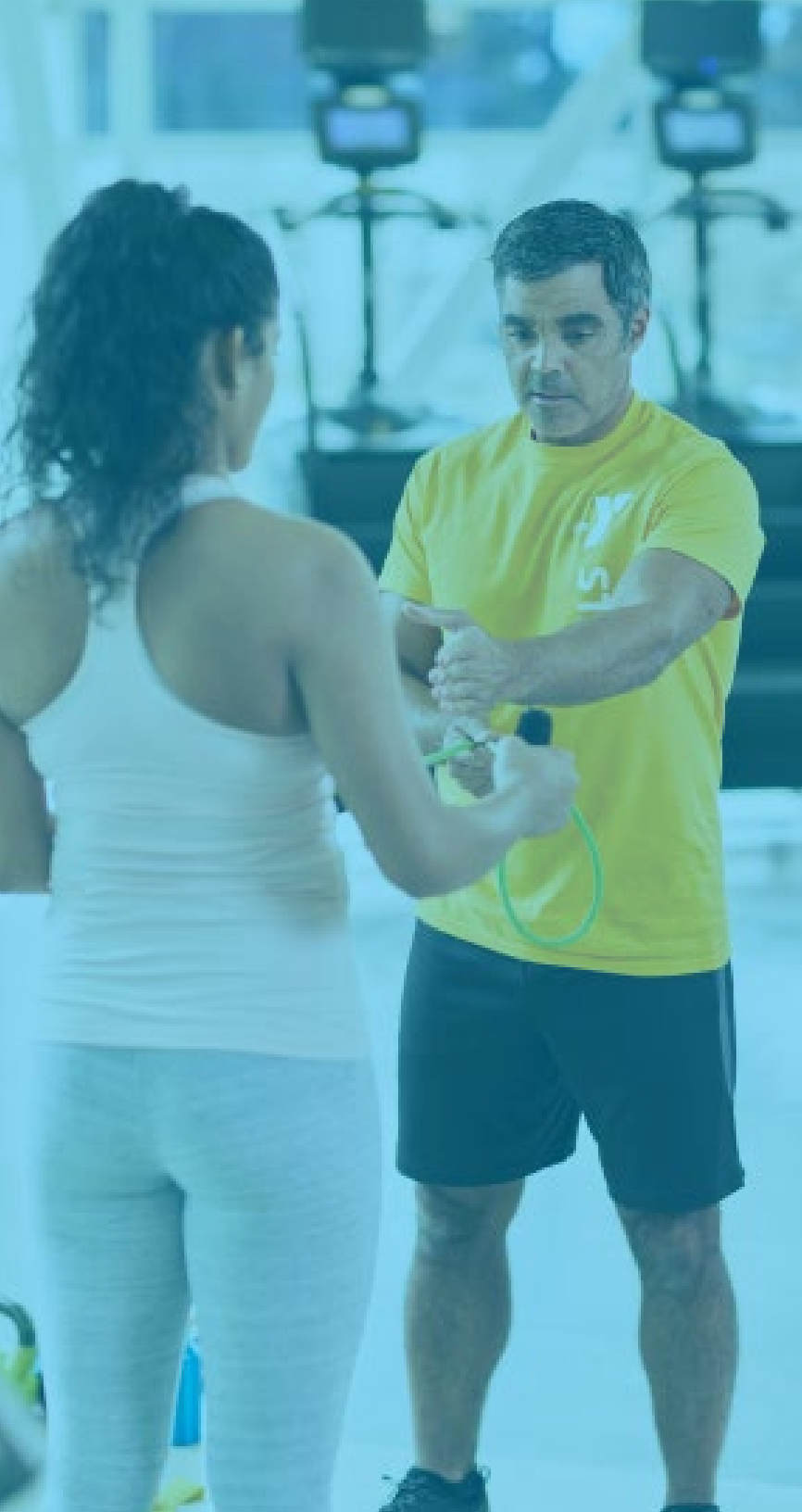
Location	Days	Time	Member	Guest
MacColl	Fri.	6:15 pm - 7 pm	\$40	\$80

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	Jun. 22	11 am - 1 pm	\$30	N/A
	Jul. 20	11 am - 1 pm	\$30	N/A
	Aug. 24	11 am - 1 pm	\$30	N/A



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

AQUA VOLLEYBALL

Aqua Volleyball (Ages 13+)

Stop by for a game or two of volleyball in the pool! Played in the shallow end, so no swimming or volleyball experience necessary. Each side can have up to 6 players, so come alone or bring some friends.

Location	Days	Time	Member	Guest
Pawtucket	Wed.	5:30 pm - 7:30 pm	FREE	\$10

BADMINTON

Badminton (Ages 16+)

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 pm - 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. 12 weeks. Jerseys included.

*Early Bird registration is open May 1 - May 15.

Location	Days	Time	Member	Guest
Pawtucket	Sundays	9 am Start	\$125 (Early Bird) / \$150 (Regular)	



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	Jun. 14	11:30 am - 1 pm	FREE	N/A
	Jul. 12	11:30 am - 1 pm	FREE	N/A
	Aug. 9	11:30 am - 1 pm	FREE	N/A

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	Jun. 7	8:30 am - 12 pm	FREE	N/A
	Jul. 5	8:30 am - 12 pm	FREE	N/A
	Aug. 2	8:30 am - 12 pm	FREE	N/A

COOKING

Nutrition 101 (Ages 18+)

This program gives you a thorough foundation in basic nutrition so you can understand and implement healthy eating patterns and choices. You'll also learn about meal planning, shopping tips, safe food preparation, dealing with food allergies and intolerances, and how to promote healthy food choices in your family, community, or workplace.

Location	Days	Time	Member	Guest
MacColl	Thurs.	5:30 pm - 6:30 pm	\$40	\$100

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	Tues.	5:15 pm - 5:45 pm	\$40	\$80

INDOOR ROCK CLIMBING

Climbing Club (Ages 3+)

Experience the thrill of indoor climbing at MacColl. Our Climbing Club offers a diverse range of routes for climbers of all levels, from beginners to seasoned pros. Join us for a dynamic and exhilarating adventure as you challenge yourself on our climbing walls. With instruction and a supportive community, Climbing Club is the perfect place to discover the joy of climbing in a safe and welcoming environment. Come climb with us and reach new heights!

Location	Days	Time	Member	Guest
MacColl	Mon.	4 pm - 6 pm	\$40	\$80
	Tues.	7:30 pm - 8:30 pm		
	Wed.	4 pm - 6 pm		
	Thurs.	7:30 pm - 8:30 pm		
	Fri.	4 pm - 6 pm		
	Sat.	8 am - 11 am		
	Sat.	3 pm - 5 pm		

Open Climb (Ages 3+)

Open Climb is a program available for YMCA members and guests. Members are welcome to use the wall for free during Open Climb and our Guests are welcome to use the wall with the purchase of a day pass to our facility. No previous climbing experience necessary and there will be a belay-certified Y staff member available to assist.

Location	Days	Time	Member	Guest
MacColl	Sun.	12 pm - 3 pm	FREE	\$25
	Wed.	6:30 pm - 8:30 pm	FREE	\$25
	Sat.	11 am - 12 pm	FREE	\$25
	Sat.	5 pm - 6 pm	FREE	\$25
Pawtucket	Sun.	10 am - 12 pm	FREE	\$25
	Wed.	9 am - 11 am	FREE	\$25

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

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	Mon.	10 am	\$100 for 4 sessions	
	Mon.	6:30 pm	\$100 for 4 sessions	
	Wed.	6:30 pm	\$100 for 4 sessions	

LIVESTRONG

Livestrong (Ages 18+)

Livestrong at the YMCA helps adult cancer survivors reclaim their health and well-beng. In this free 16-week program at the MacColl YMCA, survivors increase strength, develop supportive relationships, and increase their quality of life.

Location	Days	Time	Member	Guest
MacColl	Tues./Thurs. (Starts 6/16)	11 am - 12:30 pm	FREE	

PEDAL 4 PARKINSON'S

Pedal 4 Parkinson's (Ages 18+)

The Pedaling for Parkinson's program is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's. In fact, participants who ride three days a week over eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35%.

Location	Days	Time	Member	Guest
MacColl	Mon./Wed./Fri.	12 pm - 1 pm	FREE	

PICKLEBALL

Open Play Pickleball (Ages 18+)

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

Location	Days	Time	Member	Guest
MacColl	Mon. - Fri.	8 am - 12:30 pm	\$10	\$25
	Tues.	6 pm - 8:30 pm	\$10	\$25
Pawtucket	Mon./Wed.	9 am - 11 am	FREE	\$10

Outdoor Open Play Pickleball (Ages 18+)

Join us for Outdoor 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	Sun.	8 am - 11:30 am	\$10	\$25

ROCK & BOWL!

Rock & Bowl (Ages 5+)

Join us as a family, an individual, or bring a friend to climb and bowl while listening to some 'rock n roll'.

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

SPRINT8

Sprint8 (Ages 18+)

Sprint 8 is an efficient, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 20 minutes. Since it's among the best exercises for burning calories and reducing body fat, most people see results in just eight weeks or less. Sprint 8 is a quick and effective way to maximize your health and physique. Work with a personal trainer to deliver a 60 minute full body workout including Sprint 8, 30 minutes of strength training and 10 minutes of cool down and stretching. Class runs 2 times a week for 8 weeks. Registration is required and limited to 6 spots.

Location	Days	Time	Member	Guest
MacColl	Mon./Wed.	6 pm - 7 pm	\$50	\$100

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 - 7:40 pm	\$40	\$80
	Mon.	7:45 pm - 8:25 pm	\$40	\$80
	Wed.	7 pm - 7:40 pm	\$40	\$80
	Wed.	7:45 pm - 8:25 pm	\$40	\$80
Pawtucket Family	Tues.	7 pm - 7:40 pm	\$40	\$80
	Thurs.	7 pm - 7:40 pm	\$40	\$80
	Sat.	8 am - 8:40 am	\$40	\$80

ULTIMATE FRISBEE

Ultimate Frisbee (Ages 16+)

This Ultimate Frisbee program is perfect for all experience levels, from beginner to advanced. Players will have the chance to learn the fundamental skills of the sport, get an understanding of the rules of the game and be challenged through a fun variety of games, drills and scrimmages.

Location	Days	Time	Member	Guest
MacColl	Sat.	1:30 pm - 2:30 pm	FREE	\$25

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
Pawtucket	Thurs.	5:30 pm - 6:30 pm	FREE	\$14



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, 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.

BACKYARD JAMBOREE

Backyard Jamboree

The Backyard Jamboree is perfect for families looking to spend quality time together while enjoying the fresh air and sunshine. Whether you're racing to the finish line, testing your aim in a bean bag toss, or collaborating in a scavenger hunt, there's something for everyone to enjoy.

Location	Days	Time	Member	Guest
MacColl	Sun.	2 pm - 4 pm	FREE	\$27

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 BASKETBALL

Family Basketball

Bring the whole family to enjoy some family fun sports time! Family Gym Time is an open play format with no instruction provided. Parent supervision is required for children under 12.

Location	Days	Time	Member	Guest
MacColl	Tues./Thurs.	4 pm - 6 pm	FREE	\$27
Pawtucket	Thurs.	5:30 pm - 6:45 pm	FREE	\$27



PARENTS NIGHT OUT

Parents Night Out (Ages 3 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 ages 3 - 11.

Location	Days	Time	Member	Guest
MacColl	Jun. 22	6 pm - 9 pm	\$15	\$30
	Jul. 19	6 pm - 9 pm	\$15	\$30
	Aug. 17	6 pm - 9 pm	\$15	\$30





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: May 13th
Guest Registration Begins: May 20th

Scan or click on the
QR code to register!



OUR MISSION:

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