



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2011 FALL I / FALL II
PROGRAM BOOK



JOIN US FOR A
BETTER YOU!



www.GoYMCA.com

PAWTUCKET FAMILY YMCA
20 Summer Street
Pawtucket, RI 02860
(401) 727-7900

HERITAGE PARK YMCA
333 Roosevelt Avenue
Pawtucket, RI 02860
(401) 727-7050

INFORMATION

Join Us at the Pawtucket Family YMCA



Welcome to the Pawtucket Family YMCA where healthy and active lifestyles are a way of life! Our state-of-the-art facility provides over thirty venues to recreate, socialize, and stay active while giving us the vehicle to put forth one of the most innovative programming calendars in the country. Our program model is based on three very simple premises: TheY enables every family member an opportunity

to recreate at an affordable price, provide educational tools that will enhance life skills, and make each visit a fun and worthwhile experience. Come and Play! Featuring over 30 Group Exercise classes and youth sport opportunities, the FamilyYMCA is an arena filled with energy and smiles.

Welcome to the Heritage Park YMCA

The Heritage Park YMCA located in Pawtucket, Rhode Island has a BrightStars rated quality early childhood education program for children aged 6 weeks to 8 years of age. Outfitted in 20 spacious classrooms as well as indoor and outdoor play spaces, the Heritage Park YMCA gives children ample space to “Play to Learn and Learn to Play.”

Each of our programs has the latest materials that encourage children to learn at their own pace. Our center is licensed by the Department of Children, Youth and Families and our preschool program is approved by the Rhode Island Department of Education. (See pages 3, 12 & 13)



Y Swim Lessons

The Y's goal is to teach children to swim or be better swimmers and to be safe in the water. OurYMCA uses the Y-USA youth progressive swimming program. It uses a problem-solving, guided-discovery teaching approach in a positive, caring environment.

CHILD SWIM CLASSES

Ages 3 – 5 years

Sunday: 11:00 a.m. – 11:30 a.m.
Tuesday: 5:00 p.m. – 5:30 p.m.
Thursday: 5:00 p.m. – 5:30 p.m.
Saturday: 9:00 a.m. – 9:30 a.m.

HERITAGE PARK YMCA

EARLY CHILDHOOD EDUCATION

Ages 6 weeks – 8 years old

Heritage Park YMCA has a BrightStars rated quality early childhood education program for children aged 6 weeks to 8 years. All of our lead teachers have either Child Development Associate Certification or Associate Degrees in Early Childhood Education. Heritage Park has also partnered with Ready to Learn Providence, whose Early Reading First Program brings Early Literacy to the preschool classrooms. In addition, the Infant and Toddler programs use the Watch Me Grow assessment tool to monitor growth and development. Heritage Park has an active Parent Advisory Committee. Prospective parents are welcome to schedule a tour.

Member/ Non-Member:
\$105/\$150 (per week)

BEFORE AND AFTER SCHOOL CARE

Ages Kindergarten – 2nd Grade

Heritage Park YMCA provides a before and after school program for children. Children in our program experience homework help, Fit Kids, group games, outside play as well as arts and crafts, science and other hands on learning. Vacation weeks and days off from school find the children engaged with camp type activities along with swim and field trips.

Member/ Non-Member:
\$105/\$150 (per week)

SCHOOL VACATION WEEKS

Heritage Park offers Vacation Camp during all school vacations. These weeks include breakfast, lunch, snack, field trips, guest speakers, swim, and many fun-filled activities. For information, call us at 727-7050.

UPCOMING EVENTS

September 17 - **Kid's Day Carnival**
10am - 1pm - There will be games, food, music, & prizes. This year we will feature a 35' long slip n' slide along with a bounce house and rock wall. Admission fee \$3.00 per person. Age 2 & under free. Raffle tickets will also be sold \$1.00 each or 6 for \$5.00. You can win fabulous baskets or gift certificates. We are also hosting a Scholastic Book Fair.

October 28 - **October Family Night**
Join us for a fun night with a little fright! We will have face painting, a haunted game room, Halloween games and pumpkin decorating. Dinner and a show are also included. The cost of this event is \$3.00 per person.

November 18 - **Parent's Night Out** - 6 - 9pm - Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie, & peace of mind that your child is safe. This event is for ages 3 & up.

December 16 - **Family Night**
Includes a full turkey dinner for \$3.00 per person. We also have 5 x 7 pictures with Santa that can be purchased for an additional \$2.00 each. An art station where children can decorate Christmas crafts and ornaments with their families. Performances by our Preschool /School Age Chorus.

January 24 - **A Community Resource Fair**. This event will showcase the educational and social and services available to families. All families are welcome to attend this FREE event and get valuable information on services.

FAMILY Y PRESCHOOL

MINI MOVERS & GROOVERS

Ages 3 – 5 years old

Come join us as we sing to some of the all-time favorites and dance. Every week your child will start off with a sing-along that will get your child excited. Some classics include "The Itsy-Bitsy Spider" and more. Dances include "Head, shoulders, knees and toes," "The Twist," "The Hokey Pokey" and more. At the end of the session a jam will show off your little ones skills. Parent must be present.

Thursday: 10:00 a.m. – 10:30 a.m.

Member/ Non-Member:

\$20/\$50 for the 6 Week Session

TINY TUMBLERS

Ages 3 – 5 years old

Come join us for the best in preschool physical fitness. This program is held in our state of the art pre-school play gym as our energetic staff introduces your child to tumbling, balancing, and other fast-paced activities designed to keep your child moving. Activities include follow the leader, somersaults, balance beam tag and lots more. Parent must be present.

Tuesday: 10:30 a.m. – 11:00 a.m.

Member/ Non-Member:

\$20/\$50 for the 6 Week Session

PRESCHOOL CHILD WATCH

Ages 6 months – 6 years old

Monday - Friday:

9:00 a.m. - 12:00 p.m.

4:00 p.m. - 8:00 p.m.

Saturday:

8:30 a.m. - 12:00 p.m.

Parents can work out knowing their children are safe and engaged in age appropriate activities. The children participating in Childwatch programs experience interactive games, storytelling, crafts, cognitive learning as well as play time in our Preschool Play Gym and Youth Fitness room.

PARENT/CHILD CLASSES

Ages 6 months – 36 months

NOTE: The parent must be in the water with the child for the following aquatic classes.

Sunday 9:35 a.m. – 10:05 a.m.

Saturday 11:15 a.m. – 11:45 a.m.

SHRIMP (Ages 6 – 8 months)

Introduces babies and adults to a positive and safe aquatic environment. Children and their parents swim together with other families.

KIPPER (Ages 9 – 12 months)

Introduces basic water skills, safety and fun with toys, flotation devices and interaction with other children.

INIAS (Ages 13 – 18 months)

Encourages children to make purposeful movements in the water while gaining limited independence.

PERCH (Ages 19 – 36 months)

All children will explore their aquatic environment with their parent. The program encourages children to swim through the water and transition to aquatics at preschool levels.

PRESCHOOL SWIM

Ages 3 – 5 years old

This introductory level is to orient toddlers and parents to an aquatic environment. The program includes the basics of water safety and swimming skills. Swim diapers are required for all children who are not completely potty trained.

A Parent must be present.

Sunday: 11:00 a.m. – 11:30 a.m.

Tuesday: 5:00 p.m. – 5:30 p.m.

Thursday: 5:00 p.m. – 5:30 p.m.

Saturday: 9:00 a.m. – 9:30 a.m.

Member/ Non-Member:

\$30/\$85 for the 6 Week Session

PRESCHOOL AQUATICS

PARENT/CHILD & PRESCHOOL SWIM PROGRAM

The Y's instructional swim program uses the Y of the USA's Parent/Child and Preschool Program as its model to introduce swimming to children. The program reaches children and parents early in their relationship and is progressive while helping your child advance to higher or greater skill levels at his or her own pace.

Fees per session: Member: \$30.00 Non-Member: \$85.00

EEL

This class is for the child with dependent abilities and basic skills. With the use of a noodle, the child is encouraged to move into a horizontal position, practice more basic skills and learn to become independent of the noodle. The children will work towards gaining courage and self-esteem in the water and learning breathing techniques.

RAY

For the child who can swim across the pool without a noodle. Children will build endurance by swimming on their front and back. Advanced and creative skills are taught including stroke development. Safety and basic skills are emphasized. The child will gain self-confidence. Children will learn how to swim in the deep end as well as submerging skills.

STARFISH

Gives an overview of skills learned in Ray class. This class is for the child who is comfortable in the water and can swim the width of the pool. Children at this level refine their strokes. Skills taught include underwater swimming and more refined rhythmic breathing.

PIKE W/ PARENT & PIKE PARENT/CHILD CLASSES

Ages 3 to 5 years old

The class is designed for the child with no previous water experience. This class is a gradual general water orientation utilizing creative water play, breath control, floating, basic arm and kicking skills and safety skills. The program provides children their first aquatic experience without parental assistance in a safe, fun and positive learning environment. While using a noodle, the child will explore the aquatic environment as we focus on basic skills. The child will learn the importance of safety around the water.



CHILD SWIM CLASSES

Ages 3 – 5 years

Sunday: 11:00 a.m. – 11:30 a.m.

Tuesday: 5:00 p.m. – 5:30 p.m.

Thursday: 5:00 p.m. – 5:30 p.m.

Saturday: 9:00 a.m. – 9:30 a.m.

YOUTH AQUATICS

YOUTH SWIM PROGRAM Ages 6 years and older

The Family YMCA utilizes the Y-USA Youth Swim Program. Each skill level is carefully designed to give your child the opportunity to develop in five areas: personal safety, stroke development, personal growth, water sports and rescue.

Fees per session: Member: \$30.00 Non-Member: \$85.00

POLLIWOG - LEVEL I

Class introduces the beginner to floating, gliding, jumping, flutter kick, crawl stroke, rhythmic breathing and sculling on back.

Sunday: 11:35 a.m. – 12:20 p.m.
Tuesday: 5:35 p.m. – 6:20 p.m.
Thursday: 5:35 p.m. – 6:20 p.m.
Saturday: 9:35 a.m. – 10:20 a.m.

POLLIWOG "PLUS" - LEVEL II

For the child who has good basic skills but needs to develop deep water confidence, crawl stroke, rhythmic breathing, and endurance.

Sunday: 11:35 a.m. – 12:20 p.m.
Tuesday: 5:35 p.m. – 6:20 p.m.
Thursday: 5:35 p.m. – 6:20 p.m.
Saturday: 9:35 a.m. – 10:20 a.m.

GUPPY - LEVEL III

Perfect crawl stroke, rhythmic breathing; learn back crawl, diving and combinations. Swimmers practice paddle stroke skills, floating, and breathing.

Sunday: 11:35 a.m. – 12:20 p.m.
Tuesday: 5:35 p.m. – 6:20 p.m.
Thursday: 5:35 p.m. – 6:20 p.m.
Saturday: 9:35 a.m. – 10:20 a.m.

MINNOW - LEVEL IV

Develop stronger and more relaxed crawl stroke and back crawl, learn elementary backstroke, practice survival skills and build endurance.

Tuesday: 6:25 p.m. – 7:10 p.m.
Thursday: 6:25 p.m. – 7:10 p.m.
Saturday: 10:25 a.m. – 11:10 a.m.

FISH - LEVEL V

Participants will work on balance and coordination of crawl, back crawl, teamwork, open turns and dives.

Tuesday: 6:25 p.m. – 7:10 p.m.
Thursday: 6:25 p.m. – 7:10 p.m.
Saturday: 10:25 a.m. – 11:10 a.m.

FLYING FISH - LEVEL VI

For children who can swim front crawl, backstroke, breaststroke, and side-stroke. The swimmer will be taught the butterfly components and combinations.

Tuesday: 6:25 p.m. – 7:10 p.m.
Thursday: 6:25 p.m. – 7:10 p.m.
Saturday: 10:25 a.m. – 11:10 a.m.

SHARK - LEVEL VII

Work on butterfly, side stroke, individual medleys and correcting any developed bad habits. Lifesaving and advanced skills are introduced.

Tuesday: 6:25 p.m. – 7:10 p.m.
Thursday: 6:25 p.m. – 7:10 p.m.
Saturday: 10:25 a.m. – 11:10 a.m.

PORPOISE CLUB

For the child who has completed Shark and wants to begin work towards Lifeguard training. This program is set up to continue fitness, learn basic lifeguarding skills as well as community service.

Tuesday: 6:25 p.m. – 7:10 p.m.
Thursday: 6:25 p.m. – 7:10 p.m.
Saturday: 10:25 a.m. – 11:10 a.m.

SPECIAL NEEDS

Work your entire body through strengthening exercises and enhance health, coordination and fitness ability.

Sunday: 9:00 a.m. – 9:30 a.m.

PRIVATE SWIM LESSONS

Our experienced instructors will work with you to develop your swimming skills with one-on-one attention. A minimum of three lessons must be purchased.

Member: 3 for \$75
Non-Member: 3 for \$150

CHILDCARE

AFTER SCHOOL CARE

AS
LOW
AS

\$69

EXTENDED HOURS! • DINNER INCLUDED
Hours as Late as 6:30 pm

AFTER SCHOOL CHILDCARE

Our program provides a resource-rich environment and introduces kids to activities that build on what they learned during the school day while helping them achieve self-respect through physical fitness. We work with children who are less active through our Fit Kids Program. Kids enjoy swimming, arts & crafts, games and special events each day. Healthy snacks and a nutritious dinner is offered to every child at the Y. Have peace of mind knowing that your child will be safely transported from school everyday by Y staff.

Monday - Friday: End of School - 6:30 p.m. Member/ Non-Member: \$69/\$90

EARLY RISERS PROGRAM

The Pawtucket Family YMCA strives to provide a quality childcare program that is affordable, safe and is accessible to all families. Our programs are offered in a supportive environment in which children have the freedom to be creative and grow into happy, healthy individuals. The children who are enrolled in the Early Risers Program will receive a healthy breakfast and engage in a variety of age-appropriate activities. Transportation to school everyday also provided.

Monday - Friday: 6:30 a.m. – Start of School Member/ Non-Member: \$40/\$60

CHILDCARE COMBO PACKAGE Member/ Non-Member: \$105/\$150

INTERN PROGRAM

Ages 12 – 15 years old

Designed for young teens to develop skills and self confidence for a lifetime. The program runs after school till 6:30 Monday through Friday. Youth will receive snack and homework help. Their afternoon will consist of job skill building, community service and character building. Guest speakers and worksite field trips will help open young minds to opportunities. They will have an opportunity to earn up to \$50 stipend every month which will be awarded based on different evaluation and accomplishments. Homework completion and participation in a fitness component will be important expectations of this program. The interns will have the option of a healthy dinner each evening. Sign up early, spots are limited!

Monday - Friday: 2:30 p.m. – 6:30 p.m. Member/ Non-Member: \$69/\$85

CHILDWATCH

Childwatch is a feature of the Y youth programming that offers a variety of supervised activities for children while their parents exercise and stay active. Provides the same age-appropriate activities available to youth members.

THIS IS A FREE SERVICE TO ALL FAMILY YMCA MEMBERS

Reciprocal/Non-Members:

\$ 3.00 for first child and \$2.00 for each additional child per visit.

OPEN PRESCHOOL PLAY & GYM TIME

Parents are welcome to spend time with their children in our new Pre-school Play Gym during these hours. The only exception is on weekends when this area is rented out by a private group. Please see Birthday Parties if you are interested in these types of programs.

Monday - Friday: 5:30 a.m. - 9:00 a.m.
12:00 p.m. - 4:00 p.m.
Saturday: 7:00 a.m. - 9:00 a.m.
12:00 p.m. - 5:00 p.m.
Sunday: 7:00 a.m. - 3:30 p.m.

OLDER CHILD WATCH

Ages 7 – 12 years old

Monday - Friday: 4:00 p.m. - 8:00 p.m.
Saturday: 8:30 a.m. - 12:00 p.m.

Older ChildWatch offers age-appropriate activities for school-age children. At 6pm every evening our older child watch separates from the rest of the group and is able to make full use of other areas our facility has to offer. Our staff will offer homework assistance as well as encourage each child to stay active with their minds and bodies. Offerings include crafts, gym activities, sport wall, rockwall, computer lab, and more!

HAVE DINNER WITH US

The FamilyY is now offering the best value in the area. We are providing a dinner program that is open to everyone! Dine with us on Monday through Friday from 5 - 7 p.m. The cost is just \$3 a plate, \$10 a week and \$40 per month. Join us today!



 **JOIN US FOR A
BETTER YOU!**

YOUTH SPORTS



FUTURE BALLERS

Ages 4 to 7 years old

This is an 6 week program that focuses on the fundamentals and skill building of the game of Basketball. This league is a great place for younger children to train and play. Every child will get to play while learning new techniques. We have excellent instructors with backgrounds playing on a college level, professionally and also coaching AAU Basketball. Be part of the team!

Starts: September 17, 2011
Saturday: 11:00 a.m. - 12:00 p.m.
Member/ Non-Member \$19/\$49



PAWTUCKET YMCA YOUTH BASKETBALL LEAGUE (PYYBL)

Ages 8 to 12 years old

This league will have one practice and two games a week. We focus on team building and stress team concepts. League rosters and standings will be posted in the gym lobby. It is a great way to make new friends, exercise and learn a competitive yet fun-filled sport.

Starts: September 21, 2011
Saturday: 11:00 a.m. - 12:00 p.m.
Member/ Non-Member \$29/\$59



YOUTH FLAG FOOTBALL

Ages 5 to 12 years old

YYFF (YMCA Youth Flag Football) is the premier flag football league for boys and girls. Young players have a fun and exciting opportunity to engage in non-contact, continuous action.

ROOKIES (Ages 5 – 7 years old)

Thursday: 5:00 p.m. - 7:00 p.m.

JUNIORS (Ages 8 – 10 years old)

Thursday: 5:00 p.m. - 7:00 p.m.

ALL STARS (Ages 11 – 12 years old)

Thursday: 7:00 p.m. - 8:30 p.m.

Member/ Non-Member \$10/\$20

INDOOR FUTSAL

The program is a 6-week action packed program. Y soccer promises no try outs, no getting cut, and no bench warmers! All children play every game while learning new techniques. No cleats indoors please.

JUNIORS: (Ages 4 – 6 years old)

Saturday: 9:00 a.m. - 10:00 a.m.

REBELS: (Ages 7 – 9 years old)

Saturday: 10:00 a.m. - 11:00 a.m.

ALL STARS: (Ages 10 – 12 years old)

Saturday: 10:00 a.m. - 11:00 a.m.

Member/ Non-Member \$10/\$20

MIXED MARTIAL ARTS

Mixed Martial Arts allows a variety of techniques and skills from a mixture of martial arts traditions. Students learn basic techniques, forms, and self-defense in a structured martial arts program. Discipline, responsibility, and fitness are emphasized in this class. In addition, students will learn the interesting history of karate.

LITTLE DRAGONS (Ages 4 – 9 years old)

Tuesday: 5:30 p.m. - 6:30 p.m.

Thursday: 5:30 p.m. - 6:30 p.m.

BIG DRAGONS (Ages 10 – 16 years old)

Tuesday: 6:30 p.m. - 7:30 p.m.

Thursday: 6:30 p.m. - 7:30 p.m.

Member/ Non-Member \$40/\$75

YOUTH FITNESS



FITNESS FOR THE FUTURE

Ages 7 to 9 years old

Now is the time to get your child active at an early age. Like adults, kids need exercise. Most children need at least an hour of physical activity every day. This program will consist of fast-paced exercises, games and workouts. The program will help your child develop balance endurance and stay healthy.

Monday: 4:00 p.m. – 5:00 p.m.
Wednesday: 4:00 p.m. – 5:00 p.m.
Member/ Non-Member \$40/\$75

GIRL POWER WITH KRISTEN SYER

Ages 8 to 12 years old

Join our monthly gatherings as we cover topics that are important to you such as fashion, fitness, health and beauty while developing a positive outlook on “you.” Monthly gatherings will include dinner, guest speakers, topics of importance and some trips.

September 30th
November 18th

Friday: 6:00 p.m. - 9:00 p.m.



CARDIO KIDS

Ages 10 to 12 years old

An exercise program that combines cardiovascular activities with light resistance exercises. This program is designed to help children become physically active through various fitness activities. Participants will learn how to incorporate fitness into their everyday lives and have fun while doing it. This unique program is in a fitness environment with an active and energetic instructor.

Tuesday: 4:00 p.m. - 5:00 p.m.
Thursday: 4:00 p.m. - 5:00 p.m.
Member/ Non-Member \$40/\$75

FLAG FOOTBALL

Ages 11 to 17 years old

Flag Football is a recreational program designed for youngsters new to the sport of football as well as those not quite ready for tackle football who want to learn how to play the sport, brush up on the rules, tactics, and skills, improve their game and most importantly, have fun! Our focus is on football education, participation, and sportsmanship.

Thursday: 5:00 p.m. - 6:00 p.m.
Member/ Non-Member \$10/\$20

YOUTH FITNESS PROGRAM

Ages 13 – 17 years old

All youth must complete the youth fitness program before using the fitness center unsupervised.

The program includes (2) one hour sessions with a fitness coach. All Participants will learn how to use the equipment - by appointment only. Contact Member Services

Youth are allowed to use the fitness center only after completing the YMCA fitness program.



YOUTH DEVELOPMENT



YOUTH EVENING PROGRAMS

Ages 8 to 11 years old

SHARK CLUB

Join Coach Sergio for an intensive youth-oriented program this Fall. For 2 hours a day, 3 days a week, your child will participate in an hour of dry land practice and another hour of training in the Y's pool. This program will include stretching, cardio, team building, swimming fundamentals and lots of fun! Spots are limited!

Monday: 6:00 p.m. – 8:00 p.m.

Wednesday: 6:00 p.m. – 8:00 p.m.

Friday: 6:00 p.m. – 8:00 p.m.

Members Only: \$40/6 Weeks

COOKING CLUB

Get your aprons ready! Do you like mixing, mashing, measuring, and making mouthfuls of yummy snacks? Have fun and learn how to cook at the YMCA Kitchen. During this six week program you will learn healthy recipes and cooking techniques. Kids will also learn how to handle utensils properly and become familiar with the kitchen. Did we mention having fun too? Spots are limited!

Tuesday: 6:00 p.m. – 8:00 p.m.

Members Only: \$20/6 Weeks

READ & SWIM CLUB

Join us as we read together "Diary of a Wimpy Kid" and then have some fun in the pool. When a child discusses a book, they develop a deeper understanding of what they have read and will consider the perspective others have on the same book. The discussions at meetings also help children learn to take turns, make predictions, solve problems and learn new words.

Tuesday: 6:00 p.m. – 8:00 p.m.

Members Only: \$20/6 Weeks

JOIN ALL 3 CLUBS AND SAVE \$20

TEEN CENTER

The Teen Center was created specifically to provide teens, between the ages of 13-18, a dedicated space to explore supervised social activities that promote life skill building while providing structure and educational resources to augment study habits. The center is considered a "safe zone" for those who enter as it is a drug and alcohol free environment. The Teen center is a free program to members however offers an extended programming package where small fees and deposits may be required.

TEEN MOVIE NIGHT

Teens enjoy a movie in the comfort of the YMCA Teen Center. watching the latest movies (Beverages and snacks available)

Friday: 5:00 p.m. - 7:00 p.m.

Members: Free

HIP HOP DANCE CLASS

Hip hop features self-expression and represents body movements that go with the beat and rhythm of hip hop music.

Monday: 4:30 p.m. - 5:30 p.m.

Members: Free

SPECIAL EVENTS FOR YOU AND YOUR FAMILY

SEPTEMBER

September 17th - **Heritage Park Kids Day Carnival**
• 10:00 am - 1:00 pm - There will be games, food, music, & prizes. This year we will feature a 35' long slip n' slide along with a bounce house and rock wall. Admission fee \$3.00 per person. Age 2 & under free. We are also hosting a Scholastic Book Fair.

September 30th - **Girl Power at the Family Y** - Join Kristen Syer as we have fun events and cover fun topics that are important to you. 6 - 9pm

OCTOBER

October 7th - **Blood Drive at the Family Y** • 4pm - 8pm. Help save lives in the community! Every blood donation saves or sustains the lives of up to three of our neighbors, friends, family members, fellow students, employees, co-workers and others.

October 14th - **Cake Off at the Family Y** - Parent and child create a cake based on a fairy tale. Join us for a dinner and see what award your cake won. All cakes will be auctioned off at the event to raise money for Support a Child campaign

October 22nd - **Open Mic Night at the Family Y** • 7:00 - 9:00 pm - It's time to show us your talents at our open mic night. This event has had good response in the past so get there early and get ready to have fun.

October 28th - **Halloween Party at the Family Y** • 6:30 - 9:00 pm - Get your costumes on and head down to the Family Y. Our staff gets creative this time of year and loves to decorate for Halloween. We will have refreshments and prizes for the best costume. \$3 per person.

October 28 - **October Family Night at Heritage Park**
A fun night with a little fright! We will have face painting, a haunted game room, Halloween games and pumpkin decorating. Dinner and a show are also included. The cost of this event is \$3.00 per person.



October 29th - **Halloween Breakfast at the Family Y** • 9:00 - 11:00 am - Your favorite staff will be serving up a ghoulish breakfast. Stop by and join in on the festivities! Breakfast is \$3 per family.

October 30th - **Family Y Six Flags Family Trip** - Get on the bus with us and head out to Six Flags for an exciting day. For more information - See Sean for details.

NOVEMBER

November 4th - **Childcare Sleepover at the Family Y** - Ages 8 - 12. Join us on a fun filled evening. This event includes dinner, field trip, late night swim, make your own Sundae and a movie. \$10 per child.

November 11th - **Flick and Float at the Family Y** • 6:00 - 10:00 pm - Watch the newest movies while floating in our swimming pool. Dinner included • Cost \$7 per member.



November 11th - **Open Mic Night at the Family Y**
• 7:00 - 9:00 pm - It's time to show us your talents at our open mic night. This event has had good response in the past so get there early and get ready to have fun.

November 18th - **Parent's Night Out at Heritage Park** • 6:00 - 9:00 pm - Parents can enjoy some alone time while their child is having a great time. The cost is \$10.00 per child and includes dinner, activities, movie and peace of mind that your child is safe. This event is for ages 3 & up.

DECEMBER

December 3rd - **An Evening of Celebration** • 7:00 - 9:00 pm - The Family Y will be hosting An evening of music by local choir groups, musicians, and performers to benefit YMCA "Support-A-Child" fund. Concert is free and open to the public. Donations are optional.

December 10th - **Family Y Bus Trip to New York City** - Take the family and come with us to enjoy the Big Apple. We'll be your tour guide for a day of shopping and adventure. For more information about cost and schedule - See Sean for details.

December 16th - **Family Night at Heritage Park** - You are invited! Includes a full turkey dinner for \$3.00 per person. We also have 5 x 7 pictures with Santa that can be purchased for an additional \$2.00 each. An art station where children can decorate Christmas crafts and ornaments with their families. Performances by our Preschool /School Age Chorus.

December 26th to 30th - **School Vacation Week at the Family Y**. We will be enjoy great winter events like tubing and ice skating. Your favorite camp staff will be back for games and activities all week at the Y. For more information, call the Family Y at 727-7900.

December 26th to 30th - **School Vacation Week at Heritage Park**. This exciting week includes breakfast, lunch, snack, field trips, guest speakers, swim, and many other fun-filled activities. For more information, call Heritage Park at 727-7050.

BIRTHDAY PARTIES

BIRTHDAY PARTIES

You Can Pick from 2 Packages



PACKAGE A

This party package includes a slice of pizza for 25 kids, 25 party invitations and plenty of balloons.

Member/Non-Member: \$50/\$60

PACKAGE B

This party package includes all of package A and a choice of a sheet cake (or) 30 cupcakes.

Member/Non-Member: \$70/\$80

GENERAL INFORMATION:

All Party Packages are based on 25 children. Reserve your party today! Extra Party Packages Available!

BIRTHDAY PARTY TIME

(Times Vary Based Upon Party)

Sunday: 11:00 a.m. – 4:00 p.m.

Friday: 5:00 p.m. – 8:00 p.m.

Saturday: 11:00 a.m. – 6:00 p.m.



Contact our party coordinator, Aisha Laliberte about all your upcoming events. Available for sweet 16, first communion and various celebrations.

PRESCHOOL GYM PARTY

The perfect party for your little one! Reserve an hour just for your party in our soft-play and tube rooms. These two great rooms will have your child begging not to leave. This party area will be one that your child will not forget anytime soon! (1 hour pre-school play, 1 hour party room)

Member/Non-Member: \$150/\$225

CROCODILE ROCK PARTY

Have a blast playing games in our designated party room for an hour. Slip and splash in the pool on Slippery the Crocodile Slide for another hour! See ya later, gator!

Member/Non-Member: \$150/\$225

TREASURE HUNT PARTY

Hunt for hidden treasure at Y Island! You'll get a map -- X marks the spot! Children will love this adventure. (1 hour of party room time and 1 hour treasure hunt with our staff.)

Member/Non-Member \$175/\$250

ROCKIN' CROC PARTY

Love the Rockwall? Love the Pool? Why not enjoy them both? Come and have a try at reaching our 23ft. Rockwall. Our trained staff will make sure you have a safe climb up. This party also includes 1 hour in our pool with the Crocodile Slide! And the best part is that you can celebrate with cake and games for an hour in our party rooms (3 hour party)

Member/Non-Member: \$225/\$275

PRINCESS PARTY

Once upon a time, there was a princess who ruled the kingdom. Your princess will love her big day. The YMCA princess theme party includes a beautifully decorated party room, paper goods and a tiara. Each guest will get a candy-filled Princess mug as a souvenir. Your child will remember this party as one of her best! (1.5 hour of party room time)

Member/Non-Member: \$250/\$300

TEEN PROGRAMS



TEEN VOLLEYBALL Ages 13 to 17 years old

While this new program teaches children the skills necessary to excel in the sport of volleyball, the focus remains on participation, cooperation, sportsmanship, responsibility and, of course, fun! Strength, endurance and improved coordination result from the weekly activity of the program.

Weekday: TBA

TEEN ROCK WALL Ages 13 to 17 years old

The Family Y offers a 23 ft. climbing wall with experienced staff always ready to guide you through our array of trails. Participants will learn proper safety and climbing techniques to achieve personal goals.

Monday - Friday: 4:30 p.m. - 5:30 p.m.

YOUNG LEADERS Ages 13 to 17 years old

This program will include 20 members in a 9-week program that focuses on leadership, responsibility and trust through various activities. The Y is committed to insuring young people build positive relationships with peers and connect with leaders to build character for their promising future. Each participant will have dinner that is included Monday thru Friday at the Family Y. The program will allow for two activities per night as well as a monthly event to showcase emerging talent during open mic night. (Some activities include: weight training, basketball, improv theater class, flag football, hip hop dance, rock climbing, film making and swimming). Free for Members.

5:00 - 5:30 p.m. - Attend drop-in center

5:30 - 6:00 p.m. - Dinner

6:15 - 7:15 p.m. - Activity Choice 1

7:20 - 8:20 p.m. - Activity Choice 2

8:15 - 8:30 p.m. - Wrap Up

TEEN BASKETBALL Ages 13 to 17 years old

Burn calories, increase strength and endurance, lower total cholesterol, increase stamina, sleep better, improve mood, reduce risk of diseases and improve your quality of life.

Tuesday: 5:00 p.m. - 6:00 p.m.
Member/ Non-Member \$30/\$60

OPEN TEEN GYM

Daily pick up games as well as the "weekly winners" game against staff provide the back drop for this fun and energetic activity.

Monday: 5:00 p.m. - 7:00 p.m.
Wednesday: 5:00 p.m. - 7:00 p.m.
Friday: 5:00 p.m. - 7:00 p.m.

HOMEWORK CLUB

Got homework? Come down after school and get your homework done with help from tutors. Who knows - your grades may go up. They're there everyday in the Teen Center.

Weekdays: 3:00 p.m. - 5:00 p.m.

TEEN FIELD TRIPS

On adventures away from the Y provide supervision and positive role models. During the monthly field trips, teens have a great time doing fun, recreational activities in the local community.

VENTURING CLUB

Venturing Club is a youth development program of the Boy Scouts of America for young men and women who are 14 years of age (OR) 13 years of age and have completed the eighth grade. The Venturing Club's focus is to provide a positive experience to help young people mature and to prepare them to become responsible, strong and caring adults. This program helps youth pursue their special interests, grow, develop leadership skills, and become good citizens. Free for Members.

Tuesday: 5:00 p.m. - 6:00 p.m.

ADULT/FAMILY AQUATICS

MEMBER SWIM SCHEDULE

FAMILY OPEN SWIM

Sunday:	10:10 a.m. - 10:55 a.m. 1:30 p.m. - 3:30 p.m.
Monday:	6:00 p.m. - 8:30 p.m.
Tuesday:	7:15 p.m. - 8:30 p.m.
Wednesday:	6:00 p.m. - 8:30 p.m.
Thursday: (w/slide)	7:15 p.m. - 8:30 p.m.
Friday:	2:00 p.m. - 5:00 p.m. 6:00 p.m. - 8:30 p.m.
Saturday:	11:45 a.m. - 2:30 p.m.

ADULT LAP SWIM

Sunday:	7:00 a.m. - 9:00 a.m.
Monday - Friday:	6:00 a.m. - 9:00 a.m. 11:00 a.m. - 1:00 p.m.
Monday:	5:00 p.m. - 8:30 p.m.
Tuesday:	7:15 p.m. - 8:30 p.m.
Wednesday:	5:00 p.m. - 8:30 p.m.
Friday:	5:00 p.m. - 8:30 p.m.
Saturday:	7:00 a.m. - 9:00 a.m.

YOUTH & TEEN OPEN SWIM

Monday:	2:00 - 4:55 p.m.	Thursday:	2:00 - 4:45 p.m.
Tuesday:	2:00 - 4:45 p.m.	Friday:	2:00 - 4:45 p.m.

ADULT SWIM INSTRUCTION

Learn to swim the Y way! Small class size allows you to progress at your own pace. Emphasis is on making the beginner comfortable in the water and the intermediate an efficient and skilled swimmer. Spots are limited.

Sunday:	8:00 a.m. - 8:45 a.m.
Monday:	5:00 p.m. - 5:45 p.m.
Wednesday:	5:00 p.m. - 5:45 p.m.
Friday:	5:00 p.m. - 5:45 p.m.
Member/Non-Member:	\$45/\$85

AQUA-FIT/DEEP WATER EXERCISE

This class combines water aerobics with intervals of body sculpting. Participants in this new class focus on getting a low impact exercise workout that will help bodies feel better and fully energized. Work the entire body without putting pressure on your joints and bones, this class is perfect for the beginner. A great non-weight bearing class for all ages and abilities.

Wednesday:	9:00 a.m. - 10:00 a.m.
Friday:	9:00 a.m. - 10:00 a.m.
Non-Member Fee	\$50 (6 weeks)

OPEN WATER EXERCISE

Aquatic exercise offers many benefits including aerobic fitness, muscular strength and endurance, flexibility and better balance. Water's buoyancy makes the workout easier on your joints and its resistance challenges your muscles. Come get a low impact workout at the Family Y pool on the convenience of your schedule!

FREE WITH MEMERSHIP

Monday:	9:00 a.m. - 9:55 a.m.
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ADULT PROGRAMS

RACQUETBALL

FREE WITH MEMBERSHIP

Racquetball is a faster game than tennis, the game is designed for quick thinking and quick moving participants looking to add variety to their workouts. Members may reserve court time up to one week in advance. For more information or to sign up, please visit the Member Services desk.

RACQUETSPORT LESSONS

Ages 8 years old and up

Racquetball lessons are an excellent way to learn proper technique, court positioning and shot selection. One hour lessons by certified staff are arranged by appointment. Please sign up at the Member Services Desk.

Member/ Non-Member \$29/\$59

GROUP EXERCISE

Strengthen your heart and lungs, burn calories, increase your strength and endurance, lower total stamina, sleep better, reduce the risk of diseases and improve your quality of life. Group exercise provides socialization, accountability to drive consistent participation and motivation to achieve your goals.

CLASS FEES

FREE WITH MEMBERSHIP

See schedule for specific dates and times classes are offered. Classes are taught for all fitness levels. Classes with an * are more suitable for those who are new to exercise or prefer a less strenuous workout. Classes may be cancelled due to poor attendance, inclement weather, and/or holidays.

PERSONAL TRAINING

Our Personal Training tailors every fitness workout customized to your unique body and your individual health fitness goals. Personal attention and encouragement will bring your workout to the next level. Each of the personal training workouts optimize your time for maximum results. Personal Training will increase your energy, metabolism and muscle mass while decreasing your body fat.

Fee (1 Hour Sessions):

1 Session	\$40
3 Sessions	\$115
5 Sessions	\$175
10 Sessions	\$300
15 Sessions	\$420
20 Sessions	\$520
3 Sessions (plus)	\$150
1 Nutrition Class	

For more information or to make an appointment - Please see the Member Services Desk.

HEALTH ASSESSMENTS

A Health Assessment is your first step to fitness. The Health Assessment determines how healthy you are can prepare you to live a healthier lifestyle. The Assessment takes roughly a half hour and provides you with a print out of the assessment results.

- Body measurements
- Body fat analysis using calipers
- Accurate weigh-ins.

Members/Non-Members: \$5/\$10

BUDDY TRAINING

(2 person) Personal Training Sessions

Single Session (1 Hour)	\$25 pp
3 Sessions	\$75 pp
5 Sessions	\$100 pp
10 Sessions	\$180 pp
15 Sessions	\$250 pp
20 Sessions	\$300 pp
3 Sessions (plus)	
1 Nutrition Class	\$85 pp

FOR HEALTHY LIVING

FITNESS ORIENTATION

The Y wants you to exercise your options when it comes to Health and Fitness. We will set up a personalized exercise program that will help you achieve your goals. You will receive a complete orientation on proper use of the strength and cardiovascular equipment.

(2) FREE One-Hour Sessions

By appointment only

FREE WITH MEMBERSHIP

PUNK ROPE

This class is a fun filled, family friendly, interval style, workout which combines rope jumping, creative calisthenics, relay races, group conditioning drills, games, and core training. The class is appropriate for all ages and fitness levels, from recovering couch potatoes to more competitive athletes. Starting date TBA.

Member/ Non-Member \$20/\$50

KICK BUTT KICKBOXING

A fast-paced combination of Martial Arts and Boxing moves blended into a solid aerobic routine to music. You will get a kick out of this workout! Join this non-contact class and combine the kicks and punches from martial arts and boxing with an aerobic edge.

Tuesday: 5:30 p.m. - 6:30 p.m.

Non-Member Fee \$50 (6 weeks)



ADULT OPEN GYM

Open gym allows people who work during the day time to still come in and get a workout and enjoy pick up games of any sort. Our open gym allows for all levels to blend and have an enjoyable and athletic afternoon.

Monday - Friday: 5:30 a.m. - 8:00 a.m.
6:00 p.m. - 8:30 p.m.

WALLYBALL

Wallyball is an exciting game that combines volleyball and racquetball. The game is played in a racquetball court. Wallyball provides the element of surprise as an ordinary volley can go a whole new direction with spiking the ball off the walls in many directions. Rentals are available. Please sign up at the Member Services Desk.

(1) hour \$29 • (2) hours \$49

FITNESS FUSION

This is a 1½ hour class that begins with a 30-45 minute cycling class. Get ready to sweat, burn calories and enjoy the cycling path to fitness! The class ends with a 30 minute sculpting class that targets every major muscle.

Friday: 9:00 a.m. - 10:30 a.m.

Non-Member Fee \$50 (6 weeks)

FIGHT FOR FITNESS

A 10-week program for individuals that have a hard time getting into shape or have trouble losing weight and keeping it off. No matter what your goals are for the new year, you'll find resources in this class for reaching them. This class will offer encouragement and a wealth of ideas and that can help you get started toward a healthy diet with nutritional training. Class participants will also learn a variety of fitness techniques and exercises.

Begins: (October) TBA

Members/Non-Members: \$175/\$300

FREE FOR MEMBERS



MUSCLE MADNESS

A combination of high impact drills and plyometrics. A 60 minute cardio workout that incorporates exercises that can help you enhance strength, stability and add definition to your muscles. At the end of each class, there will be a mini abdominal workout. Guaranteed to add intensity to your routine and make you sweat!

Monday: 5:30 p.m. - 6:30 p.m.
Non-Member Fee \$50 (6 weeks)

FUNCTIONAL ATHLETIC TRAINING

Combines a time compressed cardiovascular workout with plyometric and sport drills, that will reshape your body. This class will strengthen and stabilize the body's core spinal and abdominal areas while sharpening speed, agility and balance. Great for athletes and intermediate or advanced fitness levels!

Saturday: 8:30 a.m. - 9:30 a.m.
Non-Member Fee \$50 (6 weeks)

LEGS, GLUTES, ABS & MORE

Using the step, hand weights, exercise balls, gliding discs, you will experience the most toning workout imaginable. Standing sculpting work, floor variations, plyometrics and effective abdominal training will create a killer workout! Starting date: TBA

Tuesday: 6:30 p.m. - 7:30 p.m.
Thursday: 6:00 p.m. - 7:00 p.m.
Non-Member \$50 (6 weeks)

CYCLING SCULPT

A conditioning workout that is both cardiovascular and muscle toning. It is performed with light weights, body bars, and plyometrics to create this fast pace, high intensity workout. This is for moderate to advanced exercisers!

Tuesday: 9:00 a.m. - 10:30 a.m.
Non-Member Fee \$50 (6 weeks)

AIKIDO

Aikido is a popular modern martial art emphasizing blending with an attacker's energy in the performance of self-defense techniques. Flexibility of the joints and connective tissues is developed through various stretching exercises and through the techniques.

Monday: 6:30 p.m. - 7:30 p.m.
Wednesday: 6:30 p.m. - 7:30 p.m.
Non-Member Fee \$50 (6 weeks)

WOMEN WITH WEIGHTS

Weight training will give you near-perfect symmetry. A hour long circuit training class combining toning and shaping, core and strengthening exercises. You will be introduced to free weights and core training and is suitable for all ages.

Monday: 9:00 a.m. - 10:00 a.m.
Wednesday: 9:00 a.m. - 10:00 a.m.
Non-Member Fee \$50 (6 weeks)

BODY BOOT CAMP

A conditioning workout that is both cardiovascular and muscle toning. It is performed with light weights, body bars, and plyometrics to create this fast pace, high intensity workout. This is for moderate to advanced exercisers!

Monday: 6:30 p.m. - 7:30 p.m.
Wednesday: 5:30 p.m. - 6:30 p.m.
Non-Member Fee \$50 (6 weeks)



FOR HEALTHY LIVING

**HABLA
ESPAÑOL**

ZUMBA

Combining Latin rhythms with high-energy movements, Zumba is the latest way to get everyone moving! It's Jazzercise meets Salsa dancing. A new Latin-inspired routine touted as the most popular workout in years. The processes of Zumba dance steps are meant to restructure and reshape the body, keeping it flexible and agile. Zumba dance music is extremely catchy and upbeat thus creating this a fun and wonderful chance to bring great workout in your life minus the rigor if that is what you have feeling at the gym. Free for Members.

Monday: 7:00 p.m. - 8:00 p.m.
Non-Member Fee \$50 (6 weeks)

**HABLA
ESPAÑOL**

CARDIO LATIN BEAT

This exciting class is an innovative freestyle fitness program that incorporates Latin dance steps as the foundation of a fun and exciting cardio workout. This program will provide you with exercise that will contribute to improving your physical appearance and help strengthen your cardio-vascular system. Come laugh, dance and shake your hips in a rhythmic with an infectious rhythm.

Tuesday: 9:00 a.m. - 10:00 a.m.
Wednesday: 6:30 p.m. - 7:30 p.m.
Thursday: 9:00 a.m. - 10:00 a.m.
Friday: 6:30 p.m. - 7:30 p.m.
Non-Member Fee \$50 (6 weeks)

ADULT RUNNING CLUB

It is known that running is one of the best forms of exercise that there is. All that's required to join is a good pair of running shoes and a little motivation. When you run, you burn significant calories. As part of a running club, you gain knowledge from experienced runners. Socialize with a group that shares a common interest in running.

Monday: 5:30 p.m. - 6:30 p.m.
Non-Member Fee \$50 (6 weeks)

**HABLA
ESPAÑOL**

ZUMBA TONING

This is a new program this Fall. When it comes to body sculpting, ZumbaToning raises the bar (or rather the toning stick). This exciting class targets body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance-fitness party. Students learn how to use light weights to enhance rhythm and tone all the targeted zones including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally!

Thursday: 7:00 p.m. - 8:00 p.m.
Member/ Non-Member \$40/\$70

GROUP CYCLING

Spinning is a type of low-impact aerobic exercise that is considered highly effective when done regularly, but also is gentle on the back. This program brings your outdoor cycling training indoors! Experience athletic, adrenaline pumping, authentic cycling drills all done to music!

Tuesday: 6:00 p.m. - 7:00 p.m.
Saturday: 8:00 a.m. - 9:00 a.m.
Non-Member Fee \$50 (6 weeks)

KARATE AND SELF-DEFENSE

This a a 6 week program. Karate is an excellent way to improve your life. Learning martial arts, particularly karate, helps teach self-defense while developing a strong character. The participant will practice discipline, determination, alertness, self-control and resourcefulness. The lesson of karate will affect your relationships with others in a positive way. Karate will also enhance physical fitness, increase your flexibility and give you a sense of well being.

Sunday: 12:00 p.m. - 1:00 p.m.
Member/ Non-Member \$20.00/\$50.00

SENIOR PROGRAMS

AQUA-FIT/DEEP WATER EXERCISE

This class combines water aerobics with intervals of body sculpting. Work the entire body without putting pressure on your joints and bones, this class is perfect for the beginner. A great non-weight bearing class for all ages and abilities.

Wednesday: 9:00 a.m. - 10:00 a.m.

Friday: 9:00 a.m. - 10:00 a.m.

STRONG & FLEXIBLE SENIORS

Stretching increases flexibility and freedom of movement will help you do more. Incorporates a variety of exercises as well as a 15 minute flexibility segment.

Tuesday: 9:00 a.m. - 10:00 a.m.

Thursday: 9:00 a.m. - 10:00 a.m.

ACTIVE OLDER ADULT CARDIO LATIN BEAT

This program will provide you with the type of exercise that will contribute to improving your physical appearance and help strengthen your cardiovascular system.

Monday: 10:00 a.m. - 11:00 a.m.



GROUP PROGRAMS

GAME DAY

FREE FOR MEMBERS

Games for seniors are good for exercising the mind and sharpening awareness skills. This monthly program will include activities such as memorization, puzzles, and other brain teasers.

Friday: 11:30 a.m. - 1:00 p.m.
(Last Friday of Every Month)

SOCIAL HOUR

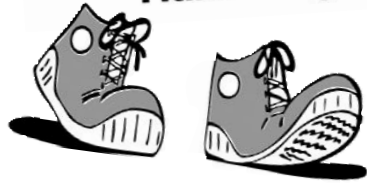
FREE FOR MEMBERS

Enjoy great food, great people, and great conversation. Bring your favorite dish and enjoy Free Coffee!

Wednesday: 11:30 a.m. - 12:30 p.m.

Friday: 11:30 a.m. - 12:30 p.m.

The Silver Sneakers® Fitness Program



SILVER SNEAKERS® MUSCLE STRENGTH & CONDITIONING

Move to the music through a variety of exercises designed to increase muscular strength, movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Wed.: 10:30 a.m. - 11:30 a.m.

Friday: 10:30 a.m. - 11:30 a.m.

FUN ACTIVITIES

Hey Kids!

SCHOOL VACATION PARTY WEEK DECEMBER 26TH - 30TH



Did you know that the Pawtucket Family YMCA is the best place for kids during school vacation week? The staff will host a fun-filled week with many surprises! The week includes field trips, swimming, arts & crafts and fun gym games. The vacation camp fills up fast so enroll your child today! Call us at 727-7900.

Your child will not be bored at Heritage Park YMCA's School Vacation Camp. The exciting week includes breakfast, lunch, snack, field trips, guest speakers, swim, and many other fun-filled activities. Learn to play and play to learn! For more information, call us at 727-7050. Spots are limited so sign up today!

The Pawtucket Family YMCA invites you to

*An Evening of
Celebration*

A Special Y Holiday Concert

**December 3 • 7:00 - 9:00 p.m.
in the Gymnasium**

The concert featuring area choir groups, musicians and vocalists to celebrate the holiday season. This event is free admission with a free-will donation. All proceeds will benefit the Support-A-Child fund which helps needy kids be able to participate in Y programs. If you or your group are interested in performing at the concert - contact Y staff.

Hot Chocolate & Cookies Following the Performance

INFORMATION

CATEGORY:	MONTHLY BANKDRAFT:	ANNUAL FEE:	*ONE-TIME CAPITAL FEE
PRESCHOOL (2 – 5 yrs.)	\$20.00	\$240.00	\$18.00
YOUTH (6 – 12 yrs.)	\$20.00	\$240.00	\$18.00
TEEN (13 – 17 yrs.)	\$20.00	\$240.00	\$18.00
YOUNG ADULT (18 – 24 yrs.)	\$37.00	\$444.00	\$72.00
ADULT	\$43.00	\$516.00	\$72.00
SENIORS (65 +)	\$37.00	\$444.00	\$72.00
FAMILY	\$59.00	\$708.00	\$84.00

• Monthly bank drafts are withdrawn from your checking, savings or credit card on either the 1st or 15th of the month. See bank draft forms. • Memberships can be paid using credit, cash, checks and money orders. * Capital fee is one-time charge unless membership lapses for a period of 15 or more days.

PLEASE NOTE: MEMBERSHIP FEES ARE NON-REFUNDABLE

GUEST PASSES

Guest passes are available up to four times a year per individual.

Youth: \$8.00 per visit • Adult: \$18.00 per visit • Family: \$20.00 per visit

LOCKERS

Box Lockers: \$10.00 per month or \$120.00 per year. There are daily lockers available to members and guests. The YMCA is not responsible for lost, misplaced or stolen items.

MY IS YOUR Y RECIPROCAL PROGRAM

Did you know that your current Y membership can be used at other New England facilities from Maine to Connecticut? Call your designated YMCA for any restrictions that may apply. All memberships are valid by showing your Y member ID.

HOURS OF OPERATION

Exercise areas close **30 minutes** before the building shuts down.

Monday – Friday	5:30 a.m. – 9:00 p.m.
Saturday	7:00 a.m. – 5:00 p.m.
Sunday	7:00 a.m. – 4:00 p.m.
Holiday Hours	SUBJECT TO CHANGE

REFUNDS & CREDITS

Refunds will be available through the first day of class. NO credit will be available after that. Class refunds are only provided if the YMCA has to cancel a class or a doctor's note is presented.

MEMBERSHIPS ARE NON-REFUNDABLE.

LATE REGISTRATIONS

Late registrations are accepted on a first come first serve basis when space is available. Full fees are charged during the first 3 weeks of the session.

FINANCIAL AID

This program is based on the household income of all members. Disabled adults must supply an application along with Disability Award Letter. Applications are processed twice a month.

MAKE UP CLASSES

Make up classes will be scheduled when a class is not held because of a holiday, or other circumstances. The YMCA reserves the right to change/cancel any program or change an instructor without notice.

We will be closed all day on Labor Day, Christmas Day and New Years Day.

*Holiday schedule subject to change.
Please check with Member Services Desk*



YMCA of PAWTUCKET

20 Summer Street
Pawtucket, RI 02860

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Permit No. 204

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Mission Statement

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

Call Us at (401) 727-7900

or visit us online at www.GoYMCA.com