

PRESCHOOL PROGRAMS

PARENT & ME BASKETBALL

Ages 4 – 5 Winter & Spring 1 - Northern Elementary - Mr. Eric

This class will introduce the basics of passing, shooting and dribbling. Skill drills and mini games will provide a solid basketball foundation.

Wednesday: 6:15 p.m. - 7:00 p.m.

Member/Non-Member: \$45/\$65

PARENT & ME BASEBALL

Ages 3– 5 Spring 2 - MacColl YMCA - Mr. Eric / Mr. Alan

This class will introduce and improve the fundamentals of throwing, catching, fielding and batting. Equipment will be provided. Children are encouraged to bring their own glove. Sneakers preferred over cleats.

Saturday: 9:15 a.m. - 10:15 a.m.

Member/Non-Member: \$45/\$65

PARENT & ME SOCCER

Ages 3 - 6 Spring 2 - MacColl YMCA - Mr. Eric / Mr. Alan

Quick moving dribbling, passing and shooting drills with parent aid. Progressive independence allows players to be coached while weaning parent aid. Game play at the end of each class for team achievement.

Saturday:

Ages 3 - 5 10:15 a.m. - 11:00 a.m.

Ages 5 - 6 11:15 a.m. - 12:00 p.m.

Member/Non-Member: \$45/\$65

LITTLE DRAGONS

Ages 2 - 5 - Winter, Spring 1 & Spring 2 - MacColl YMCA

Little Dragons Martial Arts class can provide you child another way to build a solid foundation for future success. Attention grabbing exercises stress the value of respect, self-importance and self-discipline in maintaining a healthy mind, body and spirit.

Saturday: 9:15 a.m. - 10:00 a.m.

Member/Non-Member: \$45/\$65

TINY TUMBLERS

Ages 2-5 - Winter & Spring 1 - Four Corners ELC - Ms. Erin / Ms. Nicole

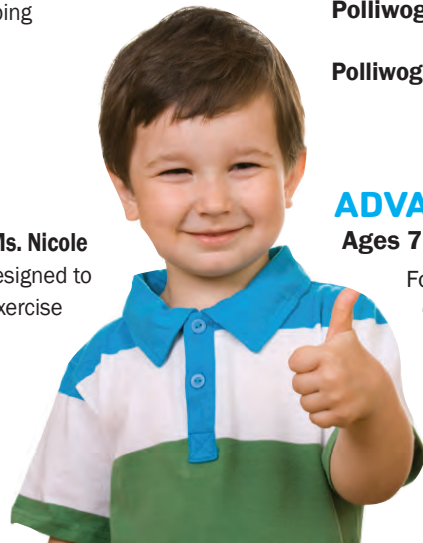
This class offers progressive tumbling and stretching drills designed to help improve agility, dexterity, flexibility and balance. Focus on exercise and physical fitness.

Saturday:

Ages 2 - 3 10:00 a.m. - 10:45 a.m.

Ages 4 - 5 11:00 a.m. - 11:45 p.m.

Member/Non-Member: \$45/\$65



SWIM LESSONS

Swim Lesson Fee: Member/Non-Member: \$50/\$70

PARENT & CHILD SWIM LESSONS

Ages 6 – 36 months Winter, Spring 1 & Spring 2 - Cumberland High School

This class introduces basic water skills with the help of a parent by using classic songs, float toys and swimmer interaction.

Saturday: 9:45 a.m. - 10:15 a.m.

PRESCHOOL LESSONS

Ages 3 - 6 Winter, Spring 1 & Spring 2 - Cumberland High School

Designed for children who have little to no swim lesson experience. Focus on basic swim skills for building of a strong swim foundation with confidence for personal growth and personal development.

Saturday:

Pike (max. 6) & **Eel** (max. 8)

9:15 a.m. - 9:45 a.m.

10:15 a.m. - 10:45 a.m.

11:00 a.m. - 11:30 a.m.

11:40 a.m. - 12:10 p.m.

Ray/Starfish (max. 8) 10:15 a.m. - 10:45 a.m.

11:15 a.m. - 12:00 p.m.

YOUTH SWIM LESSONS

Ages 7 - 12 Winter, Spring 1 & Spring 2 - Cumberland High School

Beginner classes for children with basic swim skills. Focus on beginning stroke development, rotary breathing, sit dives and water adjustment. Individual benefits of physical fitness, poise and self belief.

Meets: Saturday:

Polliwog (max. 8) 9:15 a.m. - 10:00 a.m.

10:15 a.m. - 11:00 a.m.

Polliwog “Plus” & Guppy (max. 8)

9:15 a.m. - 10:00 a.m.

11:15 a.m. - 12:00 p.m.

ADVANCED SWIM LESSONS

Ages 7 - 17 - Winter, Spring 1 & Spring 2 - Cumberland High School

For swimmers who would like to develop stronger more relaxed and disciplined strokes. Increase in swimmer endurance, strength, composure and verification of overall swimming skills.

Meets: Saturday:

Minnow (max. 10) 10:15 a.m. - 11:00 a.m.

Fish, Flying Fish & Shark (max. 12) 12:10 p.m. - 1:00 p.m.

Stingray Swim (max. 12) 12:10 p.m. - 1:00 p.m.

YOUTH PROGRAMS

TINY DANCERS

Ages 4 - 6 - Winter & Spring 1 - Four Corners ELC - Ms. Erin / Ms. Nicole

Beginning dance and acrobat class for children who like music, group dance and creative movement. Ballet, jazz, Hip hop, skipping and line dances.

Saturday: 12:00 p.m. - 12:45 p.m.

Member/Non-Member: \$45/\$65

SHOWSTOPPER

Ages 8 - 12 Winter & Spring 1 - MacColl YMCA - Ms. Jess

This 12-week performance program will focus on proper singing methods, stage movement, song and dance. Broadway style curriculum and show.

Saturday: 12:00 p.m. - 2:00 p.m.

Member/Non-Member: \$45/\$65

HEALTHY COOKING

Ages 8 - 14 Winter 1 - MacColl YMCA - Mr. Eric

Breakfast basics, delicious deserts, and simple suppers will be used to teach your child about proper food choices, healthy substitutes and the art of cooking.

Saturday: 10:00 a.m. - 1:00 p.m.

Member/Non-Member: \$50/\$70

WEE JUMP CLUB

Ages 5 - 7 - Winter, Spring 1 & Spring 2 - MacColl YMCA - Ms. Brianna

Learn the fundamentals of jumping, group jump and beginning jump tricks. Children will benefit and have fun from increased cardio exercise, inspired movement and muscular development. Great for the first time jumper or beginner jumper.

Saturday: 10:00 a.m. - 10:45 a.m.

Member/Non-Member: \$45/\$65

JUNIOR JUMP CLUB

Ages 8 - 10 - Winter, Spring 1 & Spring 2 - MacColl YMCA - Ms. Brianna

Take it to the next level jump rope. Group jumping, tricks, speed jumps and skill building. Jr. jumpers will have the opportunity to become part of the Y's future jump team. Both beginner and experienced jumpers are welcomed.

Saturday: 11:00 a.m. - 11:45 a.m.

Member/Non-Member: \$45/\$65

YOUTH FLAG FOOTBALL

Ages 8 - 10 Spring 2 - MacColl YMCA - Mr. Brian

Flag Football for younger kids who love to play football. Running, passing, kicking, and team play will be coached. Players will need to wear athletic clothing and sneakers. No Cleats. Flags provided.

Saturday: 10:15 a.m. - 11:00 a.m.

Member/Non-Member: \$35/\$55

GENERAL PROGRAMS

STREET HOCKEY

Ages 6 - 12 Spring 2 - MacColl YMCA - Y Staff

This exciting Y program will offer the experience of traveling to educational and entertaining destinations. Come and have fun on a weekly field trip that will encourage personal growth, self-respect and social responsibility.

Saturday:

Ages 6 - 7 10:15 a.m. - 11:00 a.m.

Ages 8 - 12 11:15 a.m. - 12:00 p.m.

Member/Non-Member: \$35/\$55

INTRODUCTION TO ROBOTICS

Ages 10 - 14 Winter & Spring 1 - MacColl YMCA - Mr. Brian

A hands-on program introducing the basic construction, operation, and mechanics of remote controlled robotics. Teamwork and critical thinking skills are used in the construction of the group project and cover how each part works as part of the whole.

Wednesday: 6:15 p.m. - 7:30 p.m.

Member/Non-Member: \$45/\$65

Y - TRAVELERS

Ages 10- 14 Spring 1 - MacColl YMCA - Mr. Eric

This Y program will offer the experience of traveling to some educational and entertaining destinations. Come and have fun on a weekly field trip that will encourage personal growth, self-respect and social responsibility.

Saturday: 10:00 a.m. - 1:00 p.m.

Member/Non-Member: \$60/\$80

MASTERY MARTIAL ARTS

Ages 6 and Up Winter, Spring 1 & Spring 2 - MacColl YMCA

MMA will be offered to children and adults for six weeks. This fun class provides effective methods for building self-discipline, confidence, and fitness while becoming a well-rounded individual. Focus on concentration, repetition, pride, self-control and maintaining a healthy mind, body and spirit.

Tuesday: 6:15 p.m. - 7:00 p.m. & 7:15 p.m. - 8:00 p.m.

Thursday: 6:15 p.m. - 7:00 p.m. & 7:15 p.m. - 8:00 p.m.

Member/Non-Member: \$45/\$65

ADULT FLAG FOOTBALL

Ages 18 and Up Spring 2 - MacColl YMCA - Mr. Brian

Flag Football for the adults who would like to get some run time into their week. Open run for MacColl Y members. Participants are also welcomed. Basic game play with pick up style teams. Flags provided. Come get your exercise in a fun way.

Saturday: 11:15 a.m. - 12:00 p.m.

Member/Non-Member: Free/\$15

YOUTH SPORTS

CO-ED SOCCER SKILLS

Ages 7 - 10 **Spring 2 - MacColl YMCA - Mr. Eric**

Skill drills and game play for the player who is still learning the game. Dribbling, passing shooting and team play. Great for the player who wants to work on their game and become a better overall player.

Wednesday: 5:30 pm. - 6:15 p.m.

Member/Non-Member: \$45/\$65

BASEBALL SKILLS

Ages 6 - 10 **Spring 2 - MacColl YMCA - Mr. Eric / Y Staff**

Teaches the basics of baseball and looks to promote overall skill development in throwing, fielding, catching and hitting. Weekly drills will be followed with controlled game play for the advancement of game awareness, physical fitness, teamwork, social skills and the understanding of the game.

Saturday:
Ages 6 - 8 12:15 p.m. - 1:00 p.m.

Ages 8 - 10 1:15 p.m. - 2:00 p.m.

Member/Non-Member: \$45/\$65

BEGINNER BASKETBALL

Ages 6 - 8 **Winter & Spring 1 - Northern Elementary - Mr. Alan**

Basketball skills 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.

Wednesday: 6:15 pm. - 7:00 p.m.

Member/Non-Member: \$45/\$65

ADVANCED BASKETBALL

Ages 8 - 10 - Winter & Spring 1 - Northern Elementary - Mr. Eric / Mr. Alan

Level two basketball skills gets beginners ready for larger game play. Dribbling, passing, shooting and mini games will improve the players overall skill while building game knowledge.

Wednesday: 7:15 p.m. - 8:00 p.m.

Member/Non-Member: \$45/\$65

FISHING BUDDIES

Ages 8 and Up **Spring 2 - MacColl YMCA - Mr. Sean**

Six weeks of fishing accompanied by lessons in lure making, fish species, tackle choices and techniques. Rod and reel not required. Anglers will travel to local fishing holes. All anglers are asked to wear proper footwear and seasonal attire.

Saturday: 9:15 a.m. - 12:15 p.m.

Member/Non-Member: \$50/\$70

SPECIAL EVENTS

JOHNNY LIGHTNING RACE CLUB

All Ages **Winter, Spring 1 & Spring 2 - MacColl YMCA**

Each month JL brings die cast car racing to the YMCA. Featuring an indoor track and vendor tables from around New England. Johnny Lightning race day is great for the whole family. Free entry to event. Check for event days at www.ljlrc.com

Saturday: 8:30 am. - 3:00 p.m.

PARENT'S NIGHT OUT

Ages 5 - 14 **Winter, Spring 1 & Spring 2 - MacColl YMCA - Y Staff**

Enjoy a night out while we watch the kids. Parent's Night Out is a chance for you to play while the kids participate in art projects, group games, sports and movie time. Popcorn, Pizza and a drink are provided.

January 28, February 25, March 31, April 28 and May 26

Saturday: 6:00 pm. - 10:00 p.m.

Member/Non-Member: \$10/\$15 per child

HEALTHY KIDS DAY

April 28 - All Ages **10 a.m. - 2:00 p.m. - MacColl YMCA**

The event is free and will feature activities such as bounce houses for kids, youth fitness demonstrations, dancing, family music, healthy food and information booths for families to have fun and be active.

CAMP OPEN HOUSES

A Camp Open House is a day filled with day camp demonstrations and activities. It's an opportunity to learn about what's new this coming summer. The day will be filled with festive events and free healthy snacks.

April 28 10:00 a.m. - 2:00 p.m.

May 11 4:00 p.m. - 7:00 p.m.

May 19 10:00 a.m. - 2:00 p.m.

POOL OPEN HOUSES

Be our guest for the day and find out how much fun it is to play at the MacColl Spray Park and Community Pool. Information about membership will be available.

May 26, May 27 and May 28 12:00 p.m. - 5:00 p.m.

TEEN COMMUNITY SERVICE

Student community service hours may be completed by performing a variety of task within our childcare, sports, aquatics and maintenance programs.

FAMILY CAMPING, BOATING & FISHING

Westwood YMCA is located at 2093 Harkney Hill Road in Coventry, RI.

Call (401) 397-7779 for cabin rentals, camping, day passes



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2012: January 8 – February 18

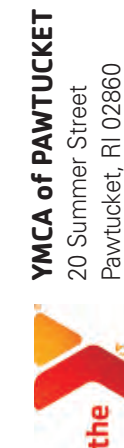
Spring 1 2012: February 26 – April 7

Spring 2 2012: April 15 – May 26

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MACCOLL YMCA
28 Breakneck Hill Rd., Lincoln, RI 02865
www.GoYMCA.com



YMCA of PAWTUCKET
20 Summer Street
Pawtucket, RI 02860

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 MacColl YMCA at (401) 725-0773
or visit us online at www.GoYMCA.com**