BUILDING CONFIDENCE TOGETHER

2018 Spring Program Guide
OCEAN COMMUNITY YMCA

oceancommunityymca.org
CYCLE FOR A CAUSE
7th Annual Spin-A-Thon
Benefitting Our Annual Campaign

Saturday, March 24th
@ The United Theatre
Kick-Off at 4:30 pm

Take an every-day workout to a new and unique location. Three Branches, one location, riding together for one cause. Minimum donation of $100/team, $34/person to reserve a bike. Single riders are welcome and will be placed on a team. Additional donations accepted prior to event. Email Patrick at phanley@oceancommunityymca.org for more information.

STRENGTHENING COMMUNITIES
Race4Chase Kids’ Triathlon
COMING THIS SUMMER...

Chase Kowalski was an amazing son, brother, and friend who was taken on December 14, 2012 in the Sandy Hook Elementary School tragedy. He loved sports of all kinds and had an incredibly competitive spirit. Among Chase’s favorite sports were baseball, auto racing, and running. In fact, Chase began running competitively at age 2 in track races. At age 6, Chase asked to be entered into his first triathlon – in his first ever competition, he took on the field and won his age group!

He was very proud of his accomplishment sharing his success with friends and teachers and taking great care not to wash off his race number marked on his arms. It is only fitting that CMAK would support a program to give other children the same opportunity to train and complete this challenging race and honor Chase at the same time.

The Race4Chase Kid’s Triathlon program is a youth triathlon program aimed to provide kids aged 6 to 12 with a safe, healthy non-competitive environment to discover the sport of triathlon. It bring together kids from all different backgrounds and educates them on how to adopt a healthy lifestyle, coaches them to develop a foundation of athletic skills, and inspires them to aim high in sports and in life.
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Facilities & Hours
Administrative Offices
90 High Street
Westerly, RI 02891
P: 401-340-1011
F: 401-315-9003

Arcadia Branch
1190 Main Street
Wyoming RI 02898
P: 401-539-2306
F: 401-539-8667

Mystic Branch
1 Harry Austin Drive
Mystic, CT 06355
P: 860-536-3575
F: 860-536-2049

WESTERLY-PAWCATUCK BRANCH
95 High Street
Westerly, RI 02891
P: 401-596-2894
F: 401-596-8675

Camp Watchaug
160 Prosser Trail
Charlestown, RI 02813
P: 401-364-6535
F: 401-596-8675

Washington Trust Community Skating Center*
61 Main Street
Westerly, RI 02891
P: 401-637-7902 (Nov.-Feb.)
F: 401-637-4840

YMCA Hours of Operation*
Monday-Friday 5am-10pm
Saturday & Sunday 6am-6pm

Pools close 30 minutes prior to facility closing.

*Please see our website for Ice Rink registration dates, current schedules, holidays and hours of operation.

Holiday Hours
Easter: CLOSED
YMCA MISSION STATEMENT:

To put Christian Principles into practice that promote healthy spirit, mind, and body for all.

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That’s why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Improving our community’s health and well-being

In neighborhoods across our community, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and

Giving back and providing support to our neighbors

The Ocean Community YMCA has been listening and responding to our community’s most critical social needs for 88 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

The Y is the utmost inclusive membership organization, which transforms lives and communities through people who want to belong and give back in an era that needs individuals to come together to improve well-being for all.
MEMBERSHIP & BENEFITS
Join the Y and enhance your life.

MEMBERSHIP INCLUDES:
• Over 120 FREE adult group exercise classes per week
• State-of-the-art Health & Wellness centers
• Strength training and free weight areas
• Access to 3 pools for lap swim, family swim, and more
• Locker Rooms with Adult Saunas Rooms
• Free supervised Child Watch and Teen Centers
• Priority online registration and account access
• Water Polo, Pickleball, Racquetball, Basketball, Volleyball
• Free WiFi available (Oceanymca)
• Member Appreciation Days and Promotions

As a member of the Ocean Community YMCA, you have access to our 3 branches, each of which offers quality facilities and programs, access to other YMCA’s throughout the country.

CHILD WATCH
Do you need someone to look after your child while you work out? We’re here for you! You may bring your child for a maximum of two hours per day to our Y Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible, qualified Y staff members. No registration needed. Child Watch is a food free area. This is a free service available to Family Y Memberships. The cost for Adult Y Members is $4/hour and $6/hour for Program Participants.

VOLUNTEER OPPORTUNITIES
When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole! Please contact Stacey Pride, (401) 596–2894 if interested in being a volunteer.

FINANCIAL ASSISTANCE
At the Y, we have a vision to strengthen our community and are committed to transforming lives every day. Our YCares Financial Assistance Program provides support to youth, adults, and families that ensures everyone has the opportunity to learn, grow and thrive. To apply, visit our website or the Welcome Center at one of our 3 branches.

CHILD PROTECTION SCREENING
The safety of the children who use our facility has always been a top priority of the OCYMCA. sex offenders in all YMCA staff uses the Raptor System to screen all members & visitors. If a potential threat is identified, the Raptor System will send an instant alert to designated management staff. If necessary, law enforcement will be notified. We appreciate your continued support in protecting everyone who uses our Y.

MEMBERSHIP RATES 2018

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Monthly Rate</th>
<th>Annual Rate</th>
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<tbody>
<tr>
<td>Youth (0-12)</td>
<td>$21 per month</td>
<td>$252 per year</td>
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<tr>
<td>Teen (13-17)</td>
<td>$22 per month</td>
<td>$264 per year</td>
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<tr>
<td>Young Adult (18-22)</td>
<td>$28 per month</td>
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<tr>
<td>Adult (23-64)</td>
<td>$50 per month</td>
<td>$600 per year</td>
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<tr>
<td>One Adult Family*</td>
<td>$70 per month</td>
<td>$840 per year</td>
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<tr>
<td>Two Adult Family*</td>
<td>$80 per month</td>
<td>$960 per year</td>
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<tr>
<td>Senior (65+)</td>
<td>$45 per month</td>
<td>$540 per year</td>
</tr>
<tr>
<td>Senior Couple (Both 65+)</td>
<td>$73 per month</td>
<td>$876 per year</td>
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</table>

*Family Memberships include dependent children who are under the age 23. All individuals reside at the same address with adults sharing expenses. Proof of identification and/or residence required.

JOINERS FEE
This is a one-time fee charged for new Young Adult, Adult, One Adult Family and Two Adult Family Memberships. Individuals who do not renew within 90 days are classified as new members.
• Young Adults: $25
• Adults, One Adult Family’s and Seniors: $65
• Two Adult Family and Senior Couples: $80

PAYMENT PLANS

MONTHLY DRAFT
This is an opportunity to pay membership dues on a monthly basis through a checking/savings account or by credit card. We accept Visa, MC, Amex, and Discover. Depending on your home branch, you will be drafted monthly on the 1st or 15th.

ANNUAL PAYMENT
Renewable one year from the join date. Non-refundable.

VISITORS
Guest fees are for use of gymnasiums, pool, locker rooms, wellness rooms and permit access to group wellness classes. They may be applied towards Y membership dues if redeemed within 30 days. Photo ID is required and a Guest Waiver must be completed by a Parent/Guardian for any individual under the age of 18.

GUEST FEES
• Youth (Ages 0-12): $7
• Teens (Ages 13-17): $8
• Adults (Ages 18+): $13
“When you give to the Y, you can say to yourself, ‘I have done something to change somebody’s life.’ You have done your part to make people’s lives better — to give your community the support and direction it needs to succeed.”
Steve, OCY Member

When you help, you change lives.
Everything you give to the Ocean Community YMCA’s Annual Support Campaign will give a child or a family the chance to thrive. No one is ever turned away.

Your kindness can give the chance of a lifetime to the people who need it most in our community.

You can help someone reach their potential.
GIVE TODAY.
oceancommunityymca.org/give
@theocymca
CHILD WATCH (6 MONTHS TO 8 YEARS)
Do you need someone to look after your child while you work out? We’re here for you! You may bring your child for a maximum of two hours per day to our Y Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible, qualified Y staff members. No registration needed. Child Watch is a food free area.
**Family Y Members:** FREE
**Adult Y Members:** $4 per hour
**Program Participants:** $6 per hour

**Arcadia Branch**
Monday-Friday: 8:30am-11am & 5pm-7pm
Saturday: 8:30am-11am

**Mystic Branch**
Monday-Friday: 8am-12pm & 4pm-7:30pm
Saturday: 8:30am-12pm

**Westerly-Pawcatuck Branch**
Monday-Friday: 8am-12:30pm & 3:30pm-8pm
Saturday: 7:30am-12:30pm
Sunday: 7:30am-10:30am

**ARCADIA: THE HUB**
(Ages 9-15)
Want a place to hang out with friends, play Wii or foosball? Check out our Teen Center created especially for teens ages 9-15.
Tuesday, Thursday, Friday: 3:45pm-8pm
Saturday: 8am-12:30pm

**WESTERLY-PAWCATUCK: THE CANTEEN**
(Ages 7-14)
Now pre-teens & teens have a place to hang out, bring snacks and mingle with friends. The Canteen is always staffed and provides a safe and fun space!
Monday-Thursday: 3:30pm-8pm
Friday: 3:30-9pm
Saturday: 8am-3pm
Sunday: 10am-3pm

**Family Y Members:** FREE

SCHOOLS OUT PROGRAM (Grades K-6)
Arcadia Sites are After School Care Only. Built into the program will be weekly enrichment classes including STEM, dance, arts & crafts, wacky science day and sports. The Y's Schools Out Program provides high quality, safe and affordable child care for grades K-6
**Y Members:** $220 (2) $284 (3) $327(4) or $374 (5 days)
**Participants:** $288 (2) $378 (3) $424 (4) or $472 (5 days)

**Charlestown Elementary School**
Hope Valley Elementary School
Richmond Elementary School
All locations are licensed by the state. Students who attend Chariho Middle School may change their bus schedule by contacting the bus company to arrange drop off at the appropriate school.

The Y offers financial aid for those who qualify. We also accept participants receiving funds from DHS and other approved providers.

Contact the Welcome Center at our Arcadia Branch for more information at (401) 539-2306.

CELEBRATE WITH US
Have your child’s Birthday Party at the Y.
CELEBRATING IS EASY AS 1,2,3:
1. Download a request form and bring to your branch.
2. Choose your party type
3. Choose your date/time

Each Y branch has different Party options:
Gymnastics, GaGa Pit (A), Karaoke Machine (A) Pedicures (A) Pool, Sports, Teen Center, Y HUB Teen Center (A) and more!
We even host seasonal parties at Camp Watchaug and the Ice Rink!
All the details and forms can be found on our website oceancommunityymca.org or stop by one of our Welcome Centers.
YOUTH DEVELOPMENT
Preschool Programs (Ages 3–6)

ENRICHMENT

BUSY BEES (Ages 2–3)
Discover the arts at an early age. Children will experiment with playdough, paint, clay, recycled materials and so much more. All the fun and mess but not in your home!

LAND AND SEA (Ages 3–5)
Enjoy 45 minutes of arts and crafts, 30 minutes of physical activity and 30 minutes of instructional swim. Child must be potty-trained.

MOLECULES TO MASTERPIECES (Ages 3–5)
Preschoolers will learn basic science, art and color concepts in this hands-on class that will encourage and celebrate natural curiosity.

MOVING & GROOVING (Ages 2 1/2–5)
Come and get a little groovy with us! Play, dance, story tell, sing and craft.

SILLY SCIENCE (Ages 2 1/2–5)
Pre-schoolers will learn basic science, art and color concepts in this hands-on class that will encourage and celebrate natural curiosity.

STORY CRAFTS (Ages 3–5)
Children are introduced to new stories each week and create a new craft based on the story.

DANCE BASICS (Ages 4–9)
Children will learn to work together playing dance games while using a variety of dance styles. Parent Event is April 7th.

PRE-BALLET (Ages 4–6)
We will explore movement with wonder and joy while gaining confidence and poise every step of the way! Emphasis will be on having fun through movement.

TINY DANCERS JAZZ & TAP (Ages 4–6)
Dancers will be introduced to fundamental aspects of dance including music & movement. Dancers will learn basic tap and jazz steps, while focusing on fine and gross motor skill development.

PRESCHOOL SPORTS

SPORTS GALORE (Ages 4–6)
Introduce your child to a variety of sports, Focus on skills, teamwork and heart-healthy fun!

T–BALL BATTER UP! (Ages 4–7)
This instructional program will focus on throwing, catching, hitting, and base running. Each class will focus on skill development and game play. Located in Racquetball Court 1.

YMCA JR. ALLSTARS (Ages 2 1/2 –5)
Enjoy a variety of arts, crafts, physical activity and swim. Child must be potty-trained.

GYMNASTICS

PARENT & ME (Ages 2–3)
Join your child in tumbling and gymnastics moves.

ROMP & STOMP (Ages 18–36mos)
With your guidance, your child is introduced to a relaxed, but structured environment. The goal of this class is to increase your child’s gross motor skills: running, jumping, hopping and throwing.

TINY TOTS (Ages 3–5)
This class is for the child who is ready to participate without a parent. This is an introductory class to primary skills of gymnastics with tumbling, jumping and other motor skills.

PAR–CORE (Ages 4–8)
Run, jump, skip and bounce off walls. Kids will climb and jump over and in our obstacle course during this staff lead and supervised class.

GYM AND SWIM (Ages 4–6)
Gym and Swim is a combination of gymnastics tumbling and use of soft play equipment, then going for a swim in the pool. Participants will begin with learning basic gymnastic skills and techniques, and staff will introduce swimming skills in the pool.
## PRESCHOOL PROGRAMS ACTIVITY GRID

(A) = Arcadia Branch  (M) = Mystic Branch  (W) = Westerly–Pawcatuck Branch

### ENRICHMENT

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<tr>
<th>ENRICHMENT</th>
<th>AGES</th>
<th>PRICE</th>
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<tr>
<td>Busy Bees 2’s &amp; 3’s</td>
<td>2-3</td>
<td>$96 Members</td>
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<td>9:30-11:00am</td>
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<td>$136 Participants</td>
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<tr>
<td>Molecules to Masterpieces</td>
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<td>Land and Sea</td>
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<td>$104 Members</td>
<td>10-12:00pm</td>
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<td>9-11am (M)</td>
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<tr>
<td>Moving &amp; Grooving</td>
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<td>Silly Science</td>
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<td>$48 Members</td>
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<td>11-11:45am (W)</td>
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<tr>
<td>YMCA Jr. All-stars</td>
<td>2 1/2-5</td>
<td>$80 Members</td>
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<td>Dance Basics</td>
<td>4-9</td>
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<tr>
<td>Pre-Ballet</td>
<td>4-6</td>
<td>$61 Members</td>
<td>4:30-5:15pm (W)</td>
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<td>$94 Participants</td>
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<tr>
<td>Tiny Dancers Jazz &amp; Tap</td>
<td>3-5</td>
<td>$61 Members</td>
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### GYMNASTICS

<table>
<thead>
<tr>
<th>GYMNASTICS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
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<tr>
<td>Parent &amp; Me</td>
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<td>9:15-10:00am (W)</td>
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<tr>
<td>Romp &amp; Stomp</td>
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<td>Tiny Tots</td>
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<tr>
<td>Par-Core</td>
<td>4-8</td>
<td>$63 Members</td>
<td>3:30-4:15pm (W)</td>
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<td>Gym &amp; Swim</td>
<td>4-6</td>
<td>$85 Members</td>
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<td></td>
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### PRESCHOOL SPORTS

<table>
<thead>
<tr>
<th>PRESCHOOL SPORTS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<th>SUN</th>
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<tbody>
<tr>
<td>T-Ball Batter Up!</td>
<td>4-7</td>
<td>$63 Members</td>
<td></td>
<td>4:15-5:00pm (W)</td>
<td></td>
<td>4:15-5:00pm (W)</td>
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<td>10:30 - 11:15am (W)</td>
<td>4:15-5:00pm (W)</td>
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<td>8-8:45am (W)</td>
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**YOUTH DEVELOPMENT**

**Youth and Teen Programs**

**DANCE**

**BEGINNER BALLET (Ages 7–12)**
In this class, we study basic classical ballet positions of the feet and arms along with fundamental movements at the barre and then in the center. In the center, we work on more complex movements, jumps, and turns as students progress at their own pace. No prior experience required.

**BEGINNER JAZZ (Ages 7–12)**
Dancers will be introduced to fundamental aspects of jazz choreography using popular songs from past to present.

**BEGINNER TAP (Ages 7–12)**
Dancers will be introduced to fundamental aspects of tap choreography using popular songs.

**HIP – HOP (Ages 9–12)**
Dancers will learn to move to the hottest music, have fun and be energetic. Dancers will learn age appropriate hip hop skills.

**MARTIAL ARTS**

**SELF DEFENSE (Ages 8+)**
Learn how to defend yourself against an attacker using jujitsu and other martial arts.

**TAEKWONDO (FAMILY)**
This martial art originated in Korea and has been an Olympic event since 2000. Our classes combine techniques in self-defense, sport, and exercise. Students

**LEADERSHIP DEVELOPMENT**

**BABYSITTING CLASS (Ages 11–15)**
This class teaches knowledge and skill necessary to safely and responsibly give care for children and infants. Successful participants will receive an American Red Cross certificate. (Must be 11 by the end of the class to receive certificate).

**HOME ALONE SAFETY FOR KIDS (Ages 9–12)**
This seminar prepares pre-teens for the responsibility of staying home alone and covers multiple safety topics. Once a month on the second Wednesday from 5–7pm

**LEADERS CLUB (Ages 11–17)**
The Leaders Club is a leadership development program for teens which includes weekly meetings, training component and Y Volunteer Opportunities. Teens will participate in social activities at local Y’s as well as across the Northeast. Enrollment is open all year long. Y Members Only.
Jr. Leaders: (6th–8th grades) Tuesdays 5:30pm to 6:30pm
Leaders: (9th –12th grades) Tuesdays 6:30pm to 7:30pm
**SPORTS/PERFORMANCE**

**LITTLE DUNKERS (Ages 6-8)**
This program is an introduction to the game of basketball. Dribbling, passing, and shooting will all be taught through fun drills that simulate game situations.

**ATHLETIC PERFORMANCE TRAINING (Ages 12-16)**
Small group training class for middle and high school kids which mimics strength and conditioning programs athletes use off season to improve speed, agility, and power. Contact Pat Hanley at phanley@oceancommunityymca.org with questions.

**HOME SCHOOL P.E. (Ages 7-12)**
Participate in lessons that focus on physical fitness, skill development, and sportsmanship. The class is progressive and students will learn material based on their age and skill level.

**BASKETBALL ACADEMY (Ages 6-12)**
Athletes will play pick-up games with peers while also practicing with YMCA Coaches. Skill building and team work will be expressed in all classes.

**UNIFIED SOCCER (Ages 8-12)**
The Unified Soccer Team will partner with neighboring YMCA’s for games, socials and fun. Practice TBD. For more information, Contact Josh Posey at jposey@oceancommunityymca.org.

**SPECIAL INTEREST**

**NEW*BEGINNER GUITAR (Ages 9-12)**
Learn the basics from the proper way to hold the guitar, to picking, tuning, chord progression, & strum patterns. Students must bring their own instruments for class.

**INTRO TO THEATRE (Ages 7-12)**
In a partnership with the Granite Theatre, children will build props, design costumes, tour the theatre and see first-hand management of sound and lights. Acting on stage and improv theatre games will enhance reading comprehension and problem solving skills. Develop an appreciation for team work and interdisciplinary performing arts experience.
YOUTH DEVELOPMENT
Youth and Teen Programs

GYMNASTICS

BASIC GYMNASTICS / BOYS GYMNASTICS (Ages 6-12)
Join this starter gymnastics class to learn a variety of fun and challenging basic gymnastic moves. Participants should know how to do a forward roll prior to class.

INTERMEDIATE GYMNASTICS (Ages 8-16)
For those gymnasts who have mastered the handstand, forward roll, cartwheel, backward roll, pullover on bars, nice dance on beam and squat on the vault.

ADVANCED GYMNASTICS (Ages 8-16)
Advanced Gymnastics is for girls and boys who express a serious interest in gymnastics. This program will enhance knowledge and skills. Gymnasts should have some prior experience and will be evaluated by the coaching staff.

TUMBLING (Ages 7+)
The tumbling class is ideal for competitive cheerleaders, dancers and anyone who is looking to gain advancement in their tumbling. This will include in depth back handspring drills, mastering timing and confidence in basic tumbling. Participants attending this class should be able to demonstrate a handstand, bridge, and bridge kick-over (bridge kick-over from slightly elevated surface is acceptable).

PAR-CORE (Ages 9-14)
Staff led and supervised energy-burning class. Run, skip, jump, and bounce through the gymnastics obstacle course. Climb mountains on the mats, walk the plank on our balance beam, run like a cheetah in the gym, fly like a pterodactyl on the rope, bear crawl through the tunnels and swing like a monkey on the rings. Bring a lot of energy, your imagination, and a sense of adventure!

TEAM GYMNASTICS

COMPETITIVE TEAM GYMNASTICS
Competitive Team is for the gymnast that shows a serious interest in the sport of gymnastics. Gymnasts will be evaluated by the coaching staff and will be asked to participate in a practice before joining. Please speak with the coaching staff for more information. You must be a member to be on the Competitive Team.

XCEL GIRLS GYMNASTICS TEAM (Ages 6+)
XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. Gymnasts have the opportunity to compete in up to ten meets per year including state, regional, and national competitions. Gymnasts participate either two or three days a week. Invitation or Tryout Only. Y Membership Required.
YOUTH DEVELOPMENT
Youth and Teen Programs

VACATION CAMP

FEBRUARY STAY-CATION MINI CAMP (Ages 6-12)
Campers be prepared for a packed week of Winter Fun! Please wear comfy clothing, bring a bathing suit and towel, a hearty lunch that is insulated, disposable drink and sneakers. February 19th & 20th from 9am to 5pm

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<th>One Day:</th>
<th>Full Week:</th>
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<tr>
<td>Members</td>
<td>$55</td>
<td>$100</td>
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<tr>
<td>Participants</td>
<td>$75</td>
<td>$140</td>
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SPRINGBREAK VACATION WEEK (Ages 6-12)
We have exciting activities including field trips, special guest performances, group games and crafts. Daily trips and special events will be posted 2 weeks prior to the start of the program. Choose your days or register for the week. April 16th - April 20th from 9am to 5pm

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<th></th>
<th>One Day:</th>
<th>Full Week:</th>
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<tr>
<td>Members</td>
<td>$60</td>
<td>$260</td>
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<td>Participants</td>
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YOUTH & TEEN NIGHT OUT

TEEN NIGHTS (Grades 5-8)
Students in grades 5-8 are welcome for an evening of music, special guests, games, food and fun! Teen night are open to the first 100 teens. Register early for a guaranteed night out.

Westerly-Pawcatuck Branch:
Saturday, March 10th & Saturday, May 12th
6:30pm – 8:30pm

Arcadia Branch: Every 3rd Friday of the month
6:00pm-9:00pm

|                     | Members: FREE | Participants: $5 |

KID’S NIGHT OUT

DATE NIGHT (Ages 3-12)
Our Kid’s Night Out provide a safe environment for your children to engage in fun activities, create friendships, and grow, while you enjoy an adult night out knowing your kids are with trained YMCA staff who care about their well-being.

Arcadia Branch:
The 1st Saturday of every month from 5:00pm to 8:00pm

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<tr>
<th></th>
<th>Members: $15</th>
<th>Participants: $20</th>
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Westerly-Pawcatuck Branch:
Friday, February 14th from 5:30PM to 8:30 pm

|                     | Members: $15 | Participants: $25 |

$5 off for each sibling after the first fully paid child
AWAKEN NEW POSSIBILITIES

BE ONE OF TONI’S KIDS AT CAMP WATCHAUG

**Toni’s Kids** is an integration initiative designed to provide support for children with emotional and developmental challenges so that they can participate with typically developing peers in Y programs and activities.

*Toni’s Kids* receive the benefit of modifications to camp activities, greater support by trained counselors and a smaller ratio of campers to staff members. Toni’s Kids participate in all regular activities and learn the YMCA core values of caring, honest, respect, and responsibility with fellow campers.

**Contact Danita Ballantyne, Camp Director** to coordinate specific services to fully support your child’s camp experience at:

- 401-364-6535
dballantyne@oceancommunityymca.org

Financial Assistance Available  
oceancommunityymca.org

The Toni’s Kids Initiative was inspired by the memory of Antoinette Liguori who devoted much of her life to fostering the well-being of children. It is in this spirit that Toni’s family and friends honor her memory by establishing this important program at the Ocean Community YMCA.
YOUTH DEVELOPMENT
Day Camp

REGISTER TODAY!

FEBRUARY 1, 2018

Register by March 3, 2018 and receive 2017 prices!
Register an pay in full by April 15th, and receive a FREE T-shirt!

Programs for campers age 4th to enter 10th grade.
Camp Programs run 9:00am to 4:00pm with extended care hours available 7:00am to 9:00am and 4:00pm to 6:00pm.

Find 2018 Camp Brochures online and at all 3 Y Branches! Both Summer Camps are Accredited by the American Camp Association.

Financial Assistance is available.

CAMP COVE

1 HARRY AUSTIN DRIVE, MYSTIC, CT
Camp Cove is nestled along the shores of the Mystic River on over 20 acres. Our facilities include 120 feet of beachfront, baseball fields, playground, pavilion, beach volleyball, and the Y facility. The Y facility houses a gymnasium, swimming pool, and many other areas in case of inclement weather. Our camp also includes programs designed to build character by instilling our values; caring, honesty, respect, and responsibility.

Traditional Camp allows campers to try a variety of activities in a small age appropriate group with the same counselor each day who is able to focus on each individual camper. Traditional Camp Activities include:

- Daily Swim Lessons
- Daily recreational beach swim period
- Kayaking, Sailing, Canoeing and Paddle boarding
- Arts & Crafts Low Ropes Course and Archery
- Sports including Ga-Ga and Teambuilding Activities

Specialty Camps include: Marine Science, Cove Adventures, Cardboard Creation and more!

Contact Camp Director Britney Bruno bbruno@oceancommunityymca.org or (860) 536-3575

CAMP WATCHAUG

160 PROSSER TRAIL, CHARLESTOWN, RI
Located on 35 acres on the shore of Watchaug Pond. Activities include daily swim lessons, archery, low ropes, arts & crafts, free swim or beach time, canoeing, kayaking, rowing, sailing, paddle boarding, water trampoline, banana boat, nature, outdoor living skills, high ropes, climbing wall, zip line, court games and ga-ga.

Programs include Traditional Camp in which campers get to do a little of everything and Specialty Camps in which campers focus on the specialty activity and are still able to get a taste of traditional camp as well. 2018 Specialty Camp programs include Dance, Gymnastics, Leadership, Lego, Drama, Watersports, Tails & Trails, Fort Building, and more. Counselor in Training Program for Campers entering 10th grade.

Contact Camp Director Danita Ballantyne dballantyne@oceancommunityymca.org (401) 364-6535

CAMPWATCHAUG.ORG
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<thead>
<tr>
<th>DANCE</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<th>FRI</th>
<th>SAT</th>
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<td>Hip Hop</td>
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<td>Self Defense</td>
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<td>FREE Members Day Pass for Participants</td>
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<td>Taekwondo</td>
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<td>“NEW” Beginner Guitar</td>
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<td>$85 Members $120 Participants</td>
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<td>4 to 5pm (W)</td>
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<td>1 to 2pm (W)</td>
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<td>Basic Gymnastics</td>
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<td>Advanced Gymnastics</td>
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<td>Tumbling</td>
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<td>Par-Core</td>
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<tr>
<td>Competitive Team Gymnastics</td>
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<td>$136 L. 2 &amp; Xcel Bronze $153 L. 3 &amp; Xcel Silver $275 L. 4 &amp; Xcel Gold $290 L. 7 &amp; Xcel Platinum</td>
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<td>LEADERSHIP DEVELOPMENT</td>
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<tr>
<td>Babysitting Class</td>
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<td>Leaders Club</td>
<td>11–17</td>
<td>Y Members Only</td>
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<tr>
<td>Home Alone Safety</td>
<td>9–12</td>
<td>Members Free $ 8 Participants</td>
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SOCIAL RESPONSIBILITY
Mentoring Program

REACH & RISE®
The Reach & Rise® program is designed for youth ages 6-17 who lack role models and live in communities challenged by poverty, crime, truancy, among other social issues. Research shows that youth facing such challenges are more likely to succeed with the support of a caring adult. Reach & Rise® connects these children with adult mentors for 12-18 months. The Y recruits and trains adult volunteer mentors to provide direct 1 to 1 mentoring services and create safe, healthy and meaningful relationships with youth. Mentors and Mentees participate in service projects, field trips and other engaging activities.

WHAT IS GROUP MENTORING?
Group Mentoring serves youth ages 8 to 15 that can benefit from guidance from adult mentors and support from their peers. The program matches up to 6 youth, within 3 years of age of each other, with 2 adult mentors for 16 weeks (Spring & Fall Groups) or 8 weeks (Summer Groups). The Y trains the adult volunteer mentors in group facilitation, and creating a safe and fun environment for the development of meaningful relationships.

WHAT ARE THE BENEFITS FOR LOCAL YOUTH?
The program was founded in 1992 at the YMCA of San Francisco, and later piloted by five more YMCA locations in Baltimore, Cincinnati, Nashville, Phoenix, and Oakland. At these sites, the program has been shown through evaluation to help youth better express their feelings, increase school programs, and after-school activities. The Ocean Community YMCA is one of 38 Y’s now offering the program.

WHO DOES THE PROGRAM SERVE?
The program serves young people in Rhode Island and Southeastern Connecticut experiencing problems such as low self-esteem, poor academic performance, peer difficulties, family conflict, and/or poor decision making. Youth in our program come from a wide range of ethnic, socioeconomic, and family backgrounds. Young people are referred to the program in a number of ways:
- From school counselors, teachers, principals
- From community organizations such as social welfare and counseling agencies
- From the Juvenile Justice System, YMCA, friends, family and/or self-referrals

WHO ARE REACH & RISE® MENTORS?
Mentors are volunteers ages 23+, with varied cultural, educational and professional backgrounds, who wish to make a positive impact on the lives of young people in Rhode Island and Southeastern Connecticut. Mentors commit to spending 1-3 hours per week with their mentee for one full year. In our commitment to ensuring a safe and caring environment for our youth, we conduct face to face screenings, thorough background checks, and provide 15+ hours of paraprofessional counseling training over 4-5 weeks before matching a mentor. If you know a child who may benefit from the program, or if you are interested in becoming a mentor, please contact Kevin Sisson M.A., at 401-596-2894 or Ksisson@oceancommunityymca.org.
HEALTHY LIVING
Swim Lessons

PARENT/CHILD

WATER DISCOVERY & WATER EXPLORATION (Ages 6 Months - 3 Years)

WATER DISCOVERY STAGE A (Ages 6 - 17 months)
Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about water.

WATER EXPLORATION STAGE B (Ages 18 - 36 months)
In stage B, parents work with their children to explore body positions, floating blowing bubbles, and fundamental safety and aquatic skills.

PRESCHOOL SWIM LESSONS

The preschool swim lesson program provides children with an opportunity to learn skills at his/her own pace. Children are not forced to do any skill, but encouraged to try when they are ready. All classes are taught with a variety of instructional flotation devices. Our ratios are 5:1 for these levels.

PRE-SCHOOL STAGE 1: WATER ACCLIMATION (Ages 3 - 5)
Develop comfort with underwater exploration. This lays the foundation for a student to progress in swimming.

PRE-SCHOOL STAGE 2: WATER MOVEMENT (Ages 3 - 5)
Focus on body position & control, directional change, & forward movement in the water.

PRE-SCHOOL STAGE 3: WATER STAMINA (Ages 4 - 5)
Learn how to swim to safety from longer distance than in previous stages in the event of falling into a body of water. Introduces rhythmic breathing & integrated arm and leg action.

PRE-SCHOOL STAGE 4: STROKE DEVELOPMENT (Ages 4 - 5)
Having mastered the fundamentals, students learn additional water safety skills, and build stroke technique, develop skills that prevent chronic disease, increase social emotional cognitive well-being, and foster a lifetime of physical activity.

YOUTH SWIM LESSONS

YOUTH STAGE 1: WATER ACCLIMATION (Ages 6 - 12)
Develop comfort with underwater exploration. This lays the foundation for a student to progress in swimming.

YOUTH STAGE 2: WATER MOVEMENT (Ages 6 - 12)
Focus on body position & control, directional change, & forward movement in the water.

YOUTH STAGE 3: WATER STAMINA (Ages 6 - 12)
Learn how to swim to safety from longer distance than in previous stages. Introduces rhythmic breathing & integrated arm and leg action.

YOUTH STAGE 4: STROKE INTRODUCTION (6-12)
Develop stroke technique in front crawl and back crawl, learn the breaststroke kick and butterfly kick. Water safety is reinforced.

YOUTH STAGE 5: STROKE DEVELOPMENT (6-12)
Work on stroke technique & learn all major competitive strokes.

YOUTH STAGE 6: STROKE MECHANICS (6-12)
Refine stroke technique, & discover how to incorporate swimming into a healthy lifestyle.

ADULT CLASSES (Ages 15+)

ADULT STAGE 1 - BEGINNER SWIM CLASS
This class is designed for the adult who wants to learn to swim or for those who can successfully perform the beginner stroke and are working on refining these skills.

ADULT STAGE 3 - 5 INTERMEDIATE SWIM CLASS
This course is for the adult who wants the knowledge and tools to expand their aquatic experience.

ADULT STAGE 6
Participants at this level will practice and focus on all 4 competitive strokes. This group is ideal for swimmers who compete in Triathlons, Swim Meets, or are looking for an all-around lap swim style workout.
SWIM LESSON LEVEL GUIDE

The YMCA Swim Lessons program uses a skill-based approach designed to meet the needs of local Y’s and the community they serve. The swim lessons curriculum allows for both standardization and flexibility. The organization of the curriculum ensures that swim lesson programs look and sound the same at every Y across the country.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

- 6 months–3 years: PARENT* & CHILD: STAGES A–B
- 3 years–6 years: PRESCHOOL: STAGES 1–4
- 6 years–12 years: SCHOOL AGE: STAGES 1–6
- 12–17 years: TEEN STAGES 1–6
- 18+ years: ADULT: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land? **NOT YET A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water? **NOT YET B / WATER EXPLORATION**

Will the student go underwater voluntarily? **NOT YET 1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own? **NOT YET 2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back? **NOT YET 3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl? **NOT YET 4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool? **NOT YET 5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back? **NOT YET 6 / STROKE MECHANICS**
STAGE DESCRIPTIONS

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.
# HEALTHY LIVING

## Westerly-Pawcatuck Swim Lesson Schedule

<table>
<thead>
<tr>
<th>PARENT/CHILD AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
</table>
| **Water Discovery**
6-17 months | $56 Members $98 Participants | 9-9:30am | | | | | | |
| **Water Exploration**
18-36 months | $56 Members $98 Participants | 9-9:30am | 5:30-6pm | | | | | |

<table>
<thead>
<tr>
<th>PRESCHOOL AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
</table>
| **Water Acclimation**
3-5 | $56 Members $98 Participants | 1:30-2pm 3:30-4pm | 9:30-10am 3:30-4pm | | | | | |
| **Water Movement**
3-5 | $56 Members $98 Participants | 1:30-2pm 3:30-4pm | 9:30-10am | | | | | |
| **Water Stamina**
3-5 | $56 Members $98 Participants | 6-6:30pm | 1:30-2pm 4:45-5:15pm | | | | | |
| **Stoke Development**
4-5 | $56 Members $98 Participants | 6-6:30pm | 1:30-2pm 4:45-5:15pm | | | | | |

<table>
<thead>
<tr>
<th>YOUTH AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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</tr>
</thead>
</table>
| **Water Acclimation**
6-12 | $65 Members $113 Participants | 4-4:45pm 4:45-5:30pm | 4-4:45pm | | | | | |
| **Water Movement**
6-12 | $65 Members $113 Participants | 4-4:45pm 4:45-5:30pm | 4-4:45pm | | | | | |
| **Water Stamina**
6-12 | $65 Members $113 Participants | 4-4:45pm 4:45-5:30pm | 4-4:45pm | | | | | |
| **Stroke Introduction**
6-12 | $65 Members $113 Participants | 4-4:45pm 4:45-5:30pm | 4-4:45pm | | | | | |
| **Stroke Development**
6-12 | $65 Members $113 Participants | 4-4:45pm | 4-4:45pm | | | | | |
| **Stroke Mechanics**
6-12 | $65 Members $113 Participants | 4-4:45pm | 4-4:45pm | | | | | |

<table>
<thead>
<tr>
<th>ADULT AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
</table>
| **Stage 1-2**
15+ | $76 Member $150 Participants | 10-10:45am | | | | | | |
| **Stage 3-5**
15+ | $76 Member $150 Participants | | | | | | | | |
| **Stage 6**
15+ | $150 Member $300 Participants | 7:30-8:30pm | | | | | | |

**WESTERLEY PRIVATE AND SEMI PRIVATE SWIM LESSONS**

**PRIVATE SWIM LESSONS (AGES 3+)**
This class is designed to focus on individual one on one swim lessons.

Members: $40 (1 lesson) $150 (5 lessons) $220 (8 lessons)

**SEMI-PRIVATE SWIM LESSONS (AGES 3+)**
This class is focused on more individualized work with each swimmer. Designed so siblings or friends can create their own class and come at a time frame that works with your schedule.

Members: $55 (1 lesson) $110 (1 lesson) $200 (5 lessons) $400 (5 lessons)

Please email Kelly Mahoney, Aquatics Director of our Westerly-Pawcatuck Branch at kmahoney@oceancommunityymca.org to schedule the session or stop by the Welcome Center to submit a request form to set up your lessons.
## Mystic Swim Lesson Schedule

<table>
<thead>
<tr>
<th>PARENT/CHILD</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Discovery</td>
<td>6-17 months</td>
<td>$56 Members $98 Participants</td>
<td></td>
<td>11-11:30am</td>
<td>9:05-9:35am</td>
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<td></td>
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</tr>
<tr>
<td>Water Exploration Stage B</td>
<td>18-36 months</td>
<td>$54 Members $95 Participants</td>
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<td>11-11:30am</td>
<td>9:05-9:35am</td>
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### Preschool

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<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Water Acclimation</td>
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<td>$56 Members $98 Participants</td>
<td>4:20-4:50pm</td>
<td>3:30-4:00pm</td>
<td>4:20-4:50pm</td>
<td>11:30-12pm</td>
<td>9:05-9:35am</td>
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</tr>
<tr>
<td>Water Movement</td>
<td>3-5</td>
<td>$56 Members $98 Participants</td>
<td>4:20-4:50pm</td>
<td>3:00-3:30pm</td>
<td>4:20-4:50pm</td>
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<td>9:40-10:10am</td>
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<tr>
<td>Water Stamina</td>
<td>3-5</td>
<td>$56 Members $98 Participants</td>
<td>4:00-4:30pm</td>
<td>4:55-5:25pm</td>
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<tr>
<td>Stroke Introduction</td>
<td>4-5</td>
<td>$56 Members $98 Participants</td>
<td>4:55-5:25pm</td>
<td>4:00-4:30pm</td>
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### Youth

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<tbody>
<tr>
<td>Water Acclimation</td>
<td>6-12</td>
<td>$65 Members $113 Participants</td>
<td>3:30-4:15pm</td>
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<td>10:15-11:00am</td>
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<tr>
<td>Water Movement</td>
<td>6-12</td>
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<td>Water Stamina</td>
<td>6-12</td>
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<tr>
<td>Stroke Introduction</td>
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<td>$65 Members $113 Participants</td>
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<td>11:05-11:50am</td>
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<tr>
<td>Stroke Development</td>
<td>6-12</td>
<td>$65 Members $113 Participants</td>
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<td>4:30-5:15pm</td>
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<tr>
<td>Stroke Mechanics</td>
<td>6-12</td>
<td>$65 Members $113 Participants</td>
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<td>4:30-5:15pm</td>
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### Adult

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<th>AGES</th>
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<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Stage 1-2</td>
<td>15+</td>
<td>$76 Member $150 Participants</td>
<td></td>
<td></td>
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<td>8:15-9am</td>
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<tr>
<td>Stage 3-5</td>
<td>15+</td>
<td>$76 Member $150 Participants</td>
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<td>8:15-9am</td>
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</tbody>
</table>

### Mystic Private and Semi Private Swim Lessons

**Private Swim Lessons (Ages 3+)**

This class is designed to focus on individual one on one swim lessons. Please call 860-536-3575 to set up your class today.

Members: $40 (1 lesson) $150 (5 lessons) $220 (8 lessons)  
Participants: $80 (1 lesson) $300 (5 lessons) $440 (8 lessons)

**Semi-Private Swim Lessons (Ages 3+)**

This class is designed to focus on more individualized work with each swimmer. Designed so siblings or friends can create their own class and come at a time frame that works with your schedule. We ask that swimmers be of similar level.

Members: $55 (1 lesson) $200 (5 lessons) $325 (8 lessons)  
Participants: $110 (1 lesson) $400 (5 lessons) $650 (8 lessons)

Contact Mark Bombard, Aquatics Director at (860) 536-3575 to schedule the session or stop by the Welcome Center to submit a request form to set up your class.
HEALTHY LIVING
Swim Team

WESTERLY BRANCH

DOLPHIN PUPS PRE SWIM TEAM (Ages 6-12)
This class is a stepping stone for swimmers who may be interested in transitioning from our progressive swim lessons and possibly joining our Swim Teams. This class will include introduction to Butterfly and completion of the breaststroke. Swimmers will practice more advanced racing techniques, underwater streamline, starts and proper flip turns for each stroke. Not only will this class serve as a place to learn and build confidence, but swimmers and parents will get a glimpse to see what it is like to be on swim team.
Once a Week (Sat. 10-11am) - Members $75 • Program Participants $150

Twice a Week (T/TH 4-4:45pm) - Members $130 • Program Participants $260

DOLPHINS SPRING/SUMMER SWIM TEAM (Ages 6-18)
Our USA Certified Dolphins Swim Team promotes the Y values, team spirit, competition and fun. Swimmers will develop individual skills and stroke technique, improve times and make new friends. Throughout these months swimmers will get the chance to compete against various teams throughout the region.
Registration opens in April 2018. For more information visit www.ymcadolphins.org.

All swimmers must have a Y Membership. USA Swimmer yearly registration fee: $76. Multiple Child Discounts available.
Pricing: 8 & Under $250 • 9-12 Year Olds $250 • 13 & Older $250

MYSTIC BRANCH

HAMMERHEAD PUPS PRE SWIM TEAM (Ages 6-12)
This class is a stepping stone for swimmers who may be interested in transitioning from our progressive swim lessons and possibly joining our Swim Teams. This class will include introduction to Butterfly and completion of the breaststroke. Swimmers will practice more advanced racing techniques, underwater streamline, starts and proper flip turns for each stroke. Not only will this class serve as a place to learn and build confidence, but swimmers and parents will get a glimpse to see what it is like to be on swim team. This will run on a swim lesson schedule (8 weeks)
Twice a Week (M/W 4:30-5:15pm) - Members $130 • Program Participants $260
HEALTHY LIVING
Specialty Aquatics

AQUATIC CERTIFICATIONS

RED CROSS LIFEGUARD COURSE (Ages 15+)
Must be 15 years old before the course begins, be able to swim 300yds without stopping, and be physically able to make rescues in the water. Participants will become certified in Red Cross Lifeguard and First Aid and CPR/AED for the professional rescuer.

LIFEGUARD RECERTIFICATION COURSE (Ages 15+)
Must have current lifeguard certification.

SPECIALITY WATER ACTIVITIES

TRIATHLON TRAINING CLASS (Ages 14+)
A class specifically designed to prepare you for your first triathlon or improve your skills to achieve your goal for your next race. Tips and advice will be given for this specific sporting event, including transitions and equipment. Class will run outdoors until late September and then will move inside. The inside class will start with a 45 minute bike ride in the Spin Studio, 45 minute run outdoors and finish with a 30 minute swim in the pool.

DISCOVER SCUBA DIVING (Ages 10+)
Take your first breath underwater. PADI Discover Scuba Diving program lets you experience the thrill of diving under the supervision of a PADI professional in the pool. During your adventure, you’ll master some basic concepts and scuba skills which will expand your horizon to Open Water Diving.

PADI OPEN WATER SCUBA CERTIFICATION (Ages 10+)
This class consists of 4 class/pool sessions. Each session runs for 2 hours of classroom time and 2 hours of pool time. 4 open water dives (2 dives per day) are then scheduled to review the skills learned in the pool and complete training. Contact Mark Bombard at mbombard@oceancommunityymca.org for more information.

WATER EXERCISE

AQUA CARDIO
A high impact water class. Participants must be comfortable in shallow and deep water. Workouts include shallow and deep-water exercises and lap swimming.

AQUA ZUMBA
This class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body toning and most of all, exhilarating!

AQUACISE
Medium to high intensity workout, with light to medium impact. This class will help improve flexibility and mobility, tones and strengthens muscles, and increases stamina and energy.

DEEP WATER WORKOUT
Medium intensity deep water exercise class. Utilizing a buoyancy belt, participants are supported to allow them to fully utilize the water’s resistance. Improves flexibility, mobility, stamina, and energy and tones and strengthens muscles.

SENIOR WATER WORKOUT
Shallow water choreographed exercises.

TWINGES & HINGES
Low impact non-cardio workout. Strengthens muscles and improves flexibility and mobility.

WATER WALKING
Exercise, walking and swimming skills individualized to suit personal needs. Enhance physical fitness, maintain and improve muscle tone and flexibility. A therapeutic aid for cardiovascular endurance and relief of stress.
<table>
<thead>
<tr>
<th>AQUATIC CERTIFICATIONS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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<tbody>
<tr>
<td>American Red Cross CPR/First Aid/AED Course</td>
<td>15+</td>
<td>$83 Members $124 Participants</td>
<td>March 5th &amp; 12 5:30-8:30pm (A)</td>
<td>April 24th &amp; May 1st 5:30-8:30pm (W)</td>
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<td></td>
<td>April 28th 9 - 2pm (M) March 31st 9-2pm (W)</td>
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<tr>
<td>American Red Cross Lifeguarding Course</td>
<td>15+</td>
<td>$325 Members $375 Participants</td>
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<td>March 3rd-31st April 14th-May 5th 1 - 5pm (W)</td>
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<tr>
<td>Lifeguard Recertification Course</td>
<td>15+</td>
<td>$150 Members $150 Participants</td>
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<td></td>
<td>March 3rd, 31st April 14th, May 5th (W)</td>
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</table>

<table>
<thead>
<tr>
<th>SPECIALITY WATER ACTIVITIES</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
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</thead>
<tbody>
<tr>
<td>Discover Scuba Diving</td>
<td>10+</td>
<td>$45 Members $90 Participants</td>
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<td>3/3, 3/10, 3/17, 3/31, 4/1 1 - 1:45pm</td>
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<tr>
<td>PADI Open Water Scuba Certification</td>
<td>10+</td>
<td>$450 Members $550 Participants</td>
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<td>TBD (M)</td>
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<thead>
<tr>
<th>WATER EXERCISE</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Aqua Cardio</td>
<td>16+</td>
<td>FREE Members $51/day per term Participants</td>
<td>8-9am (W)</td>
<td>8-9am (W)</td>
<td>8-9am (W)</td>
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<tr>
<td>Aqua Zumba</td>
<td>16+</td>
<td>FREE Members $51/day per term Participants</td>
<td>10-11am (W)</td>
<td>10:30-11:30am (M)</td>
<td>10:30-11:30am (M)</td>
<td>10-11am (W)</td>
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<tr>
<td>Aquacize</td>
<td>16+</td>
<td>FREE Members $51/day per term Participants</td>
<td>9-10am (W) 5:30-6:30pm (W)</td>
<td>5:30-6:30pm (M) 10-11am (W)</td>
<td>9-10am (W) 10-11am (W) 5:30-6:30pm (W)</td>
<td>5:30-6:30pm (M) 10-11am (W)</td>
<td>9-10am (W)</td>
<td>8-9am (M)</td>
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</tr>
<tr>
<td>Deep Water Workout</td>
<td>16+</td>
<td>FREE Members $51/day per term Participants</td>
<td>8:30-9:30am (M)</td>
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<td>Senior Water Workout</td>
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<td>9:30-10:30am (M)</td>
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<td>9:30-10:30am (M)</td>
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<tr>
<td>Twinges &amp; Hinges</td>
<td>16+</td>
<td>FREE Members $51/day per term Participants</td>
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<td>1-2pm (W)</td>
<td>1-2pm (W)</td>
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<tr>
<td>Water Walking</td>
<td>16+</td>
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<td>9-10am (W) 7:30-8:30pm (W)</td>
<td>9-10am (W)</td>
<td>9-10am (W) 7:30-8:30pm (W)</td>
<td>9-10am (W)</td>
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</tbody>
</table>

(A) = Arcadia Branch (M) = Mystic Branch (W) = Westerly-Pawcatuck Branch
HEALTHY LIVING
Adult Programs

SPORTS

Looking for a sports program that is less formal? Try Y pickup games. The Y usually has a game going on, so check the calendar at your branch to see when and where you can join.

PICKLE BALL (AGES 18+)

VOLLEYBALL PICK UP GAMES (AGES 18+)

RACQUETBALL (AGES 18+)

MEN’S BASKETBALL LEAGUE (AGES 18+)

NOON MEN’S BASKETBALL LEAGUE (AGES 18+)

WOMEN’S BASKETBALL LEAGUE (AGES 18+)

Registrations will start for Women’s 5 on 5 basketball league. Team Sponsors are welcome. 10 players to a team. Sponsor letters available on request. Team shirts and referees are provided.

For more information contact Josh Posey: jposey@oceancommunityymca.org

Free Agent Pool– Members:$89
Participants: $150
Sponsorship Fee: $700

*NEW* WOMEN’S RACQUETBALL LEAGUE
Contact Josh Posey for more details: jposey@oceancommunityymca.org

*NEW* INDOOR VOLLEYBALL (AGES 16+)

Volleyball offers both fun and friendly competition. This is a great sport for general conditioning as well as preparation for other sports. All teams are co-ed and registrations are on a first come first serve basis. $100 Deposit will hold your spot.

Spring Season begins Saturday, March 17th at 3pm
Rates: $300/6 person team

HEALTH & WELLNESS

ABS AND GLUTES
A 30 minute express workout designed to strengthen core muscles and target abdominals, glutes, back and hips. This class includes pilates-style exercises.

BARRE CLASS
With a combination of functional strength, the core conditioning of pilates and the flexibility of yoga, you will use bodyweight as resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. Barre is a workout for everyone–come give it a try!

BODY SCULPT
Sculpt your body and rev up your metabolism while improving your strength, balance and flexibility.

BOOT CAMP
Love hard physical training? This is for YOU! Improve agility, speed, strength and flexibility with this intense workout.

BUTTS AND GUTS
Get the toned body you have always wanted with this intense workout that focuses on toning your abs & glutes.

CLUB VIBE
Studio style dance meets cutting edge fitness in this hot, new, explosive and effective fitness format! Club Vibe will keep you moving from start to finish as you learn and perform cardio challenging routines to music that is sure to motivate you.

CARDIO SCULPT
It’s everything you need in a workout! Rev up the heart rate, build, strengthen and tone your muscles.

CROSS CONDITIONING
Designed to burn calories, build strength and enhance your aerobic fitness in this athletic circuit class. Combining skills, drills, running, alternate cardio and strength segments.
HEALTHY LIVING
Adult Programs

H.I.I.T (HIGH INTENSITY INTERVAL TRAINING)
Periods of high intensity exercises combined with periods of rest or lower intensity exercises. A great class to keep your metabolism up!

COMMUNITY YOGA
Open to all, offered the third Saturday of the month, with a free hot meal lunch & fellowship immediately following.

KICK BOXING
Jab, punch and kick your way to your most fit body ever. This high energy class will get you pumped up and toned up in no time.

PACE (PEOPLE WITH ARTHRITIS CAN EXERCISE)
This fun interactive program utilizes general recreational exercises and activities to promote joint range of motion, flexibility muscle strength and coordination.

PEDALING FOR PARKINSON’S
Pedaling for Parkinson’s is a cycle class geared to improve movement quality and posture. It is a vigorous exercise program requiring participants to pedal a stationary bike at 80–90 revolutions per minute at heart rates between 60%–85% of their maximum heart rate. An intake form including physician’s consent must be completed before starting the program.

PILATES
Through a series of exercises that flow from one to another, you will gain strength and flexibility throughout your entire body. All levels welcome.

PIYO
A nonstop combination of Pilates and power yoga designed to tone and sculpt.

POUND®
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements!

SALSA & SWING
Learn the basics of salsa and east coast swing dancing in a fun and friendly environment filled with music that will keep you on your feet.

SPINNING® INDOOR CYCLING
Morning/Evening/Weekend classes available. Schedules available at the Welcome Center Desk or on our website. Nationally certified SPINNING® instructors! Reserve a bike up 1 day in advance by calling the Welcome Center. FREE for Y Members!

SUP FIT
This class takes place in the Fuller Pool utilizing a Stand Up Paddle board. Work on strengthening your core, improving balance and overall strength.

TAI CHI CHAUN
An ancient Chinese tradition practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

TRIATHLON TRAINING CLASS
Prepare for your first triathlon! Start with a 45 min. Spin ride, 45 min. run outdoors, and finish with a 30 min. swim in the pool.

TRX CLASSES
Suspension training that uses gravity against the individual’s own body weight to simultaneously develop strength, balance, flexibility and core stability.

WOMEN ON WEIGHTS
This class introduces weight training techniques in the wellness center. Learn proper exercise technique utilizing free-weights, barbells, dumbbells, and bodyweight exercises. 6 participants per group.

YOGA—BASICS/GENTLE/VINYASA/CHAIR
Our yoga classes are taught by a variety of skilled caring instructors. The routine practice of yoga can increase muscle strength, endurance, flexibility and reduce stress levels.

YOGA—POWER
This energetic form of yoga uses pranayama breath, linking every breath to motion. It incorporates strength, flexibility, balance and cardio.

ZUMBA
Come join the party! A Latin inspired, dance fitness class that incorporates Latin and international music and dance movements to achieve a unique blended balance of cardio and muscle-toning benefits.
**HEALTHY LIVING**

**Adult Programs**

**ENRICHMENT**

**TABLE TOPS SOCIAL (AGES 35+)**
Take part in table top sports while enjoying a cup of coffee & conversation. Games include air hockey, foosball, and table tennis.

**NEW** **LIFE LONG MUSIC (AGES 18+)**
Come together with fellow musicians and music lovers in the community to make friends and connect with others. Bring your own acoustic instrument and share any new material.

**PERSONAL TRAINING**

**INDIVIDUAL**
Customize a package designed to fit your needs. Single sessions, or packages of 3, 4, 5, 6, 7, 8 sessions, with more choices available.

**SMALL GROUP PERSONAL TRAINING (Ages 16+)**
Introducing Small-Group Personal Training! Working in a small group can be extremely motivating with social interaction and friendly competition. Small-group training sessions are led by our YMCA Personal Trainers, providing the expertise needed to make the advancements in fitness you’ve been looking for. Register in groups of 2 - 4. Minimum Purchase: 3 sessions at $90 per person. Additional sessions: $35 per person per session.

**ACTIVE OLDER ADULTS**

**CARDIAC REHAB**
This is a medically supervised and monitored program for persons with a history of heart disease.

**ENHANCE FITNESS**
16 week program focusing on strength, balance, and flexibility to reduce arthritis symptoms. Pre-registration is required. Regular attendance (at least 2 times a week) is required.

**GARDEN CLUB**
Founded in 1953 by Mrs. Helen Greene. Encourages and advances gardening and all related interest. The club starts in September, 2017 and runs through June, 2018. Participate in various workshops, garden tours, plant sales, and card parties.

**SILVER SNEAKERS CLASSIC LEVEL 1 (Ages 55+)**
This multi-level, low-impact, equipment based class takes you through a variety of exercises using handheld weights, elastic tubing with handle and a ball. Must be pre-registered.

**SILVER SNEAKERS LEVEL 2 (Ages 55+)**
Same great class as the Silver Sneakers Classic! We’ve just removed the chair and bumped up the tempo a bit!

**SILVER SNEAKERS CARDIO (Ages 55+)**
45 minutes of easy to follow choreography done with and without weights.
## Adult Programs Activity Grid

**HEALTHY LIVING**

### SPORTS

<table>
<thead>
<tr>
<th>SPORTS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickle Ball</td>
<td>18+</td>
<td>FREE Members $5</td>
<td>6-8pm (W)</td>
<td>10:20-11:50am (W)</td>
<td></td>
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<tr>
<td>Adult Volleyball</td>
<td>18+</td>
<td>FREE Members $5 Drop In</td>
<td>8:15-9:30pm (W)</td>
<td>6:15-9:30pm (W)</td>
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<tr>
<td>Racquetball</td>
<td>18+</td>
<td>FREE Members $50</td>
<td>5-8:30pm (W)</td>
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### HEALTH & WELLNESS

<table>
<thead>
<tr>
<th>HEALY &amp; WELLNESS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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</thead>
<tbody>
<tr>
<td>Women on Weights</td>
<td>18+</td>
<td>$80 Members $120</td>
<td>5:30-6:20pm (WP Wellness Center)</td>
<td>5:30-6:20pm (WP Wellness Center)</td>
<td>5:30-6:20am (WP Wellness Center)</td>
<td>7:30-8:20am (WP Wellness Center)</td>
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<tr>
<td>Triathlon Training Class</td>
<td>14+</td>
<td>$45 Members $90</td>
<td></td>
<td>7-9am (M)</td>
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<tr>
<td>Pedaling for Parkinson’s</td>
<td>18+</td>
<td>FREE Members $100</td>
<td>10:30-11:30am (W)</td>
<td>10:30-11:30am (W)</td>
<td>10:30-11:30am (W)</td>
<td>10:30-11:30am (W)</td>
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<tr>
<td>SUP FIT</td>
<td>16+</td>
<td>$100 Members $200</td>
<td></td>
<td>10:30-11:30am (WP Fuller Pool)</td>
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### ENRICHMENT

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<tr>
<th>ENRICHMENT</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<tbody>
<tr>
<td>Table Top Social</td>
<td>30+</td>
<td>FREE Members $5 Drop-In for Participants</td>
<td>10:30-12:00pm (W)</td>
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<tr>
<td>Life Long Music</td>
<td>18+</td>
<td>FREE Members $5</td>
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<td>6-8pm (W)</td>
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<tr>
<td>Salsa &amp; Swing</td>
<td>18+</td>
<td>$71 Members $104</td>
<td>6:45-8pm (W)</td>
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### ACTIVE OLDER ADULTS

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<tr>
<th>ACTIVE OLDER ADULTS</th>
<th>AGES</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>Cardiac Rehab</td>
<td>55+</td>
<td>$70 Members $140</td>
<td>7:30-8:30am (M)</td>
<td>7:30-8:30am (M)</td>
<td>7:30-8:30am (M)</td>
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<tr>
<td>Garden Club</td>
<td>55+</td>
<td>FREE Members $30</td>
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<td>Noon—2PM (W)</td>
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<tr>
<td>Enhance Fitness</td>
<td>55+</td>
<td>FREE Members $61</td>
<td>5-6:00pm (M)</td>
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<tr>
<td>Silver Sneakers Classic</td>
<td>55+</td>
<td>FREE Members $55</td>
<td>9:15-10:15am 10:30-11:30am (W)</td>
<td>9:15-10:15am 10:30-11:30am (W)</td>
<td>9:15-10:15am 10:30-11:30am (W)</td>
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<tr>
<td>Silver Sneakers 2</td>
<td>55+</td>
<td>FREE Members $55</td>
<td>8-9am 10:30-11:30am (W)</td>
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<tr>
<td>Silver Sneakers Cardio</td>
<td>55+</td>
<td>FREE Members $76</td>
<td>8-8:45am (W)</td>
<td>8-8:45am (W)</td>
<td>8-8:45am (W)</td>
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HEALTHY LIVING
Special Events

EVENTS & RACE

COMMUNITY YOGA
Open to all, offered the third Saturday of the month at 11 am with a free hot meal & fellowship immediately following. February 17th, March 17th, April 21st and May 19th.

SPIN-A-THON
Saturday, March 24th
This event will an take everyday workout routine to a new and unique location; the United Theatre! 3 branches, 1 location, riding together for 1 cause. Kick-off at 4:30 pm.

HEALTHY KIDS DAY
Saturday, April 21, 2018 – All Branches

33RD ANNUAL MYSTIC RIVER VALLEY TRIATHLON
Sunday, June 10, 2018
Distance(s): Sprint; 1/2 mile swim, 14.4 mile bike, 3 mile run
Start Time: 8 am
Start Location: Mystic Branch Waterfront
Contact: Mark Bombard 860-536-3575
mbombard@oceancommunityymca.org

5TH ANNUAL RAY CHERENZIA BACK ROAD RAMBLE
TBD
Distance(s): 3 mile & 6 mile Trail Run/Walk
Start Time: 11 am
Start Location: YMCA Camp Watchaug
Contact: Karen Allen 401-539-2306
kallen@oceancommunityymca.org

21ST ANNUAL ROGER SCHONNING 5K
Friday, August 24th, 2018
Distance(s): 5K Road Run/Walk; 1K Kids Fun Run
Start Time: 6 pm
Start Location: Westerly-Pawcatuck Branch
Contact: Pat Hanley 401-596-2894
phanley@oceancommunityymca.org

CERTIFICATIONS

AMERICAN RED CROSS ADULT & PEDIATRIC FIRST AID/CPR/AED CERTIFICATION COURSE
Register for this instructor-led course where you’ll learn how to respond to first aid, breathing and cardiac emergencies. You will have the opportunity to learn from and interact with a Red Cross Instructor who will guide you through hands-on practice of lifesaving skills. Successful participants will receive a certificate of Adult and Pediatric First Aid/CPR/AED valid for two years.

Arcadia:
Monday, March 5th & 12th  5:30–8:30 pm

Mystic:
Saturday, April 28th 9 am –2 pm
Saturday, *May 26th 10 am – 12 pm
*May 26th is a re-certification course
Fee: $83 Members and $124 Program Participants

Westerly:
Saturday, March 11th 9 am–1 pm
Saturday, March 31st 9 am–2 pm
Tuesday, April 24th & May 1st  5:30 pm–8:30 pm
Fee: $83 Members and $124 Program Participants

AMERICAN RED CROSS BABYSITTING COURSE
To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Upon successful completion, participants will receive American Red Cross Babysitting Training Certification.

Limited to 10 students. Register EARLY!

Westerly:
Ages 11–15: Saturdays, March 17th–24th 1 pm–4 pm
Fee: $83 Members and $124 Program Participants