STEP INTO SPRING

SPRING I
FEB 25 - APR 21
MEMBER REGISTRATION
FEBRUARY 11
PARTICIPANT REGISTRATION
FEBRUARY 18

SPRING II
APR 22 - JUN 15
MEMBER REGISTRATION
APRIL 8
PARTICIPANT REGISTRATION
APRIL 15

OCEAN COMMUNITY YMCA
ARCADIA | NAIK FAMILY | WESTERLY - PAWCATUCK

REGISTER ONLINE AT
OCEANCOMMUNITYYMCA.ORG
FIT FOR A CAUSE

Spin-A-Thon & Zumba-Thon

Saturday, March 16th
Zumba 9:00–10:30am
Spin Kick-Off at 4:30pm
Take an everyday workout routine to a unique location; The United Theatre! Raise more than your heart-rate for a cause. Zumba is a minimum donation of $50, Spin will be a minimum of $75 to reserve a bike and $100 for both events. Additional donations accepted prior to event. Contact the Welcome Center for more information 401-596-2894.

STRENGTHENING COMMUNITIES

Race4Chase Kids’ Triathlon Program...

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 brings 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.

Race4Chase Summer 2019!

Please contact Nick Austin for more info
Naustin@oceancommunityymca.org
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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

NAIK FAMILY 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 (April-Oct.)
                                  P: 401-596-2894 (Off Season)
                                  F: 401-596-8675

WASHINGTON TRUST COMMUNITY        61 Main Street
                                  Skating Center*
                                  Westerly, RI 02891
                                  P: 401-637-7902 (Nov.-March)
                                  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

SPRING 2019 SESSION & REGISTRATION DATES

SPRING 1 REGISTRATION DATES
Member: February 11th
Non-Member: February 18th

SPRING 1 SESSION DATES:
February 25th - April 21st

SPRING 2 REGISTRATION DATES
Member: April 8th
Non-Member: April 15th

SPRING 2 SESSION DATES:
April 22nd - June 16th

SUMMER 1 REGISTRATION DATES
Member: June 17
Non-Member: June 24

SUMMER 1 SESSION DATES:
July 1 - July 28

SUMMER 2 REGISTRATION DATES
Member: July 15
Non-Member: July 22

SUMMER 2 SESSION DATES:
July 29 - Aug 25


WHY WE’RE HERE

FOR
YOUTH DEVELOPMENT

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.

FOR
HEALTHY LIVING

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 body.

FOR
SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The 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 Naik Family Branch Ribbon Cutting Ceremony January 17, 2019
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
- Adult Sauna Rooms
- Free supervised Child Watch and Teen Centers
- Priority online registration and account access
- Teen Leaders Club, Pickleball, Racquetball, Basketball, Volleyball, Stay & Play
- 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, as well as the ability to visit all New England area Ys through the Y Nation Wide Program.

CHILD WATCH & TEEN CENTER
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!

FINANCIAL SCHOLARSHIPS
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. Technology has now evolved that provides on-going screenings for registered sex offenders in all 50 states. YMCA staff uses the Raptor System to screen all members & visitors to identify unwanted visitors from entering our YMCA. 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 all the children who come to our Y.

MEMBERSHIP RATES 2019

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Monthly Rate</th>
<th>Annual Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (0-12)</td>
<td>$22 per month</td>
<td>$264 per year</td>
</tr>
<tr>
<td>Teen (13-17)</td>
<td>$23 per month</td>
<td>$276 per year</td>
</tr>
<tr>
<td>Young Adult (18-22)</td>
<td>$29 per month</td>
<td>$348 per year</td>
</tr>
<tr>
<td>Adult (23-64)</td>
<td>$52 per month</td>
<td>$624 per year</td>
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<tr>
<td>One Adult Family*</td>
<td>$72 per month</td>
<td>$864 per year</td>
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<tr>
<td>Two Adult Family*</td>
<td>$82 per month</td>
<td>$984 per year</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$46 per month</td>
<td>$552 per year</td>
</tr>
<tr>
<td>Senior Couple (Both 65+)</td>
<td>$75 per month</td>
<td>$900 per year</td>
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</tbody>
</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’s 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
The Y is now... as it has always been... a place of possibility and promise for all. Unfortunately, in times when the true power of “us” is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That’s why the Y passionately focuses on strengthening communities. Every day, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower communities and the “us” who live in them to thrive. We can’t do it alone.

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.

oceanmmunityymca.org/give
YOUTH DEVELOPMENT

Child Care

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.

COST

Family Y Members: FREE
Adult Y Members: $4 per hour
Program Participants: $6 per hour

CHILD WATCH HOURS

Arcadia Branch
Monday-Friday: 8:30-11:00am & 5:00-7:00pm
Saturday: 8:30-11:00am

Naik Family Branch
Monday-Friday: 8:00-12:00pm & 4:00-7:30pm
Saturday: 8:00am-12:00pm
Sunday: 8:30am-12:00pm

Westerly-Pawcatuck Branch
Monday-Friday: 8:00am-12:30pm & 3:30-8:00pm
Saturday: 7:30am-12:30pm
Sunday: 7:30-10:30am

ARCADIA: THE HUB
(Ages 9-15)

Want a place to hang out with friends, watch TV and play Wii or foosball? Check out our Teen Center created especially for teens ages 9-15.

Monday-Friday: 8:30-11:00am & 5:00-7:00pm
Saturday: 8:30-11:00am

WESTERLY–PAWCATUCK: THE CANTEEN
(Ages 7–14)

Now pre-teens & teens have a place to hang out, play video games, bring snacks and mingle with friends. The Canteen is always staffed by a Y staff that provides a safe and fun space!

Monday-Friday: 3:30-8:00pm
Saturday: 8:00am-1:00pm
Saturday: 1:00-4:00pm

NAIK FAMILY: BARRETT–LACHANCE FAMILY

YOUTH & TEEN CENTER (Ages 9-15)

Monday-Friday: 3:00-8:00pm
Saturday: 10:00-3:00pm
Sunday: 10:00-3:00pm

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 (5days)

SITE LOCATIONS

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 the branch of your choice.
2. Choose your party type
3. Choose your date/time

Each Y branch has different Party options:
Gymnastics, GaGa Pit, Karaoke Machine (A) Pedicures (A) Pool, Sports, Teen Center, Child Watch (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)

MUSIC AND ART

BUSY BEES TWOS & THREES (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!

MINI MAESTROS (Ages 3–5)
Join us for this music and movement class that will allow preschoolers to explore beginner site reading, piano theory, create instruments, play games and have even more creative fun!

ENRICHMENT SAMPLER (Ages 3–6)
Experience a little bit of everything in this Mix & Match class. Every week children will experience something new. We will explore art, music, movement, science and more.

PRESCHOOL SPORTS

ROOKIE SPORTS (Ages 3–5)
Run like a cheetah, stomp like a dinosaur, jump like a kangaroo and swing like a monkey! This active class will introduce your child to introductory soccer, basketball, pickle ball and other heart-healthy activities that will improve their gross motor skills and communication.

LITTLE DUNKERS (Ages 3–5)
A fun class to introduce your little one to the game of basketball! Learn to dribble, jump, shoot and pass along with other heart-healthy activities that will improve gross motor skills and communication.

SPORTS GALORE (Ages 4–6)
Introduce your child to a variety of sports. Kids will participate in variety of different sports of all kinds ranging from dodgeball to pickle ball, soccer and basketball. We will introduce the focus on skills, teamwork all while enjoying some heart-healthy fun!

STAY & PLAY (Ages 3–5)
Play on the indoor play scape, build with blocks, explore and socialize. Children must be accompanied by an adult at all times. This is a parent guided event with safety supervision by a staff member.

T–BALL (Ages 3–5) SPRING II ONLY
Introductory class to throwing, batting, catching and team work.

RECREATIONAL DANCE

VIBE & STRIDE (Ages 3–5)
Improve your child’s memory and coordination in this fundamental multi genre class. By combining fast paced rhythm and movement exercises your child will get a great workout while having fun shaking it!

TOTS & TUTU’S PRE–BALLET (Ages 3–5)
Join this introductory movement class which will focus on basic dance movements while incorporating early childhood development techniques. Props, bubbles, body movement and gross motor skills will help make this a truly magical class for your little one!

PRE–BALLET (Ages 4–6)
The goals of this general “pre–ballet” class are to foster creativity, freedom and expression through movement and music creating a life-long love of dance. Emphasis will be on having fun through movement.

PRE–DANCE (3 years– 5 years)
Our tiniest dancers will be introduced to the fundamental aspects of dance including music and movement. Dancers will learn basic dance skills, while focusing on fine and gross motor skill development, confidence, agility and flexibility.

GYMNASTICS

PARENT & ME (Ages 2–3)
Join your child in tumbling and gymnastics moves. Actively participate in strengthening your child’s confidence, balance, flexibility and creativity while learning fun and exciting gymnastics moves. Staff and parent will work together to orient gymnastics lessons to the children.

ROMP & STOMP (Ages 18–36mos)
A great way to spend time with your child during this fun packed class. 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.

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, staff will then supervise while parents lead them to changing rooms, then introduce and teach swimming skills in the pool.
# Preschool Programs Activity Grid

**Music and Art**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
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<td>2-3</td>
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**Recreational Dance**

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<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
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<tr>
<td>3-5</td>
<td>$66 Members</td>
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**Preschool Sports**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
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<th>Sat</th>
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**Gymnastics**

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<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
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<tr>
<td>18mo-4</td>
<td>$85 Members</td>
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<td></td>
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SPECIAL INTEREST

**GUITAR 1 (Ages 9–13)**
Strum and pluck your way to stardom in a small classroom setting. Beginner players will learn the basics of holding a guitar, picking, tuning, chord progression, strum patterns. Students must bring their own instruments for class.

**GUITAR II (8 years–14 years)**
Build upon previous skills and refine your play style while in a small group setting. Students must receive permission from director or instructor to join. Students must bring their own instruments for class.

**STEM CREATURE CRAZE (Grades 3–5)**
Learn about honey bees and other animals. Participants will build a programmable, motorized model with LEGO elements and research various animals and their habitats.

**STEM WORLD OF WATER (Grades 3–5)**
Play games and do hands-on activities like creating their own watershed model and testing water samples. They will also get a chance to test the water quality of Williams Beach!

**VIDEO GAME DESIGN (Grades 5–8)**
Do you want to learn how to use video games to save the world? Video games have become an outlet for many young people that allows them to problem solve and be creative in ways that they do not even realize, because they are learning some of these critical skills through play. Kodu is a graphical programming language that puts the tools of creating a game in the hands of students. Learn basic computer programming concepts through building blocks in a 3D environment.

**NEW* ADOLESCENT SPORTS PERFORMANCE (AGES 8–14)**
Build coordination, speed, agility and power to directly improve sports performance. Using a variety of modalities including: Plyometric boxes, medicine balls, climbing bars, speed ladders and battle ropes, this class is fun and exciting for youth athletes or any kid who wants to be pushed to be their best. Space is limited.

**NEW* JUNIOR INVESTIGATOR (Grades 3–6)**
There’s a mystery sweeping through and we need your help to solve it! Learn some basic investigation techniques using science, math and technology to solve the mystery! Where will the mystery take you?

**TEEN NIGHTS (Grades 5–9)**
Join us for food, fun, & friends all this winter! Youth are welcome to join us for an evening of karaoke, Ga Ga Pit and much more. Teen nights are limited to the first 100 teens, so don’t be late and miss out!

Arcadia Branch (Ages 9–14) every 3rd Friday of the month from 6:00–9:00pm. Free to members

Naik Family Branch (Ages 10–15) Last Friday of every month 6:30–8:00pm

**MIDDLE SCHOOL MOVEMENT & WELLNESS (Grades 5–8)**
A fun and active group that teaches middle schoolers the Mind Body connection of exercise and feeling good.

**MOSAIC & SAILORS VALENTINES (Ages 10+)**
This artistic, fun and creative class will allow children to create and piece mosaics they can bring home and show off to their family and friends. All materials and tools are provided.

**Y AFTER DARK (Grade 7–9)**
Join us as we let the teens let loose some of that school week stress on the first floor of the Y to hang, socialize and compete in structured and unstructured activities. Saturdays 6:30pm–8:30pm

March 9th – Y MADNESS, Wear your Favorite College Team Shirt
May 11th– HALLOWEEN IN SPRING– Best costume will receive Y Swag!

**UNIFIED SOCCER (Ages 8–12)**
We need athletes and peer partners to join our Unified Team. We will be partnering with our neighboring YMCAs for socials, games, and fun soccer events!
LEADERSHIP DEVELOPMENT

BABYSITTING CLASS (Ages 11–15)
This 6 hours class teaches knowledge and skills 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). Thursdays 5:30pm-7:30pm March. 7th, 14th & 21st Members $83 Program Participants $124

LEADERS CLUB (Ages 12–18)
The Leaders Club is a leadership development program for teens which includes weekly meetings while school is running, training components 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. Contact Colin Sheehan at, csheehan@oceancommunityymca.org for questions.
Jr. Leaders Club (6th-8th) Tuesdays 5:30pm-6:30pm
Leaders Club (9th-12th) Tuesdays 6:30pm-7:30pm
FREE for MEMBERS

COOKING FOR KIDS (Ages 10–13)
Spring II Only
Join us in the community room kitchen where students will learn how to safely prepare nutritious and delicious foods. Foods include decorative pancakes, noodle dishes, muffins and baked fruit concoctions.

GLUTEN FREE BAKING (Grades 3–8)
In this class designed specifically for kids, we will walk young bakers through a world of hands-on baking exploration. We will show them just how much fun—and how easy—baking delicious gluten free treats can be.

NUTRITION & COOKING

ALPHABET EATS (Ages 5–8)
This hands-on Parent–Child program for young chefs will teach children cooking can be creative, full of discovery, and a whole lot of fun as we work through the alphabet! Our chefs, alongside their parent, will learn about kitchen safety, basic math and cooking tips while preparing recipes they can enjoy at class or bring home. At the end of the session chefs take home their very own cookbook with recipes taught in class.
# YOUTH AND TEEN PROGRAMS ACTIVITY GRID

(A) = Arcadia Branch  (N) = Naik Family Branch  (W) = Westerly-Pawcatuck Branch

<table>
<thead>
<tr>
<th>SPECIAL INTEREST</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<td>12:00-1:00pm (W)</td>
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<td>Guitar II</td>
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<td>5:00-6:00pm (W)</td>
<td>11:00-12:00pm (W)</td>
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<tr>
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<tr>
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<tr>
<td>STEM Creature Craze</td>
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<tr>
<td>STEM World of Water</td>
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<tr>
<td>Junior Investigator</td>
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<table>
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<th>MON</th>
<th>TUES</th>
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<th>THUR</th>
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<th>LEADERSHIP DEVELOPMENT</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<tr>
<td>Babysitting Class (March 7th, 14th &amp; 21st)</td>
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<tr>
<td>Leaders Club</td>
<td>11-17</td>
<td>Y Members Only</td>
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</table>
**YOUTH DEVELOPMENT**

**Youth and Teen Programs**

**DANCE & MUSIC**

**TIPPY TOES BEGINNER BALLET (Ages 6-9)**
Join this introductory movement class which will focus on basic dance movements while incorporating early childhood development techniques. Props, bubbles, body movement and gross motor skills will help make this a truly magical class for your little one!

**FUNK FUSION (Ages 6-9)**
Improve your child’s memory and coordination in this fundamental Funk class. By combining fast paced rhythm and movement exercises your child will get a great workout while having fun shaking it!

**DANCE BASICS (Ages 4-9)**
This 8 week fun and interactive class will teach your children dance basics by learning to work together playing dance games while using various styles of dance. See what your child has learned at the Parent Watch event on the final day of the session.

Session Starts: January 5th

**BEGINNER BALLET (Ages 6-12)**
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 VOICE WORKSHOP (8 years-12 years)**
This small group setting allows students to explore their singing voice. Classes will be spent reviewing singing basics, performing traditional vocal warm ups, and engaging in playful group vocal games.

**SONGWRITER WORKSHOP (12 years-16 years)**
This small group setting allows student to focus on key elements of songwriting such as the formation of music, chord structures, lyrics, hooks, rhymes, riffs & melodies. Solo or collaborate on your first song, it is up to you! Instruments are recommended but not required.

**ACAPPELLA CLUB (12 years -18 years)**
Join our newest Y club opportunity for teens who like to sing! Whether its pop songs from the radio, rock and roll, or any other style, all are welcome! Acapella club is an opportunity for singers of all skill levels to showcase their talents!

**HIP-HOP (Ages 8-13)**
Dancers will learn to move to the hottest music, have fun and be energetic. Dancers will learn age appropriate hip hop skills.

**YOUTH SPORTS**

**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.

**GAME ON! (Grades 3-6)**
Love camp games but missing camp? Jump in on this action packed class. Games include GaGa, Dodgeball, Tennis Baseball, Kickball, Volleyball, Floor Hockey and more.

**HOOPS ACADEMY (Grades 3-8)**
Dribble, Dish & Swish you’re way through this fundamental basketball class. Focus on basics while building on your current knowledge. This class can improve both beginner players and advanced players looking to fine tune their skills. Communication, teamwork, conditioning and fundamentals will be the main focus of this active class.

Grades 3-5 Tuesdays 5:30-6:30pm
Grades 6-8 Thursday 5:30-6:30pm

**KIDS BOOT CAMP (Ages 10-14)**
Kids Boot Camp is offered as an introduction to physical activity for children ages 10-14! Participants will be taught how to warm-up, stretch, and perform exercises properly. The focus will be on increasing speed, agility, flexibility and aerobic endurance through cardio, bodyweight and weighted exercises, all while having fun! Appropriate for all fitness levels.

**BASKETBALL ACADEMY (Ages: 6-12)**
Athletes will play pick-up games with peers while also practicing with YMCA coaches. Skill building and working in a team environment will be strongly emphasized. All skill levels are welcome.

**NEW** FLOOR HOCKEY FANATICS (Ages 9-12)
Try your skills at a new, growing indoor sport! No pads are required to play this version of hockey! Kids will compete head to head in weekly floor hockey matches along with stick handling, skills & drills to enhance coordination with a hockey stick.

**TENNIS (Grades 3-6)**
Introductory fundamental class to learn the basics of tennis.

**ARCHERY (Grades 3-5)**
Learn fundamentals to the safety and technique behind archery. Fun games are tied into each lesson.

*NEW* Naik Family Sports Clinics and Competitions: Please check out page 35 for dates and details or contact Britney Bruno at BBruno@oceancommunityymca.org with any questions!
# YOUTH AND TEEN PROGRAMS ACTIVITY GRID

\((A) = \) Arcadia Branch \((N) = \) Naik Family Branch \((W) = \) Westerly–Pawcatuck Branch \((R) = \) Ice Skating

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<tr>
<td>Beginner Ballet</td>
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<td>Hip Hop</td>
<td>8–13</td>
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<td>Beginner Voice Workshop</td>
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<tr>
<td>Acapella Club</td>
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<td>$61 Members $94 Participants</td>
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<td>4:45-5:30pm</td>
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<tr>
<td>Basketball Academy</td>
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<td>9–12</td>
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<td>$88 Members $130 Participants</td>
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<td>Youth Tennis (Spring II Only)</td>
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<td>Grades 3–5 4:00-5:00pm Grades 6–8 5:00-6:00pm</td>
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<td>6–8th 5:30-6:30pm</td>
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<td>Family Taekwondo</td>
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GYMNASTICS

BASIC 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 gymnastics 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.

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

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 AND TEEN PROGRAMS ACTIVITY GRID

(A) = Arcadia Branch (N) = Naik Family Branch (W) = Westerly-Pawcatuck Branch

<table>
<thead>
<tr>
<th>GYMNASTICS</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>Basic Gymnastics</td>
<td>6–12</td>
<td>$64 Members $97Participants</td>
<td>4:00-4:45pm (W)</td>
<td>5:00-5:45pm (W)</td>
<td></td>
<td></td>
<td>10:00-10:45am (W)</td>
<td>10:00-10:45am (W)</td>
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<tr>
<td>Intermediate Gymnastics</td>
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<td></td>
<td>9:15-10:00am (W)</td>
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<tr>
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<td>3:30-4:30pm (W)</td>
<td></td>
<td></td>
<td>11:30-12:30pm (W)</td>
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<tr>
<td>Boys Gymnastics</td>
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<td>$64 Members $97Participants</td>
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<td></td>
<td>10:45-11:30am (W)</td>
<td></td>
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<tr>
<td>Par-Core SR</td>
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<td></td>
<td>10:45-11:30am (W)</td>
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<thead>
<tr>
<th>TEAM GYMNASTICS</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>Competitive Team Gymnastics</td>
<td>6+</td>
<td>$128 L 2 &amp; L 3 $160 X Silver $224 L 4 $240 L 6-8 &amp; Xcel Platinum $224 Section A Xcel Gold $240 Section B Xcel Gold</td>
<td>(Level 4) 3:30-6:00pm</td>
<td>(Level 2) 4:30-6:30pm</td>
<td>(Level 3) 5:30-8:00pm</td>
<td>(Level 4) 4:30-6:30pm</td>
<td>(Level 2) 4:30-6:30pm</td>
<td>(Level 3) 5:30-8:00pm</td>
<td>(Level 4) 6:00-8:30pm</td>
</tr>
</tbody>
</table>

Note: Xcel Gold Section A & B are the same competitive team program but are split into two sections due to number or participants
YOUTH DEVELOPMENT

Day Camp

REGISTRATION BEGINS...

FEBRUARY 1, 2019
Register by March 2, 2019 and receive 2018 prices!
Register an pay in full by April 2nd, 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 2019 Camp Brochures online and at all 3 Y Branches! Both Summer Camps are Accredited by the American Camp Association. Camp Cove is also licensed by the state of Connecticut.

Financial Assistance is available. To find out more about Camp opportunities for your child and meet the camp directors, join us at an Open House.

Camp Watchaug: Saturdays, April 6, May 4 & June 1, 103pm at Camp Watchaug, 160 Prosser Trail, Charlestown, RI.

Financial Assistance is available.

CAMP WATCHAUG RENTAL
Camp Watchaug is available for rental Mid-April to Mid-October. Lodge, pavilion and other facilities, plus activities including team building, archery, zip-line and climbing wall may be contracted. Waterfront is available June to August. Limited Summer weekend dates open.

Call now for availability. (401) 364-6535

PERFECT FOR:

- Family Reunions
- School Field Trips & Field Days
- Corporate Team Building
- Corporate Retreats & Picnics
- Wedding Ceremonies & Receptions

CAMP COVE

1 HARRY AUSTIN DRIVE, MYSTIC, CT

Camp Cove is a licensed camp 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, archery range, 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 Activities include:
- Daily Swim Lessons in a indoor pool
- 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
- You and Teen Center and Community Room

Youth and Teen Center and Community Room also included

Specialty Camps include: Marine Science, Cove Adventures, Cardboard Creation, Lego Legacy, Junior Detective, Sports and more!

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

Camp Cove Open Houses
April 6th 1:00-3:00pm
May 18th 1:00-3:00pm
Registration Celebration March 2nd 11:00-2:00

CAMP WATCHAUG

160 PROSSER TRAIL, CHARLESTOWN, RI

Camp Watchaug is located on 35 acres on the shore of Watchaug Pond and accredited by the American Camp Association. 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. 2019 Specialty Camp programs include Gymnastics, Lego, Drama, Watersports, Tails & Trails. Counselor in Training Program for Campers entering 10th grade.

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

CAMPWATCHAUG.ORG
AWAKEN NEW POSSIBILITIES
BE ONE OF TONI’S KIDS

**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 “Y” activities, greater support by trained staff and a smaller ratio of participant 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.

**The Toni’s Kids Initiative** enhances mutual respect among individuals of all abilities and helps every camper establish positive relationships and build lifelong social skills.

**Contact** Nick Austin, Sports Director, OR Karisa Ford, Aquatics Director to coordinate specific services to fully support your child’s “Y” experience at: 401-596-2894 Naustin@oceancommunityymca.org OR KFord@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.
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, or for more information, 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 18–36ms)
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. 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 INTRO (Ages 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 (Ages 6–12)
Work on stroke technique & learn all major competitive strokes.

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

*NEW* YOUTH HOME SCHOOL & GYM & SWIM: (Ages 6–12)
All swim levels invited to this new program for our homeschool youth.

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.
## HEALTHY LIVING

### Westerly–Pawcatuck 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><strong>Water Discovery</strong></td>
<td>6–17 months</td>
<td>$58</td>
<td>$88 Members</td>
<td>9:00–9:30am</td>
<td>10:00–10:30am</td>
<td>8:30–9:00am</td>
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<tr>
<td></td>
<td></td>
<td>Members</td>
<td>$88 Participants</td>
<td>5:30–6:00pm</td>
<td>10:30–11:00am</td>
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<tr>
<td><strong>Water Exploration</strong></td>
<td>18–36 months</td>
<td>$58</td>
<td>$88 Members</td>
<td>9:30–10:00am</td>
<td>9:30–10:00am</td>
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<td>Members</td>
<td>$88 Participants</td>
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### PRESCHOOL

<table>
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<tr>
<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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<tbody>
<tr>
<td>2–4</td>
<td>Toni’s Kids Tot Swim</td>
<td>$150</td>
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<td>$88 Participants</td>
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### YOUTH

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<th>AGES</th>
<th>PRICE</th>
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<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<tbody>
<tr>
<td>6–12</td>
<td>Water Acclimation</td>
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<td>4:15–5:00pm</td>
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<td>4:00–4:45pm</td>
<td>10:15–11:00am</td>
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<td></td>
<td></td>
<td>$97 Participants</td>
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<td>11:00–1:00am</td>
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<tr>
<td>6–12</td>
<td>Water Movement</td>
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<td></td>
<td></td>
<td>$97 Participants</td>
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<td>11:00–11:45am</td>
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<tr>
<td>6–12</td>
<td>Water Stamina</td>
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<td>4:45–5:30pm</td>
<td>4:00–4:45pm</td>
<td>10:15–11:00am</td>
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<td></td>
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<td>$97 Participants</td>
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<td>11:00–11:45am</td>
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<tr>
<td>6–12</td>
<td>Stroke Introduction</td>
<td>$67 Members</td>
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<td>10:15–11:00am</td>
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<td></td>
<td></td>
<td>$97 Participants</td>
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<tr>
<td>6–12</td>
<td>Stroke Development</td>
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<tr>
<td>6–12</td>
<td>Stroke Mechanics</td>
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<td></td>
<td></td>
<td>$97 Participants</td>
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<tr>
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<tr>
<td>6–12</td>
<td>Home School Gym &amp; Swim</td>
<td>$85 Members</td>
<td>3:00–4:15pm</td>
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<td>6–12</td>
<td>Pre Swim Team</td>
<td>$125 Members</td>
<td>4:00–4:45pm</td>
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<td>10:15–11:00am</td>
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<td></td>
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<td>$250 Participants</td>
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<td></td>
<td><em>Must do Mon &amp; Wed</em></td>
<td>$125 Members</td>
<td>4:00–4:45pm</td>
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<td>$250 Participants</td>
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<tr>
<th>AGES</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>15+</td>
<td>Stage 1</td>
<td>$67 Members</td>
<td>1:00–2:00pm</td>
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<td>$97 Participants</td>
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<tr>
<td>15+</td>
<td>Stage 3–5</td>
<td>$67 Members</td>
<td>7:30–8:30pm</td>
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<td>$97 Participants</td>
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## WESTERLY PRIVATE AND SEMI PRIVATE SWIM LESSONS

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

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

| Participants | $80 (1 lesson) | $300 (5 lessons) | $440 (8 lessons) |

Please email Karisa Ford, Aquatics Director of our Westerly–Pawcatuck Branch at kford@oceancommunityymca.org or stop by the Welcome Center.

### 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 levels.

- **Members:** $55 (1 lesson)
- **$200 (5 lessons)**
- **$325 (8 lessons)**

| Participants | $110 (1 lesson) | $400 (5 lessons) | $650 (8 lessons) |
**SWIM LESSON LEVEL GUIDE**

The new YMCA Swim Lessons program uses a skill-based approach designed to meet the needs of local Y’s and the community they serve. The new 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?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>STAGES A–B</td>
</tr>
<tr>
<td>3 years–6 years</td>
<td>STAGES 1–4</td>
</tr>
<tr>
<td>6 years–12 years</td>
<td>STAGES 1–6</td>
</tr>
<tr>
<td>12–17 years</td>
<td>STAGES 1–6</td>
</tr>
<tr>
<td>18+ years</td>
<td>STAGES 1–6</td>
</tr>
</tbody>
</table>

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

**SWIM STARTERS**
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**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.

**SWIM BASICS**
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

**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.

**SWIM STROKES**
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**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

## Naik 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><strong>Water Discovery</strong></td>
<td>6-17 months</td>
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<td>10:00-10:30am</td>
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<tr>
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**PRESCHOOL AGES**

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<th>TUES</th>
<th>WED</th>
<th>THUR</th>
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</thead>
<tbody>
<tr>
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<tr>
<td><strong>Water Movement</strong></td>
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<td>1:00-1:30pm</td>
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<tr>
<td><strong>Water Stamina</strong></td>
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<td>3:30-4:00pm</td>
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<td><strong>Stroke Development</strong></td>
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**YOUTH AGES**

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<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<td><strong>Water Acclimation</strong></td>
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<td><strong>Water Movement</strong></td>
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<tr>
<td><strong>Water Stamina</strong></td>
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**ADULT AGES**

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<td><strong>Stage 3-5</strong></td>
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<td></td>
<td></td>
<td>$97 Participants</td>
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</tbody>
</table>
HEALTHY LIVING
Swim Team

WESTERLY BRANCH

DOLPHINS 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. The season kicks off in September
and wraps up with championship meets in March. Throughout these months swimmers will get the chance to compete
against other YMCA swim teams within the SENECY league. Visit www.ymcadolphins.org for more registration info!

All swimmers must have a Y Membership. USA Swimmer yearly registration fee: $76. Multiple Child Discounts available.

Pricing: 8 & Under $375 • 9-12 Year Olds $410 • 13 & Older $410

WESTERLY PRE SWIM TEAM – Monday & Wednesday 4:00-4:45pm please see Karisa Ford at
Kford@oceancommunityymca.org

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.

NAIK FAMILY YMCA

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 breast-
stroke. 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) starting 9/5.

Twice a Week (M/W 4:30-5:15pm) – Members $125 • Program Participants $250

HAMMERHEAD SWIM TEAM (AGES 6–18)

The 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. The season kicks off in September and wraps up with
championship meets in March. Throughout these months swimmers will get the chance to compete against other Y
swim teams within the SENECY league. Visit www.ymcahammerheads.org for registration info, updates and more!

Pricing: 8 & under = $375 and 9 & older = $410

NAIK 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 cre-
ate 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 Lance Timmons, 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. ltimmons@oceancommunityymca.org
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.

Westerly Branch Dates: March 18, 20, 25, 27, April 1, 3, 8, 10

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

WATER EXERCISE

AQUA H.I.I.T.
This class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body toning and most of all, exhilarating!

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.
# HEALTHY LIVING

Specialty Aquatics Activity Grid

<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>
<th>SAT</th>
<th>SUN</th>
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<tbody>
<tr>
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<table>
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<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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<td>Aqua Cardio</td>
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<td>8:00-9:00am (W)</td>
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<td>8:00-9:00am (W)</td>
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<tr>
<td>Aqua Zumba</td>
<td>16+</td>
<td>FREE Members $5 per term Participants</td>
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<td>Aquacise</td>
<td>16+</td>
<td>FREE Members $5 per term Participants</td>
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<td>Senior Water Workout</td>
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<tr>
<td>Twinges &amp; Hinges</td>
<td>16+</td>
<td>FREE Members $5 per term Participants</td>
<td>1:00-2:00pm (W)</td>
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<tr>
<td>Water Walking</td>
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<td>9:00-10:00am (W)</td>
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(A) = Arcadia Branch  (N) = Naik Family Branch  (W) = Westerly-Pawcatuck Branch
HEALTHY LIVING

Adult Programs

SPORTS

PICKLE BALL (AGES 18+)

Come join us for a new way to play. Come learn and compete in this new program that’s spreading across the nation. This program is catered to all ages and skill levels. Check your home branch for more details.

VOLLEY BALL PICK up GAMES (Ages 18+)

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. Check your home branch for more details.

*NEW* FAB FIVE MEN’S SLO-BREAK LEAGUE (Ages 34+)

Tuesdays 7:00-9:30pm This league has been organized to offer players a slower brand of basketball. Rules were adapted to allow older players to compete and make competition more even. If interested in being a captain or sponsoring a team, contact Britney Bruno BBruno@oceancommunityymca.org. Participants must be at least 34 years as of January 2019.

RACQUETBALL (Ages 18+)

Play racquetball in a league against fellow members or participants. Sign up today and receive different match ups weekly. Either play competitive in an A league or B league for more recreational play.

INDOOR SOCCER PICK-UP GAMES

Pass, dribble, shoot and score your way into open soccer nights packed with fast pace action on hardwood with a weighted futsal ball. Practice foot skills and general soccer tactics in a casual pickup setting. Adults 18+ and all skill levels welcome. Contact Naustin@oceancommunityymca.org

ADULT KICKBALL LEAGUE (18+) SPRING II ONLY

$88/$130
Mondays 5:30-6:30
Take it back to the playground days! Join this fun and competitive league and get a piece of your childhood back. If interested in being a captain or sponsoring a team, contact Britney Bruno BBruno@oceancommunityymca.org.

ADULT CO-ED SOFTBALL LEAGUE (18+) SPRING II ONLY

$88/$130
Sundays 2:00-4:00pm
Gather your friends to play in this friendly and competitive softball league. If interested in being a captain or sponsoring a team, contact Britney Bruno BBruno@oceancommunityymca.org.

ADULT WOMEN’S SOFTBALL LEAGUE (18+) SPRING II ONLY

$88/$130
Fridays 5:00-7:00pm
Gather your friends to play in this friendly and competitive softball league. If interested in being a captain or sponsoring a team, contact Britney Bruno BBruno@oceancommunityymca.org.

VOLLEY BALL PICK up GAMES (Ages 18+)

Wednesdays 6:30-9:30pm
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 AT THE NAIK FAMILY BRANCH (Ages 18+)

Mondays 4:30-6:30 (SPRING II ONLY)
Wednesdays 5:00-6:00pm (SPRING I & II)
Come join us for a new way to play. Come learn and compete in this new program that’s spreading across the nation. This program is catered to all ages and skill levels.
HEALTHY LIVING
Adult Programs

HEALTH & WELLNESS

BABY BOOT CAMP
This class will be a boot camp style workout including your baby. This great bonding experience will help you get fit and stay with your child. Geared for kids up to age 2.
Class Begins: Wednesdays at 10:00am

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!

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.

PIATES
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.

*NEW* BAPTISTE YOGA
Hot yoga focused on meditation and self inquiry adaptable to any level of physical ability. A yoga class heated up to 90 degrees focusing on a powerful vinyasa flow.

TRIATHLON TRAINING CLASS (21 class limit)
Swim, bike and run: whether you are training for your first triathlon, a seasoned triathlete or just looking for a good balanced group workout this is the class to join! The class meets Saturday mornings starting at 7 AM to include a pool swim, Spinning ride and an option to finish up with an outdoor run. When the weather becomes unsafe for an outdoor run, cross training and running drills will conclude the workout in the gymnasium. All fitness levels are welcome and each workout will include options for increasing or decreasing distance and intensity. Basic swimming skills of freestyle/ front crawl should be mastered before joining this program. Space is limited located at the Naik Family Branch.

NEI KUNG
A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

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!

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!

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.

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

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.
HEALTHY LIVING

Adult Programs

DANCE/ART

**ADULT BEGINNER BALLET (Ages 18+)**
In this class we study classical ballet in its very basic form, moving through the fundamentals; barre, center, corner, and simple stretching. Through ballet technique we lengthen & tone while developing balance, strength, and grace. No previous ballet experience necessary. All ages welcome!

**WATER COLOR ART CLASS (18 +)**
Join us weekly in the community room and Learn basic Water color techniques. Class topics include color theory and recreate photos and still life. Working from photos and still life. A materials list will be provided through email.

**SALSA & SWING (Ages 18+)**
Learn the basics of salsa and east coast swing dancing in a fun and friendly environment filled with music that we keep you on your feet. Couple prices available!

**ADULT BEGINNER HIP HOP (Ages 18+)**
Learn to move to the hottest music and pick up a few choreographed dances along the way in this fun and energetic class.

**ZUMBA/ZUMBA TONING (AGES 18+)**
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.

** MOSAICS AND SAILORS VALENTINES (Ages 18+)**
This artistic, fun and creative class will allow adults to create and piece mosaics they can bring home to display. All materials provided.

PERSONAL TRAINING

**INDIVIDUAL**
Stop by the Welcome Center to sign up today! Prices for sessions available at the Welcome Center.

**SMALL GROUP PERSONAL TRAINING (Ages 16+)**
Looking to work towards your fitness goals and want friends alongside you? Small group training is great for motivation, social interaction, and friendly competition. Prices for sessions available at the Welcome Center.

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.

**SENIOR YOGA (Ages 55+)**
Easy postures will help improve balance and flexibility that will provide health benefits.

**GARDEN CLUB**
Founded in 1953 by Mrs. Helen Greene. Encourages and advances gardening and all related interest. The club starts in September, 2019 and runs through June, 2020. 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.

**SENIOR WELLNESS**
Move through a variety of exercises designed to increase muscular strength

**CHAIR YOGA**
A chair is used for seated poses and a balance point for standing poses. Get the very same benefits as mat yoga without the stress and strain of getting down to or up from the floor.
# Healthy Living

## Adult Programs Activity Grid

### Sports

<table>
<thead>
<tr>
<th></th>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
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<tbody>
<tr>
<td>Pickle Ball</td>
<td>18+</td>
<td>FREE Members $13 Participants</td>
<td>5:00-6:00pm (N)</td>
<td>6:00-8:00pm (W)</td>
<td></td>
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<tr>
<td>Adult Volleyball Pick Up Games</td>
<td>18+</td>
<td>FREE Members $13 Drop In</td>
<td>6:30-9:30pm (N)</td>
<td>6:15-9:30pm (W)</td>
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<tr>
<td>Racquetball</td>
<td>18+</td>
<td>FREE Members $50 Participants</td>
<td>5-8:30pm (W)</td>
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### Health & Wellness

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<tr>
<th></th>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
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<tbody>
<tr>
<td>Pedaling for Parkinson’s</td>
<td>18+</td>
<td>$FREE Members $100 Participants</td>
<td>10:30 - 11:30 am (w)</td>
<td>10:30-11:30am (w)</td>
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<tr>
<td>Triathlon Training Class</td>
<td>16+</td>
<td>$45 Members $90 Participants</td>
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<td>7:00-9:00am (N)</td>
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<tr>
<td>Women on Weights</td>
<td>16+</td>
<td>$80 Members $120 Participants</td>
<td>9:30-10:20am (N)</td>
<td>5:30-6:20pm (W)</td>
<td>6:00-6:45am (W)</td>
<td>8:00-8:40am (W)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Queenax Circuit Training</td>
<td>16+</td>
<td>$80 Members $120 Participants</td>
<td>9:00-10:30am (N)</td>
<td>6:30-7:30am (N)</td>
<td>5:00-5:45pm (N)</td>
<td>9:00-10:30am (N)</td>
<td>6:30-7:30am (N)</td>
<td>6:00-7:00pm (N)</td>
<td></td>
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<tr>
<td>Baby Boot Camp</td>
<td>16+</td>
<td>Free to Members</td>
<td>10:00-11:00am (A)</td>
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### Dance/Art

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<th></th>
<th>Ages</th>
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<tbody>
<tr>
<td>Salsa &amp; Swing</td>
<td>16+</td>
<td>$45 Members $82 Per Couple</td>
<td>6:45-8:00pm (W)</td>
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<tr>
<td>Adult Beginner Hip Hop</td>
<td>16+</td>
<td>$74 Members $104 Participants</td>
<td></td>
<td></td>
<td></td>
<td>7:30-8:30pm (W)</td>
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<td></td>
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<tr>
<td>Adult Beginner Ballet</td>
<td>16+</td>
<td>$74 Members $104 Participants</td>
<td></td>
<td></td>
<td></td>
<td>12:30-1:30pm (W)</td>
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<tr>
<td>Adult Mosaics and Sailor Valentines</td>
<td>18+</td>
<td>$77 Members $108 Participants</td>
<td></td>
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<td></td>
<td>6:00-7:00pm</td>
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<tr>
<td>Water Color</td>
<td>18+</td>
<td>$74 Members $104 Participants</td>
<td>10:00-11:30am (W)</td>
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### Active Older Adults

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<tr>
<th></th>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
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</thead>
<tbody>
<tr>
<td>Cardiac Rehab</td>
<td>55+</td>
<td>$70 Members $140 Participants (Price for 3 Days)</td>
<td>7:30-8:30am (N)</td>
<td>7:30-8:30am (N)</td>
<td>7:30-8:30am (N)</td>
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<tr>
<td>Enhance Fitness</td>
<td>55+</td>
<td>FREE Members $122 Participants</td>
<td>5:00-5:55pm (N)</td>
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<td>5:00-5:55pm (N)</td>
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<tr>
<td>Senior Wellness (Naik Only)</td>
<td>55+</td>
<td>FREE Members $76 Participants</td>
<td>8:45-9:30am (N)</td>
<td></td>
<td></td>
<td></td>
<td>8:45-9:30am (N)</td>
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<tr>
<td>Silver Sneakers Classic Level 1</td>
<td>55+</td>
<td>FREE Members $55 Participants (Price for 2 Days)</td>
<td>9:15-10:15am</td>
<td>10:30-11:30am (W)</td>
<td>9:15-10:15am</td>
<td>10:30-11:30am (W)</td>
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<tr>
<td>Silver Sneakers Level 2</td>
<td>55+</td>
<td>FREE Members $55 Participants (Price for 2 Days)</td>
<td>8-9am</td>
<td>10:30-11:30am (W)</td>
<td>8-9am</td>
<td>10:30-11:30am (W)</td>
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<tr>
<td>Silver Sneakers Cardio</td>
<td>55+</td>
<td>FREE Members $76 Participants (Price for 3 Days)</td>
<td>8-8:45am (W)</td>
<td>8-8:45am (W)</td>
<td>8-8:45am (W)</td>
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CAMP WATCHAUG
Family Special Events

KAYAKING & PADDLEBOARDING @ CAMP WATCHAUG (Age 10+)
Saturday, June 8; 1:30 pm – 3:30 pm
$15 Y Member/$20 Program Participants
Learn the basics of kayaking & paddle boarding and see how much of Watchaug Pond you can explore! All Equipment provided. Bring a water bottle & sunscreen. Dress to get wet!
LIMITED spots, register EARLY! Call 401-364-6535 with any questions.
RAIN POLICY – Decision will be made by Camp Director 24 hours in advance. If needed, make up date will be arranged.

CLIMBING WALL & ARCHERY @ CAMP WATCHAUG (Age 4+)
Saturday, May 4 & June 1; 10:00 am – 11:30 am
$12 Members/$15 Program Participants
So popular, offering twice! Come find your inner Robin Hood & Spiderman. All Equipment provided. Bring a water bottle, sunscreen & bug spray. Must wear sneakers.
LIMITED spots, register EARLY! Call 401-364-6535 with any questions.
RAIN POLICY – Decision will be made by Camp Director 24 hours in advance. If needed, make up date will be arranged.

ZIP LINE @ CAMP WATCHAUG (Ages 8+)
Saturday, May 11; 1:00 pm – 2:30 pm
$12 Members/$15 Program Participants
Challenge yourself and see how much fun it is to fly down the zip line! All Equipment provided. Bring a water bottle, sunscreen & bug spray. Must wear sneakers.
LIMITED spots, register EARLY! Call 401-364-6535 with any questions.
RAIN POLICY – Decision will be made by Camp Director 24 hours in advance. If needed, make up date will be arranged.

SUNDAY FUN DAY @ CAMP WATCHAUG
Sundays, May 5 and May 19
12:00 pm – 2:00 pm
FREE for Y members, $5.00 guest fee for participants (max of $20 per family)
Come to Camp Watchaug for some Family Fun. Bring a picnic lunch, take a walk in the woods, play on the pirate plays cape, go for a dip in Watchaug Pond, build a sandcastle, take out a canoe or kayak. Simply enjoy some time outdoors in a beautiful setting with your family.
YOUTH DEVELOPMENT
Youth & Family Specialty Events

VACATION CAMP

FEBRUARY MINI STAY-CATION DAYS (Ages 7-12)
February 15th & February 18th 9am-4pm
Join us for a day or two of fun here at the Westerly-Pawcatuck Branch. Campers will enjoy a variety of activities ranging from games, crafts, cooking and swimming. Campers should arrive with a nonperishable peanut-free snack, lunch, and appropriate gym clothing. For swimming, children will need their own suit, towel and swim cap. Extended before and after care available. Please register at the Welcome Center or visit our website. Contact Colin Sheehan at csheehan@oceancommunityymca.org for any questions.

Single day: Members: $57  Program Participants: $87
Both days: Members: $103  Program Participants: $133

APRIL VACATION CAMP DAYS (Ages 7-12)
April 15th through April 19th 9am-4pm
Join us for a week of fun here at the Westerly-Pawcatuck Branch. Campers will enjoy a variety of activities ranging from games, crafts, cooking and field trips. Campers should arrive with a nonperishable peanut-free snack, lunch, and appropriate gym clothing. For swimming, children will need their own suit, towel and swim cap. Extended before and after care available. Please register at the Welcome Center or visit our website. Contact Colin Sheehan at csheehan@oceancommunityymca.org for any questions.

Single Day: Members: $65  Program Participants: $95
Full Week: Members: $286  Program Participants: $386

HEALTHY KIDS DAY
On Saturday April 27, 2019 All branches will celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids. Any questions or would like to be a healthy vendor please contact your local Welcome Center.

This event is free and open to the public!

NAIK FAMILY BRANCH EASTER EGG HUNT
April 20th at 11:30am
Join us for an Easter Egg outside and a visit from the Easter Bunny. There will be different waves for age groups. Geared for ages 1-7. A Sensory Friendly Hunt will be offered at another space on site. Please contact Britney Bruno for more information.

34TH ANNUAL MYSTIC RIVER VALLEY TRIATHLON
June 16, 2019
Distance(s): Sprint; 1/2 mile swim, 14.4 mile bike, 3 mile run
Start Time: 8 am
Start Location: Naik Family Branch Waterfront
Contact: Naik Family Welcome Center 860-536-3575

100 MILE SWIM/ 100 HOUR WATER WORKOUT CHALLENGE
Sign up and dive into 2019’s best Aquatic challenge! Log 100 miles, or 100 hours of Aqua Aerobics, between February 25, 2019- December 31, 2019 and qualify for special prizes available to all Finishers. Enroll online or at the front desk, and bring your sign up sheet to the pool to be kept on deck and verified by our Lifeguarding staff. Log your miles and hours each week, until you reach your goal! Please contact Karisa Ford for more details, at KFord@oceancommunityymca.org

February 25, 2019-December 31, 2019
Please See Karisa Ford for more details
kford@oceancommunityymca.org
HEALTHY LIVING
Family Time and Certifications

DATE NIGHTS

ARCADIA BRANCH (AGES 3–12)
WESTERLY-PAWCATUCK BRANCH (AGES 4–8)
NAIK FAMILY BRANCH (AGES 3–12)

Take a couple of hours for yourself the first Saturday night of the month at the Arcadia Branch. Your children ages 3 and potty trained to 12 will have fun activities, crafts, and a snack while you run errands; catch a movie or even a nap!

5:00 – 8:00pm
Members: $15 /$5 additional child
Non-Member Participants: $20 first child/
$10 additional child

Westerly-Pawcatuck Branch:
Your children ages 4 to 8 will have fun activities, crafts, and a snack while you run errands; catch a movie or even a nap!

Apr. 19th 5:30-8:00 Ages 4-8
Members: $15 /$5 additional child
Non-Member Participants: $20 first child/
$10 additional child

Naik Family Branch:
Take a couple of hours for yourself. Your children ages 3 and potty trained to 12 will have fun activities, crafts, and a snack while you run errands; catch a movie or even a nap!

March 5th
Members: $15 /$5 additional child
Non-Member Participants: $20 first child/ $10 additional child

FAMILY NIGHTS AT THE NAIK FAMILY BRANCH
Come enjoy special themed nights of fun for your whole family on the 2nd Friday of every month!

CERTIFICATIONS

AMERICAN RED CROSS BABYSITTING (AGES 11–15)
Through these 6 hours, students will develop skills 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).

Thursdays 5:30pm–7:30pm March. 7th, 14th & 21st
Members $83 Program Participants $124

AMERICAN RED CROSS TRAINING: INFANT, CHILD AND ADULT CPR/AED/FIRST AID. (Ages +14 UP)
This course is designed to teach you to recognize signs and symptoms of heart attacks and other emergencies and respond to them appropriately. Successful participants will receive certification for adults, children and infants which is valid for two years. If you have a group of people who would like certification or you would like a class at your place of business please contact Colin Sheehan at csheehan@oceancommunityymca.org.

5 hour course being offered 6 times.

Mondays, March 11 & 15th, 5:30pm–8:30pm @ Arcadia
Saturday, March 23, 9:00am–2:00pm @ Westerly
Saturday April 13, 9:00am–2:00pm @ Westerly
Wednesdays, April 24 & May 1, 5:30pm–8:30pm @ Westerly
Saturday, May 11, 9:00am–2:00pm @ Westerly
Wednesday, May 15, 10:00am—3:00pm @ Naik

Members: $83 Program Participants $124

OTHER CERTIFICATIONS at the NAIK FAMILY YMCA:
O2 Training March 12th 5:30–7:30pm
Recertification FA/CPR/AED April 9th 5:30–7:30pm
Please contact Britney BBruno@oceancommunityymca.org for more information.
HEALTHY LIVING
Special Events

COMMUNITY YOGA AT THE WESTERLY-PAWCATUCK BRANCH (ALL AGES WELCOME)
Yoga means Union. Unite! Join us for Yoga & Fellowship on the third Saturday of each month at 11:00am. This Free Class is being offered in collaboration with local yoga teachers inspired to give back and offer yoga to all. Enjoy a healthy lunch catered by local restaurants after class and childcare provided during class time.

*NEW* COMMUNITY YOGA AT THE WESTERLY-PAWCATUCK BRANCH (ALL AGES WELCOME)
Yoga means Union. Unite! Join us for Yoga & Fellowship on the third Saturday of each month at 11:00am. This Free Class is being offered in collaboration with local yoga teachers inspired to give back and offer yoga to all. Enjoy a healthy lunch catered by local restaurants after class and childcare provided during class time.

*NEW* NAIK FAMILY BRANCH CLINICS & COMPETITIONS

GOAL KEEPER CLINICS (AGES 8-16)
Goal keepers are an important role of the game. In these clinics we will work on the fitness and technique required to lead your team. We will cover diving, online and offline play, free kick placement, pressure tactics, angles, footwork, hand placement and more.

- Thursday April 11th 5:00-6:15
- Thursday April 25th 5:00-6:15
- Thursday May 9th 5:00-6:15
- Thursday May 23rd 5:00-6:15
- $25 Per Clinic

SOFTBALL PITCHERS AND CATCHERS CLINICS (AGES 8-14)
These clinics will focus on fundamentals of pitching and catching including: conditioning, footwork, field placement, pitching technique, catching strategies, knowing the field plays and more.

- Saturday April 6th 1:00-3:00
- Saturday May 4th 1:00-3:00
- $25 Per Clinic

FOUL SHOT COMPETITION (AGES 8-14)
Join this friendly competition to see how good your Foul Shot game is! Awards and prizes will be given to all top finishers.

- Sunday April 7th 1:30-3:30
- $25 Entry Fee

HOT SHOT COMPETITION (AGES 8-14)
Is your basketball shooting game on fire? Join this friendly competition to see how many points you can score in a certain timeframe. Awards and prizes will be given to all top finishers.

- Sunday May 5th 1:30-3:30
- $25 Entry Fee

*NEW* ADULT FUNCTIONAL MOVEMENT
This class will improve your balance, agility and coordination through a variety of functional modalities including: Plyometric boxes, medicine balls, kettle bells, speed ladders and many more. Whether you want to shine on the basketball court or be confident running the trails in the woods, the fundamentals taught in this class are crucial for higher performance and coordination throughout our years.

Thursdays 7:00-8:00am
Space is limited.
Members: $80
Participants: $120

*NEW* FUNCTIONAL MOVEMENT SCREEN TESTING
A 90 minute session used to evaluate basic movement patterns that give a snapshot on how the different parts of your body move and work together. Whether your exercise goals are to enhance daily living activities and general health, or to improve athletic performance, having an FMS Screen as a baseline is a great way to start. Please contact the Naik Family Branch to register.

Members: $70
Participants: $110