



SPRING II 2024 PROGRAM GUIDE



SCAN HERE TO
REGISTER!

APRIL 29 - JUNE 16

MEMBER REGISTRATION:

APRIL 15

PARTICIPANT REGISTRATION:

APRIL 22

OCEANCOMMUNITYYMCA.ORG



Information



TABLE OF CONTENTS

OCY Information	PG 2
Membership & Benefits	PG 3
Mobile App & Reservations	PG 4
Personal Training	PG 5
Swim Programs	PG 6
Aquatics	PG 7
Gymnastics & Youth Dance	PG 12
Summer Camp	PG 14
Youth & Family Programs	PG 15
Youth Enrichment	PG 16
Youth Sports & Wellness	PG 17
Adult Sports & Leagues	PG 18
Adult Wellness	PG 19
Adult Enrichment	PG 20
Specialized Programming	PG 21
Yoga Day	PG 22
Senior Days	PG 23



LOCATIONS

ARCADIA BRANCH

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

NAIK FAMILY BRANCH & CAMP COVE

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



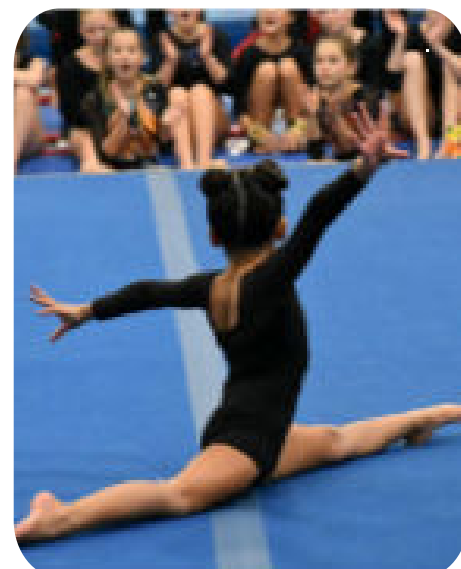
REGISTRATION DATES

SPRING II 2024

April 29 - June 16
Member Registration
April 15
Participant Registration
April 22

SUMMER I 2024

June 24 - July 21
Member Registration
June 10
Participant Registration
June 17



Membership & Benefits

MEMBERSHIP INCLUDES:

- Group exercise classes
- State-of-the-art Wellness centers
- Strength training and free weight areas
- Access to 3 pools for lap swim, family swim, & more
- Free supervised Childcare and Teen Centers
- Priority program registration and member rates
- Nationwide reciprocity

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

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. To volunteer, inquire at the Welcome Centers of any of our branches.

FINANCIAL ASSISTANCE

At the Y, our cause is to strengthen our community and we 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. Scan the QR code for more information or to apply!



CHILD PROTECTION SCREENING

The safety of the children who use our facility has always been our 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 a 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 Effective March 1, 2024

<u>Membership Types</u>	<u>Monthly Rates</u>	<u>Annual Rates</u>
Youth (0-12)	\$27 per month	\$324 per year
Teen (13-17)	\$28 per month	\$336 per year
Young Adult (18-22)	\$34 per month	\$408 per year
Adult (23-64)	\$61 per month	\$732 per year
One Adult Family*	\$85 per month	\$1,020 per year
Two Adult Family*	\$95 per month	\$1,140 per year
Senior (65+)	\$54 per month	\$648 per year
Senior Couple (Both 65+)	\$88 per month	\$1,056 per year

*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 Young Adult, Adult, One Adult Family and Two Adult Family, Senior and Senior Couple Memberships. Individuals who do not renew within 90 days are classified as new members.

- Young Adults: \$25
- Adults, One Adult Families and Seniors: \$65
- Two Adult Families 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.

**FINANCIAL ASSISTANCE
AVAILABLE!**

Download Our Mobile App!



**DOWNLOAD
TODAY**

SEARCH **DAXKO** IN
THE APP STORES



DOWNLOAD AND SEARCH FOR
OCEAN COMMUNITY YMCA

1. Scan the QR code with your smartphone or search for DAXKO in the App Store (iPhones) or Google Play Store (Androids).
2. Download the DAXKO Health and Fitness App and open it
3. It will read: Find your Health and Wellness Center. Type in Ocean Community YMCA and hit return on the keyboard. You'll see Ocean Community YMCA appear. Hit it and it will open the app.
4. You'll receive a pop up that asks you to allow notifications. You should allow them because you will get valuable information about emergency closures, class changes, and weather updates.
5. On the Main Screen it will say LETS GO! Click it to enter the brief tutorial.
6. Once in the main app, look at the top of your screen to select your branch. It will default to Arcadia Branch. Tap the name to open the drop down and you can choose your branch of choice.
7. Once in your branch's page, you can find Announcements on the Home Page, Schedules, Programs, and a place to upload your membership information and enter your scan card.
8. See any Welcome Center Staff for questions.

Reservations



Reservations are only needed at the Westerly-Pawcatuck Branch and Naik Family Branch!

Racquetball- 3 days in Advance

Spin Reservations - 24 hours in Advance

Online: Go to oceancommunityymca.org, and under the PROGRAMS tab please click INDOOR CYCLE. From there, scroll down to view the INDOOR CYCLE schedules to view both Indoor Cycle and Racquetball reservations. On the new page use the drop-down arrows to select the Branch and narrow your selections to find your class. When you've made your selection hit Sign Up to book.

First Time Users: Be sure to hit Create a Login, then enter your Name, Email, and then a password. Once you create this login you will have to login the system. After you do this your information will save. NOTE: If you've registered online for programs (Daxko) this is a different part of the system (GroupExPro).

Personal Training



The YMCA's Personal Training Program is tailor made for your goals.

Developing, documenting, and implementing one-on-one, partner, or group workout programs that match the needs and goals of clients. Educating clients and enforcing safe and proper use of equipment.

Instructing clients on basic exercise physiology and inform them of proper lifting and exercise techniques.

8 Benefits of Personal Training

- **Motivation** - Personal Trainers keep you motivated and focused on your goals.
- **Accountability** - They help you stay accountable and help you discover your strengths.
- **Support** - Having an expert in your corner through all of your sessions is key.
- **Intensity** - They provide you with the proper intensity for your workouts.
- **Efficiency** - Workouts fully tailored to your needs, your time, and your goals.
- **Safety** - Personal Trainers are certified with knowledge of body mechanics to maintain safety.
- **Advice** - Their skill and expertise will give you the proper guidance.
- **Fitness Knowledge** - You'll discover a wealth of fitness knowledge that will extend far beyond your training sessions.

Sessions	60 Minutes	30 Minutes
1	\$70	\$35
2	\$140	\$70
3	\$210	\$105
4	\$280	\$140
5	\$350	\$175
6	\$420	\$210
7	\$490	\$245
8	\$560	\$280



**SCAN TO LEARN
MORE AND TO
SUBMIT AN
INTEREST FORM**



Swim Team Programs

DOLPHINS SWIM TEAM

The Westerly-Pawcatuck Dolphins Swim Team is a USA Certified team whose coaches promote team spirit, competition, sportsmanship, tradition, YMCA Values, and fun. Swimmers will develop individual skills and stroke technique, improve times, and make new friends. Visit www.ymcadolphins.org for more registration info! A YMCA Membership is required to join the team. If you choose to join USA Swimming there is an additional annual registration fee.

The Dolphins Summer Long Course season will run from April 29-July 28. All practices will be held Monday-Friday from 5:00PM-7:30PM. Tentatively, there will be 3 YMCA meets at McDermott pool and some USA meets for our USA swimmers.

For information about Swim Team, please contact:

Dolphins Swim Coach

dolphincoach@oceancommunityymca.org | (401) 596-2894



Seniors Swim

Session 1	\$347
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Age Group Swimmers

Session 1	\$338
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HAMMERHEADS SWIM TEAM

The Mystic Hammerheads swim team promotes Y values, team spirit, competition and fun. Swimmers will develop new skills and stroke technique, improve times and make new friends. We also focus on team building and good competitive practices to help our swimmers take their swimming knowledge to the collegiate level. 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 SENECEY league. A YMCA membership is required to join the team.

Off season conditioning for the Hammerheads Swim Team occurs Session 1: Monday-Friday from May 6-June 14. All practice groups between 5:00PM-7:30PM, practice times subject to change. Session 2: Monday-Friday from June 17-July 26. All practice groups except for Gold 2 swim between 5:30PM-7:00PM. Gold 2 will swim Monday- Friday from June 17-July 26 between 6:00AM-8:00AM. All swimmers must have a Y Membership.

For information about Swim Team, please contact:

Kristin Spirdione, Aquatics Director

kspirdione@oceancommunityymca.org | (860) 536-3575



Bronze

Session 1	\$93.50
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Session 2	\$93.50
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Session 1 & 2	\$187
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Silver

Session 1	\$156
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Session 2	\$156
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Session 1 & 2	\$312
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Gold

Session 1	\$162
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Session 2	\$162
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Session 1 & 2	\$324
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FINANCIAL ASSISTANCE AVAILABLE!

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 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 and every Y across the country. Swim evaluations available!

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & 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

Swim Lesson Level Guide

Infant & Toddler/Preschool

Stage A and B: Water Discovery and Water Exploration

No prior swimming experience is needed. Swimmers will be exploring the aquatic environment by learning to blow bubbles, gliding in the water while moving arms and legs, floating on their back, rolling front to back; working on the motor skills of grabbing onto the wall of the pool and learning to climb out and crawling on the wall in the water. Adults are required to be in the water with their swimmer and will also be learning fundamental safety and aquatic skills.

Stage A and B: Preschool Starter Class

This class is for prepping your toddler for when they are 1:1 with an instructor after they age out of Water Discovery and Exploration. Adults will still be in the water, but the instructor will be swimming with each swimmer periodically 1:1.

Stage 1: Water Acclimation

No prior swimming experience is needed. Swimmers will work on comfort with face in the water, gliding in the water, kicking, and moving their arms, floating on their back, rolling front to back and climbing out of the pool independently. The benchmark skills that need to be met to move on to Stage 2: Water Movement are submerging while jumping into the water, pushing off the bottom of the pool, turning and grabbing the wall assisted with the instructor. Swimmers also must be able to swim, float, swim for 10 feet assisted with the instructor.

Stage 2: Water Movement

Swimmers must meet benchmark skills from Stage 1: Water Acclimation to be in this class. We will work on submerging our faces in the water by looking at objects under water, front and back glides, floating on their back, rolling front to back, kicking and moving their arms and treading water for 10 seconds. The benchmark skills that need to be met to move on to Stage 3: Water Stamina are submerging while jumping into the water, pushing off the bottom of the pool, turning and grabbing the wall unassisted and performing a swim, float, swim independently for 5 yards.

Stage 3: Water Stamina

Swimmers must meet benchmark skills from Stage 2: Water Movement to be in this class. We will work on submerging and retrieving an object in chest-deep water, swimming on freestyle and backstroke for 10 yards unassisted, rolling front to back unassisted and treading water for 30 seconds. The benchmark skills that need to be met to move on to Stage 4: Stroke Introduction are submerging while jumping into the water, swimming, turning to swim back to the wall and grabbing the wall for 10 yards. Swimmers also must swim, float and swim for 15 yards independently.

Aquatics

Water Discovery & Exploration

Age: 6-36mo
 Duration: 30m
 Stage: A + B
 Members: \$70
 Participants: \$105



Westerly-Pawcatuck Branch	
Monday	9:30am-10:00am
Tuesday	9:00am-9:30am
Thursday	9:00am-9:30am
Thursday	9:30am-10:00am
Saturday	9:00am-9:30am
Saturday	10:45am-11:15am
Naik Family Branch	
Wednesday	10:45am-11:15am
Thursday	10:00am-10:30am
Saturday	8:00am-8:30am
Saturday	10:15am-10:45am
Sunday	9:00am-9:30am

Water Stamina

Age: 3-5yrs
 Duration: 30m
 Stage: 3
 Members: \$70
 Participants: \$105

Westerly-Pawcatuck Branch	
Monday	5:30pm-6:00pm
Tuesday	6:00pm-6:30pm
Thursday	5:30pm-6:00pm
Saturday	9:45am-10:15am
Naik Family Branch	
Saturday	9:30am-10:00am

Water Acclimation

Age: 3-5yrs
 Duration: 30m
 Stage: 1
 Members: \$70
 Participants: \$105

Westerly-Pawcatuck Branch	
Monday	10:00am-10:30am
Monday	10:30am-11:00am
Monday	4:30pm-5:00pm
Tuesday	10:00am-10:30am
Tuesday	4:00pm-4:30pm
Tuesday	4:30pm-5:00pm
Wednesday	4:00pm-4:30pm
Thursday	10:00am-10:30am
Thursday	4:00pm-4:30pm
Thursday	4:30pm-5:00pm
Saturday	8:00am-8:30am
Saturday	10:15am-10:45am
Sunday	9:30am-10:00am
Naik Family Branch	
Monday	4:00pm-4:30pm
Tuesday	11:30am-12:00pm
Tuesday	4:00pm-4:30pm
Wednesday	11:15am-11:45am
Wednesday	4:00pm-4:30pm
Thursday	10:30am-11:00am
Thursday	4:00pm-4:30pm
Saturday	8:30am-9:00am
Saturday	10:45am-11:15am
Saturday	11:45am-12:15pm
Sunday	9:30am-10:00am
Sunday	10:45am-11:15am

Preschool Starter Class

Age: 2-3yrs
 Duration: 30m
 Stage: A + B
 Members: \$70
 Participants: \$105



Westerly-Pawcatuck Branch	
Tuesday	9:30am-10:00am
Naik Family Branch	
Tuesday	11:00am-11:30am

Water Movement

Age: 3-5yrs
 Duration: 30m
 Stage: 2
 Members: \$70
 Participants: \$105

Westerly-Pawcatuck Branch	
Monday	5:00pm-5:30pm
Tuesday	5:00pm-5:30pm
Tuesday	5:30pm-6:00pm
Wednesday	4:30pm-5:00pm
Thursday	5:00pm-5:30pm
Saturday	8:30am-9:00am
Saturday	11:15am-11:45am
Sunday	10:00am-10:30am
Naik Family Branch	
Monday	4:30pm-5:00pm
Tuesday	4:30pm-5:00pm
Wednesday	4:30pm-5:00pm
Thursday	4:30pm-5:00pm
Saturday	9:00am-9:30am
Saturday	11:15am-11:45am
Sunday	10:00am-10:30am

Swim Lesson Level Guide

School-Aged

Stage 1: Water Acclimation

No prior swimming experience is needed. Swimmers will work on comfort with face in the water, gliding in the water, kicking and moving their arms, floating on their back, rolling front to back and climbing out of the pool independently. The benchmark skills that need to be met to move on to Stage 2: Water Movement are submerging while jumping into the water, pushing off the bottom of the pool, turning and grabbing the wall assisted with the instructor. Swimmers also must be able to swim, float, swim for 10 feet assisted with the instructor.

Stage 2: Water Movement

Swimmers must meet benchmark skills from Stage 1: Water Acclimation to be in this class. We will work on submerging our faces in the water by looking at objects under water, front and back glides, floating on their back, rolling front to back, kicking and moving their arms and treading water for 10 seconds. The benchmark skills that need to be met to move on to Stage 3: Water Stamina are submerging while jumping into the water, pushing off the bottom of the pool, turning and grabbing the wall unassisted and performing a swim, float, swim independently for 5 yards.

Stage 3: Water Stamina

Swimmers must meet benchmark skills from Stage 2: Water Movement to be in this class. We will work on submerging and retrieving an object in chest-deep water, swimming on freestyle and backstroke for 15 yards unassisted, rolling front to back unassisted and treading water for 1 minute. The benchmark skills that need to be met to move on to Stage 4: Stroke Introduction are submerging while jumping into the water, swimming, turning to swim back to the wall and grabbing the wall for 10 yards. Swimmers also must be able to swim freestyle and/or backstroke for 25 yards.

Stage 4: Stroke Introduction

Swimmers must meet benchmark skills from Stage 3: Water Stamina to be in this class. This stage works on building endurance and refining freestyle and backstroke and will introduce breaststroke and butterfly. We will be swimming 25 yards with kickboards, 25 yards with drills and swimming 25 yards of each stroke in its entirety. Sitting, kneeling and standing dives will be taught along with working on treading water for 1 minute. Open turns and flip-turns will be introduced. The benchmark skills that need to be met to move on to Stage 5: Stroke Development are swimming all four strokes and having the endurance to swim 50 yards continuously.

Stage 5 & 6: Stroke Development & Stroke Mechanics

Stage 5: Swimmers must meet benchmark skills from Stage 4: Stroke Introduction to be in this class. This stage works on building endurance and refining freestyle, backstroke, breaststroke and butterfly. We will be swimming 50 yards with kickboards, 50 yards with drills and swimming 50 yards of each stroke in its entirety. Kneeling and standing dives will be taught along with working on treading water for 2 minutes. Open turns and flip-turns will also be a focus throughout the class. The benchmark skills that need to be met to move on to Stage 6: Stroke Mechanics are swimming all four strokes and having the endurance to swim 75-100 yards continuously.

Stage 6: Swimmers must meet benchmark skills from Stage 5: Stroke Development to be in this class. This stage works on building endurance and refining freestyle, backstroke, breaststroke and butterfly. We will be swimming 75-100 yards with kickboards, 75-100 yards with drills and swimming 75-100 yards of each stroke in its entirety. Kneeling and standing dives will be worked on along with retrieving an object from the bottom of the pool and treading water for 1 minute after. Open turns and flip-turns will also be a focus throughout the class.

Stage Teen: Teen Swim

This class is for those who want either learn to swim or develop their swimming abilities. This class ranges from a beginner level to an intermediate level of swimming. Goals in this class will be to develop a proficiency in freestyle and backstroke, as well as to introduce breaststroke and butterfly and overall safety around water. It is preferred that participants have some comfortability with putting their faces in the water.

Aquatics

Water Acclimation

Age: 6-12yrs
 Duration: 45m
 Stage: 1
 Members: \$80
 Participants: \$115

Westerly-Pawcatuck Branch	
Tuesday	5:45pm-6:30pm
Thursday	4:00pm-4:45pm
Thursday	5:45pm-6:30pm
Saturday	8:00am-8:45am
Saturday	9:30am-10:15am
Sunday	10:30am-11:15am
Naik Family Branch	
Monday	4:15pm-5:00pm
Thursday	4:00pm-4:45pm
Saturday	8:00am-8:45am
Sunday	9:00am-9:45am

Stroke Introduction

Age: 6-12yrs
 Duration: 45m
 Stage: 4
 Members: \$80
 Participants: \$115

Westerly-Pawcatuck Branch	
Thursday	5:00pm-5:45pm
Saturday	12:30pm-1:15pm
Naik Family Branch	
Saturday	11:15am-12:00pm
Sunday	12:15pm-1:00pm

Water Movement

Age: 6-12yrs
 Duration: 45m
 Stage: 2
 Members: \$80
 Participants: \$115

Westerly-Pawcatuck Branch	
Tuesday	5:00pm-5:45pm
Thursday	4:45pm-5:30pm
Saturday	8:45am-9:30am
Saturday	10:30am-11:15am
Sunday	11:15am-12:00pm
Naik Family Branch	
Monday	4:15pm-5:00pm
Tuesday	4:00pm-4:45pm
Friday	4:00pm-4:45pm
Saturday	8:45am-9:30am
Saturday	9:30am-10:15am
Sunday	9:45am-10:30am
Sunday	10:30am-11:15am
Sunday	11:15am-12:00pm

Water Stamina

Age: 6-12yrs
 Duration: 45m
 Stage: 3
 Members: \$80
 Participants: \$115

Westerly-Pawcatuck Branch	
Tuesday	4:00pm-4:45pm
Thursday	4:00pm-4:45pm
Saturday	11:30am-12:15pm
Naik Family Branch	
Wednesday	4:00pm-4:45pm
Saturday	10:30am-11:15am
Sunday	11:30am-12:15pm

Stroke Development & Stroke Mechanics

Age: 6-12yrs
 Duration: 45m
 Stage: 5&6
 Members: \$80
 Participants: \$115

Westerly-Pawcatuck Branch	
Thursday	5:45pm-6:30pm
Naik Family Branch	
Saturday	12:00pm-12:45pm
Sunday	1:00pm-1:45pm

Private Swim Lessons

The Ocean Community YMCA is pleased to offer Private Swim Lessons. We ask that you complete the form on our website or see our Welcome Center to put in your request. Your request will be scheduled in the order received. Please scan the QR code to fill out our online request form:



Gymnastics

Gymnastics - Parent & Me

Age: 18mo-3yrs

Duration: 30m

This class was developed so even our tiniest gymnasts would have the opportunity to run, jump, swing, and roll with the added support of a trusted adult. The overall goal of this class is for your little one to become familiar in our room so when the day comes for you to wait outside, they feel safe and confident.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Monday	10:00am-10:30am
Monday	10:30am-11:00am
Tuesday	9:45am-10:15am
Wednesday	10:00am-10:30am
Wednesday	10:30am-11:00am
Thursday	10:00am-10:30am
Saturday	8:30am-9:00am
Sunday	9:00am-9:30am
Sunday	9:30am-10:00am

Gymnastics - Rising Stars

Age: 4-5yrs

Duration: 45m

Gymnastics Rising Stars are 4 & 5yr olds who have advanced from Tiny Tots. They will be introduced to greater focus on body shaping and muscle control. Rising Stars will further their muscle strength and progressing existing skills.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Monday	3:15pm-4:00pm
Tuesday	11:15am-12:00pm
Tuesday	6:45pm-7:30pm
Wednesday	12:00pm-12:45pm
Wednesday	3:15pm-4:00pm
Thursday	11:30am-12:15pm
Thursday	4:00pm-4:45pm
Saturday	2:00pm-2:45pm

Gymnastics - Tiny Tots

Age: 3-5yrs

Duration: 30m

This class is for the child who is ready to participate without the support an adult. The class introduces the primary skills of gymnastics including tumbling, jumping and other motor skills.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Monday	11:15am-11:45am
Monday	11:45am-12:15pm
Wednesday	11:00am-11:30am
Wednesday	11:30am-12:00pm
Thursday	10:30am-11:00am
Thursday	11:00am-11:30am
Friday	10:30am-11:00am
Friday	11:00am-11:30am
Saturday	9:00am-9:30am
Saturday	9:30am-10:00am
Sunday	10:15am-10:45am

Gymnastics - Intermediate

Age: 6-16yrs

Duration: 45m

Advancing from basic gymnastics, we introduce more lessons on flexibility, strength, and balance. This program also incorporates and strengthens team spirit and growth of skills. Gymnasts should be recommended by the Gymnastics coaches for this class.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Monday	4:00pm-4:45pm
Wednesday	4:00pm-4:45pm
Saturday	11:30am-12:15pm

Gymnastics - Basic

Age: 6-16yrs

Duration: 45m

Join this beginner gymnastics class to learn a variety of basic moves. Students should know how to do a forward roll and bunny hop prior to class. Students should also be able to follow directions.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Monday	4:00pm-4:45pm
Monday	6:45pm-7:30pm
Tuesday	12:00pm-12:45pm
Tuesday (Boys Only)	4:00pm-4:45pm
Tuesday	6:45pm-7:30pm
Wednesday	4:00pm-4:45pm
Wednesday	6:45pm-7:30pm
Friday	9:45am-10:30am
Saturday	10:00am-10:45am
Saturday	10:45am-11:30am
Sunday	11:00am-11:45am
Sunday (Boys Only)	12:00pm-12:45pm

Gymnastics - Tiny Tumblers

Age: 2-5yrs

Duration: 30m

This class introduces primary skills of tumbling and jumps through obstacle courses with the added support of an adult.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Friday	11:45am-12:15pm

**FINANCIAL ASSISTANCE
AVAILABLE!**

Gymnastics & Dance

Gymnastics - Advanced

Age: 6-16yrs

Duration: 60m

Advancing from intermediate gymnastics, gymnasts will continue to enhance skills. Coaches recommendation required.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Wednesday	5:00pm-6:00pm
Saturday	12:30pm-1:30pm
Sunday (Boys Only)	1:00pm-2:00pm

Gymnastics - Pre-Team

Age: 6-16yrs

Duration: 1.5hrs

Pre-Team is for the gymnast that shows a serious interest in the sport of gymnastics but is not ready to be on the competition team. Gymnasts will be evaluated by the coaching staff and will be asked to participate in a practice before joining. Must be members of the Y.

Members: \$95

Westerly-Pawcatuck Branch	
Thursday	4:00pm-5:00pm
Sunday (Boys Only)	1:00-2:00pm

Gymnastics - Boys & Girls Competition Team

Age: 6-16yrs

Duration: 3-10hrs/week

The OCY Gymnastics Team is for gymnasts who are ready to take gymnastics to the next level. Gymnasts will compete at local and regional meets. Gymnasts must be evaluated by the coaching staff and tryout before joining. The OCY follows the XCEL gymnastics program. Must be members of the Y to join. Practice times and pricing determined by XCEL level. USAG options now available.

Members: \$175-\$325

Westerly-Pawcatuck Branch	
Monday-Friday	Practice times vary



Movers & Shakers I

Age: 4-5yrs

Duration: 30m

Children will explore creative movement, discover rhythms & patterns, story tell with pantomimes, and get their groove on with pre-hip hop moves. All geared for what young bodies and minds can digest, in a nurturing environment.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Tuesday	4:00pm-4:30pm

Movers & Shakers II

Age: 6-7yrs

Duration: 45m

Children will explore creative movement, discover rhythms & patterns, story tell with pantomimes, and get their groove on with pre-hip hop moves. All geared for what young bodies and minds can digest, in a nurturing environment.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Tuesday	4:30pm-5:15pm

Express Yourself

Age: 8-12yrs

Duration: 60m

In this empowering class youth will explore contemporary, urban & hip-hop dance styles while creatively incorporating acting and drama skills. Students discover new ways to self-express, work as a team, utilize a growth-mindset, while building confidence.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Tuesday	7:30pm-8:30pm



OCEAN COMMUNITY YMCA

SUMMER CAMPS

CAMP WATCHAUG & CAMP COVE

REGISTRATION
OPEN NOW!

OFFERING 10 WEEKS OF SUMMER
FUN - STARTING JUNE 17!

Before & After Care Available - 7am Drop off / 6pm Pick up



Open House Dates

Camp Watchaug

Saturday, April 27
2:00pm-4:00pm

Camp Cove

Saturday, May 4
2:00pm-4:00pm

Activities

- ✓ Kayaking
- ✓ Archery
- ✓ Swimming
- ✓ Arts & Crafts
- ✓ AND MORE!

Camp Watchaug

160 Prosser Trail
Charlestown, RI 02813



Camp Cove

1 Harry Austin Drive
Mystic, CT 06355



Financial Assistance Available!

Youth & Family Programs

Parent's Night Out

Age: 5-12yrs

Duration: 3.5hrs

Bring your children to the Y for an evening of fun games and activities and enjoy an evening out! Dinner is provided. Registration is required. Space is limited.

Members: \$25; \$5 per additional child

Participants: \$40; \$10 per additional child

Westerly-Pawcatuck Branch	
May 17	5:00pm-8:00pm
Naik Family Branch	
May 11	5:00pm-8:00pm

Parent's Morning Out

Age: 3-6yrs

Duration: 3hrs

Bring your children to the Y for a morning of fun games and activities, while you enjoy a time outside of the Y! Must be potty trained. Lunch will be provided.

Members: \$25; \$5 per additional child

Participants: \$40; \$10 per additional child

Westerly-Pawcatuck Branch	
May 10	10:30am-1:30pm
Naik Family Branch	
May 2	10:30am-1:30pm

Teen Night

Age: 12-17

Duration: 3hrs

Join your friends and make new ones at the Y! Participate in some exciting activities with our FUN YMCA staff! Dinner will be provided.

Members: \$25; \$5 per additional child

Participants: \$40; \$10 per additional child

Westerly-Pawcatuck Branch	
May 24	5:00pm-8:00pm
Naik Family Branch	
May 4	5:00pm-8:00pm

Low Ropes Family Challenge

Age: ALL

Duration: 60m

Spend time as a family being challenged to maneuver through our Low Ropes Course! Lead by our certified ropes instructors. Please pick one time slot.

Members: \$20 per family

Participants: \$35 per family

Naik Family Branch	
May 11	11:00am-12:00pm
May 11	12:15pm-1:15pm
May 11	1:30pm-2:30pm
May 11	2:45pm-3:45pm

Family Trivia Night

Age: ALL

Duration: 2hrs

Family Teams will answer family friendly trivia questions and compete for prizes! Pizza and snacks will be provided.

Members: \$20 per family

Participants: \$35 per family

Westerly-Pawcatuck Branch	
May 10	6:00pm-8:00pm

TONI'S KIDS

Toni's Kids is an integration initiative designed to provide support for children with diverse emotional, developmental, and intellectual disabilities. This program allows participants to engage with typically developing peers in Y programs and activities at Camp Watchaug as well as our Westerly-Pawcatuck Branch.

At Camp Watchaug, these campers will receive the support of specialized staff so they can participate in all regular activities and learn the YMCA core values of caring, honesty, 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.

To see if your child qualifies for Toni's Kids, please contact Dori McGovern, Inclusion Director, at (401)364-6535 or dmcgovern@oceancommunityymca.org



Youth Enrichment

Pre-School Arts & Crafts

Age: 3-6yrs

Duration: 30m

Let your child explore the world of art with this interactive program that will focus on different mixed media with projects they can take home.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Wednesday	5:15pm-5:45pm
Friday	5:15pm-5:45pm
Naik Family Branch	
Saturday	11:15am-12:00pm

Story Time

Age: 2-5yrs

Duration: 30m

Join us weekly for a story and craft based on the book of the week! Parents are encouraged to stay and join in!

Members: FREE

Participants: FREE

Westerly-Pawcatuck Branch	
Tuesday	11:45am-12:15pm
Naik Family Branch	
Wednesday	12:15pm-12:45pm

OCYMCA Leader's Club

Age: Grades 6-12

Duration: 60m

Leaders Club is designed to offer young adults the opportunity to develop leadership skills as they provide volunteer service within the YMCA and the local community. This program is extremely hands-on and is managed by an elected executive board.

Members: FREE

Participants: \$15

Naik Family Branch	
Tuesday	6:30pm-7:30pm

LEGO Club

Age: 7-10yrs

Duration: 60m

Lego Club is an enjoyable peer activity that stimulates and develops spatial intelligence. It teaches participants teamwork, problem solving, and enhances creativity. Let's let our imaginations run wild and build together!

Members: \$85

Participants: \$120

Naik Family Branch	
Wednesday	5:00pm-6:00pm

Messy Mondays

Age: 18mo-6yrs

Duration: 30m

This class is for children and caregivers to come and create, play, and make a mess! Participants will create something new each week. No classes on Memorial Day. Makeup will take place on June 17.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Monday (18mo-3yrs)	11:30am-12:00pm
Monday (4yrs-6yrs)	12:15pm-12:45pm
Naik Family Branch	
Monday (18mo-3yrs)	2:00pm-2:30pm
Monday (4yrs-6yrs)	2:45pm-3:15pm

ARC Babysitting Course

Age: 11-15yrs

Duration: 6hrs

Come and take part in our two class workshop to develop the skills needed to be safe, responsible and successful babysitters. At the completion of class, students will receive American Red Cross Certified Babysitter Certificates which will include Pediatric First Aid and CPR. Other topics include: leadership styles, starting a business, decision making, childcare, and handling an emergency situation. Must be able to attend both days.

Members: \$125

Participants: \$160

Westerly-Pawcatuck Branch	
April 29 & 30	4:00pm-7:00pm

STEM Explorers

Age: 6-12yrs

Duration: 45m

Join our staff for Hands-on STEM projects. Learn through play and experimentation. Will your hypothesis be correct? Things are not always what you expect! Each week there will be a new project introduced in this small group setting.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Sunday	3:00pm-3:45pm
Naik Family Branch	
Thursday	4:00pm-4:45pm

Little Scientists

Age: 3-5yrs

Duration: 30m

Join our staff for Hands-on STEM projects designed for our little scientists. Learn through play and experimentation! Each week there will be a new project introduced in this small group setting.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Sunday	2:15pm-2:45pm

Youth Art

Age: 7-13yrs

Duration: 45m

Let your child explore the world of art with this interactive program that will focus on different mixed media with projects they can take home.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Wednesday	6:00pm-6:45pm
Friday	6:00pm-6:45pm
Naik Family Branch	
Saturday	10:00am-10:45am

Youth Sports & Wellness

Sports Galore

Age: 5-10yrs

Duration: 45m

This program will introduce new sports each week, like soccer, basketball, tee-ball, pickleball, volleyball, ga-ga, and more! We will focus on skills and teambuilding while enjoying heart-healthy fun.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Monday	5:00pm-5:45pm
Tuesday	12:00pm-12:45pm
Sunday	12:00pm-12:45pm
Naik Family Branch	
Thursday	5:00pm-5:45pm

Junior Pickleball Clinic

Age: 10-14yrs

Duration: 75m

Come learn the fastest growing sport in the nation. Children can now learn how to play, or hone their beginner skills, at our Pickleball Clinics!

Members: \$10

Participants: \$15

Westerly-Pawcatuck Branch	
May 15	6:00pm-7:15pm

Basketball Skills & Drills

Age: 5-10yrs

Duration: 45m

This program is focused on teamwork, sportsmanship, and learning the basics of basketball. Players will learn skills including dribbling, shooting, passing, and court positions. (Prorated due to Gym closure)

Members: \$54

Participants: \$79

Westerly-Pawcatuck Branch	
Friday (5yrs-7yrs)	4:00pm-4:45pm
Friday (8yrs-10yrs)	5:00pm-5:45pm

Soccer Skills & Drills

Age: 5-10yrs

Duration: 45m

This program is focused on teamwork, sportsmanship, and learning the basics of soccer. Players will learn age-appropriate skills including dribbling, passing, shooting, and field positions. Participants will work up to playing games!

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Saturday (5yrs-7yrs)	9:00am-9:45am
Saturday (8yrs-10yrs)	10:00am-10:45am



Youth/Teen Athletic Training

Age: 10-16yrs

Duration: 45m

This program will focus on developing the components of athleticism, such as speed, agility, power, balance, coordination, strength, explosiveness, and more!. Class is taught by a personal trainer and held in the Wellness center.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Wednesday (10yrs-13yrs)	4:00pm-4:45pm
Naik Family Branch	
Tuesday (9yrs-13yrs)	4:15pm-5:00pm
Wednesday (14yrs-16yrs)	4:30pm-5:15pm
Arcadia Branch	
Friday (10yrs-13yrs)	4:00pm-4:45pm

Rookie Sports

Age: 3-4yrs

Duration: 30m

This program is designed for kids who are new to sports and teaches basic skill development in soccer, basketball, and tee-ball. Players are introduced to sports through drills, gym games and team play.

Members: \$65

Participants: \$100

Westerly-Pawcatuck Branch	
Monday	6:00pm-6:30pm
Tuesday	11:15am-11:45am
Sunday	11:15am-11:45am
Naik Family Branch	
Thursday	10:00am-10:30am

Parent & Me Movement

Age: 18mo-3yrs

Duration: 45m

This "new" program offers a variety of themes for movement with the parent and youth participating together in dance, stretch, and sports; designed to increase body awareness, agility, and flexibility.

Members: \$75

Participants: \$110

Naik Family Branch	
Wednesday	11:00am-11:45am

Volleyball Skills & Drills

Age: 7-12yrs

Duration: 45m

This program is focused on teamwork, sportsmanship, and learning the basics of volleyball. Players will learn skills including bumping, setting, passing, and court positions.

Members: \$75

Participants: \$110

Westerly-Pawcatuck Branch	
Monday	6:00pm-6:45pm
Tuesday	7:15pm-8:00pm

Adult Sports & Leagues

Open Pickleball

Age: 18+

A fun sport that combines elements of tennis, badminton and ping-pong. Played indoors on a badminton-sized court and a slightly modified tennis net.

Members: FREE

Participants: Day Pass

Westerly-Pawcatuck Branch	
Tuesday	12:00pm-2:00pm
Wednesday	12:00pm-2:00pm
Thursday	12:00pm-1:30pm 6:00pm-9:00pm
Friday	12:00pm-2:00pm
Sunday	1:00pm-4:00pm
Naik Family Branch	
Monday	6:00am-7:45am
Tuesday	6:00am-7:45am 7:45am-8:45am (Beginner)
Wednesday	6:00am-7:45am 10:30am-12:30pm
Thursday	6:00am-7:45am 7:45am-8:45am (Beginner)
Friday	6:00am-7:45am
Saturday	6:00am-7:45am 7:45am-8:45am (Beginner)

Open Play Pickleball League

Age: 18+

Duration: 3hrs

Take your pickleball skills to the next level? Join us for Open Play! Each person is randomly paired with a partner; partners play a game to 11 points against another set of randomly chosen partners. The winners of each game go up a court and split to play the winners of the court next to them. The losers go onto the next court and split to play against the losers of the other court.

Members: FREE

Participants: Day Pass

Naik Family Branch	
Sunday	9:00am-12:00pm

Intro to Pickleball Clinic

Age: 18+

Duration: 75m

Our Intro to Pickleball clinics cover all the basics you need to know to get started, from the rules of play to essential techniques like serving, dinking, and volleying. Come hone your beginner skills, at our Pickleball Clinics!

Members: \$10

Participants: \$15

Westerly-Pawcatuck Branch	
May 1	7:30pm-8:45pm
May 15	7:30pm-8:45pm
May 19	11:45am-1:00pm
Naik Family Branch	
May 18	8:30am-9:45am
June 22	8:30am-9:45am

Racquetball League

Age: 18+

Similar to tennis, handball, and squash, the goal of Racquetball is to hit the ball before it takes a second bounce. Learn more about this fast-paced game and join the league! Matches are held on Mondays, Tuesdays, and Wednesdays for A league and B league, respectively. Level is based on past performance. For questions on placement and league please contact Danny Lee at 860-857-8214 or director_dan@hotmail.com.

Members: FREE

Participants: \$50

Westerly-Pawcatuck Branch	
Monday	4:30pm-8:30pm
Tuesday	4:30pm-8:30pm
Wednesday	4:30pm-8:30pm



Men's Basketball League

Age: 18+

Join this competitive league and submit your team today! Submit rosters and team fee directly to the Y. Team fee is \$1,000 and teams must be paid in full prior to the first game. Team shirts will be provided. Games played on Sunday mornings. The league will run from June 9- August 11. For more information, please contact Rana Hamelin at rana_hamelin@yahoo.com

Westerly-Pawcatuck Branch	
Sunday	8:00am-12:00pm

Pickup Basketball

Age: 18+

Duration: 2hrs

Players determine teams. First team to 11 wins. Winning team stays, no max limit on the court. No referee, call your own fouls.

Members: FREE

Participants: Day Pass

Westerly-Pawcatuck Branch	
Tuesday	5:00pm-7:00pm

Open Volleyball

Age: 18+

Duration: 2hr

Join us for drop-in volleyball! Volleyball is a team sport in which two teams of six players are separated by a net and work together to score points. All skill levels welcome.

Members: FREE

Participants: Day Pass

Westerly-Pawcatuck Branch	
Monday	7:00pm-9:00pm
Naik Family Branch	
Tuesday	4:30pm-6:30pm

Adult Wellness

Progressive Weight Training

Age: 18+

Duration: 45m

Personal Trainer works with each participant to advance their own strength goals based on their individual starting point in a controlled program. Group meets 1x per week to establish their strength workout for the following week.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Wednesday	5:30pm-6:15pm
Naik Family Branch	
Saturday	7:00am-7:45am

Connexus Fusion

Age: 18+

Duration: 45m

This hybrid workout combines cardio conditioning through plyometric drills and strength movements for a fun workout using our new Connexus functional trainer! This will improve your agility, balance, core strength and flexibility while your body is building muscle and burning fat.

Members: \$85

Participants: \$120

Naik Family Branch	
Wednesday	11:00am-11:45am

Learn to Row Clinic

Age: 18+

Duration: 10hrs

Come learn the basics of rowing at this introductory clinic! Participants will learn all aspects of the sport. No prior rowing experience needed.

Members: \$10

Participants: \$15

Naik Family Branch	
June 17-June 21	6:00am-8:00am

Women on Weights

Age: 18+yrs

Duration: 45m

Women on Weights is a small group training class introducing weight training techniques in the wellness center. This class will educate participants in the areas of free weight use, invoke confidence in training within the fitness center, and create special bonds; all while achieving a great workout. Movements with barbells, dumbbells, and body-weight will all be included.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Wednesday	7:30am-8:15am
Saturday	9:00am-9:45am
Naik Family Branch	
Monday	7:00am-7:45am
Monday	8:00am-8:45am
Wednesday	7:00am-7:45am
Wednesday	8:00am-8:45am
Arcadia Branch	
Saturday	10:45am-11:30am
Sunday	9:30am-10:15am

Balance & Coordination for Active Older Adults

Age: 18+

Duration: 60m

This class will be structured for individuals who would like to learn how to strengthen the body, develop a strong core, maintain balance, decreasing the risk of falling. You will start by learning the mechanics of the body, through slow natural movements as well as how to strengthen the body to improve posture and increase flexibility.

Members: \$105

Participants: \$140

Naik Family Branch	
Thursday	10:00am-11:00am

New Dance-a-Thon!

Age: ALL

Duration: 6hrs

Come join us outside at our amphitheater for the day, or for as long as you would like! We will be offering six hours of different types of dances to keep you on your toes! Kickoff is at 9am. The dancing will start promptly at 9:30am. Rain date will be May 25th.

Members: \$15

Participants: \$25

Naik Family Branch	
May 18	9:30am-3:30pm

Group Exercise Classes

All group exercise classes are included with your membership. From Zumba to Indoor Cycle, Yoga to Tai Chi, the Y has something for everyone! To view our schedules, please visit the Welcome Desk or scan here.



Immersion Yoga Workshops

Age: 18+

Duration: 2hrs

Come explore grounding foundational poses to cultivate a sense of stability and rootedness. Feel the pose, physically, mentally and spiritually through the earth element experiencing the effects as the breath, body and mind come together in union. Join us in restoring your natural balance. These sessions will be completed with a guided meditation journey to allow you to experience a state of equanimity.

Members: \$20

Participants: \$25

Westerly-Pawcatuck Branch	
May 15	6:45pm-8:45pm
Camp Watchaug	
June 21	4:30pm-6:30pm

FINANCIAL ASSISTANCE AVAILABLE!

Adult Enrichment



Adult Tap Dance

Age: 18+

Duration: 60m

In these classes you will continue to development tap techniques with a focus on speed, transitions, and style. Students should be comfortable with basic tap vocabulary including cramp rolls, riffs, irishes, draw backs, waltz clogs, maxi fords, and time steps. Instructor permission required to register for the Advanced class.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Tuesday (Intermediate)	12:00pm-1:00pm
Wednesday (Advanced)	11:00am-12:00pm
Thursday (Beginner)	4:15pm-5:15pm
Naik Family Branch	
Monday (Beginner)	6:00pm-6:30pm
Monday (Intermediate)	6:30pm-7:30pm

Y Walking Group

Age: 18+

Duration: 45min

Come join Health & Wellness Director, Janine Parkins, on a walk around Wilcox Park! Inclement weather location will be the Gym.

Members: FREE

Participants: Day Pass

Westerly-Pawcatuck Branch	
Monday	12:15pm-1:00pm
Thursday	11:15am-12:00pm

Adult Art

Age: 18+

Duration: 60m

Join us for an art class open to adults of all ages! Reduce boredom and anxiety and increase your creativity and self-esteem. Each week you will work on a new project.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Wednesday	7:00pm-8:00pm

Adult Paint Night

Age: 18+

Duration: 2hrs

Join us for our Adult Paint Night! You will be instructed to paint a one-of-a-kind masterpiece in a super fun and judgmental free environment. All you need to bring is yourself! We provide everything else. Expect to sing along to some great music and have some snacks while you are creating your masterpiece.

Members: \$35

Participants: \$45

Westerly-Pawcatuck Branch	
May 24	6:00pm-8:00pm

Garden Club

Age: 18+

Duration: 2hrs

Garden Club promotes the encouragement and advancement of gardening. Club meetings are held on the Third Wednesday of the month with a specific presentation. Events and activities are scheduled throughout the year.

Members: FREE

Participants: \$32 Annually

Westerly-Pawcatuck Branch	
Third Wednesday	12:00pm-2:00pm



Adult Beginner Italian

Age: 18+

Duration: 60min

In this beginner Italian course, you will start with the basic vocabulary words, such as greetings, numbers, colors and the alphabet. Then you will explore the Italian sentence structure and conjugate verbs to make communication easier.

Members: \$85

Participants: \$120

Westerly-Pawcatuck Branch	
Friday	6:00pm-7:00pm

ARC First Aid/CPR/AED

Age: 14+

Duration: 2hrs

This course is designed to teach you to recognize signs and symptoms of heart attacks and other emergencies and respond to them appropriately. Includes certification for adults, children and infants. **BLENDED COURSE:** Online component followed by in person skills section. Certification is good for two years.

Members: \$125

Participants: \$160

Westerly-Pawcatuck Branch	
May 1	5:00pm-7:00pm
May 10	2:30pm-4:30pm
June 5	5:00pm-7:00pm
June 14	2:30pm-4:30pm
Naik Family Branch	
April 23	9:00am-11:00am
May 7	9:00am-11:00am

ARC Lifeguarding Course

Age: 15+yrs

Duration: 6hrs

Lifeguard Requirements: Must be 15 years old before the course begins; Must be able to swim 300 yard without stopping; Must be physically able to make rescues in water. Participants will become certified as Red Cross Lifeguards as well as First Aid/CPR/AED for the Professional Rescuer. Certification is FREE with your commitment to work at the YMCA. Must be able to attend all dates in session.

Members: \$362

Participants: \$415

Naik Family Branch	
May 17	7:30pm-9:00pm
May 18	12:30pm-4:00pm
May 25	12:30pm-4:00pm

Evidence Based Programs

LIVESTRONG[®]
AT THE YMCA



Part of the Y's commitment to strengthening community through healthy living, LIVESTRONG at the YMCA offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. This FREE 12-week small group program is designed for adult cancer survivors and uses traditional exercise methods to ease you back into fitness. Pre-registration is required.

Westerly-Pawcatuck Branch	
Tuesdays & Thursdays beginning April 9	1:00pm - 2:30pm 5:30pm-7:00pm
Naik Family Branch	
Mondays & Wednesdays beginning April 8	12:00pm-1:30pm



A MATTER OF BALANCE is an award-winning FREE 8-week program open to Y members and the community designed. Matter of Balance is a cognitive restructuring class designed to view falls as manageable and make changes to reduce fall risks at home. This class is ideal for anyone concerned about falls, anyone who has fallen in the past, and anyone who has restricted activities because of falling concerns. Pre-registration is required.

Westerly-Pawcatuck Branch	
Fridays beginning May 17	12:30pm-2:30pm
Naik Family Branch	
Thursdays	11:30am-1:30pm



NATIONAL
DIABETES
PREVENTION
PROGRAM

National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). Please call for more information.

Westerly-Pawcatuck Branch	
Thursdays beginning April 11	4:30pm-5:30pm
Arcadia Branch	
New Class Coming Soon!	Interest Roster Available!

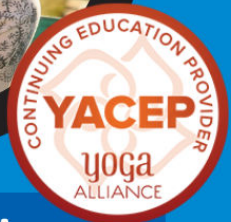


Tai Ji Quan: Moving for Better Balance® is an evidence-based FREE falls prevention program that transforms martial arts movements into a tailored movement therapy aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.

Westerly-Pawcatuck Branch	
New class coming soon!	*Interest Roster Available

Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

Westerly-Pawcatuck Branch	
Fridays beginning April 5	1:00pm-2:30pm



YOGA DAY

at Camp Watchaug

with Tamsy Markham

Tamsy Markham

- ERYT 500 Hour Yoga Alliance Certified
- Baptiste Power Yoga Certified
- ERYT Yoga Alliance School
- CEU Yoga Alliance Provider

Saturday, June 29th, 2024

8:30am-3:00pm

Member: \$130 | Participant: \$165

Morning Workshop:

Tadasana Mastery

This workshop is designed to guide you through the nuances of Tadasana, helping you to establish a foundation of strength and stability that will serve you in all areas of life.

Afternoon Workshop:

Awaken & Revitalize

This workshop will include heart-opening movements that extend beyond traditional arches, forming a profound practice that will revitalize the nervous system.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR DAYS

OCYMCA Senior Days will highlight services and opportunities for senior individuals in our community!
This event is FREE and open to the public.

**7
May**

Westerly-Pawcatuck Branch

12:00pm-3:00pm

Confirmed Vendors

- Alzheimer's Association
- Westerly Hospital services
- Westerly Village

Activities Include:

- Interactive Personal Training Demo
- Chair Yoga
- Blood Pressure Screening

**21
May**

Arcadia Branch

11:00am-1:00pm

Confirmed Vendors

- Wellbeing Collaborative
- Richmond Social Services
- AND MORE!

Activities Include:

- Chair Yoga
- Blood Pressure Screening
- Nutritional Resources

**23
May**

Naik Family Branch

8:00am-12:00pm

Confirmed Vendors

- Strive Rehabilitation Center
- Mystic Massage & Wellness
- AND MORE!

Activities Include:

- Dance Class
- Strength and Flexibility Class
- Adult Art Class



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