



FALL I & II PROGRAM GUIDE



SCAN HERE TO
REGISTER!

FALL I: SEPTEMBER 8 – OCTOBER 26

Member Registration: August 25
Participant Registration: September 2

FALL II: NOVEMBER 3 – DECEMBER 21

Member Registration: October 20
Participant Registration: October 27

OCEANCOMMUNITYYMCA.ORG



Information

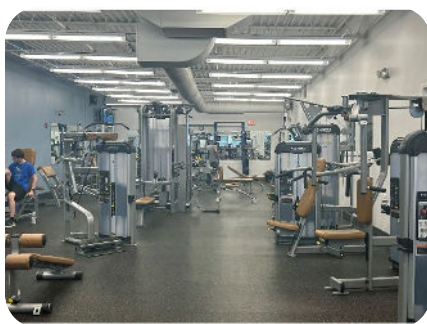
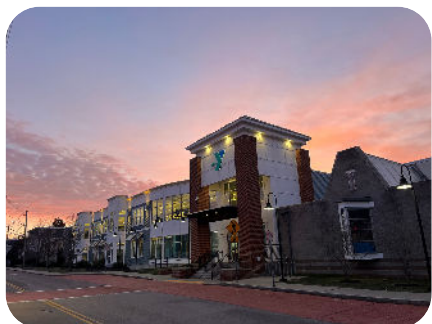


TABLE OF CONTENTS

OCY Information	PG 2
Membership & Benefits	PG 3
Mobile App & Reservations	PG 4
Personal Training	PG 5
Evidence Based Programs	PG 6
Adult Wellness	PG 7
Turkey Trot	PG 8
Youth Sports & Wellness	PG 9
Gymnastics	PG 10
Adult Sports & Leagues	PG 11
Pickleball Tournament	PG 12
Aquatics	PG 13-16
Halloween Spooktacular	PG 17
Youth & Family Programs	PG 18
Food Drive	PG 19

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

FALL I 2025

September 8 - October 26
Member Registration
August 25
Participant Registration
September 2

FALL II 2025

November 3 - December 21
Member Registration
October 20
Participant Registration
October 27



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 4 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, 2025

<u>Membership Types</u>	<u>Monthly Rates</u>
Youth (0-12)	\$29 per month
Teen (13-17)	\$30 per month
Young Adult (18-22)	\$36 per month
Adult (23-64)	\$65 per month
One Adult Family*	\$90 per month
Two Adult Family*	\$101 per month
Senior (65+)	\$57 per month
Senior Couple (Both 65+)	\$93 per month

*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.

**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 and Naik Family Branches!

- Racquetball: Book up to 3 days in advance
- Spin & Pickleball: Book up to 24 hours in advance

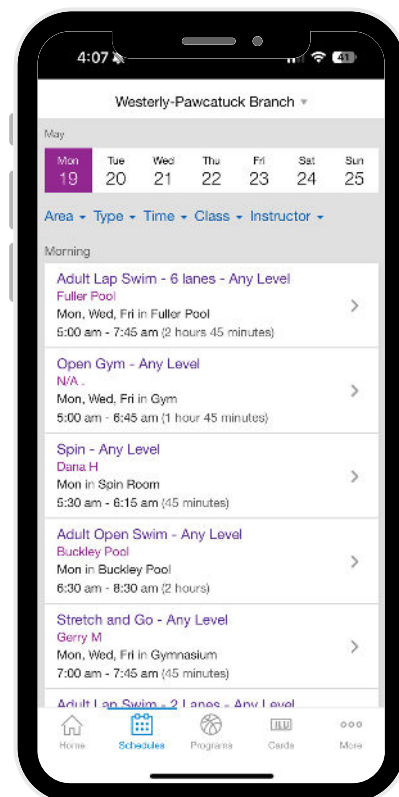
Racquetball & Spin:

Go to oceancommunityymca.org > PROGRAMS > INDOOR CYCLE. Scroll to the schedule, select your branch, and book your class.

First time? Click Create a Login, enter your name, email, and password. This system (GroupExPro) is separate from Daxko.

Pickleball:

Visit bit.ly/OCYPickleballDen, log in or create an account. Click SIGN-UPS, choose your date and location, hit SEARCH, then SIGN ME UP for your spot.



Personal Training



Book a FREE 30-minute consultation with one of our personal trainers to discuss concerns and goals to continue your wellness journey. Session includes a demo of what personal training can PERSONALLY do for you.

Whether you're just starting out or looking to level up your fitness game, personalized training is the fastest and most effective way to achieve your health goals. Our certified personal trainers are dedicated to helping clients achieve real, sustainable results through custom fitness programs, nutritional guidance, and consistent motivation.

What You'll Get with Personal Training:

- **Customized Workouts**
Tailored to your goals, body type, and fitness level—no cookie-cutter routines.
- **Goal-Oriented Planning**
From weight loss and muscle gain to endurance and flexibility, you will build a clear, actionable path forward.
- **Accountability & Motivation**
Weekly check-ins, progress tracking, and expert coaching to keep you focused and on track.
- **Flexible Training Options**
In-person, virtual, or hybrid training formats to fit your lifestyle and schedule.
- **Nutrition Support**
Guidance on how to fuel your body for performance, recovery, and results.

SCAN TO LEARN
MORE AND TO
SUBMIT AN
INTEREST FORM



Coaching Connections

Our certified personal trainers are here to help you reach your health and wellness goals. They seek to provide answers to our fitness questions while providing information and guidance for you to feel comfortable using the wellness center as well as the entire facility. We encourage all members to take advantage of one of our FREE member wellness coaching sessions.

During this session you will be able to:

- Consult with a personal trainer about your wellness goals
- Learn how to safely and properly operate the wellness equipment
- Review circuit equipment to develop an initial program for a healthier lifestyle, while making connections with our personal trainers on staff.

Evidence Based Programs

LIVESTRONG®
AT THE YMCA



As 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 engage in physical and social activities that promote overall well-being. This FREE 12-week small group program is designed specifically for adult cancer survivors, using traditional exercise methods to ease the transition back into fitness. Pre-registration is required. New sessions coming in early September to the Westerly-Pawcatuck Branch & Naik Family Branch.



A Matter of Balance is an award-winning, FREE 8-week program open to both Y members and the community. This evidence-based class uses cognitive restructuring techniques to help participants view falls as controllable and make practical changes to reduce fall risks at home. It's ideal for anyone concerned about falling, has fallen in the past, or has limited activities due to fear of falling. Pre-registration is required. A new session is coming to the Westerly-Pawcatuck Branch starting October 15.



Powerful Tools for Caregivers gives caregivers the skills to better care for themselves while supporting others. By focusing on personal health and well-being, participants become more effective and resilient caregivers. This FREE program includes six weekly sessions led by experienced instructors. Each participant receives The Caregiver Helpbook, a valuable resource that complements the class. Pre-registration is required. A new session is coming to the Westerly-Pawcatuck Branch starting October 3.



Tai Ji Quan: Moving for Better Balance® is an evidence-based, FREE falls prevention program that adapts martial arts movements into a therapeutic exercise format. The program is designed to improve postural stability, body awareness, walking ability, movement coordination, joint range of motion, and lower-body strength. Pre-registration is required. A new round of classes starts on September 8 at the Westerly-Pawcatuck Branch.



The National Diabetes Prevention Program (National DPP) is a FREE, CDC-recognized lifestyle change program focused on healthy eating and physical activity. Research shows that people with prediabetes who participate in a structured program can reduce their risk of developing type 2 diabetes by 58%—and by 71% for those over age 60. Pre-registration is required. New class starting at the Westerly-Pawcatuck Branch on September 9.

Blood Pressure
Self-Monitoring



Blood Pressure Self-Monitoring (BPSM) is a FREE 4-month program that helps adults with hypertension manage their blood pressure through at-home monitoring, nutrition education, and support from a Healthy Heart Ambassador. Participants will have scheduled check-ins with their Healthy Heart Ambassador and attend monthly nutrition seminars. Pre-registration required. New sessions starting at the Westerly-Pawcatuck Branch and Arcadia Branch beginning in September.

Adult Wellness

Group Exercise Classes

All group exercise classes are included with your membership! To view our schedules, please visit the Welcome Desk or scan here.



Women's Health Seminar

Age: 18+

Duration: 60m

Join Family Nurse Practitioner, Jill Iacono, on September 30 at 5:45pm at the Westerly-Pawcatuck Branch for an informative session on women's health, focusing on perimenopause and menopause. Learn about hormone therapy options, with education on hormone therapy and system management, and strategies for managing symptoms.

Members: FREE

Women on Weights

Age: 18+

Duration: 45m

WOW is a small group training class that introduces weight training techniques in the Wellness Center. Participants learn proper free weight use, build confidence, and enjoy a great workout. Currently being offered at all three branches.

Members: \$96 | Participants: \$134



SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

Walk With Ease

Age: 18+

Duration: 45min

Come join the Westerly-Pawcatuck Walking Group for some light exercise, a way to meet new people, and enjoy some fresh air around Wilcox Park! When done regularly, walking at a brisk pace may lower the risk of high blood pressure, relieve symptoms of arthritis, strengthen bones and muscles, burn more calories, & lift your mood. The social connections made in walking groups can also offer you a sense of wellbeing and positive mental health. All in the community are welcome to join. Check the group exercise class schedule for details!

Members: FREE



Functional Movement & Strength

Age: 18+

Duration: 45m

A class designed to mirror everyday body dimensional movements improving biomechanics performance, strength, and balance with the human body structure. Now being offered at the Naik Family Branch & Arcadia Branch.

Members: \$96 | Participants: \$134

Small Group Training

Age: 18+

Duration: 45m

Work with a personal trainer on the wellness floor to maximize your workout potential. Working out under the direction of a trainer gives you immediate feedback on your form and technique tips as well as helping you reach your fitness goals with the camaraderie of like-minded workout partners. Offered at the Arcadia Branch

Members: \$96 | Participants: \$134

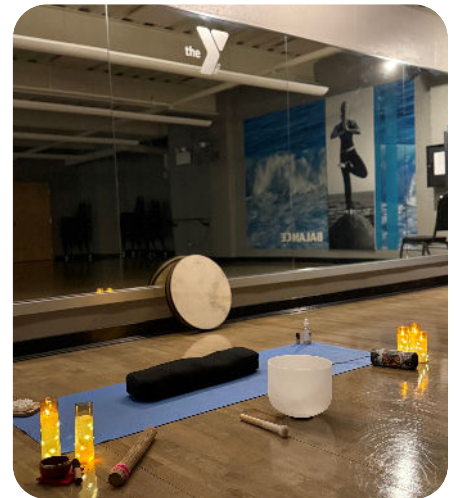
Enhanced Strength and Conditioning

Age: 18+

Duration: 45m

Personal Trainer works with each participant to advance individual strength goals using techniques and equipment used from Strong-Man/Strong-Woman and body building competitions. The group meets once per week to establish their strength workout for the following week. Currently offered at the Naik Family Branch.

Members: \$96 | Participants: \$134



Sound Bath

Age: 18+

Duration: 60m

Find your Zen at the Y. De-stress and unwind with the calming sounds of singing bowls, gongs, and chimes. Benefits include stress reduction, better sleep, and improved focus. Open to all levels. Offered once a month at the Westerly-Pawcatuck Branch.

Members: \$20 | Participants: \$25

Guided Meditation & Reiki

Age: 18+

Duration: 45m

Come experience a relaxation class designed to help you reconnect with your body and find your calm. We will use guided meditation, visualization and breathing techniques to relax our minds and bodies. Reiki, which is a form of energy healing, will be given to those who would like, accompanied by crystal placement on the body. Workshops are held once a month at the Westerly-Pawcatuck Branch.

Members: \$20 | Participants: \$25

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 & mind come together in union. Offered once a month at the Westerly-Pawcatuck Branch, Naik Family Branch, and Arcadia Branch.

Members: \$20 | Participants: \$25

**FINANCIAL
ASSISTANCE
AVAILABLE!**



33RD ANNUAL TURKEY TROT & DIP!

Join family & friends on Thanksgiving Day to take part in this annual fun run and Mystic River dip! Try the 1-mile or 3-mile run/walk and then take the plunge! Race shirts guaranteed for the first 400 runners. Register before October 27th and pay the early bird registration fee of \$25!

8:30AM

Check in from 7:15am-8:15am



THURSDAY, NOVEMBER 27



NAIK FAMILY BRANCH



EARLY BIRD SPECIAL: \$25
ADULT: \$30/RUNNER
YOUTH: \$15/RUNNER



Youth Sports & Wellness

***NEW* The Big 4**

Age: 14-17yrs

Duration: 45m

A teen strength training class focused on mastering the 4 foundational lifts, squat, bench press, deadlift and overhead press. Develop a strong base for athletic performance or general fitness. Taught by a certified personal trainer on the Wellness Floor. Now being offered at the Westerly-Pawcatuck Branch.

Members: \$96 | Participants: \$134

Youth/Teen Strength & Conditioning

Age: 10-13yrs

Duration: 45m

Class focuses on developing the components of athleticism, such as speed, agility, power, balance, coordination, strength, and explosiveness. Class is taught by a personal trainer and held in the Wellness center. Offered at Westerly-Pawcatuck and Naik Family Branch.

Members: \$96 | Participants: \$134



Family Yoga Workshops

Age: 6+

Duration: 60m

Adults and children join together for some fun and energetic yoga poses and breath practices to find joy and laughter. We will also use movement and breath to slow down and experience calm. No yoga experience or mats necessary. Bring your imagination. Pillows, blankets and stuffed animals are welcome. Offered at the Naik Family Branch.

Members: \$20 | Participants: \$25

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!



Youth Basketball League

Age: 5-17yrs

Duration: Varies

This program features basketball team play, fundamentals, sportsmanship and skill development. Participants will be placed on a team and receive a team shirt. Practices will be held once a week. Games will be played on Saturday mornings. To sponsor a team, the fee is \$350. Divisions are 5-7yrs, 8-10 yrs, 11-14yrs, & 15-17yrs. Leagues will be offered at both the Naik Family Branch and Westerly-Pawcatuck Branch.

Members: \$100 | Participants: \$150

Big Dunkers

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. Offered at the Naik Family Branch & Westerly-Pawcatuck Branch.

Members: \$90 | Participants: \$126

Soccer Stars

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! Offered at the Westerly-Pawcatuck Branch.

Members: \$90 | Participants: \$126

Sports Galore

Age: 5-10yrs

Duration: 45m

This program will introduce new sports each week, like soccer, basketball, tee-ball, pickleball, volleyball, ga-ga, archery, and more! We will focus on skills and teambuilding while enjoying heart-healthy fun. Offered at the Westerly-Pawcatuck Branch & Naik Family Branch.

Members: \$90 | Participants: \$126

Youth Beginner & Intermediate Ballet

Age: 4-7yrs

Duration: 30m

A class for the young dancer that infuses ballet basics with a creative dance approach. Dancers are introduced to the barre and center work. Curriculum involves proper body alignment, foot articulation, flexibility, musicality, and primary ballet technique. Now being offered at the Westerly-Pawcatuck Branch.

Members: \$75 | Participants: \$110



Youth Jazz

Age: 4-7yrs

Duration: 30m

A class for the young dancer to learn the fundamental terminology, coordination, rhythm, and form with a creative dance approach. Curriculum involves proper body alignment, foot articulation, flexibility, musicality, and basic technique. Now being offered at the Westerly-Pawcatuck Branch.

Members: \$75 | Participants: \$110



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. Offered at the Westerly-Pawcatuck Branch and Naik Family Branch.

Members: \$75 | Participants: \$110

Gymnastics

Girls Rec

Age: 5-16yrs

Duration: 45m

This recreational gymnastics class is designed for beginner and intermediate level girls, focusing on skill development across the four main events: bars, beam, floor, and vault. Participants will build strength, flexibility, and balance while learning the value of teamwork and sportsmanship. Offered at the Westerly-Pawcatuck Branch.

Members: \$96 | Participants: \$134

Boys Rec

Age: 4-16yrs

Duration: 45m

This recreational gymnastics class is designed for beginner and intermediate level girls, focusing on skill development across the six main events: bars, beam, floor, and vault, rings, and mushroom. Participants will build strength, flexibility, and balance while learning the value of teamwork and sportsmanship. Offered at the Westerly-Pawcatuck Branch.

Members: \$96 | Participants: \$134



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.

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

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

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. Now being offered at Westerly-Pawcatuck Branch & Arcadia Branch.

Members: \$80 | Participants: \$115

Tiny Tots

Age: 3-5yrs

Duration: 30m

This class is for the child who is ready to participate without the support of an adult. The class introduces the primary skills of gymnastics including tumbling, jumping and other motor skills. Now being offered at the Westerly-Pawcatuck Branch & Arcadia Branch.

Members: \$80 | Participants: \$115

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. Offered at the Westerly-Pawcatuck Branch.

Members: \$96 | Participants: \$134



Pre-Team

Age: 6-16yrs

Duration: 60m

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: \$128

Competition Team

Age: 6-18yrs

Duration: Varies Based on Level

The OCY Gymnastics Team is for boys and girls 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. YMCA League & USAG options available. Must be members of the Y to join. Practice times and pricing determined by level. Offered at the Westerly-Pawcatuck Branch.

Members: Varies Based on Level

Birthday Parties NOW AVAILABLE!

The Y is the perfect venue for your next birthday party, event, meeting or celebration! We offer several facility rentals & fun birthday party options.



For Westerly-Pawcatuck Branch rental options, please contact: Dori McGovern, Senior Program Director, at dmcgovern@oceancommunityymca.org

For Naik Family Branch rental options, please contact: Desiree Peak, Membership Director, at dpeak@oceancommunityymca.org

For YMCA Camp Watchaug rental options, please contact: Carmen Matlock, Executive Camp Director, at cmatlock@oceancommunityymca.org

Competition Team Open Gym

Age: 6-18yrs

Duration: 1.5hrs

This class is for those team members who would like to have more time to work on their routines before the competition season starts. Coaches will be available to ensure the safety of the gymnasts and give them some drills to do those skills that they are working so hard to master.

Members: \$10/class

Adult Sports & Leagues

Adv. Beginner Tap & Jazz

Age: 18+

Duration: 60m

This class will focus on continuing to build a solid foundation of basic steps, rhythms, and combinations. This class will introduce more intricate footwork, rhythm patterns and musicality. Prior tap basics are required as this class will move at a faster pace than beginner tap. Beginner Jazz will be a short section within the Advanced Beginner Tap class. Students will learn basic jazz steps focusing on developing coordination, musicality and awareness. Offered at the Westerly-Pawcatuck Branch.

Members: \$108 | Participants: \$151

Adv. Beginner Tap

Age: 18+

Duration: 60m

Advanced Beginner Tap will focus on continuing to build a solid foundation of basic steps, rhythms, and combinations as learned in beginner tap classes. This class will introduce more intricate footwork, rhythm patterns and musicality. Prior tap basics are required as this class will move at a faster pace than beginner tap. Offered at the Naik Family Branch.

Members: \$108 | Participants: \$151

Intermediate Tap

Age: 18+

Duration: 60m

Advanced Beginner Tap will focus on continuing to build a solid foundation of basic steps, rhythms, and combinations as learned in beginner tap classes. This class will introduce more intricate footwork, rhythm patterns and musicality. Prior tap basics are required as this class will move at a faster pace than beginner tap. Offered at the Naik Family Branch.

Members: \$108 | Participants: \$151

Advanced Tap

Age: 18+

Duration: 60m

This class will focus on refining tap technique, expanding vocabulary and developing musicality through increasingly complex choreography and improvisation. Class will work on speed, clarity, and precision while exploring various tap styles. Offered at the Westerly-Pawcatuck Branch.

Members: \$108 | Participants: \$151

Dodgeball League

Age: 18+

Duration: 60m

Join our 18+ Dodgeball League for fast-paced games, friendly competition, and a great way to stay active with fellow adults. All skill levels are welcome—come dodge, dip, dive, and have a blast! Now offered at the Westerly-Pawcatuck Branch.

Members: \$100 | Participants: \$150



Scan here to view schedules and tournament information, register for skills & drills, receive association updates, and MORE!



Must be an OCY Member to join PickleballDen

Racquetball League

Age: 18+

Duration: 60m

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 director_dan@hotmail.com.

Members: FREE | Participants: \$50



Slobreak Basketball League

Age: 34+

Duration: 60m

This league has been organized to offer players a slower type of basketball. League provides fellowship, competition and fun. The sponsor fee is \$650. The league will run from November 26 through March 25. If interested in being a captain or sponsoring a team, please contact Brian Buckley, Sports Director at bbuckley@oceancommunitymca.org. Offered at the Westerly-Pawcatuck Branch.

Members: \$100 | Participants: \$150

Salute & Serve Pickleball Tournament

Age: 18+

Duration: Varies

Join us for the Salute & Serve Pickleball Tournament on November 9 at the Westerly-Pawcatuck Branch — a day of exciting matches, friendly competition, and community fun! Players of all levels are welcome to compete and celebrate the start of winter on the courts. Play format is up the river, down the river.

Members: \$30

Fall Fury Pickleball Tournament

Age: 18+

Duration: Varies

Join us on at the Naik Family Branch outdoor pickleball courts for the 2nd Annual Fall Fury Tournament, an all-day tournament featuring two men's and two women's divisions based on ability level. With a goal of 24 players per group, competitors will play in the dynamic "Up the River, Down the River" format. It's sure to be a fun and competitive day of pickleball! Date is to be determined.

Members: \$30

Pickleball 101

Age: 18+

Duration: 75m

Our Pickleball 101 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 at the Westerly-Pawcatuck or Naik Family Branches!

Members: \$15 | Participants: \$30

Pickleball 102

Age: 18+

Duration: 75m

Pickleball 102 is our next step after 101 Pickleball. Under the guidance of an instructor, participants will begin to work on skills and in-game strategies. Come hone your beginner skills at the Westerly-Pawcatuck or Naik Family Branches!

Members: \$15 | Participants: \$30

Pickleball Skills & Drills

Age: 18+

Duration: 2hrs

Our Skills & Drills clinics are focused on specific skills, such as serving, volleying, or dinking, to help intermediate players refine their techniques. Register in Pickleball Den. Offered at the Westerly-Pawcatuck & Naik Family Branches.

Members: \$15 | Participants: \$30



Salute & Serve CLASSIC

Pickleball Tournament

OPEN TO THE COMMUNITY!



SUNDAY, NOVEMBER 9
REGISTRATION CLOSES: SUNDAY, NOVEMBER 2



TIME: 8AM-5PM
START TIMES WILL BE ANNOUNCED AFTER
REGISTRATION IS OVER



REGISTER ON PICKLEBALL DEN
REGISTRATION FEE: \$30



WESTERLY-PAWCATUCK BRANCH
INDOOR PICKLEBALL COURTS



PLAY FORMAT: UP THE RIVER, DOWN THE RIVER
DIVISIONS: MEN'S A & B | WOMEN'S A & B

For more information, please contact:
Brian Buckley, Sports Director
at bbuckley@oceancommunityymca.org

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 Parent's Meeting will be held on August 25 at 5:30pm. Swim Evaluations will be held from September 2-5 from 5pm-7pm. The season is set to start on September 8.

For information about Swim Team, please contact:

Dolphins Swim Coach

dolphincoach@oceancommunityymca.org

(401) 596-2894



HAMMERHEADS SWIM TEAM

Our team Mission is to promote a safe and healthy competitive swimming environment. Under the banner of the YMCA Core Values we aim to build swimmers both in and out of the pool, providing them with the tools and resources needed to develop into strong athletes and achieve the goals they set for long term growth and development. The Hammerheads short course season begins in September, with championships in March and April. The Hammerheads compete in both YMCA and USA sanctioned swim meets across CT, RI, and MA. Membership is required to join the team.

The Hammerhead's Swim Evaluations will be held on Wednesday, August 20th & Thursday, August 21st. Swimmers only need to attend one of the nights. Ages 10 & Under will be from 5pm-5:30pm, 11-14s from 5:30pm-6pm, and 15 & Over from 6pm-6:30pm. The season is set to start on September 3.

For information about Swim Team, please contact:

Hammerheads Swim Coach

hammerheads@oceancommunityymca.org

(860) 536-3575



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 in 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**

Aquatics



Water Discovery & Exploration

Age: 6-36mo

Duration: 30m

Stage A + B

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.

Members: \$80 | Participants: \$115



Preschool Starter

Age: 2-3yrs

Duration: 30m

Stage: A + B

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.

Members: \$80 | Participants: \$115



Water Acclimation

Age: 3-5yrs

Duration: 30m

Stage: 1

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.

Members: \$80 | Participants: \$115



Water Movement

Age: 3-5yrs

Duration: 30m

Stage: 2

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.

Members: \$80 | Participants: \$115

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

Water Stamina

Age: 3-5yrs

Duration: 30m

Stage: 3

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.

Members: \$80 | Participants: \$115



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:



Aquatics

Water Acclimation

Age: 6-12yrs

Duration: 45m

Stage: 1

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.

Members: \$96 | Participants: \$134



Water Movement

Age: 6-12yrs

Duration: 45m

Stage: 2

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.

Members: \$96 | Participants: \$134

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

Water Group Exercise Classes

Naik Family Branch

Scan here to view Group Water Exercise Classes

Classes include Deep Water Workout, Aquacize, Senior Water Workout, S'WET and more!



Westerly-Pawcatuck Branch

Scan here to view Group Water Exercise Classes

Classes include Aqua Cardio, Aqua Flow & Glow, Silver Sneakers Splash, and more!



Water Stamina

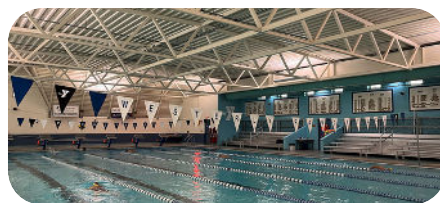
Age: 6-12yrs

Duration: 45m

Stage: 3

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.

Members: \$96 | Participants: \$134



Stroke Introduction

Age: 6-12yrs

Duration: 45m

Stage: 4

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.

Members: \$96 | Participants: \$134

Stroke Development & Stroke Mechanics

Age: 6-12yrs

Duration: 45m

Stage: 5&6

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.

Members: \$96 | Participants: \$134





CAMP WATCHAUG'S
3RD ANNUAL

Halloween Spooktacular

JOIN US FOR A NIGHT OF WICKED FAMILY FUN!
ACTIVITIES INCLUDE PUMPKIN PAINTING, SPOOKY TRAILS,
ARTS & CRAFTS, A COSTUME CONTEST AND STORIES
AROUND THE CAMPFIRE.



October 25, 4PM – 6PM

160 Prosser Trail, Charlestown, RI 02813



Confirm your attendance on our Facebook Page!

**FREE & OPEN TO THE
COMMUNITY!**

For more information, please contact,
Carmen Matlock, Executive Camp Director, at
cmatlock@oceancommunityymca.org or (401) 596-2894.



Youth & Family Programs

Swim with the Pumpkins

Age: ALL

Duration: 60m

Join us for these FREE member events! We'll fill the pool with inflatable pumpkins for a unique and fun swim. Lifeguards and swim testing will be provided. Parents must accompany any child who needs a life jacket. Pre-registration is required. Events will be on October 18 at the Westerly-Pawcatuck Branch and October 26 at the Naik Family Branch.

Members: FREE

Breakfast with Santa

Age: ALL

Duration: 2hrs

Join us for a magical Breakfast with Santa! Enjoy fun activities and a hearty breakfast in the company of jolly old Saint Nick. Pictures with Santa will be available too! Offered at the Westerly-Pawcatuck Branch on December 14 and Naik Family Branch on December 13 from 8:30am-10:30am. Price below is per family. Pre-registration is required and only one person per family needs to register.

Members: \$20 | Participants: \$30



Vacation Days

Age: 5-15yrs

Duration: Varies

Spend your Winter vacation at the YMCA! Students K-6 will enjoy a variety of activities that will include arts & crafts, STEM projects, swimming, outdoor activities (weather permitting), and more! Offered at the Westerly-Pawcatuck Branch & Naik Family Branch. Dates to come. Prices listed below are daily rates.

Members: \$55 | Participants: \$70

Parent's Night Out

Age: 5-12yrs

Duration: 3hrs

Bring your children to the Westerly-Pawcatuck Branch or Naik Family Branch for an evening of swimming, fun games and activities while you enjoy an evening out! Dinner is provided. Registration is required. Space is limited.

Members: \$25 | Participants: \$40

\$5 per additional child \$10 per additional child

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. Offered at the Naik Family Branch.

Members: \$75 | Participants: \$110



Garden Club

Age: 18+

Duration: Varies

Garden Club promotes the encouragement and advancement of gardening. Club meetings are held on the 3rd Wednesday of the month with a specific presentation. Events and activities are scheduled throughout the year. All funds raised are put towards camperships.

Members: FREE | Participants: \$31

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. Offered at the Naik Family Branch.

Members: \$75 | Participants: \$100

Story Time

Age: 2-5yrs

Duration: 30min

Listen to captivating tales featuring beloved characters, adventures, and life lessons. After the story, children will create a themed craft project inspired by the day's tale. From colorful art pieces to simple DIY creations, each craft encourages creativity and fine motor skills. Offered at the Westerly-Pawcatuck Branch on Tuesdays at 11:15am & Naik Family Branch on Wednesdays at 12:15pm.

Members: FREE

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

ARC Blood Drives

Age: 16+

Duration: 45m

Join us at the Naik Family Branch for upcoming Red Cross blood drives on September 4—in honor of National Blood Donation Day—and again on November 6 to support ongoing hospital and emergency care needs. All eligible donors are encouraged to give and help address critical blood shortages in our community.

Members: FREE | Participants: FREE

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: Certification is good for two years. Online component followed by in person skills section. Offered at all branches.

Members: \$125 | Participants: \$160

ARC Babysitter's Course

Age: 11-15yrs

Duration: 6hrs

Come and take part in our two-class workshop at the Westerly-Pawcatuck Branch 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



ARC Lifeguarding Course

Age: 15+

Duration: Varies

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. Offered at the Westerly-Pawcatuck Branch & Naik Family Branch.

Members: \$399 | Participants: \$458



FOOD DRIVE

November 10 – November 21

**Drop off your donations at the Westerly-Pawcatuck
Branch, Naik Family Branch or Arcadia Branch.**



**We will accept canned
goods and non-perishable
items. Recommended items
include: stuffing, cranberry
sauce, canned corn, cake
mixes, and frosting.**

**For more information, please contact;
Silvana Terranova
Membership Director
sterranova@oceancommunityymca.org
(401) 596-2894**



VISIT OUR BRANCHES:

WESTERLY-PAWCATUCK BRANCH

**95 HIGH STREET
WESTERLY, RI 02891
(401) 596-2894**

NAIK FAMILY BRANCH

**1 HARRY AUSTIN DRIVE
MYSTIC, CT 06355
(860) 536-3575**

ARCADIA BRANCH

**1190 MAIN STREET
WYOMING, RI 02898
(401) 539-2306**

CAMP WATCHAUG

**160 PROSSER TRAIL
CHARLESTOWN, RI 02813
(401) 364-6535**

OCEANCOMMUNITYYMCA.ORG

