



SPRING I & II PROGRAM GUIDE



SCAN HERE TO
REGISTER!

SPRING I: MARCH 2 – APRIL 19

Member Registration: February 2
Participant Registration: February 9

SPRING II: APRIL 27 – JUNE 14

Member Registration: March 30
Participant Registration: April 6

OCEANCOMMUNITYYMCA.ORG



Information



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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 I 2026

March 2 - April 19
Member Registration
February 2
Participant Registration
February 9

SPRING II 2026

April 27 - June 14
Member Registration
March 30
Participant Registration
April 6

Questions?

Scan here for
general inquiries



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 Center
- Priority program registration and member rates
- Nationwide reciprocity
- 2 NEW Functional Fitness Center

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 on how to apply.



CHILD PROTECTION SCREENING

The safety of the children who use our facility has always been our top priority of the OCYMCAs. 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.

JOIN TODAY!

Scan here to view current membership rates and to become a member today!



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.

MILITARY OUTREACH

We understand that military families are under enormous strain. As a member of the Y, you and your family can spend quality time together and enjoy fun activities in a warm, supportive environment. It's also a place to meet other military families who can relate to your unique situation.

Who is eligible for membership?

Service member must be on Title 10 orders with at least six months remaining as of the signature date on the application form and meet all criteria in established policies.



NEW PROGRAM ALERT!

ELEVATE

All members are eligible for one FREE Elevate class (space permitting)

WHAT IS ELEVATE?

ELEVATE is a premium ~~small~~ group training program designed to help you train smarter, stronger, and more consistently.

Your Elevate Membership Includes:

- Unlimited access to Elevate classes
- Small group training for personalized coaching
- 1 FREE InBody Scan each month
- Adult & Youth program options

CLASS OPTIONS

BURN: Cardio-based interval training with functional full-body circuits and a high-intensity MetCon session

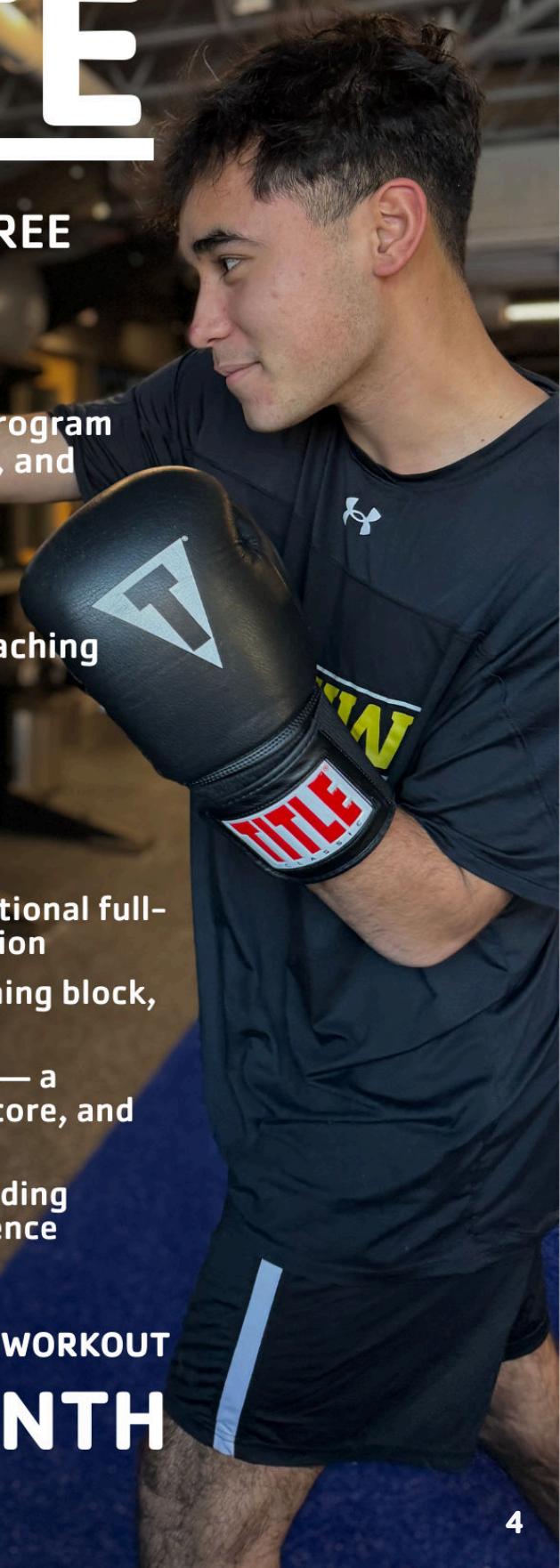
BUILD: Progressive strength training, conditioning block, and mobility work

JUMPSTART: The perfect way to start your day — a balanced workout combining strength, cardio, core, and flexibility

STRONG (Youth): A youth-focused program building strength, agility, cardio endurance, and confidence

REGISTER IN-HOUSE TODAY & ELEVATE YOUR WORKOUT

FOR ONLY \$39/MONTH



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 session starts the first week of April at 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. New class starting on Wednesday, March 25 at 12:30pm at the Westerly-Pawcatuck Branch.

Powerful Tools FOR Caregivers

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 on Friday, April 17 at 1:00pm.



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. New session starts Monday, March 9 at 11:15am the Westerly-Pawcatuck Branch.

NATIONAL DIABETES PREVENTION PROGRAM

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 Tuesday, February 10 at 12:30pm. Interest list available for the Arcadia Branch.

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. Interest roster now available for the Arcadia Branch. New session starting at the Westerly-Pawcatuck Branch beginning February 3.

For Westerly-Pawcatuck Branch info, please contact Janine Parkins, Health & Wellness Director, at jparkins@oceancommunityymca.org
For Naik Family Branch info, please contact Billi-Jean King, Health & Wellness Director, at bking@oceancommunityymca.org

For Arcadia Branch info, please contact Karen Allen, Executive Director, at kallen@oceancommunityymca.org

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.

Small Group Training

Age: 18+

Duration: 45m

Work with a personal trainer on the wellness floor to get the most out of your workout. Enjoy immediate feedback on form, technique tips, and support in reaching your fitness goals—all alongside like-minded workout partners. Offered at the Arcadia Branch.

Members: \$102 | Participants: \$175

***NEW* SMARTfit Training**

Age: 18+

Duration: 45m

SMARTfit training sessions use interactive games and programs to strengthen the connection between the brain and body, improving reaction time, coordination, and overall movement efficiency. By building faster, more effective neural pathways, SMARTfit enhances real-world performance—even for activities you haven't specifically trained—while supporting cognitive health and physical performance at any age. Offered at the Westerly-Pawcatuck Branch.

Members: \$102 | Participants: \$175

***NEW* Elevate**

Age: 18+

Duration: 45m

Elevate is a premium small-group training program designed to help you train smarter, build strength, and stay consistent with expert coaching and structured programming. With multiple class styles focused on cardio, strength, mobility, and youth development, Elevate delivers personalized support and measurable results in a motivating group environment. Offered at the Westerly-Pawcatuck Branch.

Members: \$39/month

IN-BODY SCANNER **NOW AVAILABLE!**



Precise measurements of muscle, fat, and water, with analysis of right and left, upper and lower body balance to provide actionable insights for health and fitness goals. This technology makes data easy to understand and track progress.

AVAILABLE WITH:

- Elevate Membership
- Personal Training
- Single Use Purchase

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. Check the group exercise class schedule for details!

Members: FREE | Participants: FREE

***NEW* Nordic Walking**

Age: 18+

Duration: 45m

This low-impact class begins with 4 weeks of technique instruction on the use of specially designed poles to engage arms, core, and legs while reducing stress on joints. This specialized technique improves posture, balance, and cardiovascular fitness, making it great for all ages and fitness levels. After week 4, enjoy guided, energizing walk segments. Offered through the Arcadia Branch.

Members: \$68 | Participants: \$112

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: \$102 | Participants: \$175

Enhanced Women on Weights for Strength

Age: 18+

Duration: 45m

Demystify the weight room and discover the transformative power of strength training and master proper form to ensure safety and maximize results. A personal Trainer works with each participant to advance her strength goals using techniques and equipment used from Strong-Man/Strong-Woman and bodybuilding competitions. Offered at the Naik Family Branch & Westerly-Pawcatuck Branch.

Members: \$102 | Participants: \$175

Y Women Lift

Age: 18+

Duration: 45m

This is a small group training class that will focus on empowering women by teaching proper strength training techniques in a supportive environment, helping to build physical and mental strength while dispelling common myths about "bulking up." This will be offered at the Naik Family Branch.

Members: \$102 | Participants: \$175

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 at all three branches.

Members: \$20 | Participants: \$25

40 Days to Personal Revolution

Age: 18+

Duration: 60m

40 Days to a Personal Revolution is a simple, beginner-friendly program designed to help you get stronger — inside and out. No yoga experience needed. This is more than a yoga series — it's a reset, a chance to feel steadier, stronger, and more focused as you move into the new year. Each week includes accessible yoga and movement, a short, guided meditation, simple mindful-eating practices, and reflection and journaling prompts. Now being offered at the Naik Family Branch.

Members: \$122 | Participants: \$210

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 Arcadia Branch.

Members: \$102 | Participants: \$175



OCEAN COMMUNITY YMCA

SUMMER CAMPS

CAMP WATCHAUG & CAMP COVE

REGISTRATION
OPEN NOW!



OFFERING 10 WEEKS OF
SUMMER FUN STARTING JUNE 22!

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



Camp Watchaug
160 Prosser Trail
Charlestown, RI 02813
*Transportation Available!

Activities

- ✓ Sailing
- ✓ Ropes Course
- ✓ Archery
- ✓ Banana Boat
- ✓ Swimming
- ✓ AND MORE!

Camp Cove
1 Harry Austin Drive
Mystic, CT 06355



Activities

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

Camp offers ADA-accessible restrooms, pathways, and program spaces.
Please reach out with any accommodation requests so everyone can enjoy the fun!



Financial Assistance Available!

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, archery, and more! We will focus on skills and teambuilding while enjoying heart-healthy fun. Offered at the Westerly-Pawcatuck & Naik Family Branch.

Members: \$96 | Participants: \$160

NEW Elevate

Age: 10-17

Duration: 45m

Elevate is a premium small-group training program designed to help you train smarter, build strength, and stay consistent with expert coaching and structured programming. Classes are focused on cardio, strength, mobility, and youth development, Elevate delivers personalized support and measurable results in a motivating group environment. Offered at the Westerly-Pawcatuck Branch.

Members: \$29/month

Big Dunkers

Age: 5-10yrs

Duration: 45m

Big Dunkers is a fun, engaging youth basketball class designed to introduce your child to the basics of the game. Participants will learn to dribble, shoot, jump, and pass while enjoying heart-healthy activities that build confidence, coordination, & teamwork. Offered at the Westerly-Pawcatuck Branch.

Members: \$96 | Participants: \$160

Youth 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 Naik Family Branch.

Members: \$80 | Participants: \$140

NEW Futsal League

Age: 8-12yrs

Duration: 60m

Our Youth Futsal League offers a fast-paced, fun way for kids to develop soccer skills in an exciting indoor setting. Running from March 2 through May 8, games will be held on Friday nights at the Westerly-Pawcatuck Branch, focusing on teamwork, skill development, and sportsmanship in a supportive environment. Practices will be held on Tuesday nights.

Members: \$100 | Participants: \$150

COMING SOON SPORTS TRAINING

Condition at the next level with SMARTfit training!

- Make quicker, smarter decisions while moving
- Improve focus, balance, coordination and speed
- Execute physical and mental skills more efficiently



ESPORTS

Roblox Builders

Age: 7-14yrs

Duration: 90m

Perfect for kids who love Roblox or enjoy building things, Roblox & Code introduces participants to game development fundamentals using Roblox Studio, the powerful development platform behind Roblox! Participants engage in fun activities while learning level design, game mechanics, map building, animation, and Lua scripting. By the end of this program, participants will have all the fundamental skills to build and publish their very own Roblox map, and they will earn a STEM.org Certification of Completion in Roblox Studio Development!

Members: \$139 | Participants: \$230

Vacation Day - Build a PC

Age: 9-15yrs

Duration: 7hrs

Join us for a fun day-off school camp, and learn how to build a gaming computer! Participants will explore the key parts of a PC, practice disassembling and reassembling a real Metro Esports computer, and discover how each component works together to power the system they play on. Kids will use PC-building simulators to plan out their dream computer setup and get a taste of PC-building in a fun, interactive way. Our Build a PC Day Camp will show kids the different parts of a computer, how they work together, and even take a part and reassemble some Metro PCs. And to top it all off, they'll have a blast with a casual gaming tournament at the Metro Esports day camp!

Members: \$139 | Participants: \$230

Fortnite Esports Team

Age: 10-16yrs

Duration: 90m

Attention Fortnite players! Metro Esports is excited to introduce the YMCA Esports Team, a fun, welcoming, coached program for players of all experience levels. Participants train weekly through an engaging curriculum that builds teamwork, communication, leadership, sportsmanship, and healthy gaming habits while developing in-game skills like game sense, map awareness, positioning, and decision-making. Players are placed on supportive teams that match their goals and skill level for a season of structured coaching and exciting, accessible competitive play.

Members: \$139 | Participants: \$230

Fortnite Fridays

Age: 7-16yrs

Duration: 2hrs

Join us for Metro's Fortnite Weekly, a meetup and tournament hosted at the YMCA, where Fortnite players can sharpen their skills through a variety of challenges and competitions. Each session offers a dynamic environment for players of all levels to improve their gameplay and strategy. This is an excellent opportunity for both seasoned gamers and newcomers to engage with the Fortnite community. Open to all YMCA members at no cost, "Fortnite Friday" provides a structured, supportive setting to enhance your gaming skills weekly.

Members: \$FREE | Participants: \$10

Esports Summer Camps

Age: 8-13yrs

Duration: 8hrs

YMCA Esports & Gaming Summer Camp is for campers entering 2nd grade to 8th grade. Camp is Monday to Friday for all sessions and all sessions are 1 week long. The Esports & Gaming Summer Camp at the YMCA is more than just gaming. It's a safe, structured, and exciting experience that keeps kids engaged all day long. Led by trained Metro Esports professionals and qualified instructors, our camps welcome all skill levels and emphasize teamwork, communication, and confidence. Please note the registration fee and deposits are non-refundable and are due upon registration. Balance is due 1 week prior to each session.

Members: \$365 | Participants: \$465



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: \$102 | Participants: \$175

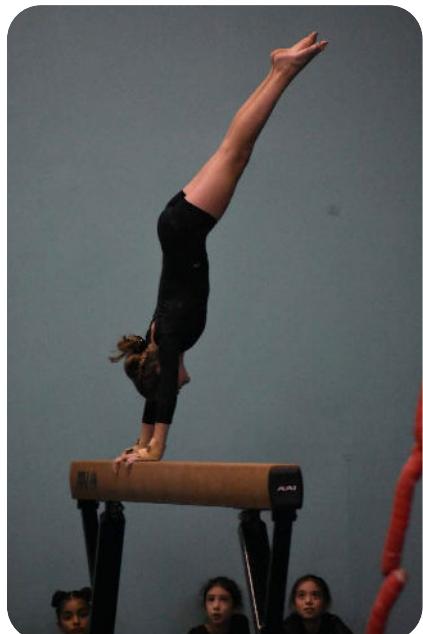
Boys Rec

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: \$102 | Participants: \$175



Competition Team Open Gym

Age: 6-18yrs

Duration: 2hrs

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

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: \$85 | Participants: \$150

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: \$85 | Participants: \$150

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: \$102 | Participants: \$175

Adult Gymnastics

Age: 18+yrs

Duration: 45m

Learn the basics of gymnastics while having a fun workout! The Adult gymnastic class is a basic class where adults can learn all areas of gymnastics. From floor to bars, beam, and the vault, adults will have fun while working every muscle. Body shaping, including flexibility as well as strength are part of the experience in this class. Offered at the Westerly-Pawcatuck Branch.

Members: \$102 | Participants: \$175

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: Desree Peak, Membership Director, at dpeak@oceancommunityymca.org

For YMCA Camp Watchaug rental options, please contact the Camp Admin, at campwatchaug@oceancommunityymca.org



Shamrock Showdown

Pickleball Tournament

OPEN TO THE COMMUNITY!



FRIDAY, MARCH 20

REGISTRATION CLOSES: FRIDAY, MARCH 13



TIME: 8AM-5PM

START TIMES WILL BE ANNOUNCED AFTER
REGISTRATION IS OVER



REGISTER ON PICKLEBALL DEN

REGISTRATION FEE: \$30



MYSTIC INDOOR SPORTS
INDOOR PICKLEBALL COURTS

PLAY FORMAT: TEAM BASED COMPETITION
DIVISIONS: MEN'S A & B | WOMEN'S A & B



For more information, please contact:
David Livingston, Pickleball Coordinator
at dlivingston@oceancommunityymca.org

Adult Sports & Leagues

Adv. Beginner Tap & Jazz

Age: 16+

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: \$115 | Participants: \$192

Adv. Beginner Tap

Age: 16+

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: \$115 | Participants: \$192

Intermediate Tap

Age: 16+

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 Westerly-Pawcatuck & Naik Family Branches.

Members: \$115 | Participants: \$192

Advanced Tap

Age: 16+

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: \$115 | Participants: \$192

Adult Ballet

Age: 16+

Duration: 60m

Adult Ballet invites adults of all experience levels to explore the fundamentals of ballet in a supportive department. Improve balance, flexibility, and graceful movement through guided barre and center work. Ballet shoes are not required. Now offered at the Naik Family Branch.

Members: \$115 | Participants: \$192



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

Adaptive Pickleball Clinics

Age: 18+

Duration: 2hrs

Our Adaptive Pickleball Clinics offers players of all abilities a welcoming space to learn the fundamentals with personalized guidance and modified instruction. This session focuses on building confidence, improving skills, and making the game accessible and fun for everyone. Offered at the Westerly-Pawcatuck Branch & Naik Family Branch.

Members: FREE | Participants: FREE



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

Shamrock Showdown Pickleball Tournament

Age: 18+

Duration: Varies

Join us for the Shamrock Showdown Pickleball Tournament on March 20 at Mystic indoor Sports — 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 will be team based. Register through PickleballDen.

Members: \$30

Tap Basics & Techniques

Age: 16+

Duration: 60m

This class is designed for Beginner level students (with or without experience). The focus is on mastering fundamental tap steps and learning tap vocabulary. We will also work on basic tap techniques including foot and ankle strengthening, balance, weight transfer between feet. Offered at the Westerly-Pawcatuck Branch.

Members: \$115 | Participants: \$192

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EASTER EGG SPLASH



Westerly-Pawcatuck Branch

Saturday, March 21, 2026
1:15 PM - 2:00 PM (0-5yrs)
2:15 PM - 3:00 PM (6+yrs)

Naik Family Branch

Sunday, March 22, 2026
1:00 PM - 1:30 PM (0-5yrs)
1:45PM - 2:15 PM (6+yrs)

Join us at this FREE & FUN event to collect Easter eggs in the pool in exchange for candy from the Easter bunny! Don't forget to take a photo after with the Easter bunny too!

Register online, via mobile app, or by visiting your local branch's Welcome Desk.



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.

For information about Swim Team, please contact:
Brian Reilly, Aquatics Director
breilly@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.

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: \$85 | Participants: \$150



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: \$85 | Participants: \$150



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: \$85 | Participants: \$150

NOW OFFERING ADAPTIVE SWIM LESSONS!

For Naik Family Branch inquiries, reach out to Jayde Forbes, Aquatics Director, at jforbes@oceancommunityymca.org. For Westerly-Pawcatuck Branch inquiries, reach out to Alexa Leffingwell, Aquatics Specialist, at aleffingwell@oceancommunityymca.org.

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: \$85 | Participants: \$150

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: \$85 | Participants: \$150



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: \$102 | Participants: \$175

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: \$102 | Participants: \$175

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: \$102 | Participants: \$175

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!



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: \$102 | Participants: \$175

Teen Swim

Age: 13-17yrs

Duration: 45m

Designed for teens who are new to swimming, this class provides step-by-step instruction to build comfort, confidence, and strong foundational skills. With patient coaching and a supportive group atmosphere, participants will learn to enjoy the water while mastering essential safety and swimming techniques.

Members: \$102 | Participants: \$175

Adult Beginner Swim

Age: 18+yrs

Duration: 45m

This adult swim class is designed for beginners who want to build confidence and feel safe in the water. Instructors provide patient, step-by-step guidance to help you learn essential skills like floating, breathing, and basic strokes. You'll progress at your own pace in a comfortable, judgment-free environment.

Members: \$102 | Participants: \$175

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: \$102 | Participants: \$175

Adult Intermediate Swim

Age: 18+yrs

Duration: 45m

Adult Intermediate swim lessons are designed to build stroke introduction and endurance. Participants should be able to swim 25 yards continuously and be comfortable in deep water. With a focus on endurance, the class will also review lap swim etiquette (circle swimming), along with kicking technique, rhythmic breathing, rotary breathings and bilateral breathing.

Members: \$102 | Participants: \$175

Youth & Family Programs

Book Club

Age: 18+

Duration: 60m

Gather with fellow readers for lively discussions about books chosen by the group. Come for thoughtful conversations and a welcoming community of readers. Offered at the Naik Family Branch.

Members: FREE | Participants: FREE

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

OCYMCAs Leader's Club

Age: Grades 9-12

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 can earn up to 8 hours of community service. Offered at the Naik Family Branch.

Members: FREE | Participants: FREE

Water Safety Days

Age: ALL

Duration: 3hrs

The Naik Family Branch is hosting Water Safety Day on Saturday, May 3, from 9:00 AM-12:00 PM, and the Westerly-Pawcatuck Branch will offer their event on May 2. Families can enjoy fun, educational activities while learning important water safety skills alongside local community partners. Both events are free and open to the community and perfect for kids of all ages.

Members: FREE | Participants: FREE

Senior Prom

Age: 50+ yrs

Duration: 3hrs

Join us for a fun and festive Senior Prom at the Naik Family Branch on Friday, May 15th from 5-8 PM, specially designed for adults ages 50+. Step back in time, dress up, dance to timeless tunes, and enjoy an evening filled with laughter, socializing, and unforgettable memories with friends. Semi-formal attire is preferred.

Members: \$25 | Participants: \$50

Only 1 person per family needs to register

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

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: 11-15 yrs

Duration: 6hrs

Come and take part in our two-class workshop at the Naik Family Branch or 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

ARC Jr. Lifeguarding Course

Age: 11-14 yrs

Duration: Varies

The American Red Cross Junior Lifeguarding Program is a 10-week, approximately 30-hour course designed for youth to build a strong foundation for future lifeguard training. The program runs from March 2 - April 27 and focuses on developing communication, teamwork, decision-making, and essential in-water skills needed to prepare for the ARC Lifeguarding course at age 15 or older. Lessons include both dry land and in-water activities, with a required swim skills assessment completed before entering the program. Offered at the Naik Family Branch.

Members: \$300 | Participants: \$400

Mystic Museum of Art Pop-Up Studio

Age: 5-13

Duration: 60m

Join us as we welcome artists from the Mystic Museum of Art for a pop-up art workshop. each session will focus on a specific style, theme or technique, and each participant will go home with their artwork inspired by the lesson. Offered at the Naik Family Branch. Sponsored by the Grace McDonnell Art Fund.

Members: FREE | Participants: FREE

Y-Einstein

Age: 3-5

Duration: 30m

Children will explore age-appropriate experiments, building projects, and creative art while practicing important skills like sharing, problem-solving, communication, and emotional awareness. Through play-based learning and guided group activities, preschoolers build confidence, curiosity, and kindness laying a strong foundation for both academic growth and healthy relationships. Spring I will be Outer Space themed, and Spring II will be Around the World.

Members: \$80 | Participants: \$140

Y-Imagineers

Age: 6-12

Duration: 45m

Our program engages children in hands-on, project-based learning that integrates Science, Technology, Engineering, Art, and Math with essential social-emotional skills. Participants collaborate on creative challenges, experiments, and design projects while building teamwork, communication, resilience, and problem-solving abilities. Through guided exploration and group reflection, children strengthen confidence, empathy, and leadership skills supporting both academic success and positive peer relationships in a fun, supportive environment. Spring I will be Outer Space themed, and Spring II will be Around the World.

Members: \$115 | Participants: \$160

Vacation Days

Age: 5-12 yrs

Duration: 8hrs

School's out? No problem! Drop the kids off for a full day of games, activities, crafts, and swimming! Please send a bagged lunch from home. Offered at the Westerly-Pawcatuck Branch & Naik Family Branches.

Members: \$55 | Participants: \$70

Parent's Night Out

Age: 5-12 yrs

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: \$30 | Participants: \$50

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

**FINANCIAL
ASSISTANCE
AVAILABLE!**

SPRING BREAK AT THE YMCA



CAMP WATCHAUG

April 20 -24

Member: \$75/day
Participant: \$85/day

9:00am-3:30pm

FOR AGES

5yrs-14yrs

WESTERLY- PAWCATUCK BRANCH

April 20 -24

Member: \$55/day
Participant: \$75/day

8:30am-4:30pm

FOR AGES

5yrs-12yrs



NAIK FAMILY BRANCH

April 13 -17

Member: \$55/day
Participant: \$75/day

8:00am-4:00pm

FOR AGES

5yrs-12yrs

Register Online Today!



**FINANCIAL
ASSISTANCE
AVAILABLE!**

For Westerly-Pawcatuck Branch info, contact Dori McGovern, Senior Program Director, at dmcgovern@oceancommunityymca.org
For Naike Family Branch info, contact Alexis Sanchez, Camp & Enrichment Director, at asanchez@oceancommunityymca.org
For Camp Watchaug info, contact Camp Admin, at campwatchaug@oceancommunityymca.org



VISIT OUR BRANCHES:

WESTERLY-PAWCATUCK BRANCH

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

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

NAIK FAMILY BRANCH

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

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

OCEANCOMMUNITYYMCA.ORG

