



SUMMER I & II PROGRAM GUIDE



SCAN HERE TO REGISTER!

SUMMER I: JUNE 22 - JULY 19
SUMMER II: JULY 27 - AUGUST 23

Member Registration: May 18
Participant Registration: May 25

OCEANCOMMUNITYYMCA.ORG



Information

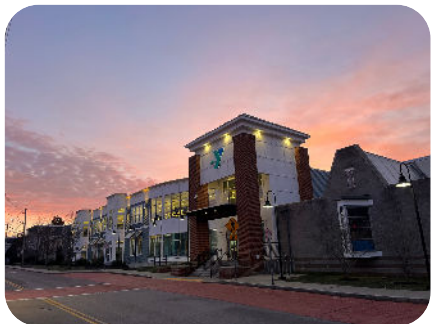


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LOCATIONS

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

SUMMER I 2026

June 22 - July 19
Member Registration
May 18
Participant Registration
May 25

SUMMER II 2026

July 27 - August 23
Member Registration
May 18
Participant Registration
May 25

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 Centers

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 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, designated management staff will be instantly alerted. 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 an expired membership within 90 days are classified as new members and are subject to the joiners fee again.

- 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.



ELEVATE

STRONGER FOR LIFE

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**

REGISTER IN-HOUSE TODAY & ELEVATE YOUR WORKOUT
FOR ONLY \$39/MONTH

ELEVATE-YOUTH OPTION AVAILABLE FOR \$29/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. Interest rosters available at the Westerly-Pawcatuck Branch & Naik Family Branch.



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. Interest roster available at the Westerly-Pawcatuck Branch. New class coming Fall 2026.



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. Interest roster available 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. Interest roster available at the Westerly-Pawcatuck Branch.



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. Interest roster available at the Westerly-Pawcatuck Branch. New class starting Fall 2026.



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 & Westerly-Pawcatuck Branch.

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.

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: \$61 | Participants: \$105

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

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: \$61 | Participants: \$105

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



Women on Weights

Age: 18+

Duration: 45m

WOW is a small group training class specifically designed for women that introduces weight training techniques. Participants learn proper free weight use, build confidence, and enjoy a great workout. Currently being offered at all three branches.

Members: \$61 | Participants: \$105

Enhanced Women on Weights

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 Westerly-Pawcatuck Branch.

Members: \$61 | Participants: \$105

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: \$61 | Participants: \$105

Intro to Power Lifting

Age: 18+

Duration: 45m

Beginner-friendly course that teaches the fundamentals of the three main lifts: the squat, bench press, and deadlift. It focuses on proper technique, safety, and building foundational strength. Participants learn how to use equipment, follow structured workouts, and gradually increase weight while avoiding injury. The class is typically suitable for all fitness levels and emphasizes form, confidence, and consistency over heavy lifting. Offered at the Arcadia Branch.

Members: \$61 | Participants: \$105

Off Season Training & Conditioning

Age: 18+

Duration: 45m

Designed to help athletes of all ages stay strong, agile, and ready for their sport during the off-season. This class focuses on building foundational fitness through exercises that improve endurance, strength, speed, and flexibility. With a mix of cardio, strength training, agility drills, and mobility work, participants can address any weaknesses and prevent injuries while staying in top physical shape. Offered through the Arcadia Branch.

Members: \$61 | Participants: \$105

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 & fitness levels. After week 4, enjoy guided, energizing walk segments. Offered through the Arcadia Branch.

Members: \$68 | Participants: \$112

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

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.

Members: \$61 | Participants: \$105

WALK WITH EASE

AT THE WESTERLY-PAWCATUCK BRANCH

Check the group exercise class schedule for Walking Group times & more info!



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!



Camp Cove
1 Harry Austin Drive
Mystic, CT 06355

Activities

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

Activities

- ✓ Kayaking
- ✓ Archery
- ✓ Swimming
- ✓ Arts & Crafts
- ✓ Low Ropes
- ✓ 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 Branch.

Members: \$58 | Participants: \$96

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: \$58 | Participants: \$96

Soccer Skills & Drills

Age: 5-10yrs

Duration: 45m

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

Members: \$58 | Participants: \$96

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

RACE4CHASE FREE TRIATHLON PROGRAM

Empowering kids ages 6-12 to build confidence, learn new skills, and embrace a healthy lifestyle in memory of Chase Kowalski.

Dates: June 29 - August 9

Days: Monday - Friday

Times: 9:00am - 12:30pm

Location: Westerly-Pawcatuck Branch



RACE DAY
AUGUST 9



CMAK
Chase Michael Anthony Kowalski
Sandy Hook Memorial
FOUNDATION

ESPORTS



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



Family Game Night

Age: 7+

Duration: 3 hrs

Join us at the Metro Esports Lounge every other Friday for Family Game Night starting May 1. Come in with friends or family and let us set your group up with a fun game to play cooperatively, or a competitive game to test each other's skills. No previous gaming experience is required as our Metro staff will be right there to teach, assist, and cheer on your games. Curated activities in all types of games for all ages and skill levels; Fortnite, Minecraft, Super Smash Brothers, and Overcooked and more!

Members: FREE | Participants: FREE

METRO ESPORTS



BIRTHDAY PARTIES

FOR MORE INFORMATION, PLEASE CONTACT
BRIAN BUCKLEY, SPORTS DIRECTOR, AT
BBUCKLEY@OCEANCOMMUNITYYMCA.ORG

Gymnastics

Parent & Me

Age: 18mo-3yrs

Duration: 30m

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

Members: \$51 | Participants: \$90

Tiny Tots

Age: 2-3yrs

Duration: 30m

Parents interact with their children while coaches lead and teach them developmental skills utilizing all equipment in the gymnastics room. Now being offered at the Westerly-Pawcatuck Branch.

Members: \$51 | Participants: \$90

NEW Little Tots

Age: 4-5yrs

Duration: 45m

First Independent gymnastics class. Children will utilize all equipment in the gymnastics room. Coaches will be working on proper mechanics of rolling forward and backwards beginner headstands and cartwheels as well as the fundamentals on bars vault and beam. Now being offered at the Westerly-Pawcatuck Branch.

Members: \$61 | Participants: \$105

Rising Stars

Age: 4-5yrs

Duration: 45m

These 4 & 5 have advanced from the tiny tots' classes. In this class gymnast will continue with the fundamentals of gymnastics while correcting their form and technique. They will strengthen their ability with all six basic gymnastics positions. Rising Stars will further their muscle strength and progressions of existing skills. These gymnasts should have a coach's recommendation to participate in this class.

Members: \$61 | Participants: \$105

NEW Hot Shots

Age: 6-16yrs

Duration: 60m

Gymnast must be able to do a back extension and a roundoff before participating in this class. Coaches will work drills and progressions to build a strong technique for both front and back handsprings. They will also learn how to connect their new skills into a tumbling pass. A roundoff back handspring, and a front handspring step out round off. More advanced gymnasts will progress to front handspring front tuck. The gymnast will spring with new skills into the next season. Offered at the Westerly-Pawcatuck Branch.

Members: \$73 | Participants: \$126

SCAN ME



TO VIEW CLASS OFFERINGS & TO REGISTER!

Boys Rec

Age: 4-16yrs

Duration: 45m

This recreational gymnastics class is designed for beginner and intermediate level boys, 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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

NEW Hand Spring Mania

Age: 6-16yrs

Duration: 60m

Gymnast must be able to do a back extension and a roundoff before participating in this class. Coaches will work drills and progressions to build a strong technique for both front and back handsprings. They will also learn how to connect their new skills into a tumbling pass. A roundoff back handspring, and a front handspring step out round off. More advanced gymnasts will progress to front handspring front tuck. The gymnast will spring with new skills into the next season. Offered at the Westerly-Pawcatuck Branch.

Members: \$73 | Participants: \$126

NEW Beam Queen

Age: 6-16yrs

Duration: 60m

Gymnast will have a focus on beam techniques. Dance and body structure will be emphasized. Coaches will be introducing many progressions with drilling beam skills. Offered at the Westerly-Pawcatuck Branch.

Members: \$73 | Participants: \$126

Boys & Girls Pre-Team

Age: 6-16yrs

Duration: 2hrs

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: \$142/month

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

Competition Team Open Gym

Age: 6-18yrs

Duration: 90m

This time it's 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 their safety. Coaches will also be able to help them with drills to do those skills that they are working so hard to master. Hosted Tuesdays, Wednesdays, and Thursdays.

Members: \$20/week



NEW Raise the Bar

Age: 6-16yrs

Duration: 60m

This class focuses on developing skills on the uneven bars. Skills will start with the basics such as a pullover, kip ups, baby giants and giants will be taught for the more advanced gymnasts. Coaches will focus on teaching proper technique for casting. From the beginner cast all the way up to cast to handstand. They will learn back hip circle as well as clear hip circles. Coaches will raise the bar during this class strengthening and reinforcing bar techniques. Offered at the Westerly-Pawcatuck Branch.

Members: \$73 | Participants: \$126



JUNE JAM

Pickleball Tournament

OPEN TO THE COMMUNITY!



SATURDAY, JUNE 13
REGISTRATION CLOSES: SATURDAY, JUNE 6



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



REGISTER ON PICKLEBALL DEN
REGISTRATION FEE: \$30



NAIK FAMILY BRANCH
OUTDOOR PICKLEBALL COURTS



PLAY FORMAT: UP THE RIVER, DOWN THE RIVER
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: \$83 | Participants: \$138

Advanced 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: \$83 | Participants: \$138

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: \$83 | Participants: \$138

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: \$83 | Participants: \$138

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: \$83 | Participants: \$138



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: \$75

June Jam Pickleball Tournament

Age: 18+

Join us for the June Jam Pickleball Tournament on June 13 at the Naik Family Branch — a day of exciting matches, friendly competition, and community fun! Players of all levels are welcome to compete and celebrate the start of summer on the courts. Play format is up the river, down the river. Register on PickleballDen.

Members: \$30

Coastal Classic Pickleball Tournament

Age: 18+

Join us on August 15th at the Naik Family Branch outdoor pickleball courts for the Coastal Classic, 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! Register in Pickleball Den.

Members: \$30

Adaptive Pickleball Clinics

Age: 18+

Duration: 60m

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

Pickleball Foundations Clinic

Age: 18+

Duration: 60m

Our Pickleball Foundations 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 and Naik Family Branches!

Members: \$15 | Participants: \$30

Pickleball Competition Nights

Age: 18+

Duration: 75m

Monday Competition Nights at the Naik Family Branch offer a fun, competitive pickleball experience for all skill levels with rotating formats throughout the summer. Players will enjoy structured play such as point play, up-the-river/down-the-river, and mini tournament-style matchups. Registration is through Pickleball Den, with schedules posted May 1 and beginner/intermediate divisions separated for play.

Members: \$15 | Participants: \$30

Pickleball Skills & Drills

Age: 18+

Duration: 75m

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

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 \$300. The league will run from June 10 - August 19. If interested in being a captain or sponsoring a team, please contact Brian Buckley, Sports Director at bbuckley@oceancommunityymca.org. Offered at the Westerly-Pawcatuck Branch.

Members: \$100 | Participants: \$150



DAY PASSES
Adult (18+): \$20
Youth (0-17): \$15
Family: \$25

SUMMER

MAY 1ST - SEPTEMBER 15TH



SUMMER 2026 MEMBERSHIP RATES

MEMBERSHIP	1 MONTH	2 MONTHS	3 MONTHS
COLLEGE STUDENTS	\$51	\$87	\$123
ADULT (23+)	\$104	\$168	\$233
1 ADULT FAMILY	\$129	\$219	\$309
2 ADULT FAMILY	\$149	\$249	\$350
SENIOR (65+)	\$96	\$153	\$211
SENIOR COUPLE	\$141	\$235	\$328

FINANCIAL ASSISTANCE AVAILABLE



OCEAN COMMUNITY YMCA

ARCADIA BRANCH

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

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

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 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: \$51 | Participants: \$90

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: \$51 | Participants: \$90



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: \$51 | Participants: \$90



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: \$51 | Participants: \$90

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: \$51 | Participants: \$90



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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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: \$61 | Participants: \$105

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 & Westerly-Pawcatuck Branches.

Members: FREE | Participants: FREE

Chess Club

Age: 7-14

Duration: Varies

Chess Club is a fun and engaging program designed for youth and teens of all skill levels to learn and play the game of chess. Hosted at the Westerly-Pawcatuck Branch in our new makerspace, The Sandbox, participants will build strategy, problem-solving, and critical thinking skills while connecting with peers. Whether they're just learning the basics or ready for a challenge, everyone is welcome to join and make their next move! Registration is required.

Members: FREE | Participants: \$15

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

Youth & Adult Cooking Classes

Age: 18+

Duration: Varies

Explore different styles of cooking with local chefs at the Naik Family Branch! Participants will discover flavorful spices, fresh ingredients, and simple techniques while learning how to make delicious dishes they can recreate at home. Perfect for curious cooks & food lovers of all experience levels.

Members: \$50 | Participants: \$70

Camp Cove Discovery Day

Age: 4-14

Duration: 3hrs

Head to the Naik Family Branch on Saturdays this summer for one of our half-day camp days where campers will discover all there is to love about Camp Cove! They'll try activities, meet staff, and get a feel for what a typical day at camp is like!

Members: \$35 | Participants: \$50



**American
Red Cross**

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

ARC Jr. Lifeguarding Course

Age: 11-14yrs

Duration: 20hrs

The American Red Cross Junior Lifeguarding Program is a 10-week course running June 24-August 27 at the Naik Family Branch. It is designed for youth ready to build confidence, endurance, and foundational water safety skills while exploring the role of a lifeguard. Participants will strengthen swimming ability, develop stamina, and learn key safety concepts including basic rescue techniques, pool rules, introductory first aid, and use of lifeguard equipment. The program also focuses on communication, teamwork, and decision-making to prepare for future ARC Lifeguarding certification (age 15+).

Members: \$200 | Participants: \$300

Mystic Museum of Art Pop-Up Studio

Age: 5-13

Duration: 2hrs

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-Einsteins

Age: 3-5

Duration: 30m

Children will explore hands-on experiments, building, and creative art while developing skills like sharing, communication, and problem-solving. Through play-based activities, preschoolers build confidence, curiosity, and kindness in a supportive environment. Summer sessions feature an Under the Sea theme at the Westerly-Pawcatuck Branch.

Members: \$48 | Participants: \$84

Y-Imagineers

Age: 6-12

Duration: 45m

This program engages children in hands-on STEM activities that build teamwork, communication, and problem-solving skills in a fun, supportive environment. Through creative projects and guided exploration, participants grow confidence, resilience, and leadership. Summer sessions will feature an Under the Sea theme and are hosted at the Westerly-Pawcatuck branch.

Members: \$58 | Participants: \$96

Family Fun Nights

Age: All

Duration: 2.5hrs

Join us for Family Fun Night at the Westerly-Pawcatuck Branch on Friday, July 17 and the Naik Family Branch on Friday, July 24. Enjoy an evening packed with games, food, and quality time together. We'll cap off the night with a screening of a family-friendly movie that everyone will love. It's the perfect way to celebrate summer with your community. Free and open to all ages — bring the whole family!

Members: FREE | Participants: FREE

Register all in attendance

Parent's Night Out

Age: 5-12yrs

Duration: 3hrs

Bring your children to the Westerly-Pawcatuck 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

SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026
FREE
BEACH
Concert Series

★ LIVE MUSIC, FOOD TRUCKS, & LOTS OF FAMILY FUN! ★

CONCERT LINEUP

6:00pm - 8:00pm

- June 23 ★ 3 Hours Later
- July 17 ★ The Music Studio
- August 18 ★ Rusty Nutz
- September 15 ★ Loaded Wagon

NAIK FAMILY BRANCH

1 Harry Austin Dr
Mystic, CT 06379





VISIT OUR BRANCHES:

WESTERLY-PAWCATUCK BRANCH

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

NAIK FAMILY BRANCH

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(860) 536-3575

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(401) 539-2306

CAMP WATCHAUG

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

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