



FALL I & II 2026 PROGRAM GUIDE



SCAN HERE TO
REGISTER!

FALL I: SEPTEMBER 8 – OCTOBER 25

Member Registration: August 10
Participant Registration: August 17

FALL II: NOVEMBER 2 – DECEMBER 20

Member Registration: October 5
Participant Registration: October 12

[OCEANCOMMUNITYYMCA.ORG](https://oceancommunityymca.org)



Information

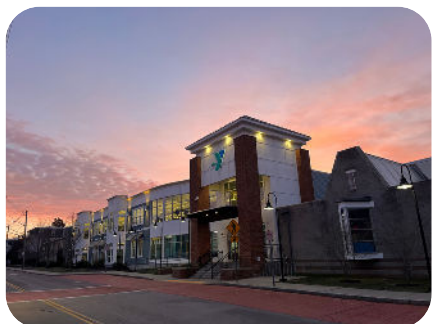


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LOCATIONS

ARCADIA BRANCH

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

NAIK FAMILY BRANCH & CAMP COVE

1 Harry Austin Drive
Mystic, CT 06355
P: 860-536-3575

WESTERLY-PAWCATUCK BRANCH

95 High Street
Westerly, RI 02891
P: 401-596-2894

CAMP WATCHAUG

160 Prosser Trail
Charlestown, RI 02813
P: 401-364-6535

REGISTRATION DATES

FALL I 2026

September 8 - October 25
Member Registration
August 10
Participant Registration
August 17

FALL II 2026

November 2 - December 20
Member Registration
October 5
Participant Registration
October 12

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 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. A new session is starting at the Westerly-Pawcatuck Branch on September 15 & Naik Family Branch on September 14.



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 session starting at the Westerly-Pawcatuck Branch on September 16.



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. New session starting at the Westerly-Pawcatuck Branch on October 9.



Tai Ji Quan: Moving for Better Balance® is an evidence-based, FREE falls prevention program that adapts martial arts movements into a therapeutic exercise format. The program is designed to improve postural stability, body awareness, walking ability, movement coordination, joint range of motion, and lower-body strength. Pre-registration is required. A new session is starting at the Westerly-Pawcatuck Branch on September 14 on Monday and Wednesdays.



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 session starting at the Westerly-Pawcatuck Branch on September 16.

Blood Pressure
Self-Monitoring



Blood Pressure Self-Monitoring (BPSM) is a FREE 4-month program that helps adults with hypertension manage their blood pressure through at-home monitoring, nutrition education, and support from a Healthy Heart Ambassador. Participants will have scheduled check-ins with their Healthy Heart Ambassador and attend monthly nutrition seminars. Pre-registration required. New session starting at the Westerly-Pawcatuck Branch on September 8.

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: \$102 | Participants: \$175

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: \$102 | Participants: \$175

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 three branches.

Members: \$102 | Participants: \$175

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 & Naik Family Branch.

Members: \$102 | Participants: \$175

Y Women Lift Level I & II

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

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: \$102 | Participants: \$175

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: \$102 | Participants: \$175

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: \$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 1x 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

The Lifestyle Lab

Age: 18+

Duration: 45m

This healthy lifestyle program focuses on education and hands on learning. Built around habit stacking, each week participants learn one foundational habit including whole food nutrition, meal timing, strength training, recovery, sleep, and stress management. Now being offered at the Arcadia Branch.

Members: \$102 | Participants: \$175

WALK WITH EASE

AT THE WESTERLY-PAWCATUCK BRANCH

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

Metro Esports

Family Game Nights

Age: 6+

Duration: 2.5 hrs

Join us at the Metro Esports Lounge every other Friday for Family Game Night starting September 18. 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: \$10

Vacation Day: Content Creation

Age: 8-14

Duration: 7 hrs

Date: September 9 (Primary Day)

Combine technology and creativity with our day off from school Content Creation program! Participants will explore the basics of content creation, learning essential skills like broadcast production, livestreaming, podcasting, recording, and editing. Whether you are an aspiring YouTuber, a future TikTok sensation, or a natural podcaster, this program will help you learn how to create engaging, high-quality content.

Members: \$64 | Participants: \$86

Vacation Day: Build a PC

Age: 8-14

Duration: 7 hrs

Date: October 12 (Columbus Day)

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. Participants will use PC-building simulators to plan out their dream computer setup and get a taste of PC-building in a fun, interactive way. And to top it all off, they'll have a blast with a casual gaming tournament at the Metro Esports day camp!

Members: \$64 | Participants: \$86

Vacation Day: Roblox & Minecraft

Age: 8-14

Duration: 7 hrs

Date: November 11 (Veteran's Day)

Spend your day off school exploring, building, and gaming in Minecraft and Roblox! Campers will enjoy hands-on play mixed with engaging lessons in Minecraft Education Edition and Roblox Studio. Kids will learn how games are made, practice coding and design basics, and jump into building their own creative worlds. The day also includes friendly gaming challenges, group activities, and plenty of time to team up with friends in the esports lounge for challenges and activities.

Members: \$64 | Participants: \$86

BIRTHDAY PARTIES AVAILABLE!

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

Film & Storytelling

Age: 6+

Duration: 90 min

Students will explore the exciting world of filmmaking while bringing their own creative ideas to life. From developing original story concepts and creating storyboards to writing scripts, filming scenes, directing, acting, and editing, participants will experience every stage of the filmmaking process. Working both independently and as part of a production team, students will build creativity, communication, and collaboration skills while learning how movies are made. By the end of the course, each student will have contributed to the creation of a finished short film and developed the confidence to tell stories through film. Whether your passion is writing, directing, acting, filming, or editing, there's a role for everyone!

Members: \$139 | Participants: \$230

AI Pioneers

Age: 6+

Duration: 90 min

Artificial Intelligence is transforming the world — and today's students have the chance to be part of that future. AI Pioneers introduces kids to the exciting world of artificial intelligence and machine learning through creativity, curiosity, and hands-on exploration. Students will learn how machines "think" and make decisions, explore real-world examples of AI in gaming, coding, and design, and experiment with beginner-friendly tools that bring these concepts to life. Rather than teaching kids to use AI as a shortcut, this program helps them understand how it actually works — and how it's powering the next generation of technology, from smarter video games to digital art, music, and storytelling.

Members: \$139 | Participants: \$230

NBA 2K27 Tournament

Age: 6+

Duration: 4 hrs

Celebrate launch day with our NBA2K27 Launch Tournament. Compete against other players on the official release day of the game for your chance to win a free copy of NBA2K27. Bring your best lineup, test your skills, and see who takes home the title on day one.

Members: \$10 | Participants: \$30

Roblox Tech Adventure

Age: 6+

Duration: 90 min

Roblox Tech Adventures is a hands-on program that combines creativity, technology, and fun! Through engaging activities, students will explore STEM concepts, teamwork, problem-solving, and digital citizenship in an exciting, interactive environment. The program concludes with an introduction to "Roblox Studio", where students will learn the basics of game design by creating, testing, and sharing their own Roblox experiences.

Members: \$139 | Participants: \$230

Blocks of Code! Coding Introduction (Level 1 of 3)

Age: 6+

Duration: 90 min

Discover the fundamentals of coding and creative problem solving in Minecraft Education Edition! In this beginner-friendly course, students will explore the basics of programming through guided lessons, interactive tutorials, and hands-on coding challenges — all within the fun and familiar world of Minecraft. As they build, create, and solve puzzles, students will strengthen logical thinking, creativity, collaboration, and computational problem-solving skills. This hybrid course offers the flexibility to attend in person or live online from the comfort of home. Online students participate in the same live class as in-person students, receiving real-time instruction, guidance, feedback, and support from Metro's instructors.

Members: \$139 | Participants: \$230

The Learning Lab: Coding (Level 2 of 3)

Age: 6+

Duration: 90 min

Take your coding skills to the next level in this hands-on Level 2 course using Minecraft Education Edition. Students will design interactive worlds, build automated systems, and create coding driven challenges while strengthening their computational thinking, creativity, and problem-solving skills. Choose the learning format that works best for you — attend in person or join live online. Online students participate in the same live class with the same experienced instructor, receive the same personalized support, and collaborate alongside in-person classmates in a welcoming, engaging learning environment.

Members: \$139 | Participants: \$230

2K League & Rocket League

Age: 6+

Duration: 4 hrs

Level up your game this fall and join one of our Esports leagues! Whether you're draining three-pointers in NBA 2K during Fall I or scoring epic goals in Rocket League during Fall II, these leagues offer a fun, competitive environment where players can build skills, teamwork, and sportsmanship while competing for the championship.

Members: \$50 | Participants: \$80

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 Naik Family Branch.

Members: \$96 | Participants: \$160

Kickoff Flag Football

Age: 5-12yrs

Duration: 45m

Kickoff Flag Football is a fun, engaging, and skill-focused program designed to introduce young athletes to the fundamentals of football in a safe, positive, and non-contact environment. Perfect for beginners and developing players alike, this program builds confidence, teamwork, and athletic ability through structured instruction and exciting gameplay. Offered at the Westerly-Pawcatuck Branch.

Members: \$96 | Participants: \$160

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: Alexis Sanchez, Camp & Enrichment Director, at asanchez@oceancommunityymca.org

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

Youth Archery

Age: 8-12yrs

Duration: 45m

Take aim and discover the exciting sport of archery! Under the guidance of a USA Archery Certified Instructor, participants will learn the fundamentals of safe shooting, proper form, target accuracy, and range etiquette in a fun and supportive environment. All ability levels are welcome. Offered at the Naik Family Branch.

Members: \$96 | Participants: \$160

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

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 Gym & Swim

Age: 5-10yrs

Duration: 90m

Keep your child active and engaged with the perfect combination of sports and swimming! Participants will spend the first 45 minutes enjoying a variety of fun gym activities and games that build teamwork, coordination, and confidence before heading to the pool for 30 minutes of supervised swim time. It's a great way for kids to stay active, make new friends, and enjoy two YMCA favorites in one exciting class. Offered at the Westerly-Pawcatuck Branch.

Members: \$139 | Participants: \$230

NEW Y Girls Strong

Age: 9-12yrs

Duration: 45m

Y Girls Strong introduces girls to proper strength training techniques using bodyweight exercises, resistance bands, medicine balls, and age-appropriate fitness equipment. Participants will learn the fundamentals of safe exercise while improving balance, coordination, and endurance, as well as confidence and healthy habits in a fun and supportive environment! Offered at the Naik Family Branch.

Members: \$96 | Participants: \$160



SCAN ME



TO VIEW CLASS
OFFERINGS &
TO REGISTER!

Youth Basketball League

Age: 5-17yrs

Duration: Varies

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

Members: \$105 | Participants: \$160



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

Rookie Sports

Age: 3-4yrs

Duration: 30m

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

Members: \$80 | Participants: \$140

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 the Westerly-Pawcatuck Branch & Arcadia Branch.

Members: \$85 | Participants: \$150

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: \$85 | Participants: \$150

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: \$102 | Participants: \$175

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: \$102 | Participants: \$175

NEW Hot Shots

Age: 6-8yrs

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: \$122 | Participants: \$210

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: \$102 | Participants: \$175

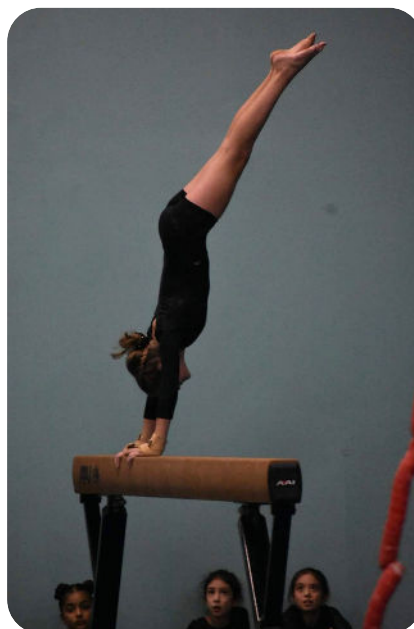
Girls Rec

Age: 6-16yrs

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



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



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.

Members: \$15/day



FOOD DRIVE

Helping Our Neighbors,
One Meal at a Time.

NOVEMBER 9-
NOVEMBER 20



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



WHAT WE NEED

We will accept canned goods and
non-perishable items.

Recommended items include:



STUFFING



CRANBERRY SAUCE



CANNED CORN



CAKE MIXES



FROSTING



All food will be donated to the
Pawcatuck Neighborhood Center
to support local families.

FOR MORE INFORMATION, CONTACT:

Silvana Terranova

Membership & Marketing Director

✉ sterranova@oceancommunityymca.org

Adult Sports & Leagues

Tap Basics & Techniques – Level 2

Age: 16+

Duration: 60m

This class is designed for Beginner Students who have either completed Level 1 Tap Basics or have some prior experience. We will continue to focus on mastering basic tap steps and learning tap vocabulary as well as working on basic choreography. Tap techniques including foot and ankle strengthening, balance and weight transfer between feet will also be included in the class. Offered in Westerly-Pawcatuck Branch.

Members: \$115 | Participants: \$192

Advanced Beginner Tap – Level 1

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, rhythms and tap patterns as well as introducing traveling steps, rhythm changes and foundational choreography. Offered at the Naik Family Branch.

Members: \$115 | Participants: \$192

Advanced Beginner Tap – Level 2

Age: 16+

Duration: 60m

The focus of this class is to continue the transition from simple tap sounds and technique to more intricate rhythms, faster tempos and longer choreography combinations. A solid foundation of prior tap basics and techniques is required as this class moves at a faster pace. Offered at the Westerly-Pawcatuck Branch.

Members: \$115 | Participants: \$192

Intermediate/Advanced Tap

Age: 16+

Duration: 60m

This class will focus on refining tap technique, expanding tap vocabulary and continuing to develop musicality through increasingly complex choreography. In class we will work on speed, clarity, and precise technique while exploring various tap styles. This class is offered in Westerly-Pawcatuck and Naik 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

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

Slobreak Basketball League

Age: 34+

Duration: 60m

This league has been organized to offer players a slower type of basketball. League provides fellowship, competition and fun. The sponsor fee is \$650. The league will start in late October. 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: \$105 | Participants: \$160



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

NEW 3v3 Basketball Tournament

Age: 18+

Duration: 60m

Teams of 4–6 players compete in high-energy, action-packed games. With a 15-minute running clock or first-to-21 scoring, every basket counts. Our flexible format includes pool play, bracketed playoffs, or single/double elimination, with unlimited substitutions and timeouts so your team can showcase strategy and skill. Prizes and bragging rights await the champions. Offered at the Westerly-Pawcatuck Branch. Date TBD

Members: \$150/team

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 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

Fall Fury Pickleball Tournament

Age: 18+

Join us at the Naik Family Branch outdoor pickleball courts for the 3rd Annual Fall Fury Tournament on October 3. This is 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 on PickleballDen.

Members: \$30

Salute & Serve Pickleball Tournament

Age: 18+

Join us for the Salute & Serve Pickleball Tournament on November 8 at the Westerly-Pawcatuck Branch — a day of exciting matches, friendly competition, and community fun! Players of all levels are welcome to compete and celebrate the start of winter on the courts. Play format is up the river, down the river. Register on PickleballDen.

Members: \$30



Salute & Serve CLASSIC

Pickleball Tournament

OPEN TO THE COMMUNITY!



SUNDAY, NOVEMBER 8
REGISTRATION CLOSES: SUNDAY, NOVEMBER 1



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



REGISTER ON PICKLEBALL DEN
REGISTRATION FEE: \$30



WESTERLY-PAWCATUCK BRANCH
INDOOR PICKLEBALL COURTS



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

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

Swim Team Programs

DOLPHINS SWIM TEAM

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

The Dolphins Parent's Meeting will be held on August 24 at 5:30pm. Swim Evaluations will be held from September 1-3 from 5pm-7pm. The season is set to start on September 8.

For information about Swim Team, contact:
Brian Reilly, Aquatics Director
breilly@oceancommunityymca.org
(401) 596-2894

REGISTER FOR
EVAL SLOT HERE:



HAMMERHEADS SWIM TEAM

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

The New Parent's Night will be held on August 10 at 5:00pm. Swim Evaluations will be held on August 19 & 20. First day of practice is Wednesday, September 9.

For information about Swim Team, contact:
Bryan Levine, Head Coach
hammerheads@oceancommunityymca.org
Jayde Forbes, Aquatics Director
jforbes@oceancommunityymca.org



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: \$75

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



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 bi-lateral 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 & 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!

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 at the Westerly-Pawcatuck Branch. Events and activities are scheduled throughout the year. All funds raised are put towards camperships.

Members: FREE | Participants: \$31

Breakfast with Santa

Age: ALL

Duration: 2hrs

Join us for a magical Breakfast with Santa! Enjoy fun activities and a hearty breakfast in the company of jolly old Saint Nick. Pictures with Santa will be available too! Offered at the Westerly-Pawcatuck Branch on December 13 and Naik Family Branch on December 12 from 8:30am-10:30am. Price below is per family. Pre-registration is required and only one person per family needs to register.

Members: \$20 | Participants: \$30

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 or Naik Family 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: \$410 | Participants: \$475

Swim with the Pumpkins

Age: ALL

Duration: 45m

Join us for these FREE member events! We'll fill the pool with inflatable pumpkins for a unique and fun swim. Lifeguards and swim testing will be provided. Parents must accompany any child who needs a life jacket. Pre-registration is required. Events will be on October 17 at the Westerly-Pawcatuck Branch and October 25 at the Naik Family Branch.

Members: FREE

Fundamentals of Drawing

Age: 18+

Duration: 60m

Drop in to the Naik Family Branch to learn new drawing techniques such as pen control, gesture drawing, and figure drawing. Led by fine artist Bellana Parungao, whose storytelling-focused work spans comics, illustration, concept art, and portraiture, the class emphasizes traditional artistic practice without using generative AI.

Members: 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: \$80 | Participants: \$140

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. Offered at the Westerly-Pawcatuck branch.

Members: \$96 | Participants: \$160

Camp Cove Saturdays

Age: 5-12yrs

Duration: 3hrs

NEW to the Naik Family Branch, drop the kids off for a half-day at Camp Cove! Campers will enjoy outdoor activities, games, STEM, nature exploration, and team-building activities. Build confidence, make new friends, and enjoy a new adventure each week!

Members: \$50 | Participants: \$65

Vacation Days

Age: 5-15yrs

Duration: Varies

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

Members: \$60 | Participants: \$75

Parent's Night Out

Age: 5-12yrs

Duration: 3hrs

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

Members: \$30 | Participants: \$50

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



**CAMP WATCHAUG'S
4TH ANNUAL**

Halloween Spooktacular

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



October 24, 4PM – 6PM

160 Prosser Trail, Charlestown, RI 02813



Confirm your attendance on our Facebook Page!

**FREE & OPEN TO THE
COMMUNITY!**

For more information, please contact,
Blake Boutiette, Executive Camp Director, at
bboutiette@oceancommunityymca.org or (401) 596-2894.





VISIT OUR BRANCHES:

WESTERLY-PAWCATUCK BRANCH

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

NAIK FAMILY BRANCH

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

ARCADIA BRANCH

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

CAMP WATCHAUG

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

OCEANCOMMUNITYYMCA.ORG

