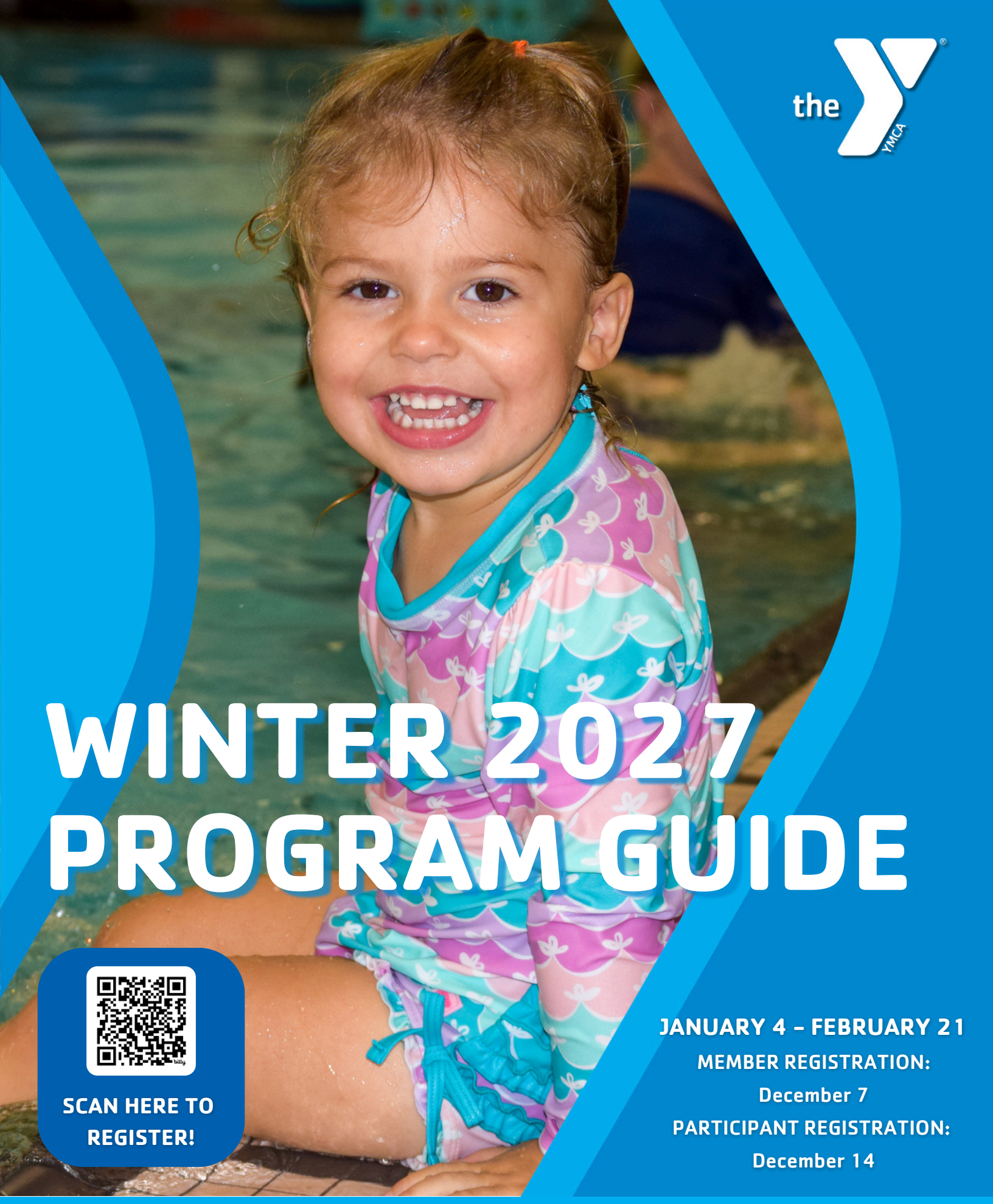

# WINTER 2027 PROGRAM GUIDE

SCAN HERE TO REGISTER!

**JANUARY 4 – FEBRUARY 21**

**MEMBER REGISTRATION:**
December 7

**PARTICIPANT REGISTRATION:**
December 14

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

### WINTER 2027

January 4 - February 21

Member Registration

December 7

Participant Registration

December 14

### SPRING I 2027

March 1 - April 18

Member Registration

February 1

Participant Registration

February 8

**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 Naik Family Branch on January 11 & Westerly-Pawcatuck Branch on January 12.

tai ji quan
Moving for Better Balance

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 in March on Monday and Wednesdays. Interest roster is available.

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

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 January 13.

NATIONAL DIABETES PREVENTION PROGRAM

The National Diabetes Prevention Program (National DPP) is a FREE, CDC-recognized lifestyle change program focused on healthy eating and physical activity. Research shows that people with prediabetes who participate in a structured program can reduce their risk of developing type 2 diabetes by 58%—and by 71% for those over age 60. Pre-registration is required. New session starting at the Westerly-Pawcatuck Branch on January 14.

Powerful Tools FOR Caregivers

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

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

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

# Adult Wellness

### *NEW* Main Event Boxing
**Age: 18+**

**Duration: 45m**

Build strength, confidence, and boxing skills in our Main Event Boxing class! Led by registered MMA fighter Mo Aualshayeb, who brings over 13 years of experience, participants will learn and practice boxing fundamentals, including proper technique, footwork, and coordination. Whether you're new to boxing or looking to sharpen your skills, this class offers a fun and challenging workout in a supportive environment. Offered at the Westerly-Pawcatuck Branch.

**Members: $104 | Participants: $180**



### 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: $104 | Participants: $180**

### Nordic Walking
**Age: 18+**

**Duration: 45m**

Join this 4-week session and learn the technique of activator poles designed to engage arms, core, and legs while reducing stress on joints. Designed to improve posture, balance and cardiovascular fitness. Offered through the Arcadia Branch.

**Members: $52 | Participants: $90**

**NORDIC WALKING STRIDERS CLUB**

$15/month upon completion of the Nordic Walking programt oaccess weekly guided walks.

### 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: $104 | Participants: $180**

### 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 and Naik Family Branch.

**Members: $104 | Participants: $180**

### Y Women Lift Levels 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: $104 | Participants: $180**

### Learn to Lift
**Age: 15+**

**Duration: 45m**

This 4 week session teaches proper technique, and introduces the participant to a variety of techniques and training styles to develop lifelong fitness habits. Offered at the Arcadia Branch.

**Members: $52 | Participants: $90**

**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**

### 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**

### 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**

**WALK WITH EASE**

AT THE WESTERLY-PAWCATUCK BRANCH

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

### 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**

**Group Exercise Classes**

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

### Immersion Yoga Workshops
**Age: 18+**

**Duration: 2hrs**

Come explore grounding foundational poses to cultivate a sense of stability and rootedness. Feel the pose, physically, mentally and spiritually through the earth element, experiencing the effects as the breath, body & mind come together in union. Offered at all three branches.

**Members: $20 | Participants: $25**

# 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**



## Madden League

**Age: 7-14**

**Duration: 60 min**

Take your football gaming skills to the next level in our Madden Esports League! Compete against other players in exciting matchups while developing strategy, teamwork, and sportsmanship throughout the season. Whether you're a seasoned Madden player or new to the game, join the competition and battle your way to the top of the leaderboard!

**Members: $50 | Participants: $80**

## ESPORTS BIRTHDAY PARTIES AVAILABLE!

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

## Game On: Cognitive & Creative Games

**Age: 40+**

**Duration: 90 min**

Game On is a monthly program designed to support brain health and keep minds active through fun, guided activities. Each session focuses on skills like memory, focus, reaction time, and problem-solving using simple, approachable games. All activities are beginner-friendly and staff-supported, creating a relaxed, social environment where participants can stay engaged, build confidence, and connect with others. Classes will be on January 7 and February 11.

**Members: $20 | Participants: $33**

## Madden Tournament

**Age: 7+**

**Duration: 3 hrs**

Get ready for the ultimate Super Bowl showdown at our Madden Tournament on February 13! Compete against other players, show off your football skills, and battle your way to victory in this exciting gaming competition. Whether you're a seasoned Madden player or just looking for some friendly competition, come join the fun and see who will be crowned champion!

**Members: $10 | Participants: $20**




## Cyber Security: Don't Get Hacked

**Age: 18+**

**Duration: 90 min**

Stay safe online with our Cyber Security: Don't Get Hacked program, designed for ages 12 and up! Learn how to protect your personal information, recognize online scams, and avoid common cyber threats. Participants will explore password security, phishing scams, social media safety, and tips for keeping their devices secure. Build the knowledge and confidence to navigate the digital world safely and responsibly!

**Members: $142 | Participants: $235**



## Level 1: Roblox Studio & Coding

**Age: 7-14**

**Duration: 90 min**

In this program, students will be immersed in game development basics using Roblox Studio, where they'll learn beginner coding skills to create and test mini-games. Participants engage in fun activities while learning level design, game mechanics, and peer collaboration, gaining valuable insights into game structure and digital storytelling in a fun, interactive setting. By the end of this program, participants will have all the fundamental skills to build their very own Roblox map!

**Members: $142 | Participants: $235**

# Youth Sports & Wellness

### *NEW* Athlete Arcade

**Age: 7-14yrs**

**Duration: 90m**

Combine sports and gaming in Athlete Arcade! Participants will enjoy 45 minutes of sports and recreation in the gym from, followed by 45 minutes in the Metro Esports Lounge playing video games that match the sport of the week. Weekly themes will feature games like Madden, NBA 2K, FIFA, and more! A fun mix of physical activity, gaming, and friendly competition. Offered at the Westerly-Pawcatuck Branch.

**Members: $142 | Participants: $235**

### Pre-School Gym

**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: $82 | Participants: $143**

## 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: Olivia London, Membership Director, at olondon@oceancommunityymca.org

For YMCA Camp Watchaug rental options, please contact: Blake Boutiette, Executive Director, at bboutiette@oceancommunityymca.org

### *NEW* Boxing 101

**Age: 8-17yrs**

**Duration: 45m**

Get ready to build strength, confidence, and coordination in our new Youth Boxing class! Led by registered MMA fighter Mo Aualshayeb, participants will learn boxing fundamentals, including footwork, coordination, and proper techniques. Youth will develop their skills through speed bag and heavy bag training in a fun, supportive environment. Offered at the Westerly-Pawcatuck Branch.

**Members: $104 | Participants: $180**



### Kickoff Flag Football

**Age: 5-7yrs**

**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: $98 | Participants: $165**



## SCAN ME

TO VIEW CLASS OFFERINGS & TO REGISTER!

### Youth ELEVATE

BACK BY POPULAR DEMAND!

**Age: 10-17**

**Duration: 45m**

ELEVATE helps youth build a strong foundation for lifelong fitness by teaching proper exercise techniques, strength training fundamentals, and weight room safety. Participants will gain the knowledge, confidence, and independence needed to approach strength training safely and effectively. 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: $82 | Participants: $143**

## TONI'S KIDS

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

To see if your child qualifies for Toni's Kids, please contact your respective branch.

# 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.

**Members: $87 | Participants: $153**

## 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: $87| Participants: $153**

## 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: $104 | Participants: $180**

## 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: $104 | Participants: $180**

## Hot Shots
**Age: 4-6yrs**

**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: $125 | Participants: $215**

## 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: $104 | Participants: $180**

## 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: $104 | Participants: $180**



## Boys & Girls Pre-Team
**Age: 6-16yrs**

**Duration: 60 min**

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**



## 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**

# WEATHER ALERTS!

**BE IN THE KNOW ABOUT FACILITY CLOSURES & DELAYS**
**OPT-IN FOR TEXT MESSAGES & DOWNLOAD THE MOBILE APP TODAY!**

## HOW TO OPT-IN:

**Text OCY to 545-39 to opt-in for text messages**

Message and data rates may apply.
Message frequency varies.

## HOW TO DOWNLOAD:

1. Search "Daxko" in your App Store or Google Play Store.
2. Download the Daxko Health and Fitness app and open it.
3. Enter your zip code and select your primary Ocean Community YMCA Branch.
4. Select 'Member Login' and proceed to login into your YMCA member account via email or phone number.



# Adult Sports & Leagues

### Beginner Tap & Jazz – 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, 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: $118 | Participants: $195**

### Tap Basics & Techniques – Level 1
**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. class.

**Members: $118 | Participants: $195**

### Adv. Beginner Tap – Level 2
**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: $118 | Participants: $195**

### Intermediate Tap – Level 3
**Age: 16+**

**Duration: 60m**

This Intermediate tap will focus on fine-tuning more intricate footwork, rhythm patterns, and musicality. Proficiency with tap basics is required as this class will move at a faster pace than Beginner tap. This class is offered in Westerly-Pawcatuck and Naik Family Branch.

**Members: $118 | Participants: $195**

### Advanced Tap – Level 4
**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 at the Westerly-Pawcatuck Branch.

**Members: $118 | Participants: $195**

### 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: $118 | Participants: $195**

### Belly Dancing
**Age: 16+**

**Duration: 60m**

Discover the fun and art of belly dancing in this beginner-friendly class! Learn basic movements, simple combinations, and techniques that improve coordination, flexibility, and confidence. No experience is needed—just come ready to move, have fun, and try something new! Now offered at the Arcadia Branch.

**Members: $118 | Participants: $195**

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**

### Adaptive Slice & Shake Social
**Age: 18+**

**Duration: 90m**

Join us for Slice and Shake on January 19 at 5:30pm. This is our quarterly pizza and Zumba bash for individuals with intellectual disabilities or who are neurodivergent. Enjoy an evening of movement, friendship, and fun at the Naik Family Branch Gymnasium.

**Members: $15 | Participants: $20**

### 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**

### Women's Pickleball League
**Age: 18+**

**Duration: 60m**

Join our Women's Pickleball League for a fun and competitive way to stay active, improve your skills, and connect with other players! Enjoy friendly matches in a welcoming and supportive environment designed for women who love the game. The league meets every Thursday from 6–7 PM at the Westerly-Pawcatuck Branch.

**Members: $30 | Participants: $45**

**FINANCIAL ASSISTANCE AVAILABLE!**

# ADAPTIVE
## PICKLEBALL CLINIC







THIS CLINIC IS FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES OR ARE NEURODIVERGENT

## FEBRUARY 16

## NAIK FAMILY BRANCH

AGES 13+ | 6:00PM–7:00PM

**FREE** & OPEN TO THE COMMUNITY

SCAN HERE TO REGISTER

the YMCA

OCEAN COMMUNITY PICKLEBALL

For more information, please contact:
David Livingston, Pickleball Coordinator
dlivingston@oceancommunityymca.org
(401) 596-2894

# 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, 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.



For information about Swim Team, contact:
Bryan Levine, Head Coach
hammerheads@oceancommunityymca.org

Jayde DeVylder, Aquatics Director
jdevylder@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

PARENT IN WATER

**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: $87 | Participants: $153**

## Preschool Starter

PARENT IN WATER

**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: $87 | Participants: $153**

## 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: $87 | Participants: $153**



## 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: $87 | Participants: $153**

## 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: $87 | Participants: $153**



## 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: $104 | Participants: $180**

## 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: $104 | Participants: $180**

## 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: $104 | Participants: $180**

**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: $104 | Participants: $180**



## 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: $104 | Participants: $180**

## 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: $104 | Participants: $180**

## Teen Beginner Swim

**Age: 12-18yrs**

**Duration: 45m**

Our Teen Beginner Swim Class is designed for teens who are new to swimming or looking to build confidence in the water. Participants will learn essential swimming skills, including floating, breathing techniques, basic strokes, and water safety. Through supportive instruction and skill-building activities, teens will develop the confidence and ability to swim independently at their own pace.

**Members: $104 | Participants: $180**

# Youth & Family Programs

## Y We Read Book Club
**Age: 18+**

**Duration: 60m**

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

**Members: FREE | Participants: FREE**

## Youth Chess Club
**Age: 7-12**

**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**

## Mahjong Mondays
**Age: 18+**

**Duration: 2hrs**

Join us at the Naik Family Branch for Mahjong Mondays at 5:30pm! Players of all experience levels are welcome, though prior experience is recommended. Meet fellow players, enjoy a friendly game, and practice your skills in a relaxed environment. Keep an eye out for occasional Mahjong lessons offered for an additional fee!

**Members: FREE | Participants: $10**




## 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**

## 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: $129 | Participants: $165**

## 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. Winter sessions feature an Outerspace theme at the Westerly-Pawcatuck Branch.

**Members: $82 | Participants: $143**

## 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: $98 | Participants: $165**

## Valentine's Day Family Dance
**Age: All Ages**

**Duration: 2hrs**

Celebrate love and laughter with us at the Naik Family Branch on Friday, February 12th from 5pm-7pm! Bring the whole family to dance the night away to today's favorite hits, plus enjoy fun activities and sweet treats. We can't wait to see you on the dance floor! Registration fee covers the whole family.

**Members: $25 | Participants: $40**

## 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 from 8am-5pm & Naik Family Branch from 8am-4pm. Dates to come. Prices listed below are daily rates.

**Members: $66 | Participants: $89**

## Parent's Night Out
**Age: 5-12yrs**

**Duration: 3hrs**

Bring your children to the Westerly-Pawcatuck Branch or Naik Family Branch from 5pm-8pm 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**

$10 per additional child $20 per additional child







# OCEAN COMMUNITY YMCA

# SUMMER CAMPS

## CAMP WATCHAUG | CAMP COVE
## ESPORTS & GAMING CAMP

**REGISTRATION OPEN JAN. 18!**

american CAMP association ACCREDITED

**OFFERING 10 WEEKS OF SUMMER FUN!**

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



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

**Activities**
- ✔ Sailing
- ✔ Archery
- ✔ Swimming
- ✔ Ropes Course
- ✔ Banana Boat
- ✔ AND MORE!

### Camp Cove
1 Harry Austin Drive
Mystic, CT 06355

**Activities**
- ✔ Kayaking
- ✔ Archery
- ✔ Swimming
- ✔ Arts & Crafts
- ✔ Low Ropes
- ✔ AND MORE!

### Esports Camp
95 High Street
Westerly, RI 02891

**Activities**
- ✔ Coding
- ✔ Gym Time
- ✔ Swimming
- ✔ Game Design
- ✔ Build a PC
- ✔ 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!



# 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

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