



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAVING FUN TOGETHER!

2017 WINTER / SPRING 1 / SPRING 2  
PROGRAM BOOK



**Pawtucket Family YMCA**  
20 Summer Street  
Pawtucket, RI 02860  
727.7900

**Heritage Park YMCA**  
333 Roosevelt Avenue  
Pawtucket, RI 02860  
727.7050

# INFORMATION

## Welcome to the Pawtucket Family YMCA



Welcome to the Pawtucket Family YMCA

**The Family Y has five additional program sites offering various opportunities to youth in the Blackstone area:**

### **HERITAGE PARK YMCA**

**333 Roosevelt Ave., Pawtucket, RI 02860 • (401) 727-7050**

The Heritage Park YMCA located in Pawtucket, Rhode Island has a BrightStars quality-rated early childhood education program for children 6 weeks to 7 years of age. Outfitted in 20 spacious classrooms as well as indoor and outdoor play spaces, the Heritage Park YMCA gives children an ample amount of space to “Play to Learn and Learn to Play.” Each of our programs has the latest materials that encourage children to learn at their own pace. Our center is licensed by the Department of Children, Youth and Families and our preschool program is approved by the Rhode Island Department of Education. Preschoolers and after school students also have an opportunity to learn to swim at the Family Y location.

### **DARLINGTON YMCA**

**1080 Newport Ave., Pawtucket, RI 02861 • (401) 729-8794**

The Darlington YMCA is conveniently located on Newport Avenue. We offer quality before and after school programming while serving local schools. This unique program offers homework help, Fit Kids program, swimming and various other fun activities that help a child develop. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. This program offers breakfast, snack and dinner and all day program care is available on select holidays and snow days at no extra charge.



# CHILDCARE

## At the Heritage Park Early Learning Center

### INFANT CHILDCARE

Ages 6 Weeks - 18 Months

Heritage Park YMCA Infant Center meets your child's individual needs by ensuring positive attention and care. The Y's infant care focuses on the development of each child and equips even infants with essential skills for learning. With a nurse on staff, the program uses assessment tools to monitor your child's development.

Member/ Non-Member:

\$180/\$210 (per week)

### TODDLER CHILDCARE

Ages 18 Months - 3 Years

Heritage Park YMCA Toddler Program provides a safe, nurturing environment in which every child can learn to communicate, cooperate and care about each other.

Our low child to staff ratios ensures your child will receive individualized loving care and attention. Toddlers have scheduled and open activity time so they may learn from a group and discover independently, all under the supervision of our knowledgeable and certified teachers.

Member/ Non-Member:

\$175/\$205 (per week)

### PRESCHOOL EARLY CHILDHOOD EDUCATION

Ages 3 Years - 5 Years

Heritage Park YMCA is a 3-star rated BrightStars program for early childhood education. This program is for children aged 6 weeks to 5 years. All our lead teachers have either Child Development Associate Certification or Associate Degrees in Early Childhood Education. Heritage Park has also partnered with

Ready to Learn Providence to run two state pre-k classrooms. Heritage Park has an active Parent Advisory Committee.

Member/ Non-Member:

\$160/\$195 (per week)

### BEFORE AND AFTER SCHOOL CHILDCARE

Kindergarten - 1st Grade

Heritage Park YMCA provides a before and after school program for children. Children in our program experience homework help, Fit Kids, group games, outside play as well as arts and crafts, science and other hands on learning. Vacation weeks and days off from school find the children engaged with camp type activities along with swim and field trips.

Member/ Non-Member:

\$105/\$150 (per week)

### ROCKWALL, POOL, GYM & MEETING ROOM RENTALS

Facility rentals at the Family YMCA provide a perfect setting for your corporate or social event in our state-of-the-art facility. There are many options available and our staff can help accommodate you. For events, big and small, we have the right solution for you. All rentals are available through contract only. Please visit the Member Services Desk or call 401-727-7900.

# CHILDCARE

At the Pawtucket Family YMCA and Darlington YMCA Site

## EARLY RISERS CHILDCARE PROGRAM

Kindergarten - 8th Grade

The Pawtucket Family Y strives to provide a quality childcare program that is affordable, safe and is accessible to all families. Programs are offered in a supportive environment in which children have the freedom to be creative and grow into happy, healthy individuals. The children who are enrolled in the Early Risers Program receive a healthy breakfast and engage in age-appropriate activities. Transportation to school every day is also provided.

Monday - Friday:

6:30 a.m. - Start of School

Member/ Non-Member: \$40/\$60

## AFTER SCHOOL CHILDCARE

Kindergarten - 8th Grade

The Family Y's After School Program provides a safe and resource-rich environment introducing children to activities that reinforce the school-age curriculum. Children enjoy swimming, arts & crafts, games and special events each day. Healthy snacks and a nutritious dinner are offered to every child. The program also works with children who are less active through our Fit Kids Program. Parents and guardians have peace of mind knowing that their child will be safely transported from school every day by Y staff.

Monday - Friday:

End of School - 6:30 p.m.

Member/ Non-Member: \$69/\$90

## BEFORE & AFTER SCHOOL CHILDCARE

Kindergarten - 8th Grade

The Pawtucket Family YMCA provides an excellent before and after school program for children. Children in our program experience homework help,

Fit Kids, group games, outside play as well as arts and crafts, science and other hands on learning. Vacation weeks and days off from school find the children engaged with camp type activities along with swim and field trips. All of the participants will be enrolled in the Family Y Dinner Program.

Member/ Non-Member:

\$105/\$150 (per week)

**SAVE \$4 on Both Programs!**

Vacation Week: Member/ Non

Member: \$135/\$150 (per week)



## INTERN PROGRAM

Ages 12 - 15 years

Designed for young teens to develop skills and self confidence for a lifetime. The intern's afternoon will consist of job skill building, community service and character building. They will have an opportunity to earn up to a \$50 stipend every month which will be awarded based on different evaluations and accomplishments. Homework completion and participation in a fitness component will be important expectations of this program. The interns will have the option of a healthy dinner each evening. Sign up early, spots are limited!

Monday - Friday: 2:30 p.m. - 6:30 p.m.

Member/ Non-Member: \$69/\$85



# PRESCHOOL AQUATICS

## PRESCHOOL PROGRESSIVE SWIM PROGRAM

The Y's instructional swim program uses the YMCA of the USA's Parent/Child and Preschool Program as its model to introduce swimming to children. The program is progressive and will help your child advance to higher or greater skill levels at his or her own pace.

**Fees per session: Member/Non-Member: \$35/\$85**

**NOTE: The parent must accompany their child for the following classes.**

**A designated area will be provided for parents to watch from.**

### PIKE LEVEL & PIKE LEVEL w/ PARENT CLASSES

Ages 3 - 5 years

This class is designed for the child with no previous water experience. This class is a gradual general water orientation utilizing creative water play, breath control, floating, basic arm and kicking skills and safety skills. The program provides children their first aquatic experience without parental assistance in a safe, fun and positive learning environment. The child will learn the importance of safety around the water.

### EEL LEVEL

This class is for the child with dependent abilities and basic skills. With the use of a noodle, the child is encouraged to move into a horizontal position, practice more basic skills and learn to become independent of the noodle. The children will work towards gaining courage and self-esteem in the water and learning breathing techniques.

### CHILD SWIM CLASSES

Ages 3 - 5

Sunday: 11:00 a.m. - 11:30 a.m.

Tuesday: 5:00 p.m. - 5:30 p.m.

Thursday: 5:00 p.m. - 5:30 p.m.

Saturday: 9:00 a.m. - 9:30 a.m.

All Levels

### RAY LEVEL

For the child who can swim across the pool without a noodle. Children will build endurance by swimming on their front and back. Advanced and creative skills are taught including stroke development. Safety and basic skills are emphasized. The child will gain self-confidence. Children will learn how to swim in the deep end as well as submerging skills.

### STARFISH LEVEL

Gives an overview of skills learned in Ray class. This class is for the child who is comfortable in the water and can swim the width of the pool. Children at this level refine their strokes. Skills taught include underwater swimming and more refined rhythmic breathing.

### WATERBABIES SWIM LESSONS

Ages: 6 - 36 Months

The parent will become aware of how to teach his/her child to be safer in and around water. The activities are based on the developmental abilities of the child as the child learns aquatic skills and has fun. Cloth diaper with plastic pants or diapers for swimming use are required.

Member/ Non-Member:

\$35/\$85 (6 week session)

# PRESCHOOL PROGRAMS

## PRESCHOOL PLAY & GYM

Stay, Play, Learn & Grow! Parents are welcome to spend time with their children in our exciting Play Gym during designated hours. It's a great chance for young children to socialize with other kids their age, get their bodies moving, and engage in creative play! Check with the Member Services Desk for group schedules that may interfere with open play time.

Monday - Friday:

12:00 p.m. - 4:00 p.m.

Saturday: 7:00 a.m. - 9:00 a.m.

12:00 p.m. - 5:00 p.m.

Sunday: 9:00 a.m. - 3:30 p.m.

## MORNING CHILD WATCH

Ages 6 months - 5 years

Monday - Friday:

9:00 a.m. - 12:00 p.m.

Saturday:

8:30 a.m. - 12:00 p.m.

Parents can work out knowing their children are safe and engaged in age appropriate activities. Kids experience free play (puzzles, toys, blocks, etc ...) story time, interactive games, crafts, cognitive learning as well as play time in our Preschool Play Gym and Youth Fitness room. Y programs are grounded in our core values of caring, honesty, respect and responsibility.

Member/ Non-Member: FREE/\$3

## PARENT/CHILD AQUATICS

Ages 6 months - 36 months

**NOTE: The parent must be in the water with the child for the following aquatic classes.**

Sunday: 9:35 a.m. - 10:05 a.m.

Saturday: 11:15 a.m. - 11:45 a.m.

## SHRIMP LEVEL (Ages 6 - 8 months)

Introduces babies and adults to a positive and safe water environment. Children and their parents swim together with other families.

## KIPPER LEVEL (9 - 12 months)

Introduces basic water skills, safety and fun with toys, flotation devices and interaction with other children.

## INIAS LEVEL (13 - 18 months)

Encourages children to make purposeful movements in the water while they gain limited independence.

## PERCH LEVEL (19 - 36 months)

All children will explore their aquatic environment with their parent. The program encourages children to swim through the water and transition to aquatics at preschool levels.

## PRESCHOOL SWIM

Ages 3 - 5 years

This introductory level is to orient toddlers and parents with the water.

Swim diapers are required for all children who are not completely potty trained.

Sunday: 11:00 a.m. - 11:30 a.m.

Tuesday: 5:00 p.m. - 5:30 p.m.

Thursday: 5:00 p.m. - 5:30 p.m.

Saturday: 9:00 a.m. - 9:30 a.m.

Member/ Non-Member:

\$35/\$85 for the 6 Week Session

# YOUTH AQUATICS

## YOUTH SWIM PROGRAM

Ages 6 years and older

The Y utilizes the Y-USA Youth Progressive Swim Program. Each skill level is carefully designed to give your child the opportunity to develop in five areas: personal safety, stroke development, personal growth, water sports and rescue.

Fees per session:

Member/Non-Member: \$35/\$85

## POLLIWOG & POLLIWOG+ LEVELS

Class introduces the beginner to floating, gliding, jumping, flutter kick, crawl stroke, rhythmic breathing and sculling on back. Polliwog+ is for the child who has good basic skills but needs to develop deep water confidence, crawl stroke, rhythmic breathing, and endurance.

Sunday: 11:35 a.m. - 12:20 p.m.

Tuesday: 5:35 p.m. - 6:20 p.m.

Thursday: 5:35 p.m. - 6:20 p.m.

Saturday: 9:35 a.m. - 10:20 a.m.

## GUPPY LEVEL

Perfect crawl stroke, rhythmic breathing; learn back crawl, diving and combinations. Swimmers practice front crawl skills, floating, and breathing.

Sunday: 11:35 a.m. - 12:20 p.m.

Tuesday: 5:35 p.m. - 6:20 p.m.

Thursday: 5:35 p.m. - 6:20 p.m.

Saturday: 9:35 a.m. - 10:20 a.m.

## MINNOW LEVEL

Develop stronger and more relaxed crawl stroke and back crawl, learn elementary backstroke, practice survival skills and build endurance. Kids are learning safety and building confidence all at the same time!

Tuesday: 6:25 p.m. - 7:10 p.m.

Thursday: 6:25 p.m. - 7:10 p.m.

Saturday: 10:25 a.m. - 11:10 a.m.

## FISH LEVEL

Participants will work on balance and coordination of crawl, back crawl, teamwork, open turns and dives.

Tuesday: 6:25 p.m. - 7:10 p.m.

Thursday: 6:25 p.m. - 7:10 p.m.

Saturday: 10:25 a.m. - 11:10 a.m.

## FLYING FISH LEVEL

For children who can swim front crawl, backstroke, breaststroke, and side stroke. The swimmer will be taught the butterfly components and combinations.

Tuesday: 6:25 p.m. - 7:10 p.m.

Thursday: 6:25 p.m. - 7:10 p.m.

Saturday: 10:25 a.m. - 11:10 a.m.

## SHARK LEVEL

Work on butterfly, side stroke, individual medleys and correcting any developed bad habits. Lifesaving and advanced skills are introduced.

Tuesday: 6:25 p.m. - 7:10 p.m.

Thursday: 6:25 p.m. - 7:10 p.m.

Saturday: 10:25 a.m. - 11:10 a.m.

## PORPOISE CLUB

For the child who has completed Shark and wants to begin work towards Lifeguard training. This program is set up to continue fitness, community service and learn basic life guarding skills.

Tuesday: 6:25 p.m. - 7:10 p.m.

Thursday: 6:25 p.m. - 7:10 p.m.

Saturday: 10:25 a.m. - 11:10 a.m.

## SPECIAL NEEDS

This program is designed for children with disabilities. Youth participate in motivating exercises that strengthen and enhance their motor skills. Contact Sean Cassidy for more information.

Sunday: 9:00 a.m. - 9:30 a.m.

## PRIVATE SWIM LESSONS

Our experienced instructors will work with you to develop your swimming skills with one-on-one attention. A minimum of three lessons must be purchased.

Member: 4 Lessons for \$75

Non-Members: 4 Lessons or \$150

# YOUTH PROGRAMS

## COOKING CLUB

Ages 8 - 11 years

Get your aprons ready! Do you like mixing, mashing, measuring, and making mouthfuls of yummy snacks? Have fun and learn how to cook at the Y Kitchen. During this educational program children will learn healthy recipes and cooking techniques. Kids will learn how to handle utensils properly and become familiar with the kitchen. Did we also mention having fun too? Spots are limited!

Thursday: 6:30 p.m. - 8:00 p.m.  
Members Only: \$30

## YOUTH WELLNESS TRAINING

Ages 10 - 12 years

Do you want your child to become more active and health conscious? This 6 week class will focus on learning the exercise principles, guidelines and techniques to use in the Fitness Center or Ready to Be Fit Room. Participants will learn the proper use of the cardio and strength equipment. The children will also be taught the importance of nutrition. Upon completion of the program, the youth will be permitted into the designated fitness areas accompanied by an adult at select times throughout the week.

Thursday: 4:00 p.m. - 5:00 p.m.  
Members Only: \$40/6 Week Session  
1 on 1 Classes: \$125/6 Week Session  
By Appointment Only

## TEEN FITNESS ORIENTATION

Ages 13 - 17 years

All youth must complete the youth fitness program before using the fitness center unsupervised. The program includes (2) one hour sessions with a wellness coach. All Participants will learn how to use the equipment - by appointment only. Contact the Fitness Center. Youth are allowed to use the fitness center only after completing the YMCA fitness program.

## ROOKIE'S BASKETBALL

Ages 4 - 7 years

This is a 6-week program focusing on the fundamentals of Basketball. This league is a great place for younger children to train and play. Every child will get to play while learning new techniques. The Y has excellent instructors with backgrounds playing on a college level and professionally.

Saturday: 9:00 a.m. - 10:00 a.m.  
Member/ Non-Member: \$25/\$35

## PAWTUCKET YMCA YOUTH BASKETBALL LEAGUE

Ages 8 - 12 years

Come play on the Y's Youth Basketball League! We focus on team building and teamwork. Our goal is to train our athletes to be leaders on and off the court. Whether you are new to the game or have played for years, we have a spot for you on the team and learn a fun-filled sport. Be a part of the winning team! Located in the gymnasium.

Monday/Thursday: 6:15 p.m. - 7:30 p.m.  
Saturday: 10:00 a.m. - 2:30 p.m.  
Member/ Non-Member: \$40/\$70

## YOUTH INDOOR SOCCER LEAGUE

Come play the biggest sport in the world in a fun environment by playing exciting energetic games that teach the fundamentals of this great sport. Learn to pass, shoot and work together as a team or even improve on your skills to be the next SUPERSTAR. Shirts are included with registration.

Member/Non-member \$25/35  
Located in the Gym Sundays  
Ages 4-8 years old 11:00 a.m.-12:00 p.m.  
Ages 9-15 years 12:00p.m 1:00 p.m.



# YOUTH PROGRAMS

## ALL-STARS

Wish your kids could play new exciting games with other children in a fun environment. Each week we introduce a new sport/activity like GaGa Ball with our new massive inflatable GaGa pit. Or play Matball, a more exciting version of kickball. Introduce other games like floor hockey, dodge ball, various tag games, and above ground water polo.

Member/Non-member \$10/30

Located in Extreme Gym Thursdays

Ages 5-10 6:00 p.m. – 7:00 p.m.

## SHITO RYU KAI KARATE

Ages 6 - Adult

Students learn basic techniques, forms, and self-defense in a structured martial arts program. Students also learn the history of karate.

### YOUTH (Ages 6 to 12 years old)

Monday: 5:30 p.m. - 6:30 p.m.

Tuesday: 5:30 p.m. - 6:30 p.m.

Wednesday: 5:30 p.m. - 6:30 p.m.

### ADULT (Ages 13 and older)

Monday: 6:30 p.m. - 7:30 p.m.

Tuesday: 6:30 p.m. - 7:30 p.m.

Wednesday: 6:30 p.m. - 7:30 p.m.

Member: \$40/2x week

\$60/3x week

Non-Member: \$75/2x week

\$90/3x week

## YOUTH HORSEMANSHIP

Ages 8 - 17

Introduction to horsemanship. Participants learn basic horse care, grooming, tacking, English riding and stable management in a safe and structured environment. The program will be held at Palmer River Equestrian Center in Rehoboth, MA. The owner/instructor, Dawn Cook has 25+ yrs. experience teaching horsemanship to children. She is licensed and insured. This program will build confidence and self-esteem and participants will learn leadership skills. No prior riding experience is necessary. Transportation and a Subway lunch is included.

SPACE IS LIMITED.

Saturdays: Spring I & Spring II

11:30 – 3:00 pm

Members Only: \$300/session

## KIDS SUPER SATURDAYS

Ages 6 - 12 years

Join us one Saturday a month and enjoy energizing and super fun activities for your child while you earn some free time to yourself. Drop them off from 9 - 2pm. Free breakfast and lunch provided.

Price per child is \$7.00.

Members Only

January 21

February 18

March 18

April 8

May 20



# ACTIVITIES/CHILDWATCH

## CHILDWATCH

ChildWatch is a feature of the Y's youth programming that offers a variety of supervised activities for children. ChildWatch is a drop-off full-service that members can use while using the facility. Your children are provided with a positive social experience in a secure, happy environment. Low ratios are implemented at all times.

## FREE SERVICE TO ALL YMCA FAMILY AND YOUTH MEMBERS

Reciprocal/Non-Members: \$ 3.00 for each child.

### EVENING CHILDWATCH

#### **Ages 6 months - 4 years**

Monday - Friday: 4:00 p.m. - 8:00 p.m.

Rest assured that your child is safe and well supervised while you work out. Free play, story time, play dough, creative play, movies and lots of fun. Children play basketball, have use of the indoor play gym, watch movies, enjoy playing games on Wii, climb the Rock Wall, and get competitive with each other with board games.

#### **Ages 5 years - 12 years**

ChildWatch staff will engage with your kids in basketball, playing games on Wii, games, swimming, indoor play gym, watching movies and Rock Wall.

### SATURDAY CHILDWATCH

#### **Ages 6 months - 12 years**

Saturday: 8:30 a.m. - 12:00 p.m.

Saturday ChildWatch offers age appropriate activities for children. Our staff will engage children with activities and offer homework assistance as well as encourage each child to stay active with their minds and bodies. Offerings include crafts, gym activities, sport wall, rock wall, computers and more!!



# ADULT PROGRAMS

## LUNCH BREAK BASKETBALL

This program is designed to offer adults a program where they can come in on their lunch hour and enjoy a basketball game. Basketball is a great cardiovascular workout while running and jumping and that really works the heart and lungs. You are getting your blood pumping and your breathing is accelerated. Basketball brings people together and creates friendships. Tuesday - Friday: 12:00 p.m. - 2:00 p.m.

Member/Non-Member: FREE/\$5

## ADULT BASKETBALL LEAGUE

Ages: 18+

Compete with the best in the area for ultimate bragging rights. Fast paced Full court games with two 20 minute halves. Dry-fit shirts are included for 8 players per team. 10-week season and 2-3-week playoff. Champions win various prizes.

Wednesday 7:00–11:00p.m.

Member/Non-Member: \$350 a team

February 1st - April 19th

## HEALTH ASSESSMENTS

A health assessment determines how healthy you are and can prepare you to live a healthier lifestyle. The assessment takes roughly a half hour and provides you with a print out of the assessment results.

- Body measurements
- Body fat analysis using calipers
- Accurate weigh-ins.

Members Only: \$10

## RACQUETBALL

Racquetball is a faster game than tennis. The game is designed for quick thinking and quick moving participants looking to add variety to their workouts. Members may reserve court time up to one week in advance. For more information or to sign up, please visit the Member Services desk.

Members Only: Free

## PERSONAL TRAINING

Get personal attention and bring your workout to the next level. Each of the personal training workouts optimize your time for maximum results. Personal Training will increase your energy, metabolism and muscle mass while decreasing your body fat.

Member Fee (1 Hr. Sessions):

1 Session	\$40
3 Sessions	\$115
5 Sessions	\$175
8 Sessions	\$264
10 Sessions	\$320
15 Sessions	\$450
20 Sessions	\$560
25 Sessions	\$675

## BUDDY TRAINING

(2 person) Personal Training Sessions

Single Session (1 Hour)	\$25 pp
3 Sessions	\$75 pp
5 Sessions	\$115 pp
10 Sessions	\$220 pp
15 Sessions	\$300 pp
20 Sessions	\$360 pp
25 Sessions	\$400 pp

*Make an appointment - Please see the Member Services Desk.*

# ADULT/FAMILY AQUATICS

## MEMBER SWIM SCHEDULE FAMILY OPEN SWIM

Sunday:	1:30 p.m. - 3:30 p.m.
Monday:	6:00 p.m. - 8:30 p.m.
Tuesday (with slide):	7:15 p.m. - 8:30 p.m.
Wednesday:	6:00 p.m. - 8:30 p.m.
Thursday (with slide):	7:15 p.m. - 8:30 p.m.
Friday:	2:00 p.m. - 5:00 p.m. 6:00 p.m. - 8:30 p.m.
Saturday:	11:45 a.m. - 2:30 p.m.

## ADULT LAP SWIM

Sunday:	7:00 a.m. - 9:00 a.m.
Monday - Friday:	6:00 a.m. - 9:00 a.m. 11:00 a.m. - 1:00 p.m.
Monday:	5:00 p.m. - 8:30 p.m.
Wednesday:	5:00 p.m. - 8:30 p.m.
Friday:	5:00 p.m. - 8:30 p.m.
Saturday:	7:00 a.m. - 9:00 a.m.

## YOUTH & TEEN OPEN SWIM

Monday:	2:00 - 4:45 p.m.
Thursday:	2:00 - 4:45 p.m.
Tuesday:	2:00 - 4:45 p.m.
Friday:	2:00 - 4:45 p.m.

## ADULT SWIM INSTRUCTION

Learn to swim the Y way! Small class size allows you to progress at your own pace. The emphasis is on making the beginner comfortable in the water and the intermediate an efficient and skilled swimmer. Spots are limited.

Sunday:	8:00 a.m. - 8:45 a.m.
Monday:	5:00 p.m. - 5:45 p.m.
Wednesday:	5:00 p.m. - 5:45 p.m.
Friday:	5:00 p.m. - 5:45 p.m.
Member/Non-Member:	\$45/\$85

## AQUA-FIT

This class combines water aerobics with intervals of body sculpting. Participants in this new class focus on getting a low impact exercise workout that will help bodies feel better and fully energized. Work the entire body without putting pressure on your joints and bones, this class is perfect for the beginner. A great non-weight bearing class for all ages and abilities.

Class times TBD

Members Only: FREE

## OPEN WATER EXERCISE

The Open Water Exercise with lap lane is a non-instructional and recreational time for adults to utilize the pool for personal exercise. Water exercise offers many benefits including muscular strength, endurance, flexibility and balance. Water's buoyancy makes the workout easier on your joints and its resistance challenges your muscles. Come get a low impact workout on the convenience of your schedule!

Monday:	9:00 a.m. - 9:55 a.m.
Members Only:	Free



# SPECIAL EVENTS

## JANUARY

### January 11 – CPR/First Aid/AED

Learn the knowledge you need to give immediate care to an injured or ill person with First Aid, CPR and AED courses. 4:00 p.m. – 8:00 p.m.

### January 13 – Flick and Float

Enjoy a fun evening watching movies in our swimming pool on our movie screen. Dinner Included. Member/Non-Member: \$7/\$10

### January 21 - Super Sized Saturday

Fun filled day of activities including swimming, arts and crafts, lunch and games. 9:00 a.m. - 2:00 p.m. Members only: \$7 per child.

### January 27 - Parents Night Out

Ages 6 – 12 years. Enjoy an evening out, while your children enjoy a fun evening at the Y. Includes dinner, swim, arts and crafts and a movie. 6:00 p.m. - 11:00 p.m. \$5 per child.

## FEBRUARY

### February 8 – CPR/First Aid/AED

Learn the knowledge you need to give immediate care to an injured or ill person with First Aid, CPR and AED courses. 4:00 p.m. – 8:00 p.m.

### February 10 – Flick and Float

Enjoy a fun evening watching movies in our swimming pool on our movie screen. Dinner Included. Member/Non-Member: \$7/\$10

### February 17 - Childcare Sleepover at the Y

Join us for a fun-filled evening. This event includes dinner, field trip, late night swim, make your own sundaes, and a movie. Ages 8 - 12. The cost is \$10 per child.

### February 18 - Super Sized Saturday

Fun filled day of activities including swimming, arts and crafts, lunch and games. 9:00 a.m. - 2:00 p.m. Members only: \$5 per child.

### February 19 -Family Ice Skating

**Party** – Spend the afternoon skating at the Alex & Ani rink in downtown Providence. 1pm-4:30pm. Lunch at the Y, entry, skate rental and transportation included. Member/Non-Member: \$45 family of four/ \$55 family of four or \$15/per person

### February 20-24 - Vacation Week at

**the Family Y** - Children enjoy fun field trips, swimming, sports, arts and crafts, and other activities. Your favorite camp staff will be back to run creative activities all week long. For more information, please contact the Family Y at (401) 727-7900.

### February 24 - Parents Night Out

Ages 6 – 12 years. Enjoy an evening out, while your children enjoy a fun evening at the Y. Includes dinner, swim, arts and crafts and a movie. 6:00 pm - 11:00 pm. \$5 per child.

## MARCH

### March 8 – CPR/First Aid/AED

Learn the knowledge you need to give immediate care to an injured or ill person with First Aid, CPR and AED courses. 4:00 p.m. - 8:00 p.m.

### March 10 – Flick and Float

Enjoy a fun evening watching movies in our swimming pool on our movie screen. Dinner Included. Member/Non-Member: \$7/\$10

### March 18 - Super Saturday

Fun filled day of activities including swimming, arts and crafts, lunch and games. 9:00 a.m. - 2:00 p.m. Members only: \$7 per child.

### March 24 - Camp Year Round

Get ready for summer! Come see your favorite camp staff and campers from last year and find out about new camps this summer. Fun, games, dinner and a movie included. Incentive for signing up for summer camp that evening. All welcome.

# SPECIAL EVENTS

## **March 31 - Parents Night Out**

Ages 6 – 12 years old. Enjoy an evening out, while your children enjoy a fun evening at the Y. Includes dinner, swim, arts and crafts and a movie.

6:00 p.m. - 11:00 p.m.  
\$ 5 per child.

## **APRIL**

### **April 8 - Super Saturday**

Fun filled day of activities including swimming, arts and crafts, lunch and games. 9am – 2pm.  
Members only: \$7 per child.

### **April 12– CPR/First Aid/AED**

Learn the knowledge you need to give immediate care to an injured or ill person with First Aid, CPR and AED courses. 4:00 p.m. – 8:00 p.m.

**April 17 – 21 - Vacation Week at the Family Y** - Children enjoy fun field trips, swimming, sports, arts and crafts, and other activities. Camp staff will be back to run creative activities all week long. For more information, please contact the Family Y at (401) 727-7900.

### **April 17 - 21 - Splash Week**

It is this strong heritage that makes the YMCA a leader in aquatic programs. We are pleased to offer our aquatic programs in our year-round indoor facility. During Splash Week, the Y offers free swim lessons – Need to pre-register at the Family Y. All welcome.

### **April 29 - Healthy Kids Day**

A free community event that aims to help kids maintain healthy habits and academic skills to achieve goals and reach their full potential. A fun-filled day and activities offered all weekend long. All welcome to this free event. Check with Member Services for schedule.

## **MAY**

### **May 6 - Camp Open House Family Y**

Come find out about all the exciting camp opportunities you can join in this summer. All welcome.  
10:00 a.m. - 12:00 p.m.

### **May 10 - CPR/First Aid/AED**

Learn the knowledge you need to give immediate care to an injured or ill person with First Aid, CPR and AED courses. 4:00 pm. - 8:00 p.m.

### **May 12 - Summer Camp Open House**

6:00 p.m. – 8:00 p.m. at Darlington Program Center, 1080 Newport Avenue, Pawtucket, RI. Come find out about all the exciting camp opportunities you can join in this summer. All welcome.

### **May 12 - Childcare Sleepover at the Y**

Join us for a fun-filled evening. This event includes dinner, field trip, late night swim, make your own sundaes, and a movie. Ages 8-12.  
\$10 per child.

### **May 20 - Super Saturday**

Fun filled day of activities including swimming, arts and crafts, lunch and games. 9:00 a.m. - 2:00 p.m.  
Members only: \$5 per child.

## **JUNE**

### **June 2 - Parents Night Out**

Ages 6 - 12. Enjoy an evening out, while your children enjoy a fun evening at the Y. Includes dinner, swim, arts and crafts and a movie. 6:00 p.m. - 11:00 p.m.  
\$7 per child.

### **June 10 - Annual Block Party at the Family Y**

Join us for an exciting day! This year will be the biggest event yet! Location and schedule to be announced.

### **June 14- CPR/First Aid/AED**

Learn the knowledge you need to give immediate care to an injured or ill person with First Aid, CPR and AED courses. 4:00 p.m. - 8:00 p.m.

### **June 17 - Camp Open House at the Family Y**

Come find out about all the exciting camp opportunities you can join this summer. All welcome.  
9:00 a.m. - 11:00 a.m.

# TEEN PROGRAMS

## TEEN LEADERS IN TRAINING

Ages 13-18 years

This after school program allows teens to socialize with other teens in a safe environment. During their time in the club, we will offer homework help as needed and access to computers for school projects. Those enrolled in the program will also be offered dinner every night during the week. We offer free weekly classes that can include dance, rock wall climbing, fitness center, art projects, etc. Located in the Teen Center.

Monday – Friday: 1:30-7:00 p.m.

Member/Non-Member: Free:  
\$10/month

## HOMework CLUB

Got homework? Come down after school and get your homework done.

Who knows - your grades may go up.

Monday - Friday 1:30 - 7:00 p.m.

Members Only: Free

## YOUTH HORSEMANSHIP

Ages 8 - 17

Introduction to horsemanship. Participants learn basic horse care, grooming, tacking, English riding and stable management in a safe and structured environment. The program will be held at Palmer River Equestrian Center in Rehoboth, MA. The owner/instructor, Dawn Cook has 25+ yrs. experience teaching horsemanship to children. She is licensed and insured. This program will build confidence and Self-esteem and participants will learn leadership skills. No prior riding experience is necessary. Transportation and a Subway lunch is included.

SPACE IS LIMITED.

Saturdays: Spring I & Spring II

11:30 – 3:00 pm

Members Only: \$300/session

Contact [lgoodheart@ymcapawt.org](mailto:lgoodheart@ymcapawt.org) for more information.

## TEEN CENTER

The Teen Center provides children between the ages of 13 - 18, a dedicated space to explore supervised social activities and provide educational resources to help build positive life skills. Teens also have the opportunity to visit local colleges and meet members of different organizations throughout Rhode Island. The center is a “safe zone” for those who enter as it is a drug and alcohol free environment. The center is a free program to members and offers an extended programming package where small fees and deposits may be required. Open Monday - Friday 1:30 p.m. - 7:00 p.m.

## TEEN FIELD TRIPS

Ages 13 to 18 years

Through our programs youth cultivate values, relationships and skills that lead to positive behaviors. Teens have a great time participating in fun, recreational activities in the local community. Fun activities include bowling, Laser Gate, movies and more.

Members Only: Fees Vary  
Time/Date: TBD



# BIRTHDAY PARTIES

## POOL OR PRESCHOOL

### GYM PARTY

The perfect party for your little one! Reserve an hour just for your party in our soft-play and tube rooms. These two great rooms will have your child begging not to leave. This party area will be one that your child will not forget anytime soon! (1-hour preschool or Pool play, 1 hour party room)

Member/Non-Member: \$175/\$250

## THEME PARTIES

Includes Supreme Party package and birthday child receives a free swim lesson session (6) lessons with a theme party package!

### PRINCESS PARTY

Once upon a time, there was a princess who ruled the kingdom. Your princess will love her big day. The Y princess theme party includes a beautifully decorated party room, paper goods and a tiara. Each guest will get a can-dy-filled Princess mug as a souvenir. Your child will remember this party as one of her best! (1.5 hour of party room time and 1.5 hour of swimming)

Members Only: \$355

### TREASURE HUNT PARTY

Hunt for hidden treasure at Y Island! You'll get a map -- X marks the spot! Children will love this adventure. (1.5 hour of party room time and 1.5-hour treasure hunt with our staff.) (3-hour party)

Members Only: \$355

### ROCKIN' CROC PARTY

Love the Rockwall? Love the Pool? Why not enjoy them both? Come and have a try at reaching our 23ft. Rockwall. This party also includes 1 hour in our pool with the Crocodile Slide! And the best part is that you can celebrate with cake and games for an hour in our party rooms (3-hour party).

Members Only: \$355

## BIRTHDAY PARTY ADD-ONS

(Must be added to a paid package)

### GENERAL INFORMATION:

All Party Packages are based on 25 children. Reserve your party today! Extra Party Packages Available!

### DELUXE PARTY

This party package includes: Basic pool or PPG party, 40 invitations, Pizza (2 slices per child), 25 Juice boxes and assorted snacks.

Member/Non-Member: \$60/\$70

### SUPREME PARTY

Free swim lesson package for b-day child (member only) Basic pool or PPG party. Our Supreme Party Package includes 1/4 Sheet cake or 30 Cupcakes, Ice cream cups, Y-T-shirt (Birthday Child) and the Deluxe package is also included.

Member/Non-Member: \$80/\$90

### PARTY TIME BLOCKS

(Start times vary based upon party Type)

Sunday: 11:00 a.m. – 4:00 p.m.

Friday: 6:00 p.m. – 9:00 p.m.

Saturday: 11:00 a.m. – 5:00 p.m.

Contact our party coordinator, Aisha Laliberte at [alaliberte@ymcapawt.org](mailto:alaliberte@ymcapawt.org) about all your upcoming events. Available for sweet 16, first communion and various celebrations.



# FOR HEALTHY LIVING

## **CANCER EXERCISE PROGRAM**

Starting or maintaining an exercise program after a cancer diagnosis results in patients who are stronger both mentally and physically. Exercise has benefits for both preventing disease and promoting health and well-being. Studies have demonstrated that physical exercise following a disease diagnosis has a positive effect on the quality of one's life. Schedule is to be announced.

Member: FREE  
Non-Member: FREE  
(1st 12-week session)

## **FITNESS ORIENTATION**

We offer many choices to our members for a well-rounded workout. Whether you work out at your own pace, work one-on-one with personal trainers or join weekly group classes, we have what you're looking for. Schedule a meeting so we can set up a personalized exercise program for you. You will also receive a complete orientation on proper use of the fitness equipment.

Two FREE One-Hour Sessions  
By appointment only

## **CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

CDSMP is an effective self-management education and support program for people with chronic health problems. The program specifically addresses arthritis, diabetes, and lung/heart diseases but also teaches skills useful for managing other illnesses. Workshops are facilitated by two trained leaders, and the workshop meets for 6 weeks for 2/12 hours per session. This workshop is open to individuals who:

- Have a chronic disease
- Are a caretaker of someone with a chronic disease
- Family member of someone dealing with a chronic disease

Topics covered during the program include:

- Techniques to deal with problems associated with chronic disease
- Appropriate exercise and use of medications

Please contact [kristin@ymcapawt.org](mailto:kristin@ymcapawt.org)

## **CPR/FIRST AID/AED PROGRAM**

The YMCA of Pawtucket now offers the American Red Cross First Aid/CPR/AED program to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers a choice of First Aid, CPR and AED courses to meet the various training needs of a diverse audience.

**See Special Events Calendar for dates.**

## **DIABETES PREVENTION PROGRAM**

Are you at risk for Type 2 Diabetes? If your health care provider recommended a lifestyle intervention program for Type 2 Diabetes - this class is for you! The Y will educate participants on how to set goals, lose weight, increase activity and help you feel better. This program is nationally recognized and based on the research study supported by the National Institutes of Health and the Centers for Disease Control. Personal information intake is required for this program. Our DPP kickoff will take place in mid-October and our meetings will occur over a one-year period. If you are interested or have questions, please contact the Health & Wellness Director at [kquinn@ymcapawt.org](mailto:kquinn@ymcapawt.org).

# FOR HEALTHY LIVING

## FIGHT FOR FITNESS

A 10-week program for individuals that have a hard time getting into shape or have trouble losing weight and keeping it off. No matter what your goals are for the new year, you'll find resources in this class for reaching them. This class will offer encouragement and a wealth of ideas and that can help you get started toward a healthy diet with nutritional training. Class participants will also learn a variety of fitness techniques and exercises.

Begins: January 2017

Members/Non-Members: \$200/\$350

## FUNCTIONAL ATHLETIC TRAINING

Combines a time compressed cardiovascular workout with plyometric and sport drills, that will reshape your body. This class will strengthen and stabilize the body's core spinal and abdominal areas while sharpening speed, agility and balance. Great for athletes and intermediate or advanced fitness levels!

Members Only: FREE

## STRENGTH TRAIN TOGETHER, STRENGTH TRAIN TOGETHER



This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell,

weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to your personal best.

Members Only: FREE

## LEGS, GLUTES, ABS & MORE

Using the step, hand weights, exercise balls, gliding discs, participants will experience the most toning workout imaginable. Standing sculpting work, floor variations, plyometrics and effective abdominal training will create a killer workout!

Members Only: FREE

## WOMEN WITH WEIGHTS

Weight training will give you near-perfect symmetry. Using weights can boost your metabolism. An hour-long circuit training class combining toning and shaping, core and strengthening exercises. You will be introduced to free weights and core training and is suitable for all ages.

Members Only: FREE

## AIKIDO

Aikido is a popular modern martial art emphasizing the blending with an attacker's energy in the performance of self-defense techniques. Flexibility of the joints and connective tissues is developed through various stretching exercises and through the techniques.

Members/Non-Members: \$1/\$50

## FITNESS FUSION

A conditioning workout that is both cardiovascular and muscle toning. It is performed with light weights, body bars, and plyometrics to create this fast pace, high intensity workout. This is for moderate to advanced exercisers!

Members Only: FREE

## ABS EXPRESS

Want to have firm and toned abs?? This class can help you by providing you with an ALL CORE training to enhance the strength, stability and add definition to your abs and back. This program is guaranteed to add intensity and variety into your ordinary abs routine!!

Members Only: FREE

# FOR HEALTHY LIVING

## YMCA BOOK CLUB

Love to read? ... then the Family Y Book Club is for you! This casual discussion club is a group of people who meet to discuss a book and express their opinions, likes, dislikes, etc. Stimulate your mind and share your passion for reading. This club is for book lovers giving them a chance to read and experience books together. The books are chosen in advance by book club members. Meet new friends and discover literary gems. Coffee and tea are provided. Please sign up at the Member Services Desk.

Meets: 2nd Friday of the Month  
Members Only FREE

## ZUMBA FITNESS

When participants see a Zumba class in action, they can't wait to give it a try. Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Members Only: FREE

## CARDIO LATIN BEAT

This exciting class is an innovative freestyle fitness program that incorporates Latin dance steps as the foundation of a fun and exciting cardio workout. This program will provide you with exercise that will contribute to improving your physical appearance and help strengthen your cardio-vascular system. Come laugh, dance and shake your hips in a rhythmic movement

Members Only: FREE

## GROUP CYCLING

Spinning is a type of low-impact aerobic exercise that is considered highly effective. Indoor cycling work-out routines are great because they shed calories and limit the wear and tear of your body. These workout routines are meant to develop energy, speed, and endurance. Experience athletic, adrenaline pumping, authentic cycling drills all done to music!

Members Only: FREE

## AQUA-FIT / DEEP WATER EXERCISE

This class combines water aerobics with intervals of body sculpting. Work the entire body without putting pressure on your joints and bones. A great no weight bearing class for all abilities.

Members Only: FREE

## STRONG & FLEXIBLE SENIORS

Exercise and physical activity are great ways to have fun, be with friends and family, and enjoy the outdoors. Regular exercise and physical activity can also have a direct impact on your everyday life. The benefits they provide can help you stay strong and fit enough to perform your daily activities, get around, and maintain your independence. Stretching increases flexibility and freedom of movement helping you do more. Incorporates a variety of exercises as well as a 15-minute flexibility segment.

Members Only: Free

## AQUA CARDIO LATIN BEAT

Exercise in the water and contribute to improving your overall physical appearance and help strengthen your cardiovascular system.

Members Only: FREE

Habla Español

Habla Español

# FOR HEALTHY LIVING

## GAME DAY

Games for seniors exercise the mind and sharpening awareness skills. This monthly event will include activities such as memorization, puzzles, and other brain teasers.

Friday: 11:30 a.m. - 1:00 p.m.  
(Last Friday of Every Month)

Members Only: FREE

## BLUE CHIP – MEDICARE LIVING FIT BENEFIT

Being active is one way you may improve your quality of life and help prevent or control conditions like diabetes and heart disease. Blue Chip members receive the Living Fit benefit, which provides an unlimited-use membership at the Pawtucket Family YMCA facility for just \$5 per month. You pay month-to-month.

## SILVER SNEAKERS® CLASSIC

Silver Sneakers® group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Members Only: FREE

## NUTRITION PACKAGES

Having a difficult time losing weight or are you struggling with your eating habits? Want to learn what foods are right for you and your body? Don't wait! Come see our Professional Nutrition Specialists and get started on a healthy Nutritional Program. Packages include personalized meal plans, food and exercise journals, recipes and education. Nutritional Coaching through email beyond the session. By appointment only. Call the Health and Wellness Director for more information.

Initial Consultation: \$50.00 (This price must be paid upfront)

3 Pack	\$85.00
6 Pack	\$150.00
12 Pack	\$270.00



# INFORMATION

## GUEST PASSES

Non-members may purchase daily guest passes to use the Y up to four times in a calendar year. The fee is:

**Family: \$20.00 per day • Adult: \$18.00 per day • Youth: \$8.00 per day**

## LOCKERS

Box Lockers: \$10.00 per month or \$120.00 per year. There are daily lockers available to members and guests. The YMCA is not responsible for lost, misplaced or stolen items.

## EXERCISE ETIQUETTE

Personal audio equipment must be used with headphones. Please allow others to “work-in” on equipment and be courteous of those waiting during peak times. Replace all equipment when finished and wipe down all equipment after use.

## FINANCIAL AID

The YMCA grants financial aid to the extent that funds are available. This program is based on the household income of all residents living in the house. Disabled adults must supply an application along with their Disability Award Letter. Please note: applications are processed twice a month.

## CANCELLATIONS

All membership cancellations require a 30-day notification in writing or in person. For more information, please stop by the Member Services Desk.

## REFUNDS AND CREDITS

Refunds for classes will be available through the first day of class. No credit will be available after that. Class refunds are only provided if the YMCA has to cancel a class or a doctor’s note is presented.

## NOTE: MEMBERSHIP FEES ARE NON-REFUNDABLE

### LATE REGISTRATIONS

Late registrations are accepted on a first come first serve basis when space is available. Full fees are charged during the first 3 weeks of the session.

## MAKE UP CLASSES

Make up classes will be scheduled when a class is not held because of a holiday or other circumstances. The Y reserves the right to change/cancel any program or change an instructor without notice.

### FAMILY DINNER PROGRAM

The Pawtucket Family YMCA offers the best value in the area! The Y provides a dinner program that is open to everyone! Dine with us on Monday through Friday from 5:00 - 7:00 p.m. The cost is just \$3 a plate, • \$10 a week and \$40 per month. Join us today! To sign up visit the Y Member Services.

# INFORMATION

CATEGORY:	MONTHLY BANK DRAFT:	ANNUAL FEE:	*ONE-TIME CAPITAL FEE:
<b>FAMILY</b>	\$62.00	\$744.00	\$84.00
<b>ADULT</b> (35 - 64 yrs.)	\$46.00	\$552.00	\$72.00
<b>SENIOR</b> (65 +)	\$40.00	\$480.00	\$72.00
<b>YOUNG ADULT</b> (18 - 34 yrs.)	\$35.00	\$480.00	\$72.00
<b>TEEN</b> (13 - 17 yrs.)	\$23.00	\$276.00	\$21.00
<b>YOUTH</b> (6 - 12 yrs.)	\$23.00	\$276.00	\$21.00
<b>PRESCHOOL</b> (2 - 5 yrs.)	\$23.00	\$276.00	\$21.00

## NEW PASSPORT MEMBERSHIP UPGRADE

<b>FAMILY PASSPORT</b>	+\$15.00	+\$180.00
<b>ADULT PASSPORT</b>	+\$4.00	+\$48.00
<b>SENIOR PASSPORT</b>	+\$3.00	+\$36.00
<b>YOUNG ADULT PASSPORT</b>	+\$3.00	+\$36.00
<b>TEEN PASSPORT</b>	+\$3.00	+\$36.00
<b>YOUTH PASSPORT</b>	+\$3.00	+\$36.00
<b>PRESCHOOL PASSPORT</b>	+\$3.00	+\$36.00

## PLEASE NOTE: MEMBERSHIP FEES ARE NON-REFUNDABLE

Monthly bank drafts are withdrawn from your checking, savings or credit card on either the 1st or 15th of the month. See bank draft forms. • Memberships can be paid using credit, cash, checks and money orders. \* Capital fee is one-time charge unless membership lapses for a period of 30 or more days.

## WHAT IS A PASSPORT MEMBERSHIP?

Members of the Pawtucket Family YMCA have a great opportunity to upgrade their membership to enjoy the new MacColl YMCA and the Woonsocket YMCA. The Passport Membership will allow members and their families to utilize these facilities in an unlimited capacity.

## HOURS OF OPERATION

Exercise areas close **30 minutes** before the building shuts down.

**Monday - Friday** 5:30 a.m. - 9:00 p.m.  
**Saturday** 7:00 a.m. - 5:00 p.m.  
**Sunday** 7:00 a.m. - 4:00 p.m.  
**Holiday Hours SUBJECT TO CHANGE**

## MY Y IS YOUR Y RECIPROCAL PROGRAM

Pawtucket Family Y membership can be used at other New England facilities all the way from Maine to Connecticut. Call your designated Y for any restrictions.

YMCA of Pawtucket members not using the Passport Membership structure are limited to only 4 visits per month per facility.



## YMCA of PAWTUCKET

20 Summer Street  
Pawtucket, RI 02860

**FOR YOUTH DEVELOPMENT®**

**FOR HEALTHY LIVING**

**FOR SOCIAL RESPONSIBILITY**



### **Mission Statement**

To put Christian principles into practice through programs that build character and promote a healthy spirit, mind and body for all.

Nonprofit Org.  
U.S. Postage  
PAID  
Pawtucket, RI  
Permit No. 204

# Call Us at (401) 727-7900

or visit us online at [www.GoYMCA.com](http://www.GoYMCA.com)