

General Information

Hours of Operation

Summer Hours Starting June 14

| | |
|-----------|------------|
| Mon-Thurs | 5am-9:30pm |
| Fri | 5am-8:30pm |
| Sat | 5:30am-6pm |
| Sun | 8am-2pm |

*Hours of operation are subject to change

Special Holiday Hours

| | | |
|------------------|--------------|-------------|
| Memorial Day | Mon., May 25 | 6:00am-Noon |
| Independence Day | Sat., July 4 | 6:00am-Noon |

Locker Rentals

Lockers are available to rent on a yearly basis.

| | |
|----------------|----------|
| Small Lockers | \$ 25/yr |
| Medium Lockers | \$ 35/yr |
| Large Lockers | \$ 50/yr |

**Newman YMCA is a
501(c)3 charitable
organization**

Family Changing Room

For the convenience of our members there are handicap accessible family changing rooms available for your use.

Guest Passes

Guest passes are available on a limited basis. Guests are limited to 3 visits per year. Guests must fill out an informed consent form, present a photo ID and check in at the reception desk at each visit. **Guests under the age of 18 must be accompanied by a parent or guardian in order to sign the waiver. Guests using the fitness center must be at least 11 years old and are limited to cardio equipment only, please.**

Check Return Policy

A \$25 fee will be charged for all returned checks.

Refund Policy

In the event that the YMCA cancels a class, a full refund will be issued. If the participant cancels before the class begins, a full YMCA credit or refund will be issued. After the first class, but before the second class, a YMCA 1/2 credit will be issued. After the second class no credit will be issued.

Satisfaction Guarantee

New members have 30 days from the inception date of membership to decide if the YMCA is the place for you. If you are not completely satisfied you will receive a full refund, including the joiner's fee. To do so, you must complete the appropriate form available at the member service center. The form must be completed no later than 30 days after the date on your membership receipt.

We at the YMCA believe we should earn the right to your loyalty, therefore we do not use contracts. You may cancel at any time with a 30 day notice on our monthly payment plan.

Membership

Many health insurance companies will either pay for or reimburse you for your YMCA membership - Blue Cross/Blue Shield, Fallon, United Health, Silver Sneakers, Tufts, Harvard and more. Call your Customer Service number to find out if you are eligible.

Membership in the YMCA is about the whole person and whole community. Y members build spirit, mind, and body by becoming active in a wide choice of programs and activities.

YMCA members often say that the reason they come to the Y is because they seek a particular activity or service. However, the reason they stay is because they like being part of something bigger than themselves; they feel a spirit of community, a sense of caring, a cause.

The YMCA encourages people to become involved as volunteers, donors, and advocates for the YMCA mission and vision.

Facility Access

All members and guests are required to enter through the front doors, unless notified other-wise. All YMCA members are required to have membership cards scanned when they enter the building.

YMCA Member Benefits

- Personal Exercise Program - Get professional wellness assessment then an individual exercise plan will be developed for you
- Free land and water aerobic classes
- Free Yoga, Pilates, and group cycle
- Advanced registration for classes
- Recreational swimming and gym times
- Prime Time Care - Family members are invited to take advantage of this FREE service included in your membership. We'll take care of your child while you work out. Details on page 3.
- Pool Palooza & Family Swim
- Teen Personal Exercise Program
- FREE family activities
- Reduced prices for classes and childcare
- Double sessions registration
- Military memberships
- Free Youth programs with Frequent "Yer" cards- register for 4 programs and get the fifth program free (of equal or lesser value)

Automatic Payment Plan

For your convenience, you can pay for your membership using our automatic payment plan. With your authorization, your bank or credit card company will pay your membership each month through your checking or credit card account. **We need a 30 day written notice to cancel the membership.** Refunds are not awarded retroactively.

Ways to Register

If you are a member of the YMCA, or have registered for a program in the past, you may call over the phone and register using a credit card for payment. Just a reminder that registrations cannot be complete without payment. Participants can also register in person.

Good Times for Members! Inexpensive Summer Fun

It's like a vacation only closer to home and cheaper!

Discount on Camp Weeks

Don't let summer get boring -
try a YMCA Specialty Camp

Basketball
Extreme Sports
Dance
Karate
Gymnastics
Krump (theatrical Hip Hop)
Theater

and more - ask for a brochure or
check it out online at
www.ymcagreaterprovidence.org

Y Weekends

*Enjoy the outdoors (or indoors if it rains)
with your family every weekend at the
Newman YMCA*

Obstacle Course
Giant Water Slide
Picnic areas
Badminton
Volleyball
Hiking Trail
Optional outside pool (Bayside Y)
Private Lake Front (Camp Massasoit)
Basketball courts
Tennis courts
Playgrounds
Free Lessons (see below)

FREE LESSONS on Y Weekends

Learn a new skill together
Dates TBA

Tennis
Badminton
Lacrosse
Kayak
Snorkeling
Archery
Horseback riding
Nature Art

and more

Shape Up Together!

*Family Friendly Summer Workouts
every day of the week*

- 9 years + can accompany you in the Wellness Center
- 11 years + can be trained and exercise without your supervision in the Wellness Center
- Open gym - shoot hoops together
- Swim laps or family recreation
- Group exercise age 11 + can join you (try Bootcamp or Punk Rope)
- Youth Personal Exercise program just for them so you can do your own thing
- Family Win Over Big (Y answer to Biggest Loser) starts in August


NEW PROGRAMMING ON DEMAND!

Need to carpool? Having trouble working what you want into your schedule?
Tell us what you want for yourself, your children, your family & friends
and when you want it - we'll try to make it happen.

Special Events & Family Programs

| Program | Description | Time | Fees |
|-------------------------------|--|---|---|
| Kid's Night Out | <ul style="list-style-type: none"> Drop your child off (ages 3-11) Crafts Gym time Dinner is provided | 5:45-8:45 pm Friday, May 15 Friday, June 12 Friday, July 10 Friday, August 14 Friday, September 11 | Members \$10/child Non-Members \$20/child |
| Prime Time Care | <ul style="list-style-type: none"> Ages 6 weeks and up Socialization with other children Quality child care while you utilize the YMCA Special activities monthly Kids Gym, Moonbounce | Mon-Fri 8:30 am-12:30 pm 5:15-8:30 pm Sat 8:30 am-12:30 pm | Family YMCA Members Only FREE |
| Eat Cheap | <ul style="list-style-type: none"> Swim, gym, workout before or after Healthy, inexpensive dinners sponsored by our local restaurants Pre-registration required Family activities, Pool Palooza, Zumba, Family Dance | Thursdays, 5:30-7:00 pm Chef Ricardo - May 28 Davenport's - June 25 Dave & Buster's - July 30 TBA - August 27 | \$3/Member \$6/Non-Member |
| Backyard Pool Lessons | <ul style="list-style-type: none"> Get your neighborhood together Swim safely this summer | Scheduled at your convenience See page 9 | |
| Family Luau | <ul style="list-style-type: none"> Fun for the entire family Hawaiian music Arts & crafts Light snacks Swim with the dolphins | Friday, June 19 6:30-8:30pm | Members FREE Non-Members \$6/person MUST PRE-REGISTER |
| NEW Support Groups | <ul style="list-style-type: none"> Cancer survivors Caring for elderly parents Caring for disabled child Autism | TBA | FREE and open to the community |
| NEW Clubs | <ul style="list-style-type: none"> Have a hobby? Start a Y club to find others with the same interests Collecting interest list at Front Desk | | FREE Members only |
| NEW Financial Seminars | <ul style="list-style-type: none"> What does the news mean to you? Safeguard your nest egg Investment potential Q & A expert advisor from Janney Montgomery Scott LLC | Wednesdays 7:30-8:30pm | FREE and open to the community |

Birthday Parties

| Program | Description | | Time | | Fees |
|---|---|-----|----------------------------|--|-------|
| Pick a theme below or ask us about your favorite sport or hobby. | | | | | |
| Toddler Tumblers Party | <ul style="list-style-type: none"> • Ages 5 and under • Limit 20 children • 1 hour with soft, brightly colored play equipment • 1 hour of party room | Sat | 2:00-4:00 pm | Members | \$125 |
| | | Sun | 11:30am-1:30pm | Non-Members | \$175 |
| Kid's Gym Birthday Party | <ul style="list-style-type: none"> • Ages 2-7 • Limit 20 children • 1 hour of Kid's Gym Equipment • 1 hour of party room • Monitored by YMCA staff person | Sun | 11:00 am-12:00 pm (Gym) | Members | \$125 |
| | | | 12:00-1:00 pm (Kids World) | Non-Members | \$175 |
| Moon Bounce Birthday Party | <ul style="list-style-type: none"> • Ages 2-7 • Limit 20 children • 1 hour of Moon Bounce • 1 hour of party room • Monitored by YMCA staff person | Sun | 11:00 am-12:00 pm (Gym) | Members | \$150 |
| | | | 12:00-1:00 pm (Kids World) | Non-Members | \$200 |
| Kids Choice Party | <ul style="list-style-type: none"> • Ages 2-14 • Limit 20 children • 1 hour half the Gym • Dance, gymnastics, basketball... • 1 hour of party room • YMCA staff person will assist | Sun | 11:00 am-12:00 pm (Gym) | Members | \$125 |
| | | | 12:00-1:00 pm (Kids World) | Non-Members | \$175 |
| Sports Party | <ul style="list-style-type: none"> • Ages 4-14 • Limit 20 children • 1 hour half the Gym • Basketball, flag football, mighty mites, sports medley • 1 hour of party room • YMCA staff person will assist with the sport | Sun | 11:00 am-12:00 pm (Gym) | Members | \$150 |
| | | | 12:00-1:00 pm (Kids World) | Non-Members | \$200 |
| *Splash Party | <ul style="list-style-type: none"> • Ages 4-14 • Limit 20 children • Pool ratio 1 adult for 7 children • Children wearing flotation devices MUST be accompanied in water by adult • Shares pool with Family Swim | Sat | 3:30-4:30 pm (Pool) | Members | \$125 |
| | | | 4:30-5:30 pm (Room) | Non-Members | \$175 |
| *Pool Palooza | <ul style="list-style-type: none"> • Ages 6-14 • Limit 25 children • Private pool time • Private adventure for you and your guests • Balloons for all guests | Sat | 1:30-2:30 pm (Pool) | Members | \$175 |
| | | | 2:30-3:30 pm (Room) | Non-Members | \$225 |
| Outdoor Parties Birthday Graduation Family Reunion | <ul style="list-style-type: none"> • Tennis • Basketball • Backyard games • Rent this space for your family reunion or cookout • Waterslide • Obstacle course • No alcohol on premises | Fri | 5:30-7:30 pm | Members | \$150 |
| | | Sat | 12:00-2 pm | Non-Members | \$250 |
| | | Sun | 11:00 am -1:00 pm | | |
|  Home Pool Parties | <ul style="list-style-type: none"> • The Y will come to your backyard pool and help host your party | | | Contact Aquatic Director for schedule & prices | |

*All children will be swim tested prior to entering pool.

Aquatics Schedule - Summer 2009

| Program | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|---------------------------------|-------------------------------------|
| NEW Youth Lap** Tue 7:45-9:00pm (1) Thurs 7:45-9:00pm (1) Fri 5:00-6:30pm (1) Sat 12:00-1:30pm (1) Sun 8:00-10:00am (1) **Ages 8-16 Child must be able to swim laps by his/herself. Parent must be in the building | 5:15-8:15am 11:30am-1:30pm 5:00-6:00pm 7:30-9:00pm (3) | 5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 7:45-9:00pm (3) | 5:15-8:15am 11:30am-1:30pm 5:00-6:00pm 7:30-9:00pm (3) | 5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 7:45-9:00pm (3) | 5:15-8:15am 11:30am-1:30pm 5:00-6:30pm | 6:00-9:00am 12:00-1:30pm (3) | 8:15-10:00am 10:00am-12:00pm (2) |
| Lap Swim* *Ages 12+ Only | 5:15-8:15am 11:30am-1:30pm 5:00-6:00pm 7:30-9:00pm (3) | 5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 7:45-9:00pm (3) | 5:15-8:15am 11:30am-1:30pm 5:00-6:00pm 7:30-9:00pm (3) | 5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 7:45-9:00pm (3) | 5:15-8:15am 11:30am-1:30pm 5:00-6:30pm | 6:00-9:00am 12:00-1:30pm (3) | 8:15-10:00am 10:00am-12:00pm (2) |
| Youth/Family Swim | 10:30-11:30am (2) 4:00-5:00pm (2) | 4:00-5:00pm (2) 6:25-7:45pm | 10:30-11:30am (2) 4:00-5:00pm (2) | 10:30-11:30am (2) 4:00-5:00pm (2) | 10:30-11:30am (2) 4:00-5:00pm (2) | 2:30-4:30pm | 10:00am-12:00pm (2) 12:00-1:30pm |
| Pool Palooza | 6:25-7:45pm | 6:25-7:45pm | 6:00-6:45pm (2) | 6:25-7:45pm | 6:30-7:45pm | 2:30-3:30pm | 12:00-1:00pm |
| Water Aerobics | 8:15-9:00am 9:45-10:30am 6:45-7:30pm | 8:15-9:00am 9:45-10:30am 6:45-7:30pm | 8:15-9:00am 9:45-10:30am 6:45-7:30pm | 8:15-9:00am 9:45-10:30am 6:45-7:30pm | 8:15-9:00am 9:45-10:30am | 8:15-9:00am 9:45-10:30am | 8:15-9:00am 9:45-10:30am |
| Arthritis | 9:00-9:45am | 9:00-9:45am | 9:00-9:45am | 9:00-9:45am | 9:00-9:45am | 9:00-9:45am | 9:00-9:45am |
| Water Walking | 8:30-9:30am (2) | 8:30-9:30am (2) | 8:30-9:30am (2) | 8:30-9:30am (2) | 8:30-9:30am (2) | 8:30-9:30am (2) | 8:30-9:30am (2) |

- Note: Programs and/or times are subject to change.
- Number in parentheses () refers to number of lanes available.
- Lap Swim: Please adhere to the signs posted at the end of each lane governing type of activity.
- Water Aerobics: This water exercise program is geared to firm, tone and strengthen the body. It is a comprehensive workout for men and women of all fitness levels. Components include: cardiovascular routines, strengthening of arms, legs and abdominals. NO SWIMMING SKILLS NECESSARY!
- AFYAP - Arthritis Exercise: In collaboration with the Arthritis Foundation this program has been designed to help strengthen muscles and improve joint flexibility. Physician's clearance is required.
- Children wearing flotation devices must be accompanied in the water by an adult during Family Swim and Pool Palooza.
- Pool Palooza consists of water games, inflatable toys and water sports.

All Youth participants of Family Swim & Pool Palooza must perform a swim test prior to participation.

Pool Rules Information

For your comfort and safety:

- The Newman YMCA maintains the highest safety standards recommended by the YMCA of the USA
- Each child through the age of 12 will be tested for swimming proficiency at each Family Swim, Pool Palooza and birthday party
- Green and red bracelets are decided after the swim test by the lifeguard
 - If your child has a red bracelet you must be within arms reach of your child at all times
 - Children with a green bracelet may swim anywhere in the pool and a parent must stay in the building
- Children with a flotation device must be accompanied by an adult in the water
- Youngest water enthusiasts must wear swimming diapers
- Shower before entering the pool
- Take your jewelry off before entering the pool
- Wear appropriate bathing suits
- Please don't use the pool if you have bandaids or a *communicable disease*

Summer A
June 22 - July 26
(5 weeks)

Summer B
July 27 - August 23
(4 weeks)

When swimming laps, respect is shown to fellow swimmers by:

- Selecting a lane according to speed posted
- Allowing faster swimmers to pass
- Circle swimming unless splitting a lane in half

*Last week of each session is reserved for practice and/or make-up classes.



Aquatics

| Program | Description | Time | Fees |
|-----------------------------------|---|-------------------|---------------------|
| Summer A/B | | | |
| PARENT/CHILD (6-36 MONTHS) | | | |
| SKIP | <ul style="list-style-type: none"> • Ages 6-36 months • Parent/child class • Water orientation • Independent movement under parents' guidance | Tue 9:30-10:00am | Members \$32/30 |
| | | Thu 5:00-5:30pm | Non-Members \$64/60 |
| | | Sat 10:30-11:00am | |
| PIKE WITH PARENT | <ul style="list-style-type: none"> • Parent/child class • Transition for children not comfortable going into group class with an instructor • Prepares child for group class setting • Basic paddle strokes - front, back, side • Use of individual flotation devices • Jumping into water • Pool safety | Tue 5:00-5:30pm | Members \$32/30 |
| | | Wed 4:00-4:30pm | Non-Members \$64/60 |
| | | Thu 9:30-10:00am | |
| | | Sat 9:05-9:35am | |
| PRESCHOOL (AGES 3-5) | | | |
| PIKE | <ul style="list-style-type: none"> • Use of individual flotation devices • Front, back & side paddle • Pool safety • Elementary forms of rescue • Front & back float with flotation | Mon 4:00-4:30pm | Members \$32/30 |
| | | Tue 9:30-10:00am | Non-Members \$64/60 |
| | | Tue 5:00-5:30pm | |
| | | Wed 4:00-4:30pm | |
| | | Thu 9:30-10:00am | |
| | | Thu 5:00-5:30pm | |
| | | Sat 9:05-9:35am | |
| Sat 10:30-11:00am | | | |
| EEL | <ul style="list-style-type: none"> • All skills from previous level • Front & back float with flotation • Back paddle - 25 meters with flotation device, 5 meters without • Side paddle - 25 meters with flotation device, 5 meters without • Front paddle - 25 meters with flotation device, 5 meters without • Combined skills • Reaching & throwing assists | Mon 4:00-4:30pm | Members \$32/30 |
| | | Tue 10:00-10:30am | Non-Members \$64/60 |
| | | Tue 5:00-5:30pm | |
| | | Wed 4:30-5:00pm | |
| | | Thu 10:00-10:30am | |
| | | Thu 5:00-5:30pm | |
| | | Sat 9:05-9:35am | |
| Sat 10:30-11:00am | | | |
| RAY | <ul style="list-style-type: none"> • All skills from previous level • Change direction • Boating safety • Combined skills • Sculling techniques • Rescue procedures • Improved stroke development • Tread water • Increase distance with strokes | Mon 4:30-5:00pm | Members \$32/30 |
| | | Tue 10:00-10:30am | Non-Members \$64/60 |
| | | Tue 5:00-5:30pm | |
| | | Wed 4:30-5:00pm | |
| | | Thu 10:00-10:30am | |
| | | Thu 5:00-5:30pm | |
| Sat 10:30-11:00am | | | |
| STARFISH | <ul style="list-style-type: none"> • All skills from previous level • 25 yards freestyle with rhythmic breathing • Back alternating paddle • Front & back somersaults • Introduction to breaststroke • Underwater search | Mon 4:30-5:00pm | Members \$32/30 |
| | | Sat 9:05-9:35am | Non-Members \$64/60 |

Aquatics (cont.)

| Program | Description | Time | | Fees Summer A/B | |
|--------------------------------|---|---|--|------------------------|-----------------------|
| SEMI-PRIVATE LESSONS | <ul style="list-style-type: none"> Ages 3-5 30-minute lessons once/week Minimum 2, maximum 3 people Children should be approximately the same age & skill level | TBD Please contact the Aquatic Director | | Members Only | \$150/120 per group |
| PRIVATE LESSONS | <ul style="list-style-type: none"> One-to-one lesson May be any of the PRESCHOOL levels Recommended for children who are fearful of the water or who need extra help to move up to the next level 30 minute lessons, once per week | Tue 5:00-5:30pm Thu 5:00-5:30pm Sat 9:05-9:35am Sat 10:30-11:00am | | Members Non-Members | \$100/80 \$200/160 |
| YOUTH (AGES 6-12 YEARS) | | | | | |
| POLLIWOG | <ul style="list-style-type: none"> Youth beginner class Swim away from wall, turn around, and return Front, side and back paddle with flotation for 25 meters each Scull for 1 minute Front and back float Elementary forms of rescue | Mon 6:00-6:45pm Tue 10:35-11:20am Tue 5:35-6:20pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am | | Members Non-Members | \$32/30 \$64/60 |
| GUPPY | <ul style="list-style-type: none"> Front and back float for 1 minute Tread water for 30 seconds Combined skills Turning over, changing direction, change positions Rhythmic breathing | Mon 6:00-6:45pm Tue 10:35-11:20am Tue 5:35-6:20pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am | | Members Non-Members | \$32/30 \$64/60 |
| MINNOW | <ul style="list-style-type: none"> All skills from previous level Tread water for 1 minute Swim 25 meters (w/o flotation) of the following strokes: front crawl stroke, breaststroke, sidestroke, back crawl stroke & elementary backstroke | Mon 6:00-6:45pm Wed 6:00-6:45pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am | | Members Non-Members | \$32/30 \$64/60 |
| FISH | <ul style="list-style-type: none"> All skills from previous level Float for 6 minutes with minimum movement Tread water for 3 minutes using 3 different kicks Swim 50 yards: crawl stroke with rotary breathing & open turns, breaststroke with proper timing & open turns, elementary backstroke with a glide, back crawl stroke with a roll, bent arm pull & open turns, sidestroke with a regular scissor kick & glide Swim 25 meters of the butterfly stroke | Tue 5:35-6:20pm Wed 6:00-6:45pm Sat 9:40-10:25am | | Members Non-Members | \$32/30 \$64/60 |
| FLYING FISH | <ul style="list-style-type: none"> All skills from previous level Tread water for 6 minutes using all 4 kicks - single, double, circle and rotary Swim 100 meters: crawl stroke with bilateral breathing & open turns, breaststroke with open turns, elementary backstroke with a glide, back crawl stroke with open turns Swim 25 meters of the butterfly stroke | Tue 5:35-6:20pm Thu 5:35-6:20pm Sat 11:05-11:50am | | Members Non-Members | \$32/30 \$64/60 |
| SHARK | <ul style="list-style-type: none"> All skills from previous level Swim 100 meters front crawl stroke with flip turns Swim 100 meters of breaststroke with pull-outs Swim 50 meters of inverted breaststroke Swim 100 meters back crawl stroke with flip turns and dolphin kicks off the wall Swim 50 meters of overarm sidestroke Swim 25 meters of butterfly Swim 50 meters of trudgen crawl Swim 200 meters individual medley | Tue 5:35-6:20pm Thu 5:35-6:20pm Sat 11:05-11:50am | | Members Non-Members | \$32/30 \$64/60 |

Aquatics (cont.)

| Program | Description | Time | Fees Summer A/B | |
|--|--|---|------------------------|--|
| SEMI-PRIVATE LESSONS | <ul style="list-style-type: none"> Ages 6 & up 45-minute lessons, once a week Minimum 2, maximum 3 people Children should be approximately the same age & skill level | TBD Please contact the Aquatic Director | Members Only | \$150/120 per group |
| PRIVATE LESSONS | <ul style="list-style-type: none"> One-to-one lesson Ages 6-12 May be any of the youth levels Recommended for children who are fearful of the water or who need a little extra help to move up to the next level 45-minute lessons, once a week | Mon 6:00-6:45pm Tue 5:35-6:20pm Wed 6:00-6:45pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am May be scheduled at other times. For other options please contact the Aquatics Director | Members Non-Members | \$100/80 \$200/160 |
|  STROKE & ENDURANCE | <ul style="list-style-type: none"> Ages 7-15 Focus is on stroke refinement and building endurance Competitive swimming emphasis (streamlining, flip turns) Must swim at the Minnows level or above (25 yds. freestyle with rotary breathing, 25 yds. backstroke, rudimentary breaststroke) Two 45-minute classes per week | Tu/Th 4:15-5:00pm | Members Non-Members | \$65/52 \$130/104 |
| BACKYARD POOL PROGRAM | <ul style="list-style-type: none"> See information on page 9 | | | |
| TEEN/ADULT (AGES 13 & UP) | | | | |
| TEEN/ADULT BEGINNER | <ul style="list-style-type: none"> For those with limited or no experience swimming Group lesson | Mon 6:00-6:45pm Mon 7:30-8:15pm | Members Non-Members | \$32/30 \$64/60 |
| TEEN/ADULT ADVANCED | <ul style="list-style-type: none"> For those with a basic knowledge of strokes Focus is on stroke refinement and building endurance Ages 15 & up | Wed 7:30-8:15pm | Members Non-Members | \$32/30 \$64/60 |
| PRIVATE LESSONS | <ul style="list-style-type: none"> One-on-one lessons Ages 13+ Beginner or limited experience Seven 45 minute lessons | TBA Schedule with the Aquatics Director | Members Non-Members | \$100/80 \$200/160 |
| WATER AEROBICS | <ul style="list-style-type: none"> Shallow water activity Men & women of all fitness levels Geared to firm, tone & strengthen the body | M/W/F 8:15-9:00am M/W/F 9:45-10:30am M/W 6:45-7:30pm | Members Non-Members | FREE \$95 |
| AFYAP-ARTHRITIS EXERCISE | <ul style="list-style-type: none"> Physician's clearance required Designed to help strengthen the muscles and improve joint flexibility | M/W/F 9:00-9:45am | Members Non-Members | FREE \$95 |
| THE "SWIM STROKE DOCTOR" | <ul style="list-style-type: none"> One to one - half hour sessions Ideal for competitive swimmers, triathletes or lap swimmers Contact Health & Wellness Director for more information | Schedule with Aquatics Director | Members Non-Members | \$25/session \$100/ 5 sessions \$50/session \$200/ 5 sessions |
|  SEEKONK COUNCIL ON AGING | <ul style="list-style-type: none"> Arthritis Foundation water exercise Strengthen your muscles Improve range of motion Must sign in at Front Desk | Fri 9:00-9:45am | COA Members | \$3/class |

Have any questions regarding swim lessons? Please check out our "Parent's Guide to Swim Lessons", available in the pool area, or contact our Aquatics Director, Sean, at (508) 336-7103, ext. 102.

Backyard Pool Program

Learn to swim in your own backyard!

As a way of reaching out into the community in the summer months, the Newman YMCA offers a special backyard pool program. The YMCA offers the backyard swim program in an effort to raise awareness for water safety and children's health and safety. The programs are designed to develop aquatic skills and learn how to be safe in and around the water.

- Trained YMCA swim instructors can come to your pool to teach your child and his or her neighborhood friends swimming lessons. All instructors are experienced, and are accompanied by a certified lifeguard.
- For parents who aren't sure how to teach kids how to swim, the YMCA backyard pool program is a good place to start.
- It's a basic water safety and swimming course for children ages 3-14 years old.
- Instructors also cover basic pool safety with both the children and their parents, including appropriate pool rules, needed safety equipment, limiting access to the pool, choosing safe toys, and the safe storage of pool chemicals.
- Scheduled at your convenience

Preschool (2.9-5 years): These classes are 30 minutes long, and may be taught with or without a parent in the pool. Preschool levels focus on personal safety, personal growth, water adjustment, stroke development, and water games. Children work on becoming more comfortable in the water and learning the foundations of swimming through the use of water games and songs. Minimum of 2, maximum of 6 children.

Youth (6-14 years): These classes are 45 minutes long, and are taught without a parent in the pool. Youth lessons focus on personal safety, personal growth, good health habits, stroke development, rescue and water sports/games. Children learn about safety and the foundations of swimming through the use of water sports and games. Minimum of 2, maximum of 8 children.

Fees include 4 group lessons

Members \$60/person
Non-Members \$120/person

Private (2.9 years-Adult): These classes are 30-45 minutes long, depending on the age and ability of the participant. Private lessons are ideal for those who are fearful of the water, and for those who would like to refine specific swim skills. One student per class, please.

Fees include 4 private lessons

Members \$100/person
Non-Members \$200/person

*We can also accommodate younger children, teens and adults who would prefer to take lessons at home. Please call the Aquatics Director at (508) 336-7103 for more information.

Registration Information:


- To register, please stop in at the Newman YMCA front desk.
- Prices reflect the cost for families living within a 10-mile radius of the Y. There will be an extra charge for people living in communities outside of this area.
- If the YMCA cancels a lesson for any reason or in case of inclement weather, a makeup class will be scheduled. If a participant cancels a lesson, that lesson will NOT be rescheduled.
- Parents must be present for all lessons.

Child Care Register Now for Fall

| Program | Description | Time | Fees |
|---|---|--|------|
| Kid's World | <ul style="list-style-type: none"> • Must be potty trained • Ages 2.9 - 5 years • Art, literacy, music, physical recreation, swim lessons • Structured program that stimulates physical, intellectual, social and creative growth | Mon-Fri 7:00 am-5:30pm | * |
| Wrap-Around Kindergarten for Seekonk and Rehoboth | <ul style="list-style-type: none"> • Nurturing staff and environment • Developmentally appropriate curriculum • Half day program • Serves children enrolled in both AM & PM Kindergarten at Aitken, Martin, and Palmer River Schools • Offering quality childcare 52 weeks a year • Transportation to and from school | Mon-Fri 7:00 am-5:30pm | * |
| School's Out | <ul style="list-style-type: none"> • Before and after school programs • Safe, stimulating environment • Enrichment activities • Full day care during school vacations • Serving East Providence, Seekonk and Rehoboth schools • Transportation provided-call for details | 7:00 am to school opening School dismissal to 6:00 pm | * |

* Call Newman YMCA for information regarding registration and fees. DHS accepted. Financial assistance available on a sliding scale.

Summer Camp

| | | | |
|---|---|---|---|
| Summer Camp 1/2 Day Program Ages 3-6 years | <ul style="list-style-type: none"> • Theme weeks: Week 1: Summertime Fun (6/22-6/26) Week 2: Happy Birthday, America (6/29-7/3) Week 3: Wild West (7/6-7/10) Week 4: Safari Week (7/13-7/17) Week 5: Medieval (7/20-7/24) Week 6: Around the World (7/27-7/31) Week 7: Water Week (8/3-8/7) Week 8: Luau (8/10-8/14) Week 9: Native American Week (8/17-8/21) Week 10: Wacky Week (8/24-8/28) | 1/2 Day 8:30am - 12:00pm | Members: \$72 Non-Members \$104 |
| Summer Day Camp | <ul style="list-style-type: none"> • Ages 5-Teen • Divided by age groups • Daily: nature, archery, sports field games, art & more • Tutoring in math or reading optional - only \$15 • Call for brochure • DHS & DSS accepted | 8:30am - 4:30pm Before and/or After Care available | Members \$142 Non-Members \$165  |
| Specialty Camps | <ul style="list-style-type: none"> • Gymnastics Camp • Dance Camp • Theatre Camp • Krump Camp • DHS & DSS accepted | 8:30 am - 4:30 pm Before and/or After Care available | Members \$142 Non-Members \$165 |
| NEW Summer Camp Sports Clinics | <ul style="list-style-type: none"> Week 1 (June 22-June 26) Basketball Camp Week 2 (June 29-July 3) Flag Football Camp Week 3 (July 6-July 10) Soccer Camp Week 4 (July 13-July 14) Basketball Camp Week 5 (July 20-July 24) Flag Football Camp Week 6 (July 27-July 31) Soccer Camp Week 7 (Aug 3-Aug 7) Basketball Camp Week 8 (Aug 10-Aug 14) Flag Football Camp Week 9 (Aug 17-Aug 21) Soccer Camp Week 10 (Aug 24-Aug 28) Basketball Camp <ul style="list-style-type: none"> • DHS & DSS accepted | 8:30 am - 4:30 pm Before and/or After Care available | Members \$142 Non-Members \$165 SAME PRICE AS CAMP! |
| *Extreme Sports Camp (Skateboarding, BMX, Inline Skate) | <ul style="list-style-type: none"> • Ages 7-15 • Week 3 (July 6-July 10) • Week 6 (July 27-July 31) <p>*This Camp travels</p> | | |

SUMMER SESSION 2009

ALL CLASSES HELD IN AIR CONDITIONED COMFORT

Health & Wellness

Group Exercise/Mind/Body Class Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|------------------------|---------------------|--------------------|--------------|--------------------|----------|------------|
| TIME | MORNING CLASSES | | | | | | |
| 5:30-6:00 | Cycle | Sculpting | Cycle | Sculpting | | | |
| 6:00-6:45 | Pilates | Cycle | Pilates | Cycle | | | |
| 6:45-7:45 | | | | | | Cycle | |
| 8:00-8:50 | | Step | | Step | Sculpting | Step | |
| 8:30-10:00 | Cardio & Sculpting | | Cardio & Sculpting | | Cardio & Sculpting | | |
| 9:00-10:00 | | Conditioning | | Conditioning | | | |
| 9:30-10:45 | Basic Yoga | Zumba (10:00-11:00) | | | | | |
| 11:00-11:45 | Sit To Be Fit | | Sit To Be Fit | | Sit To Be Fit | | |
| 11:00-12:00 | | | Yoga Gentle | | | Zumba | Yoga Mixed |
| 11:30-12:30 | | | | Yoga Mixed | | | |
| 11:45-12:15 | | | | | Stretching | | |
| 11:45-12:30 | Pilates | | Pilates | | | | |
| 12:30-1:30 | | | | | Basic Yoga | | |
| TIME | EVENING CLASSES | | | | | | |
| 4:30-5:30 | | Cycle/Sculpt | | | | | |
| 5:30-6:30 | Sculpting | Cardio | Kick Boxing | Sculpting | | | |
| 6:00-7:00 | | | | | Yoga Dance | | |
| 6:30-7:15 | Kick Boxing | Step | Zumba | Zumba | | | |
| 6:30-7:30 | | | Yoga Basic | | | | |
| 6:30-8:00 | Yoga Ashtanga | | | | | | |
| 7:45-8:45 | | | Cycle | | | | |

- Class descriptions on page 12.
- **PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING AN EXERCISE PROGRAM.**
- For your safety, please do not enter an exercise class more than 5 minutes after the class has begun.
- Participants must be 13 years of age to participate in adult fitness classes.
- Schedules are subject to change based on school vacations, instructor availability, member participation and YMCA scheduling needs.
- Shaded classes are held in Davol Room.

Summer Group Exercise Classes

ALL CLASSES HELD IN AIR CONDITIONED COMFORT.

FREE WITH MEMBERSHIP. NON-MEMBER DROP-IN FEE: \$10

Newman encourages all participants to try any Group Exercise, Pilates, Yoga or Senior Fitness class. For those of you who want more direction in class selection, we have developed the following guidelines:

Beginner (B) - New to exercise or less than 6 months continuous exercise.

Intermediate (I) - 6 months to 1 year continuous exercise experience.

Advanced (A) - More than 1 year continuous exercise experience.

CARDIO (I/A) - Varied cardio routines; step, hi/low, muscle conditioning and abs.

CONDITIONING (B/I/A) - Incorporate calisthenics, exercise drills and walking/running to tone your body to all star level.

CYCLE CLASSES (B/I/A) - Motivating indoor cycling. Go through the paces with sprints, climbs and jumps. Fabulous workout. Must sign up for a session to reserve a bike. See details on page 12.

KICKBOXING (B/I/A) - A combination of kickboxing and aerobic choreography.

PILATES (B/I/A) - Pilates offers a complete body conditioning method with emphasis on the core. Lengthen, strengthen and reshape your body without joint stress.

SCULPTING (B/I/A) - Total body sculpting and abs.

SIT TO BE FIT (B) - Seated group exercise class. Aerobics and strengthening components.

STEP (I/A) - Basic step moves, sculpting and abs.

YOGA

- **BASIC (B/I)** - Breathing, relaxation and simple postures taught and explained
- **MIXED (I)** - Core support emphasized, posture modifications for all levels
- **GENTLE (B/I)** - A gentle yoga class to improve flexibility and well-being
- **ASHTANGA (I/A)** - For experienced yoga students, builds on basic postures
- **YOGA DANCE** - Non-impact aerobic dance. Fun & easy to follow.

ZUMBA (B/I/A) - Ditch the workout and join the party. Move to the Latin beat and get in shape fast.



SEEKONK COUNCIL ON AGING

- Sit to Be Fit
- Slow Flow Yoga
- Check in at Front Desk
- Bring COA card


Mon 11:00-11:45am
Wed 10:00-11:00

\$3/class




89%
People who are 40 years or older and are at a normal weight but carry an excess of fat around their abdominal area are 89 percent more likely to have dementia later in life than people the same age who are at a normal weight and have a low amount of fat around their middle.
Source: Neurology

| Program | Description | Time | Fees Summer A/B | |
|---------|-------------|------|--------------------|--|
|---------|-------------|------|--------------------|--|

PERSONAL TRAINING

| | | | | | |
|---|------------------------------|---|---|--------------|-------|
| | One On One Personal Training | <ul style="list-style-type: none"> • Work one to one with a YMCA Certified Strength Trainer • Take your workout to a new level | Schedule appointment | One Session | |
| | | | | Members | \$50 |
| | | | | Non-Members | \$100 |
| | | | | Six Sessions | |
| | | | | Members | \$240 |
| | | | | Non-Members | \$540 |
|  | Group Personal Training | <ul style="list-style-type: none"> • Train as a group • Minimum 3 people, maximum 6 people | Schedule appointment | One Session | |
| | | | | Members | \$15 |
| | | | | Non-Members | \$30 |
| | | | | Six Sessions | |
| | | | | Members | \$90 |
| | | | | Non-Members | \$180 |
| | Buddy System | <ul style="list-style-type: none"> • Work one to one with a YMCA Certified Strength Trainer • Share workout with a friend • Encourage and achieve goals with a buddy • Both members must be present to take class | Schedule appointment (One hour sessions) | One Session | |
| | | | | Members | \$15 |
| | | | | Non-Members | \$30 |
| | | | | Six Sessions | |
| | | | | Members | \$120 |
| | | | | Non-Members | \$240 |

SELF IMPROVEMENT

| | | | | | | |
|---|---------------------------------|---|---|---|--------|-------|
|  | LiveStrong at the YMCA | <ul style="list-style-type: none"> • Cancer survivorship program of Stanford University • 12 week session meeting twice weekly • No cost to participants • YMCA provides trained instructors, facility and equipment | To register contact: Judy Cerrito 401-828-0130 jcerrito@gpymca.org | | | |
| | | | | | | |
| | Commit to Quit | <ul style="list-style-type: none"> • For women 18-65 • Research project with Brown Medical School and Miriam Hospital in collaboration with Newman YMCA • Call (401) 793-8210 to find out if you are eligible to participate in this free 12 week smoking cessation program • Enrollment is ongoing | | | FREE | |
|  | Newman Y Win Over Big | <ul style="list-style-type: none"> • Weekly weigh-in for 12 weeks • Weekly workouts designed by YMCA Wellness Coach | Starts Monday, August 31 | Members | \$100 | |
| | | | | Non-Members | \$200 | |
| | Over 300 lbs. lost each session | <ul style="list-style-type: none"> • Nutrition consultation • Friendly competition | |  | Family | \$200 |
| | | | | | | |
| | Post-Rehab Program | <ul style="list-style-type: none"> • Gradually introduces post-rehab patients to independent exercise • Build on cardiac or physical therapy exercises in 12 sessions • Call for more information | Schedule appointment | Members | FREE | |
| | | | | Non-Members | \$120 | |

SPORTS

| | | | | | |
|--|--------------------------|--|-----------------------------|-------------|-------|
| | Coed Volleyball League | <ul style="list-style-type: none"> • Ages 15 and up • 2 weeks of evaluated pick-up play • 8 weeks of league play including playoffs | Look for promotional flyers | Members | \$25 |
| | | | | Non-Members | \$50 |
| | 3 on 3 Basketball League | <ul style="list-style-type: none"> • Ages 18 and up • Maximum of 5 people per team • Half court games • \$200 per team or sign up as an individual | Look for promotional flyers | Members | \$46 |
| | | | | Non-Members | \$92 |
| | | | | Team of 5 | \$200 |

Preschool

| Program | Description | Time | Fees Summer A/B | |
|---|---|--|--------------------|---------|
| Preschool Story Time Art | <ul style="list-style-type: none"> • Ages 2-4 • Engaging storytime • Art project related to story • Healthy snack provided | Thursdays, 9:00-10:00am | Members | \$35/30 |
| | | | Non-Members | \$69/59 |
| Mighty Might's | <ul style="list-style-type: none"> • Ages 4-6 • Games approach to learning new sports skills each week • Children learn that being physically active is FUN | Sundays 10:30-11:15am | Members | \$35/30 |
| | | | Non-Members | \$69/59 |
| Youth Soccer Begins Sept. 12 | <ul style="list-style-type: none"> • Ages 4-8 Coed • Family program involving parents in coaching • Program promotes coordination, physical endurance, sportsmanship and FUN | Saturdays Beginning Sept. 12 4 yr. old from 9:30-10:15am (Parent/Child) 5 yr. old from 10:30-11:30am (Little Kickers) 6-8 yrs. old from 11:45am-12:45pm (Big Kickers) | Members | \$53 |
| | | | Non-Members | \$99 |

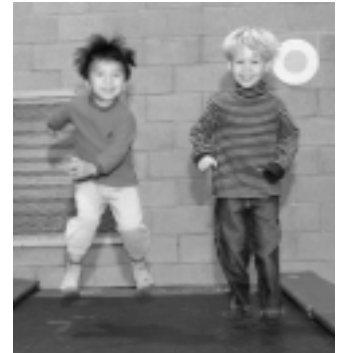
School Aged

| Program | Description | Time | Fees Summer A/B | |
|---------------------|--|--|--------------------|---------|
| SPORTS | | | | |
| Tennis | <ul style="list-style-type: none"> • Ages 5 and up • Instructional family program • Begin the mastery of tennis skills in a FUN environment | Mondays 3:00-3:45pm (Ages 5-9) 4:00-5:00pm (Ages 9 & up) Saturdays 9:00-9:45am (Ages 5-9) 10:00-11:00am (Ages 9-12) 11:00am-12:00pm (Ages 12 & up) | Members | \$35/30 |
| | | | Non-Members | \$69/59 |
| Karate Kids | <ul style="list-style-type: none"> • Ages 5-7 • Introduction to basic Tae Kwon Do • Builds self-esteem • Prepare child for Beginner Self-Defense | Saturdays 10:45-11:30am | Members | \$35/30 |
| | | | Non-Members | \$69/59 |
| Karate/Self Defense | <ul style="list-style-type: none"> • Ages 6 and up • Based on Tae Kwon Do philosophy • Builds self-esteem and confidence • Advanced group split into 2 groups on Tues. & Thurs. based on degree of belt • Program runs from June 23 - August 15 | Beginner Tue & Thu 6:30-7:15pm Advanced Tue & Thu 7:15-8:15pm & Sat 9:30-10:30am | Members | \$75 |
| | | | Non-Members | \$150 |
| | | | Members | \$95 |
| | | | Non-Members | \$190 |
| Archery | <ul style="list-style-type: none"> • Ages 7 & up • Taught by a YMCA archery certified instructor • Held on camp grounds with plastic metal-tipped arrows & bows • Fun, safe, controlled, non-competitive setting | Tuesdays 4:30-5:30pm | Members | \$35/30 |
| | | | Non-Members | \$69/59 |



| Program | Description | Time | Fees |
|---------|-------------|------|------|
|---------|-------------|------|------|

SPORTS - COMING THIS FALL


| | | |
|--|--|----------------------------------|
| Youth Track Team <ul style="list-style-type: none"> Ages 6-teen Sprints - Short and long distance Intro to cross-country runs Weekly 1 mile race Weekly conditioning drills | Begins Sept. 8 Tuesdays and Thursdays 4:00pm | Members \$53 Non-Members \$99 |
| Youth Flag Football League <ul style="list-style-type: none"> Ages 6-8, 9-12 Participants will learn the skills required to play football in a non-threatening/non-contact environment Skill work every week followed by a game Boys and girls welcome | Saturdays Begins Sept. 12 9:00-10:15am (6-8 yr. olds) 10:15-11:30am (9-12 yr. olds) | Members \$53 Non-Members \$99 |
| Youth Soccer <ul style="list-style-type: none"> Ages 4-8 Coed Family program involving parents in coaching Program promotes coordination, physical endurance, sportsmanship and FUN | Saturdays Begins Sept. 12 Parent/Child 4 yr. old from 9:30-10:15am Little Kickers 5 yr. old from 10:30-11:30am Big Kickers 6-8 yrs. old from 11:45am-12:45pm | Members \$53 Non-Members \$99 |



ARTS & HUMANITIES

| | | |
|--|---|--|
| Dance Team <ul style="list-style-type: none"> Open to all Dance or Krump Dance participants Perform at community events Perfect your style and form Dance instruction Theatre instruction Register now for Fall - starting Sept. | Practice times TBA | <div style="text-align: center;">  to Members who were in Summer Camp </div> |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> Reading Circle Read. Write. Think <ul style="list-style-type: none"> Ages 8-12 Children take responsibility for their own learning Discuss, define & explore unfamiliar words The group will choose a book to read & meet once a week to discuss </div> </div> | Look for promotional flyers | FREE |
| Tutoring <ul style="list-style-type: none"> Math - all elementary grades RI certified teacher Afternoons TBA | | |
| Home School Programs On Demand <ul style="list-style-type: none"> Lego Engineering Preschool Story/Art Music & more Gym & Swim | Call Josie for information or e-mail jduutil@pymca.org | |

School Aged

| Program | Description | Time | Fees |
|---|--|---|--|
| HEALTH & WELLNESS | | | |
| Summer A/B | | | |
| Wellness Orientation | <ul style="list-style-type: none"> Ages 9 & up Components of a safe effective fitness routine | Schedule appointment | Members Free |
| Teen Personal Exercise Program (PEP) | <ul style="list-style-type: none"> Ages 11 to 17 Work with certified staff Set goals to lose weight and tone muscle Improve strength and conditioning for any team or individual sport activity | Schedule appointment | Members Free |
| Youth PEP/ Newman Fit Kids | <ul style="list-style-type: none"> Ages 9-13 Supervised by one of our staff Participants will learn to use cardio equipment, stretch, use the Nautilus equipment & learn proper fitness center etiquette Group exercise Fun, music Sample all kinds of fitness classes including Yoga, Zumba, Calisthenics Find your favorite form of exercise Attend as often as you like | Tuesdays, Wednesdays & Thursdays 6:30-7:30pm | Members \$35/30 Non-Members \$69/59 |
| Teen Boys Basketball | <ul style="list-style-type: none"> Ages 12-15 Competitive, 10 week league League keeps stats, records, and playoffs Evaluated pickup first 2 weeks at 7:30pm | Look for promotional flyers | Members \$50 Non-Members \$99 |
| Teen Girls Basketball | <ul style="list-style-type: none"> Ages 12-15 Competitive, 10 week, all girls league League keeps stats, records, and playoffs Evaluated pickup first 2 weeks at 6:15pm | Look for promotional flyers | Members \$49 Non-Members \$99 |
| Teen One on One Personal Training | <ul style="list-style-type: none"> Ages 11 to 17 Work one to one with a YMCA Certified Strength Trainer Improve self-confidence, agility and focus | Schedule appointment (45 minute sessions) | One Session \$25 Seven Sessions \$150 |
|  Boot Camp | <ul style="list-style-type: none"> Ages 15 & up Advanced training techniques for men & women Increase your strength, speed & agility Push yourself to the limit | Thursdays 7:30-8:30pm Sundays 9:00-10:00am | Members \$25/20 Non-Members \$50/40 |