

General Information

Hours of Operation



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

*Hours of operation are subject to change

Holiday Closings

Christmas Day	Thur., Dec. 25
Easter	Sun., Apr. 12
Memorial Day	Mon., May 25

Special Holiday Hours

Christmas Eve	Wed., Dec. 24	Closing at 2pm
New Year's Eve	Wed., Dec. 31	Closing at 6pm
New Year's Day	Thur., Jan. 1	Open Noon-5pm

Locker Rentals

Lockers are available to rent on a yearly basis.

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

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

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

- Free land and water aerobic classes
- Free Yoga, Pilates, San Shou
- 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 2.
- Pool Palooza & Family Swim
- Personal Exercise Program
- Teen Personal Exercise Program
- FREE family activities
- Reduced prices for classes and childcare
- Double sessions registration

Frequent "Yer" Cards

- Frequent "Yer" program ... register for 4 programs and get the fifth program free
- Free program must be of equal or lesser value to previous program

Frequent "Yer" cards are a member benefit. You must remain a member in order to use the card for a free program.

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.**

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.




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
Parents' 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, Jan. 16 Friday, Feb. 13 Friday, Mar. 13 Friday, Apr. 10	Members only - \$10/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 Sun 9:30-11:00 am	Family YMCA Members Only FREE
Prime Time Craft Week December 8-12	<ul style="list-style-type: none"> All ages Inexpensive gifts for your child to make Hanukkah gifts Christmas gifts 	Monday-Friday 8:30-1:30 pm 5:30-8:30pm	\$1-\$2 per craft
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 Ask the nutritionist your health related questions during the first hour Family activities, Pool Palooza, Zumba, Family Dance 	Thursdays, 5:30-7:00 pm Jan. 29 Feb. 26 Mar. 26 Apr. 30 May 28	\$3/Member \$6/Non-Member
 Breakfast with Santa	<ul style="list-style-type: none"> Taking place at Applebee's on Route 6 Raffle prizes Family fun Pictures with Santa 	Saturday, Dec. 6 8:00-10:00am	\$5/Member \$8/Non-Member
Kid's World Holiday Show	<ul style="list-style-type: none"> YMCA preschool students sing holiday favorites 	Friday, Dec. 12 6:30pm	FREE
 Drop 'N Shop	<ul style="list-style-type: none"> Drop off your child Shop for 1/2 day or all day Activities to entertain your child Prime Time staff will provide care 	Sat., Dec. 13	8am-Noon \$20/Member Noon-4pm \$20/Member 8am-4pm \$35/Member
Papa Gino's Night	<ul style="list-style-type: none"> 12 Narragansett Park Drive, East Providence, RI Bring our flyer and 20% of your bill will be donated to the Newman YMCA! 	Thursday, December 18 4:00-9:00pm	
 Movie Night	<ul style="list-style-type: none"> Big screen projector movie in the Gymnasium Bring your own pillows and blanket Popcorn and drinks at a small fee 	Fridays, 7:00pm Jan. 23 Feb. 27 Mar. 27 Apr. 24	Members FREE Non-Members \$8/family

Birthday Parties

Program	Description		Time	Fees
Pick a theme below or ask us about your favorite sport or hobby. All Birthday Parties Include a YMCA Gift for the Birthday Child				
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-1:00 pm OR 12:30-2:30pm	Members \$125 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-1:00 pm OR 12:30-2:30pm	Members \$150 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-1:00 pm OR 12:30-2:30pm	Members \$125 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-1:00 pm OR 12:30-2:30pm	Members \$150 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) 4:30-5:30 pm (Room)	Members \$125 Non-Members \$175
		Sun	2:15-3:15 pm (Pool) 3:15-4:15 pm (Room)	
*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) 2:30-3:30 pm (Room)	Members \$175 Non-Members \$225
		Sun	12:00-1:00 pm (Pool) 1:00-2:00 pm (Room)	
NEW *Olympic Pool Birthday Party	<ul style="list-style-type: none"> • Ages 6-14 • Limit 25 children • Friendly competition • Ridiculous race • Private pool setting 	Sat	1:30-2:30 pm (Pool) 2:30-3:30 pm (Room)	Members \$175 Non-Members \$225
		Sun	12:00-1:00 pm (Pool) 1:00-2:00 pm (Room)	

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

Aquatics Schedule - Winter/Spring 2009

Added
Family Swim
Times from
March 9 through
June 20,
Monday-Thursday,
3:30-5:00pm
(2 lanes)

Home Swim
meets
January 10 and
February 7.
Pool closed from
12:30-5:00pm

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:15-8:15am 10:30-11:30am (2) 11:30am-1:30pm 1:30-2:30pm (2) 5:00-6:00pm 7:30-9:00pm (3)	5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 1:30-3:30pm (2) 7:45-9:00pm (3)	5:15-8:15am 10:30-11:30am (2) 11:30am-1:30pm 1:30-2:30pm (2) 5:00-6:00pm 7:30-9:00pm (3)	5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 1:30-2:30pm (2) 7:45-9:00pm (3)	5:15-8:15am 10:30-11:30am (2) 11:30am-2:00pm 5:00-6:30pm	6:00-9:00am 12:00-1:30pm (3) 5:00-7:00pm (2)	8:15-10:00am 10:00am-12:00pm (2) 1:30-3:15pm (2)
Youth/Family Swim	10:30-11:30am (2) *2:30-3:30pm (2)	*2:30-3:30pm (2) 6:25-7:45pm	10:30-11:30am (2) *2:30-3:30pm (2)	10:30-11:30am (2) *2:30-3:30pm (2)	10:30-11:30am (2) 2:00-5:00pm 7:20-9:00pm	2:30-5:00pm 5:00-7:00pm (2)	10:00am-12:00pm (2) 1:30-3:15pm (2)
Pool Palooza		6:25-7:45pm		6:25-7:45pm	7:20-8:45pm	2:30-3:30pm	
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 6:30-7:15pm		
Arthritis	9:00-9:45am		9:00-9:45am		9:00-9:45am		
Water Walking		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*

Winter
January 5 - February 22
(7 weeks)

Spring A
February 23 - April 12
(7 weeks)

Spring B
April 20 - June 14
(8 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
PARENT/CHILD				
SKIP'S		<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 \$46/53
			Thu 5:00-5:30pm	Non-Members \$92/99
			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 \$46/53
			Thu 9:30-10:00am	Non-Members \$92/99
			Sat 9:05-9:35am	
			Sun 3:15-3:45pm	
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 1:30-2:00pm	Members \$46/53
			Tue 10:00-10:30am	Non-Members \$92/99
			Tue 5:00-5:30pm	
			Wed 2:30-3:00pm	
			Thu 10:30-11:00am	
			Thu 1:30-2:00pm	
			Thu 5:00-5:30pm	
			Sat 9:05-9:35am	
Sat 10:30-11:00am				
Sun 3:15-3:45pm				
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 2:00-2:30pm	Members \$46/53
			Tue 11:00-11:30am	Non-Members \$92/99
			Tue 5:00-5:30pm	
			Wed 3:00-3:30pm	
			Thu 10:00-10:30am	
			Thu 2:00-2:30pm	
			Thu 5:00-5:30pm	
			Sat 9:05-9:35am	
Sat 10:30-11:00am				
Sun 3:15-3:45pm				
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 2:30-3:00pm	Members \$46/53
			Tue 10:30-11:00am	Non-Members \$92/99
			Tue 5:00-5:30pm	
			Wed 1:30-2:00pm	
			Thu 11:00-11:30am	
			Thu 2:30-3:00pm	
			Thu 5:00-5:30pm	
			Sat 10:30-11:00am	
Sun 3:15-3:45pm				
STARFISH		<ul style="list-style-type: none"> • 25 yards freestyle with rhythmic breathing • Back alternating paddle • Front & back somersaults • Introduction to breaststroke • Underwater search 	Mon 3:00-3:30pm	Members \$46/53
			Wed 2:00-2:30pm	Non-Members \$92/99
			Thu 3:00-3:30pm	
			Sat 9:05-9:35am	




Aquatics (cont.)

Program	Description	Time	Fees	
			Winter-Spring	A/Spring B
SEMI-PRIVATE LESSONS	<ul style="list-style-type: none"> Ages 3-5 Six 30-minute lessons Minimum 2, maximum 3 people Children should be approximately the same age & skill level 	TBD Please contact the Aquatic Coordinator	Members Only	\$165/190 per group
PRIVATE LESSONS	<ul style="list-style-type: none"> One-to-one lesson May be any of the PRESCHOOL levels Only 1 student per class, please! Seven 30 minute lessons 	Tue 5:00-5:30pm Thu 5:00-5:30pm Sat 9:05-9:35am Sat 10:30-11:00am Sun 3:15-3:45pm	Members Non-Members	\$130/150 \$260/295
For other options please contact the Aquatic Coordinator				
YOUTH (AGES 6-14 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 3:30-4:15pm Mon 6:00-6:45pm Tue 5:35-6:20pm *Thu 3:30-4:15pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am Sun 3:45-4:30pm	Members Non-Members	\$46/53 \$92/99
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 3:30-4:15pm Mon 6:00-6:45pm Tue 5:35-6:20pm *Thu 3:30-4:15pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am Sun 3:45-4:30pm	Members Non-Members	\$46/53 \$92/99
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 *Tue 3:30-4:15pm *Wed 3:30-4:15pm Wed 6:00-6:45pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am Sun 3:45-4:30pm	Members Non-Members	\$46/53 \$92/99
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 3:30-4:15pm Tue 5:35-6:20pm Wed 6:00-6:45pm Sat 9:40-10:25am Sun 3:45-4:30pm	Members Non-Members	\$46/53 \$92/99
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 *Wed 3:30-4:15pm Thu 5:35-6:20pm Sat 11:05-11:50am	Members Non-Members	\$46/53 \$92/99
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 *Wed 3:30-4:15pm Thu 5:35-6:20pm Sat 11:05-11:50am	Members Non-Members	\$46/53 \$92/99

Aquatics (cont.)

Program	Description	Time	Fees	
			Winter-Spring A	Spring B
SEMI-PRIVATE LESSONS	<ul style="list-style-type: none"> Ages 6 & up Six 45-minute lessons Minimum 2, maximum 3 people Children should be approximately the same age & skill level 	TBD Please contact the Lessons Coordinator	Members Only	\$165/190 per group
PRIVATE LESSONS	<ul style="list-style-type: none"> One-to-one lesson Ages 6-12 May be any of the youth levels Only 1 student per class, please! Seven 45 minute lessons 	Mon 6:00-6:45pm Tue 5:35-6:20pm Thu 5:35-6:20pm Sat 9:40-10:25am Sat 11:05-11:50am Sun 3:45-4:30pm	Members Non-Members	\$130/150 \$260/295
		For other options please contact the Lessons Coordinator		
NEW STROKE & ENDURANCE	<ul style="list-style-type: none"> Ages 6-15 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 	Ages 6-10 M/W 4:15-5:00pm Ages 11-15 Tu/Th 4:15-5:00pm	Members Non-Members	\$88/100 \$176/200
TEEN/ADULT (AGES 15 & UP)				
TEEN/ADULT BEGINNER	<ul style="list-style-type: none"> For those with limited or no experience swimming Group lesson 	Sat 12:00-12:45pm Mon 6:00-6:45pm Mon 8:00-8:45pm	Members Non-Members	\$46/53 \$92/99
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 8:00-8:45pm	Members Non-Members	\$46/53 \$92/99
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 Lessons Coordinator	Members Non-Members	\$130/150 \$260/295
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 F 6:30-7:15pm	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 Health & Wellness Director	Members Non-Members	\$25/session \$100/ 5 sessions \$50/session

Child Care

Program	Description	Time	Fees
Kid's World - Preschool	<ul style="list-style-type: none"> • Ages 2.9 - 5 years • Must be potty trained • Art, literacy, music, physical recreation • Swim lessons • Structured program that stimulates physical, intellectual, social and creative growth • Offering quality childcare 52 weeks per year • Safe, nurturing environment • DHS & DSS accepted 	Mon-Fri 7:00 am-5:30pm 	* Sliding scale fees based on income
Wrap-Around Kindergarten Located at the Newman YMCA	<ul style="list-style-type: none"> • Nurturing staff and environment • Developmentally appropriate curriculum • Swim lessons • Half day program • Serves children enrolled in both AM & PM Kindergarten at Aitken, Martin, Palmer River, and Myron J. Francis Schools • Offering quality childcare 52 weeks a year • Transportation to and from school • DHS & DSS accepted 	Mon-Fri 7:00 am-5:30pm	* Sliding scale fees based on income
School's Out Before & After School Care	<ul style="list-style-type: none"> • Before and after school programs • Safe, stimulating environment • Enrichment activities • Full day care during school vacations • Opportunities to join 4H, Junior Leaders or Lego Clubs • East Providence programs serve students at the following schools: Myron J. Francis, Kent Heights, Orlo, Silver Spring, Hennessey, Whiteknact, and Martin Middle • MA programs serve students at the following schools: Seekonk Middle, Martin Elementary, Aitken Elementary, Palmer River Elementary, and Beckwith Middle • Transportation provided to/from some schools-call for details 	7:00 am to school opening School dismissal to 6:00 pm	* Sliding scale fees based on income
School Vacation Week	<ul style="list-style-type: none"> • Fun filled week • Daily swim • Special Events • Daily schedule of activities • Arts & Crafts • Games • DHS & DSS accepted • KIDCAMP connection 	February 16-20 April 13-17 April 20-24	Members \$142 Non-Members \$163 Add on 1/2 Day Basketball \$55
 School Vacation Basketball Week	<ul style="list-style-type: none"> • Skills, drills, games • Professional instruction • Fine tune and shape up • Sports workout program included • Optional swim after clinic 	Monday-Friday 10:30am-3:30pm February 16-20 April 20-24	Members \$123 Non-Members \$142 Add on to Vacation Camp Week \$55
 School Vacation Adventure	<ul style="list-style-type: none"> • Ages 10-14 • Daily field trips • Fun local destinations • Before/after care available 	Monday-Friday 9:00am-3:30pm	Members \$150 Non-Members \$170 Daily Rate-Members \$35 Non-Members \$40 Add on to Vacation Care \$10 (plus trip cost)

*Call Newman YMCA for information regarding registration and fees.

WINTER/SPRING SESSION 2009

Health & Wellness

Group Exercise/Mind/Body Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME	MORNING CLASSES						
5:30-6:15		Sculpting		Sculpting			
6:00-6:45	Pilates	Cycle 6:00-7:00am	Pilates				
6:45-7:45	Cycle					Cycle	
7:30-8:30							
8:00-9:00							
8:00-8:50		Step		Step		Step	
8:30-9:30						Yoga	
9:00-9:45		Conditioning		Conditioning			
9:00-10:30	Cardio		Cardio		Cardio		
9:30-10:45	Yoga Basic						
9:45-10:45							
10:00-11:00		Zumba	Yoga Gentle				Yoga Mixed
11:00-11:45	Sit To Be Fit		Sit To Be Fit		Sit To Be Fit	Zumba 11:00-12:00	
11:45-12:30	Pilates		Pilates				
12:00-1:00				Yoga Mixed	Yoga Basic (12:15)		
12:30-1:15						Cycle 12:30-1:30	
TIME	EVENING CLASSES						
5:30-6:20	Sculpting	Cardio	Kick Boxing	Sculpting	Kick Boxing		
6:00-7:00					NIA		
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 10.
- **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 our large Multi-Purpose Room.

Group Exercise Classes Held in the Gym

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.

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

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

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

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

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

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

All Mind-Body Classes Held in the Large Multi-Purpose Room

GROUP CYCLE CLASSES (B//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.

NIA (B//A) - Expressive mind-body movement. Embraces fitness and health. East meets West using integrative movements and concepts. NIA stands for Neuromuscular Integrative Action.

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

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

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

YOGALATES (B/I) - A mix of yoga and Pilates to enhance your inner balance

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



Program Description Time Fees
Winter-Spring A/Spring B

PERSONAL TRAINING

One On One Personal Training	<ul style="list-style-type: none"> • Work one to one with a YMCA Certified Strength Trainer • Members Only • Take your workout to a new level 	Schedule appointment	One Session Seven Sessions Members Only	\$40 \$240
NEW Group Personal Training	<ul style="list-style-type: none"> • Train as a group • Up to 4 people 	Schedule appointment	Seven Sessions Cost is per person	\$155
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 Seven Sessions Cost is per person Members Only	\$30 \$180

SELF IMPROVEMENT

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
NEW Newman Y Biggest Loser	<ul style="list-style-type: none"> • Weekly weigh-in for 12 weeks • Weekly workouts designed by YMCA Wellness Coach • Nutrition consultation • Friendly competition 	Starts Tuesday, Jan. 12	Members Non-Members	\$75 \$150
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 	Tuesdays Begins Dec. 9 7:30 or 8:30 games	Members Non-Members	\$46/53 \$92/99
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 	Thursdays Begins Jan. 8 7:30 or 8:30 games	Members Non-Members Team of 5	\$46 \$92 \$200
NEW Hip Hop Adult	<ul style="list-style-type: none"> • Ages 18 & up • This beginner class combines Jazz & Hip Hop movements to create a loose & fun learning environment for those interested in adding dance to their weekly exercise routine 	Wed 8:00-9:00pm	Members Non-Members	\$46/53 \$92/99



Program	Description	Time	Fees
			Winter-Spring A/Spring B

DANCE & GYMNASTICS

Gymnastics Preschool	<ul style="list-style-type: none"> • Tiny Tumblers • Ages 3 & 4 • Introduction to gymnastics • Basic tumbling and use of gymnastics equipment 	Tuesdays 3:30-4:15pm	Members \$46/53 Non-Members \$92/99
Gymnastics	<ul style="list-style-type: none"> • Shooting Stars • Ages 5-7 • Beginning class • Designed for children who are ready to learn more advanced skills 	Tuesdays 4:15-5:00pm	Members \$46/53 Non-Members \$92/99
Dance Preschool	<ul style="list-style-type: none"> • Tip Toes Tot • Ages 2-4 • Creative movement • Basic dance skills • Fun music 	Thursday 10:00-10:30am	Members \$46/53 Non-Members \$92/99
Dance Preschool	<ul style="list-style-type: none"> • Tiny Tip Toes • Ages 4-6 • Hip hop, ballet, jazz basics • Proper form and technique 	Thursday 10:30-11:15am	Members \$46/53 Non-Members \$92/99
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 \$46/53 Non-Members \$92/99
Dance Special Needs	<ul style="list-style-type: none"> • Ages 5-9 with special needs • Hip Hop, Jazz & Ballet basics • Movement designed for children with disabilities 	Sunday Ages 5-9 11:15 am-12 noon	Members \$46/53 Non-Members \$92/99
Gym & Swim Preschool	<ul style="list-style-type: none"> • Ages 12-36 months • 1/2 hour on soft play equipment in our multi-purpose room • 1/2 hour in the pool • Socialize with other children & parents • Running, jumping, swimming • Must wear socks on equipment 	Tuesdays 10:00-10:30am in multi-purpose room 10:45am-11:15am in pool	Members \$46/53 Non-Members \$92/99

SPORTS

Parent/Child Sports Medley	<ul style="list-style-type: none"> • Ages 3-5 • Parent & child learning together • Soccer, basketball, T-ball, etc. 	Thursdays 4:45-5:30pm	Members \$46/53 Non-Members \$92/99
Parent/Child Basketball Program Winter Session only	<ul style="list-style-type: none"> • Ages 4 & 5 • Parent/Child divisions • This 7 week program will teach fundamentals working towards playing a real basketball game • Begins on Saturday, Jan. 3 	Saturdays Begins Jan. 3 4 yr. old from 9:30-10:20am 5 yr. old from 10:30-11:30am	Members \$50 Non-Members \$100
Sports Preschool	<ul style="list-style-type: none"> • Mighty Mights • Ages 4-6 • Games approach to learning new sports skills each week • Children learn that being physically active is FUN 	Wednesdays 1:15-2:00pm Thursdays 10:00-10:45am Saturdays-Spring A Only 10:00-10:45	Members \$46/53 Non-Members \$92/99
Youth T-Ball/Basketball Spring B only	<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 April 18 4 yr. old from 9:30-10:15am (Parent/Child) 5 yr. old from 10:30-11:30am (Little Sluggers) 6-8 yrs. old from 11:45am-12:45pm (Big Sluggers)	Members \$53 Non-Members \$99

Parent Orientation on Sat., April 11

DANCE & GYMNASTICS

Gymnastics	<ul style="list-style-type: none"> • Rollers/Swingers • Ages 7-14 • Advanced beginner level gymnastics • For those who have mastered the basics 	Tuesdays	5:00-5:45pm	Members Non-Members	\$46/53 \$92/99
Gymnastics	<ul style="list-style-type: none"> • Shooting Stars • Ages 5-7 • Beginning class • Designed for children who are ready to learn more advanced skills 	Tuesdays	4:15-5:00pm	Members Non-Members	\$46/53 \$92/99
Dance Youth	<ul style="list-style-type: none"> • Ages 6-9 • Hip Hop, Jazz • Proper form and technique • Taught by Gay Barboza, former owner, April, May & June's School of Dance 	Wed	6:00-6:45pm	Members Non-Members	\$46/53 \$92/99
NEW Dance Special Needs	<ul style="list-style-type: none"> • Ages 10-14 with special needs • Hip Hop, Jazz & Ballet basics • Movement designed for children with disabilities 	Sunday	12 noon-12:45pm	Members Non-Members	\$46/53 \$92/99

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 • Takes place in the Gymnasium 	Mondays 3:00-3:45pm (Ages 5-9) 4:00-5:00pm (Ages 9 & up)	Members Non-Members	\$46/53 \$92/99
Youth Track Team	<ul style="list-style-type: none"> • Ages 6-teen • Sprints - Short and long distance • Broad jump • Compete in local meets • Intro to cross-country runs 	*Taking interest list and looking for volunteers		
Youth Flag Football League Spring B only	<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 9:00-10:15am (6-8 yr. olds) 10:15-11:30am (9-12 yr. olds)	Members Non-Members	\$53 \$99
Youth Basketball League Winter only	<ul style="list-style-type: none"> • Ages 6-12 • Begins with Program Orientation on Saturday, December 13 • Instructional league promoting skill development and FUN • This program requires a 1 hour commitment per week • First 2 or 3 weeks reserved for team practices-game play for the remainder of season • Volunteers needed to help coach teams 	Takes place on Saturdays from Dec. 20 until March 1 Small Shots (6-7 yr. olds) 12pm practice/game Power Pass Girls (6-7 yr. old girls) 1pm practice/game NCAA (8-9 yr. olds) 2pm practice/game Girls Rule (8-9 yr. old girls) 4pm practice/game NBA (10-12 yr. olds) 4pm practice/game WNBA (10-12 yr. old girls) 5pm practice/game	Members Non-Members	\$65 \$100
ORIENTATION & SKILL EVALUATION Saturday, December 13				
Youth T-Ball/Basketball Spring B only	<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 April 18 Parent/Child 4 yr. old from 9:30-10:15am Little Sluggers 5 yr. old from 10:30-11:30am Big Sluggers 6-8 yrs. old from 11:45am-12:45pm Parent Orientation on Sat., April 11	Members Non-Members	\$53 \$99

Program	Description	Time	Fees	
			Winter-Spring A	Spring B

SPORTS


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 Non-Members	\$46/53 \$92/99
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 	Beginner Tue & Thu 6:05-6:50pm Advanced Tue & Thu 6:50-7:50pm & Sat 7:50-8:50pm 9:30-10:30am	Members Non-Members	\$75 \$150
Youth Track Team	<ul style="list-style-type: none"> Ages 6 & up Sprints - Short and long distance Broad jump Intro to cross-country runs 	TBA	Members Non-Members	\$25 \$50
Inline Skating Lessons	<ul style="list-style-type: none"> Ages 5-14 Skating forward, backward, turning, transitions, stopping, safe falling techniques & much more All participants must wear a helmet, knee & elbow pads Will divide by age group 	Sundays 11:30am-12:30pm	Members Non-Members	\$46/53 \$92/99
NEW Challenger Recreational Sport	<ul style="list-style-type: none"> Ages 10-15 Unique opportunity for children with special needs Learn the fundamentals Progressive lesson plans designed to move children into the mainstream Soccer Basketball 	Sundays 9:30-10:30am	Members Non-Members	\$46/53 \$92/99
Girls' Softball League	<ul style="list-style-type: none"> Ages 6-10 Slow-pitch Build self-esteem and confidence playing in this instructional softball league 	Saturdays Begins April 19 11:30am-1:00pm	Members Non-Members	\$53 \$99
NEW School Vacation Basketball Week	<ul style="list-style-type: none"> Ages 6 & up Skills, drills, games Professional instruction Fine tune and shape up Sports workout program included Optional swim after clinic 	Monday-Friday 10:30am-3:30pm February 16-20 April 20-24	Members Non-Members Add on to Vacation Camp Week	\$123 \$142 \$55

ARTS & HUMANITIES

Crafty Kids	<ul style="list-style-type: none"> Ages 5 & up Create a new craft each week Hands on fun 	Wednesday 5:30-6:30pm	Members Non-Members	\$46/53 \$92/99
Newman Family Fun	<ul style="list-style-type: none"> Ages 5 & up Fun for the whole family Different games each week Meet other YMCA families Stay for Family Swim 1:30-3:15pm 	Sunday 12:30-1:30pm	Members Non-Members	FREE \$10 per family
Youth Chorus	<ul style="list-style-type: none"> Ages 8 & up No experience necessary Performance opportunities Find your inner musician 	Taking an interest list at the Front Desk		
Arts & Humanities Lego Engineering	<ul style="list-style-type: none"> Ages 5-7 Ages 8-14 Hands on learning Promotes creativity Teaches creative problem solving Build bridges, tunnels, skyscrapers & more 	Mondays, 4:30-5:30pm Wednesdays, 4:30-5:30pm	Members Non-Members	\$46/53 \$92/99
Babysitting Course	<ul style="list-style-type: none"> Ages 10 & up Learn the responsibilities Developmental stages Safety Behavior & discipline Emergency care & First Aid 	Tuesdays, 6:30-7:30pm	Members Non-Members	\$46/53 \$92/99


Program	Description	Time	Fees	
			Winter-Spring A/Spring B	

HEALTH & WELLNESS

Sports Recreation for Special Needs	<ul style="list-style-type: none"> Ages 5-9 Designed for children with a disability Play a different active game each week: Tag, Relay Races, Soccer, Dodgeball & more 	Sundays 8:30-9:30am	Members Non-Members	\$46/53 \$92/99
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 types 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 Non-Members	\$46/53 \$92/99
Challenger Fitness	<ul style="list-style-type: none"> Ages 8-14 Coed with disabilities Healthy living skills Fun activities Get in shape Make friends 	Sundays 10:30-11:30am	Members Non-Members	\$46/53 \$92/99
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 jdutil@gpymca.org		



Pre-Teen & Teen

Program	Description	Time	Fees	
			Winter-Spring A	Spring B
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 	Wednesday Nights Begins December 3rd 7:30 or 8:30pm games	Members Non-Members	\$49 \$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 	Saturday Nights Begins December 13th 6:15 or 7:15pm games	Members Non-Members	\$49 \$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 Seven Sessions	\$25 \$150
Velocity Training	<ul style="list-style-type: none"> Ages 13-18 Designed for the serious young athlete Advanced training techniques & core conditioning Increase your strength, speed & agility Improve your overall game 	Wednesdays 4:30am-5:30pm	Members Non-Members	\$46/53 \$92/99
Fitness for Special Needs	<ul style="list-style-type: none"> Ages 10-14 Designed for children with a disability Learn about health & fitness Develop a fitness routine Learn how to use the fitness center 	Sundays 10:30-11:30am	Members Non-Members	\$46/53 \$92/99
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 Seven Sessions	\$25 \$150
Dance Fusion Preteen-Teen	<ul style="list-style-type: none"> Ages 10-14 Hip Hop & Jazz Proper form and technique Taught by Gay Barboza, former owner, April, May & June's School of Dance 	Wednesdays 7:00-7:50pm	Members Non-Members	\$46/53 \$92/99
 Special Events	<ul style="list-style-type: none"> Video Game Tournaments: Madden, Guitar Hero & more Teen Nights: Coffee House, Live Music & Comedy Adventure Outings: Hiking, Kayaking, Ice Skating & more 	Watch for promotional flyers!		