

East Side/Mt. Hope YMCA Online Program Registration Guide

**Don't wait
in line –
Register
ON LINE!**



Thank you for participating in programs at the YMCA – your best value for healthy living.

Important Dates to Remember

Spring I Program Dates	Session length	Rates	Member Online	Member In House	Non Member Online	Non Member In House
February 22-April 18	8 weeks	\$52/\$104	01/25/10	02/01/10	02/08/10	02/08/10

Program Registration

Our swim classes, youth and preschool classes and some adult specialty classes run on a schedule throughout the year. Members are offered the opportunity to register prior to non Members to ensure a spot in the most popular classes.

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 will be issued. After the first class but before the second class, a YMCA ½ credit will be issued. After the second class, no credit will be issued. No refunds will be given for specialty one time classes that require advance registration.

Member Rates

YMCA Full Service members receive program discounts of 50% or more. In addition, many programs and services are offered Free to members. Therefore, consider a YMCA membership to ensure you receive your best value for healthy living.

Save \$\$\$\$ off a YMCA Membership!

If you are currently participating in a program at the non member rate, you are invited to upgrade to a full service membership before the start of the next session. You will receive credit toward a YMCA membership of the difference between the rate you paid for classes in the current segment, and the member rate. In other words, if you paid \$104 for a class, and the member rate was \$52, we will credit \$52 toward your membership fee.

Adult Fitness, Mind and Body

Most adult classes are offered for free with your YMCA membership. You do not have to register for these classes, but your instructor will ask that you put yourself on the rosters in class so your instructor can contact you with important information.

REGISTER ONLINE

Online Registration Guidelines:

Our safe, secure online registration process is quick and easy. If you experience any trouble, or have any questions, contact us at 521-0155 or stop in at the branch. We have a computer available in our lobby for your convenience.

Visit www.ymcaGreaterProvidence.org/eastside and click on the link to online registration.

1. Select your branch: (all 12 branches will be listed)
 - a. Click View/Select None to remove all/Click on your branch / Click on Submit
2. Choose the Program Tag which best describes what program you are interested in.
3. Choose the Program + box, choose the class (day and time will be listed)
4. Sign in using your email and password.
5. Select the family member attending the program and follow the step by step instructions for any questions and payments.

Important Notes:

- In order for the system to recognize your account you must be a member, have taken a class at one of our branches or have completed initial paperwork at a branch.
- Registrations after the start of class must be done at the branch.
- Financial Assistance and other discounts cannot be processed online. Please visit your local branch to for assistance.
- Online registration works best in Internet Explorer version 7 or earlier.
- If you experience any trouble or have any questions, contact us at 521-0155.




Program Tag Search Options





Note: Each class has several tags attached. See BOLD for easiest search tags.

Ages 13-17 Yrs	Health & Wellness	SPRING I
Ages 3-5 Yrs	Massage	Swim Team
Ages 6-12 Yrs	Parent/Child Swim Lessons	Teen Enrichment
Ages 6-36 Mths	Personal Training	Teen Health & Wellness
Active Older Adult	Preschool Enrichment	Teen Swim Lessons
Adult Health & Wellness	Preschool Sports	Water Fitness
Adult Swim Lessons	Preschool Swim Lessons	Youth Enrichment
Aquatics	Private Swim Lessons	Youth Health & Wellness
Birthday Parties	Special Events	Youth Sports
Cancer Survivorship Program	Sports & Recreation	Youth Swim Lessons

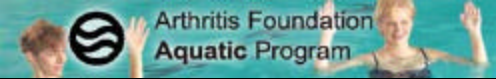
- Below are programs offered at the East Side/Mt. Hope Y Branch which can be registered for on line, their descriptions and fees.
- See online registration or schedules for days and times offered.
- Schedules are available on our website or in the lobby.
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Remember, if you need assistance contact the Y or utilize our lobby computer.

Aquatics	February 22-April 18	\$52.00 - \$104.00
Skip (Ages 6 – 36 Mths)	This is a parent and child enrichment program. Through songs and nursery rhymes, children are encouraged to be comfortable in the pool and learn beginning swim strokes.	
Pike with Parent (2 years-4 years)	Parents accompany children in the water. Children begin to learn skills with parents and prepare to move on to lessons independently.	
Pike – Beginner (Ages 3–5 Yrs)	Children learn how to paddle on front, back, and sides, and to float on both front and back. Instructional floatation devices used.	
 Eel – Advanced Beginner (Ages 3–5 Yrs)	Children work on developing endurance, rhythmic breathing, jumping in, and horizontal body position. Instructional floatation devices used.	
 Ray/Starfish – Intermediate / Advanced (Ages 3–5 Yrs)	Children work on swimming the length of the pool front and back, and are introduced to rotary breathing, treading water, and sitting dives. Children must be able to swim without an instructional floatation device.	
 Mount Hope Child Care Center Beginner or Advanced Swim Lessons (Ages 3-5 Yrs)	For Mount Hope Care Center Students only	

Aquatics	February 22-April 18	\$52.00 - \$104.00
Polliwog 1 – Beginner w/ bubble (Ages 6-12 Yrs) 	Youth beginner class for children who need bubbles or floatation devices. Children learn beginning paddle skills, water safety, front and back floats, and reaching assists.	
Polliwog 2 – Beginner w/o bubble (Ages 6-12 Yrs)	For children who are bubble free. Children learn beginning paddle skills, water safety, front and back floats, and reaching assists.	
Guppy – Advanced Beginner (Ages 6-12 Yrs) 	Children begin working on front crawl, sidestroke, backstroke, and rhythmic breathing. Child must be able to swim without an instructional floatation device. -	
Minnow – Intermediate (Ages 6-12 Yrs) 	Your child will work on further developing front and back crawl and breaststroke, increasing endurance, and learning emergency procedures and personal safety.	
Fish – Advanced Intermediate (Ages 6-12 Yrs) 	Your child will continue refining all five main strokes, including breaststroke and elementary backstroke, and begin learning the dolphin kick and basic first aid, with a goal of swimming 200 yards of front crawl, backstroke and elementary backstroke in good form.	
Flying Fish/Shark – Advanced (Ages 6-12 Yrs)	Your child will continue refining all five main strokes, including inverted breaststroke, trudged crawl, and elementary backstroke, with a focus on improving efficiency and endurance, as well as the individual medley, lifesaving medley, front and back flip turns, and streamlining with a goal to swim 200 yards of front crawl, backstroke and elementary backstroke in good form.	
Teen Swim Lessons (Ages 13–17 Yrs)	You will learn basic swimming skills, such as the crawl stroke, breathing techniques, and floating, to help you gain confidence in the water. Our trained instructors will individualize the class to meet your personal needs.	
Adult Beginner Swim Lessons (Ages 17 and older)	You will learn basic swimming skills, such as the crawl stroke, breathing techniques, and floating, to help you gain confidence in the water. Our trained instructors will individualize the class to meet your personal needs.	
Adult Advanced Swim Lessons (Ages 17 and older)	Adults with some swimming skills will learn the proper technique of front crawl and backstroke, while increasing swimming endurance.	
Adult Stroke Clinic	Refine stroke technique and improve endurance Improve endurance	

Aquatics	February 22-April 18	\$104.00 - \$208.00
Pre Swim Team (Ages 5-12)	Sea Pups – Meets 2 times a week. Non competitive. Must be able to swim 25 yards. Work on stroke and prepare for swim team	
Spring Stroke Clinic Ages 6 – 17	Continue to refine stroke technique and improve endurance. Opportunity to prepare for fall competitive league. Starts April after Swim Team ends.	

Aquatics	February 22 - April 18	Prices vary
AFAP Arthritis Foundation Aquatic Program 	Allows you to exercise without putting excess strain on joints and muscles. The gentle activities in warm water, with guidance from an Arthritis Foundation Certified instructor, will help you gain strength and flexibility. Participants enjoy as decreased pain and stiffness. Free to Members.	
Private or Semi Private Swim Lessons	Request your favorite instructor for private or group lessons. Our schedule doesn't meet yours? Get together with friends and family and we'll add a class just for you.	
Private or Semi Private Swim Lessons	Request your favorite instructor for private or group lessons. Our schedule doesn't meet yours? Get together with friends and family and we'll add a class just for you.	
Water Aerobics Beginner to Advanced	One hour full body workout that strengthens and tones without putting stress on joints. It incorporates a warm up and cool down with a 30 minute aerobic component. Various water aerobic equipment is used to ensure a great workout. Free to Members.	
Water Walking Beginner to Intermediate	45 minute low impact and moderate-intensity work out incorporates warm up and cool down with 20 minute aerobic component. Focus is on stretching muscles, gaining flexibility and increasing mobility. Recommended for to aquatic fitness beginners, persons seeking a low impact exercise routine, active older adults and persons who have been advised by their health care providers to try exercising in the water. Free to members.	

Health & Wellness	Ongoing	Prices Vary
E-Coaching	Weekly personalized question and answer, nutrition and fitness tips. E-mail address required for registration. Free to Members.	
Food Journaling Club	What you eat is just as important as exercise when it comes to losing weight and feeling your best. Join the food journal club to be sure you are taking in the proper amount, as well as, the right nutrients. Keep a daily food journal, hand it in weekly for feedback from a fitness professional. Fee includes: one personal training session, weekly written feedback in your journal and one private nutrition consultation.	
Massage	A quiet time to focus on yourself and become more connected to your body. Generally used for the reduction of stress and pain. Has been shown to boost the immune system. Sessions available from 15 – 90 minutes.	
Personal Training One with One	Sometimes, it takes a little extra motivation, encouragement and attention. A YMCA and Nationally Certified Personal Trainer will help you design a program that meets your goals. Buy one session or save \$ with a package.	
Personal Training Buddy Personal Training	You and a friend can train together, motivate each other and save \$\$\$\$. At least one participant must be a member.	
Personal Training Small Group	Need even more motivation? You and a group of your friends work out together led by a YMCA and Nationally certified personal trainer. Minimum of three participants and a maximum of six. At least one participant must be a member.	

Health & Wellness	February 22 - April 18	Prices vary
Ball Room Dance	Learn to dance like the stars! You will learn the basics to various dances.	
Camping Skill Building for Families	Come to camping skill building classes lead by the Boy Scouts. Will follow up with a real overnight camping experience!	
Play Through Music (Ages 5 – 10)	Traditional folk songs, improvisation and creating movement to song. Free to Members	
Thai Boxing	Lean basic boxing techniques including calisthenics, jump rope, shadow boxing and focus pads.	
Teens of Steel (Ages 11-18)	Combines strength training with an educational wellness component.	

Preschool / Youth Enrichment (Ages 3 + Yrs)	February 22 - April 18	Prices vary
Gaming Club (Ages 8+)	Ready to Play? From Yatzee to LIFE and Scrabble! Parents are welcome to stay and join or work out while the kids enjoy the social fun of games. Members Only - Free. Must register.	
Homework Club (Ages 6+)	Club homework is an after school program. Staff and volunteers tutors help students develop organizational and time management habits and study skills. Members Only - Free. Must register.	
Young Chefs (Ages 6+)	Promotes healthy eating and food awareness. Different recipes give the children a chance to explore their senses and express their creativity and they get to take home what they've made if they don't eat it here!	

Preschool / Youth Sports (Ages 3 + Yrs)	February 22 - April 18	\$52 - \$104
All Sports (Ages 4-6)	Learn the basics of a variety of sports. Every week is different and FUN!	
Dance (Ages 3-5)	Let's Dance! Incorporates different styles of dance into one class. Time is evenly divided between Ballet, Jazz and Acro.	
Martial Arts (Ages 6-12)	Learn the basics of Martial Arts.	
Soccer and Biddy Ball (Ages 3-5)	This instructional class will teach the basics of the game of soccer and basketball. First half of class will be soccer and second half will be basketball.	

Special Events	February 22 - April 18	Prices Vary
Kids Night Out (Potty trained +)	Parents enjoy a night out while children have fun. Must register 4 days in advance. February 12 & May 7 – 4:00-8:00pm.	

Programs available which must be registered for at the branch:
 Birthday Parties, Parent's Night Out, Fitness Center Orientations, Wellness Consultations,
 Vacation Camp

*The YMCA is a 501(c)(3) organization.
 Financial Assistance is available.*