



# South County YMCA

## SPRING I 2010 PROGRAMS

### SESSION DATES:

(8 weeks)

Monday, Feb. 22  
through Sunday, Apr. 18.

### **MEMBER REGISTRATION**

Jan. 25, 2010 (online)  
Feb. 1, 2010 (in house)

### **PROGRAM MEMBER REGISTRATION**

Feb. 8 2010 (online)  
Feb. 8, 2010 (in house)

for more information

Contact us at...

**401-783-3900**

or visit

[www.ymcagreaterprovidence.org](http://www.ymcagreaterprovidence.org)

## **Sports and Recreation**

### **Parent Child Soccer** (Ages 3-6)

Saturdays 9:45-10:15am

**Member \$52**

**Program Member \$104**

### **Parent Child Basketball** (Ages 3-6)

Saturdays 10:15-10:45am

**Member \$52**

**Program Member \$104**

### **Parent & Child Swim Lessons**

#### **Skips** (Ages 6-23 mos. w/ parent)

Tuesday 9:45-10:15am, 4:15-4:45pm

Saturday 8:30-9am

**Member \$52**

**Program Member \$104**

#### **Perch** (Ages 24-36 mos. w/ parent)

Tuesday 10:15-10:45am, 4:15-4:45pm

Saturday 9-9:30am

Sunday 2:15-2:45pm

**Member \$52**

**Program Member \$104**

## **Pre-School programs**

### **Gym & Swim** (Ages 3-5)

Friday 10:30-11:45am,

**Member \$85**

**Program Member \$170**

### **Arts & Swim** (Ages 3-5)

Tuesday 9:30-10:45am

**Member \$85**

**Program member \$170**

### **Karate** (Ages 3-7)

Fridays 4:30-5:00pm

**Member \$52**

**Program Member \$104**

### **Gymnastics** (Ages 3-4 with parent)

Saturdays 9:45-10:15

**Member \$52**

**Program Member \$104**

### **Swim Instruction**

#### **Pike with Parent** (Ages 3-5yrs. w/ parent in water)

Tuesday 10:15-10:45am

Saturday 9:00-9:30am

**Member \$52**

**Program Member \$104**

#### **P.E.R.S.** (Pike, Eel, Ray & Starfish)

*We are now offering block swim times for all our Preschool swim programs. So sign up for your favorite time slot, regard less of swim skill level. Swimmers will be assessed at their first class and grouped by similar skill ability.*

**Member \$52**

**Program Member \$104**

Tuesday 10:45-11:15, 4:45-5:15pm

Wednesday 10:00-10:30, 10:35-11:05; 4:00-4:30pm

Thursday 10:45-11:15am, 4:00-4:30, 4:35-5:05pm

Friday 1:30-2:00, 2:05-2:35pm,

Saturday 9:30-10, 10:05-10:35, 10:40-11:10, 11:15-11:45am

Sunday 3:25-3:55pm

## Youth Programs

We are now offering block swim times for all our Youth swim programs.

**Youth Level 1** is for beginner level (Polliwog I, Polliwog II and Guppy)

**Youth Level 2** is for intermediate to advance swimmers (Minnow, Fish, Flying Fish & Shark)

So sign up for your favorite time slot, regard less of swim skill level.

Swimmers will be assessed at their first class and grouped by similar skill ability.

**Member \$52                      Program Member \$104**

### Youth Level 1 Classes

Tuesday 4:00-4:45, 4:50-5:35pm

Wednesday 4:00-4:45pm

Thursday 3:40-4:25, 4:30-5:15pm

Saturday 9:30-10:15, 10:20-11:05, 11:05-11:50am

Sunday 2:15-3:00, 3:05-3:50pm

### Youth Level 2 Classes

Wednesday 4:00-4:45pm

Thursday 3:40-4:25, 4:30-5:15pm

Saturday 9:30-10:15, 10:20-11:05, 11:05-11:50am

Sunday 3:05-3:50pm

### Porpoise Club (11-15yrs)

*Fish level and above learn aquatic leadership.*

Saturday 9:15-10:15

**Member \$68                      Program Member \$136**

### Pre-Swim Team

Tuesday & Thursday 4:30-5:15

Participants must be a minimum of Youth Level 2.

(9 week session Feb 23-Apr 22)

**Member \$125                      Program Member \$250**

### Private Swim Lessons

*Please pick up a flyer at the Welcome center*

### Group Exercise Training for Youth (ages 9-12)

*Required for youth to use the fitness facilities with parent. Learn the fundamentals of developing and maintaining a healthy workout routine as well as safety and technique when strength training.*

#### Spring I A

Tuesday & Thursday 3:00-4:00pm                      Feb 23- Mar 18

**Member \$50\*\***

Tuesday & Thursday 5:00-6:00pm                      Feb 23- Mar 18

**Member \$50\*\***

#### Spring I B

Tuesday & Thursday 3:00-4:00pm                      Mar 23- Apr 15

**Member \$50\*\***

Tuesday & Thursday 5:00-6:00pm                      Mar 23- Apr 15

**Member \$50\*\***

### YMCA Rookies Basketball (Ages 6-12)

Thursday 4:00-4:45pm, Saturdays 10:45-11:30am

**Member \$52                      Program Member \$104**

### Sports Medley (Ages 6-12)

Enjoy trying different sports each week

Thursdays 5:00-5:45

**Member \$52                      Program Member \$104**

## Gymnastics

**Level 1 Rollers** (Ages 5 and up)

Thursday 4:30-5:15pm, 5:20-6:05pm

Saturday 10:20-11:05am

**Member \$52                      Program Member \$104**

**Level 2 Swingers**

Thursdays 5:20-6:05pm, Saturdays 11:10-11:55am

**Member \$52                      Program Member \$104**

## Teen Programs

### Leaders Club

Senior Leaders High School - Mondays 7:00-8:00

### Teen Swim Lessons

Wednesday 6:50 – 7:35pm

**Member \$39                      Program Member \$78**

## Adult & Senior Programs

### Shallow Water Exercise (members only)

Monday, Wednesday & Friday 8:00-8:45am & 9:00-9:45am

Monday & Wednesday 6:05-6:50pm

Sunday 9:35-10:20am

### Deep Water Exercise (members only)

Monday through Friday 8:15-9:00 & 9:00-9:45am

Monday & Wednesday 6:05-6:50pm

Saturday 8:30-9:15am

Sunday 9:35-10:20am

*See schedule for class descriptions*

### Aqua Arthritis - AFYAP

Monday, Wednesday & Friday 10:30-11:15am

**Member Free                      Program Member \$100**

### Adult Swim Lessons

Wednesday 6:50-7:35

**Member \$52                      Program Member \$104**

## Adult Health & Wellness

### Back on Track at the Y

*This 12-week program offers weekly motivational workshops, two private sessions with a trained wellness coach to work out your individual wellness goals plan and monitor your progress, plus plenty of support and reward to get you Back on Track!*

### Back on Track Grads

*Meets at the same time, this is for graduates of Back on Track.*

#### Spring

Wednesdays 6:30-7:30pm                      April 6 – June 22

**Member \$50\*\*                      Grads \$25\*\***

### Writing Diet Weight Loss Workshop

*Have you ever heard the saying "It's not what you eat; it's what's eating you?" Using writing exercises and group support, this dynamic program is your chance to examine your eating issues and find life-long solutions. Writers and non-writers alike will benefit from this program.*

#### Spring

Wednesday 3:00-4:00 or 5:30-6:30pm                      April 6- June 22

**Member \$35\*\***

## Creative Journaling

Did you know that journaling can help you achieve your healthy lifestyle goals. It can help you lose weight and cope with stress. Each week, learn a new creative technique to get you started and keep you writing for a healthier, calmer life.

Wednesday 4:00-5:00pm Feb 24- Mar 31  
**Member \$25 Program Member \$50**

## The Artist 's Way Workshop

Creativity is part of a balanced lifestyle. This intensive course uses a spiritual approach to help participants unleash creative power in various forms of writing, visual arts or music. Participants Must purchase *The Artist's Way* by Julia Cameron prior to first class.

Tuesday 5:30-6:30pm Feb 23 – April 13  
**Member \$25 Program Member \$50**

## Women On Weights

Learn the fundamentals and benefits of weight training, as well as safety and technique when using free weights.

Tuesday & Thursday 6:30-7:30pm Feb 23 – April 1  
**Member \$45\*\***

## Power-Walk the Blessing

12-week training, coaching and information program with Sue Myette, 12-time record-holder for walking the 10-mile Blessing of the Fleet

Thursday 6:00-7:00pm April 29 – July 15  
**Member \$50 Program Member \$100**

## LIVESTRONG at the YMCA: Starting Over

Tuesday 6:00 – 7:15 pm  
**Member \$15 Program Member \$30**

## LIVESTRONG at the YMCA

Cancer Survivorship Program of Stanford University.

Tuesdays and Thursdays 12:30 – 1:45 pm 12 weeks  
**Free to All**

## Nurturing Your Mind and Spirit Book Club

Meets quarterly on a Thursday evening 7 to 9 pm  
**FREE to All**

## Personal Training

Work with a certified YMCA Personal Training Instructor to develop an exercise program that focuses on your individual health concerns and unique fitness goals.

In addition to Strength and Conditioning, we offer Personal Training in Yoga, Pilates, Water Exercise, and more; and will customize your program to suit your needs.

Trainers are available to work with you one-to-one, with a buddy, or in a small group setting.

Pick up a "Personal Training Interest Form" at the welcome desk to get started.

**one-on-one training:** 1/\$50, 3/\$135, 6/\$240, 12/420, 15/\$450

**buddy-training:** \$20pp

**small group training:** \$15pp

Open to YMCA members only

## Group Exercise

The South County Y offers over 50 group exercises classes per week, including Step, Sculpt, Pilates, Group Cycle, and MORE!

See our Group Exercise Class Descriptions section for a complete list of the wide variety of classes offered.

Our certified YMCA Group Exercise Instructors are committed to providing a safe and effective workout for all participants - beginners through conditioned athletes are welcome!

**Group Ex is a FREE program. Open to YMCA members only.**

## Healing Arts

As part of our Group Exercise Program, The South County Y offers a variety of classes in the Healing Arts; including Yoga, Nia, and

QiGong/TaiChi.

See our Group Exercise schedule for classes, times, and descriptions.

**FREE, drop in anytime. Open to YMCA members only.**

## Silver Sneakers

A program designed for the active older adult. Silver Sneakers offers a variety of exercises to increase muscular strength, range of movement, and activity for daily living skills.

Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**FREE to YMCA members. Registration required**

Mon, Wed, Fri. 10:45 - 11:30 am

## Group Fitness Classes

Offered daily in our Fitness Center, and led by YMCA Fitness

Instructors: These 30-minute classes provide instruction and motivation in a small group setting. Learn new exercises and training techniques to make your workout more challenging. Check the PFC white board for each day's offering.

**FREE, drop in anytime. By appointment only**

## Family Programs

### Kid's Night Out (Ages 4 through Grade 5)

Theme based program, monthly on Friday evenings. Interactive games, crafts, swimming and Healthy light dinner

Friday 5:30-9:00pm.

**Member \$17 (2nd child \$7)**

**Program Member \$25 (2nd child \$12)**

## Birthday Parties at the Y

### Kids Gym

### Sports Parties

Saturdays 1:00-2:30pm and 4:00-5:30pm

Sundays 1:00-2:30pm and 4:00-5:30pm

### Splash Parties

Saturdays 2:00-3:45pm and 5:00-6:45pm

Sundays 1:00-2:45pm

## Summer Day Camp

**Summer Day Camp is just around the corner! Visit the YMCA or our website for a Camp Brochure. We have Pre-School, School-Age, Specialty and Teen Camps are all available.**

## School Vacation Week offerings

Looking for a fun option during the February and April school vacation week.....then check out the YMCA.

Full day camp programs are going on both weeks. Enjoy swim everyday, special field trips, crafts, sports and much more.....and maybe even a special guest. Stop by the YMCA for details.

## Splash Week

Save the dates for our Annual SPLASH week swimming and water safety program

Monday April 19<sup>th</sup> through Friday April 23

## Healthy Kids Day

### Saturday April 17th

Watch for more information of times and Fun events for the whole family.