

# NORTHERN RHODE ISLAND CAMPUS continued

## GYMNASTICS ACADEMY PHYSICAL EDUCATION

### BASIC GYMNASTICS

3 1/2 to 5 years old

#### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels.

Thurs. 3:30-4:30pm \$42/6wks  
Fri. 3:30-4:30pm \$42/6wks  
Sat. 10-11am \$42/6wks

5 to 12 years old

#### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.

Thurs. 4:30-5:30pm \$42/6wks  
Fri. 4:30-5:30pm \$42/6wks  
Sat. 9-10am \$42/6wks  
Sat. 11am-12noon \$42/6wks

### CONTINUING GYMNASTICS

All classes listed below require permission from the instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450. YWCA Rhode Island Gymnastics Academy Competitive Coaches are USA Gymnastics Certified.

5 to 12 years old

#### ADVANCED GYMNASTICS

Tues. 3:45-5pm \$53/6wks

#### PRE TEAM

Sat. 1-3pm \$84/6wks

#### COMPETITIVE TEAM:

Monthly fee for all competitive teams:

One day a week \$48/month  
Two days a week \$96/month  
Three days a week \$120/month

Jennie Graham, Head Coach  
Breonna Lenart, Head Coach

#### HOT SHOTS 4 to 9 years old

Sat. 9-11am

#### TEAM A 8 to 16 years old

Sat. 10:30am-12:30pm

#### TEAM B 8 to 16 years old

Thurs. 4-6:30pm  
Sat. 1-3pm

#### TEAM C 8 to 16 years old

Tues. 4-6:30pm  
Fri. 4-6:30pm (optional)  
Sat. 3-5:30pm

#### TEAM D 9 to 18 years old

Tues. 4-6:30pm  
Fri. 4-6:30pm  
Sat. 3-5:30pm

### GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

#### JUMPING BEANS

Gymnasium play with parent.  
Tues. 9-10am \$42/6wks  
Thurs. 10-11am \$42/6wks

### SOCIALIZATION ACTIVITIES

Independent classes for your child (do not have to be toilet trained).

2 1/2 to 3 1/2 years old

#### SMALL WORLD I and II:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime and snack.

#### SMALL WORLD I

Deb Nault  
Thurs. 9-10am \$42/6wks  
Fri. 9-10am \$42/6wks

#### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$84/6wks  
Fri. 10am-noon \$84/6wks

## WELLNESS PROGRAMS

### EXERCISE

16+ years old

#### AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates, nonmembers pay an additional \$20.

Colette Doura  
Mon./Wed., 7:15-8:15pm \$60/9wks

#### BELLY DANCING

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.

Aimee Renaud  
Tues., 7-8pm \$42/6wks



### EXERCISE FACILITY

17+ years old

#### WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 722-3010.

### VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay. Schedule subject to change due to weather or uncontrollable circumstances. To verify, call Debbie Fay at 769-7450.

#### INTERMEDIATE MIXED CO-ED

Sunday: Intermediate.  
Open House 11/1 from 6-8pm.  
League starts 11/8.  
\$116/20wks & playoffs/plus membership fee.

#### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.  
Open House 9/8 from 6:45-8pm.  
League starts 9/15.  
\$58/10wks & playoffs/plus membership fee.

#### INTERMEDIATE CO-ED

Wednesday: Intermediate or above.  
Open House 9/9 from 6-8pm.  
League starts 9/16.  
\$58/10wks & playoffs/plus membership fee.

## CENTRAL FALLS/PAWTUCKET CAMPUS

YWCA Rhode Island  
324 Broad Street, Central Falls, RI 02863  
For program details, call 722-3010.

#### SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for women with disabilities that are experiencing homelessness. Residents must be 18 and over, unaccompanied by children and have been substance abuse free for at least three months before entering the program. Residents have a single bedroom and share common areas such as the living room, dining room, kitchen and bathrooms. Case management services are offered on-site.

### WELLNESS

YWCA offers health outreach and information to members of the Central Falls/Pawtucket community. Programs include ENCOREplus® (Breast and Cervical Health Outreach) and Heart Health for Latina women.

#### YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY

Sponsored by YWCA Rhode Island, Sheila "Skip" Nowell Leadership Academy is a public charter high school geared to serve the needs of pregnant and parenting youth and their families.  
www.nowellacademy.org