

# YWCA IS ON A MISSION

## NORTHERN RHODE ISLAND CAMPUS continued

### GYMNASTICS ACADEMY

#### 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 \$45/6wks

Fri. 3:30-4:30pm \$45/6wks

Sat. 10-11am \$45/6wks

5 to 12 years old

#### BEGINNER/INTERMEDIATE GYM- NASTICS 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 \$45/6wks

Fri. 4:30-5:30pm \$45/6wks

Sat. 9-10am \$45/6wks

Sat. 11am-12noon \$45/6wks

#### 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 \$57/6wks

#### PRE TEAM

Sat. 1-3pm \$90/6wks

#### COMPETITIVE TEAM

Monthly fee for all competitive teams:

One day a week \$52/month

Two days a week \$104/month

Three days a week \$130/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. 12:30-3pm

#### TEAM C 8 to 16 years old

Tues. 4-6:30pm

Fri. 4-6:30pm (optional)

Sat. 2:30-5:30pm

#### TEAM D 9 to 18 years old

Tues. 4-6:30pm

Fri. 4-6:30pm

Sat. 3-5:30pm

### PHYSICAL EDUCATION

#### GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

#### JUMPING BEANS

Gymnasium play with parent.

Marilyn Griffin

Tues. 9-10am \$45/6wks

Thurs. 10-11am \$45/6wks

#### 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 & II:

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

#### SMALL WORLD I

Jane Rochefort

Thurs. 9-10am \$45/6wks

Fri. 9-10am \$45/6wks

#### SMALL WORLD II

Jane Rochefort

Thurs. 10am-noon \$90/6wks

Fri. 10am-noon \$90/6wks

### WELLNESS PROGRAMS

#### 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 an appointment, call Lisa Piscatelli at 769-7450.

#### 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

For details call Front Desk, 769-7450.

#### 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 November 6, 6-8pm.

League begins November 13.

\$116/20wks & playoffs/plus membership fee.

#### POWER CO-ED

#### JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.

Open House September 6, 6:45-8pm.

League begins September 13.

\$58/10wks & playoffs/plus membership fee.

#### INTERMEDIATE CO-ED

Thursday: Intermediate or above.

Open House September 8, 7-9pm.

League begins September 15.

\$58/10wks & playoffs/plus membership fee.