

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 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 \$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