

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 \$38/5wks

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 \$38/5wks

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 \$38/5wks

SMALL WORLD II

Jane Rochefort

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

Fri. 10am-noon \$75/5wks

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.

League is in session.

Call for participation availability.

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

INTERMEDIATE CO-ED

Thursday: Intermediate or above.

League is in session.

Call for participation availability.

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