

eliminating racism
empowering women
ywca

WE'RE MAKING A DIFFERENCE
1867 - 2012

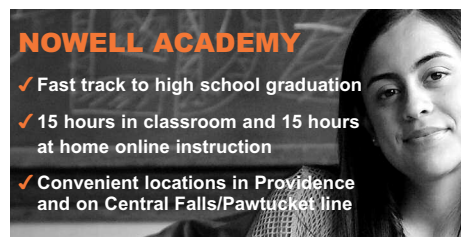
spring session 2013

woonsocket campus - rhode island



REGISTRATION BEGINS: 3/18

SIX WEEK SESSION: 3/31-5/11



NOWELL ACADEMY

- ✓ Fast track to high school graduation
- ✓ 15 hours in classroom and 15 hours at home online instruction
- ✓ Convenient locations in Providence and on Central Falls/Pawtucket line

New Rhode Island public charter high school, sponsored by YWCA Rhode Island.

For an application or more information, call 401-722-3010.

VACATION CAMPS

Register at Front Desk. Reserve your child's space in a YWCA Vacation Camp:
March 29 (Adventure Camp)
April 15, 16, 17, 18 and 19 (All Camps)

DOODLE BUGS

For children 2 1/2 to 3 1/2. Spring fun theme. Enjoy stories, games and activities. 9am-1pm, \$20/day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

BUSY BEE

For children 3 to 5 years of age. Dr. Seuss theme. Enjoy activities, games and stories: *Cat in the Hat*, *Left Foot Right Foot*, *There's a Wocket in My Pocket*, and *Red Fish Blue Fish*. 9am-1pm or noon-4pm, \$15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

ADVENTURE

For children 6 to 12 years of age with groups divided by age. Junior Leadership option available for youth 13 and over. Free snack, sports, arts/crafts, cooking, dramatic play, imagination/creativity, games and trip to Cold Spring Park (weather permitting). 6:30am-6pm, \$29/day \$15/half-day (4 hours of your choice)

EARLY CHILDHOOD LEARNING CENTER

Open for child care at 6:30am. For details call Mary Anne Deslauriers, Director of Early Childhood Education, 769-7450.

YWCA is a provider agency of the NACCRRA Military Fee Assistance Program. *

CHILD CARE

INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, parents can rely upon throughout the year. The Early Childhood Learning Center encourages healthy social, emotional, physical and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families. *

PRE-PRESCHOOL

LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years of age. With a consistent daily schedule modeled after our existing preschool program, children will be offered opportunities for socialization, creativity, and toilet training. Daily schedule includes circle time, songs, storytime, snack, play, and creative projects. 9am-noon. Two, three, or five day options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon. *

PRESCHOOL

PRESCHOOL

The YWCA preschool is a developmental program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment, and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful, and enriching. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Two, three, and five-day programs with morning, afternoon or full day options available. Licensed by Rhode Island Department of Education and by Rhode Island Department of Children, Youth and Families. *

STEPPING STONES

Unique transitional program for children whose parents are postponing Kindergarten entrance. YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by Rhode Island Department of Children, Youth and Families. *

EXTENDED DAY PROGRAMS:

YWCA offers programs to help accommodate a parent or guardians' schedule. \$6/hour

EARLY BIRDS. Children enjoy activities in a classroom environment from 6:30-9am then are escorted to respective classrooms.

LUNCH BUNCH. Children eat lunch in a social environment then are offered activities and gym/playground from noon-1pm. Lunches brought from home.

AFTER PRESCHOOL CARE. Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm.

YOUTH ENRICHMENT

Open for youth enrichment at 6:30am. For details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

YWCA is a provider agency of the NACCRRA Military Fee Assistance Program. *

YOUTH ENRICHMENT

SERVICES FOR FAMILIES

WE'RE OPEN

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 6 to 15 when school is cancelled due to inclement weather and during school vacation. In order to participate, you must register your child in advance, 769-7450.

Youth Enrichment **APPLE** Curriculum: Academics, Physical Education/Recreation, Prevention, Leadership, and Empowerment. For students attending any Woonsocket ele-

mentary school (public or private) and the Woonsocket Middle School. Mon.-Fri., 2-6pm (3 day minimum). Before school option available beginning at 6:30am (not available for Woonsocket Middle School). Children are bussed to/from YWCA and their schools, enjoy a free afternoon snack, participate in fun activities, offered homework help, and special events. Builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities for school success and a productive future. Activities geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas. *

BEFORE KINDERGARTEN CARE & AFTER KINDERGARTEN CARE

Transportation provided. Flexible hours. Qualified, friendly staff will provide enrichment activities for your child in safe indoor and outdoor environments. Morning: gross motor play in gymnasium, creative play, stories, music, movement, free choice play, table games, and time to eat (breakfast brought from home). Afternoon: sports classes, gymnastics, homework time and youth enrichment activities. Licensed by Rhode Island Department of Children, Youth and Families.

BEFORE SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

Transportation provided. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. The program focuses on a youth's individual needs. We provide a safe, nurturing and enriching program, which parents can rely upon throughout the year, especially after school, school vacations and during the summer. Licensed by Rhode Island Department of Children, Youth and Families. Program encourages healthy social, emotional, physical, and cognitive development.

GoGirlGo!
Youth Enrichment
After School Program
for girls age 5 to 12.



NEW

Building confidence and self-esteem. Being active. Healthy living. Fun activities. Sport instruction, leadership training, games, crafts, nutrition, and building friendships. For details call 769-7450.

PHYSICAL EDUCATION

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

JUMPING BEANS GETS MESSY

One hour of gymnasium play with parent then 1/2 hour of messy activity - crafts or cooking.

Fri. 9-10:30am \$63/6wks

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

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.

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

13 to 18 years old

TEEN GYMNASTICS

Specifically designed for teenagers.

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.

4 to 7 years old

ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:30-4:30pm \$42/6wks

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, Assistant 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 (optional)

Sat. 1-3pm

TEAM C 8 to 16 years old

Tues. 4-6:30pm

Thurs. 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

ART STUDIO

ART CLASSES

New and returning students welcome. Every session, new artists and projects are covered.

5 to 10 years old

ART FOR CHILDREN

Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We'll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee.

Missie St. Sauveur

Fri. 5-6:30pm \$63/6wks

PARENTING PROGRAMS

PARENTING

For details, call Deb Smith, RN and Parenting in Progress Site Coordinator, at 769-7450.

16 to 21 years old

PARENTING IN PROGRESS®

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA. Collaborative partners for this YWCA program include: Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.



SHE SHINES™
Metcalf Award Winner
for Diversity in the Media
www.sheshines.org

She Shines celebrates the aspirations and accomplishments of women, a quarterly publication by YWCA Rhode Island.

To receive a FREE subscription or reserve advertising space, call Lisa Piscatelli at 769-7450 x19. Share it. Trust it. Smile.

Health Calendar - Central Falls
YWCA Rhode Island

SENIOR WELLNESS

YWCA and
Central Falls Housing
Contact Joyce at 769-7450 x12
for more information.

Forand Housing
30 Washington St
Central Falls
Thursday - 12:30pm
Register with Aimee
at 727-9090 x121.

- Feb 21, Your Health and Palliative Care *
 - March 21, Your Health and Advocacy *
 - April 18, Your Health and Relaxation/Stress *
 - May 16, Your Health and Prevention *
- * URI Nutrition Workshop

Wilfrid Manor
466 Hunt St
Central Falls
Thursday - 12:30pm
Register with Aimee
at 726-5451.

Please bring a tea cup:

- Feb 28, History of Tea
- March 28, Health Benefits of Tea
- April 25, Socialization and Spirituality of Tea
- May 23, Ceremony and Cultural Issues of Tea

PROGRAMS AT CENTRAL FALLS CAMPUS

YWCA Rhode Island, 324 Broad Street, Central Falls, RI 02863

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

The VITA Program offers free tax help to people who make \$50,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals in local communities. As participants in the Earned Income Tax Credit Initiative YWCA Rhode Island assists with the necessary paperwork for earners to receive Earned Income Tax Credits from the Federal Government. Call Luz Filpo for further information, 401-722-3010.

SARAH FRANCES GRANT HOMESTEAD

The Sarah Frances Grant Homestead is a permanent supportive housing program for homeless women with disabilities. 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. Call YWCA Rhode Island for further information, 401-722-3010.

HEALTH

YWCA Rhode Island offers health outreach and information to members of the Central Falls/Pawtucket community. ENCOREplus® (Breast and Cervical Health Outreach) and Heart Attack Symptoms/Heart Health for Latina women. Call Joyce Dolbec for further information, 401-769-7450 x12. See box above for senior wellness events.

SENIOR WELLNESS

YWCA and
The Meadows
Contact Joyce at 769-7450 x12
for more information.

The Meadows Housing
2 Village Way
North Smithfield
Tuesday - 1pm
Register with Sueallison
at 762-2333.

- April 16, Your Health and Advocacy
- April 23, Your Health and Palliative Care
- May 7, Your Health and Prevention
- June 4, Your Health and Benefits of Tea

YWCA and
RI Department of Health

- Living Well Rhode Island
- A Matter of Balance

For schedule and to register,
contact Lisa at 769-7450 x19.

Self-Management
Workshops:
Chronic Disease
Chronic Pain
Diabetes
Falls Prevention

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 I

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., 6:30-7:30pm \$42/6wks

BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. Perfect the basics, along with learning new steps, undulations, turns and choreographies. For returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess!
Aimee Renaud
Tues., 7:30-8:30pm \$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 769-7450.

GOLF

WOMEN'S GOLF LEAGUE

Begins May 6 at Melody Hill Country Club. YWCA Membership plus \$50 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club. Call Debbie Fay for details, 769-7450.

HEALTH

A MATTER OF BALANCE

FREE program designed to manage falls and increase activity levels. Learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance. Who should attend? Anyone: concerned about falls; interested in improving balance, flexibility and strength; who has fallen in the past; and who has restricted activities because of falling concerns. Workshop includes 8 consecutive classes that are held for 2 hours each. Call for the schedule and to register. Contact Lisa Piscatelli at 769-7450 x19.

BREAST CANCER INFORMATION

The Love/Avon Army of Women provides women the life-changing opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all. Sign up at www.armyofwomen.org.

CHRONIC DISEASE SELF-MANAGEMENT

Living Well Rhode Island. If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to communicate effectively with your doctor; how to lessen your frustration, how to fight fatigue, how to make daily

tasks easier, and how to get more out of life.

Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. Contact Lisa Piscatelli at 769-7450 x19.

CHRONIC PAIN SELF-MANAGEMENT

Living Well Rhode Island. If you have chronic pain, this FREE workshop is for you. You will receive a healthy life book and program workbook. Topics: Moving Easy Program, pacing, better breathing, relaxation techniques, healthy eating, medications for chronic pain, communication skills, problem solving, and more.

Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. Contact Lisa Piscatelli at 769-7450 x19.

DIABETES SELF-MANAGEMENT

Living Well Rhode Island. If you have diabetes this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: overview of diabetes and self management, healthy eating, preventing or delaying complications, physical activity, dealing with difficult emotions, medication usage, communication skills, strategies for sick days, working with your health care professional, planning for the future, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. Contact Lisa Piscatelli at 769-7450 x19.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. YWCA also offers support during diagnosis and treatment. If you are over age 40 and have no health insurance or your insurance does not cover breast and cervical screenings every year, you may qualify for FREE services. Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, pap smear, mammogram and follow-up services. For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

HEALTHY STEPS FOR GIRLS AND WOMEN

Healthy Steps for Girls and Women is an initiative that builds on the connectedness of families in the Northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA Rhode Island in partnership with nriAHEC are working with a Steering Committee to develop and implement a community assessment and strategic plan. The project is sponsored by Rhode Island Department of Health with support from the Rural Health Systems Building Grants. Call Lisa Piscatelli at 769-7450 x19 for more information.

MINORITY HEALTH PROMOTION

YWCA Rhode Island has been designated as a Minority Health Promotion Center by the Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations. Call the YWCA Health Office for more information, 769-7450.

SMOKERS' QUITLINE

1-800-QUIT-NOW (1-800-784-8669)
FREE cessation information, multi-session telephone counseling, and self-help materials. Call the YWCA Health Office for more information, 769-7450.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450. Volleyball pick-up games for YWCA members. Front desk will collect names and phone numbers of players interested. Night and time will be decided by players availability. \$5 each week you play.

INTERMEDIATE MIXED CO-ED

Sunday: Intermediate.
League is in session. Call to see if spots are available. Note: Time change on March 10 only (7, 8 and 9pm).
\$116/20wks & playoffs/plus membership fee.
May pay in two installments.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.
League is in session. Call to see if spots are available.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Wednesday: Intermediate or above.
League is in session. Call to see if spots are available. \$58/10wks & playoffs/plus membership fee.

WOMEN'S CLUBS

APRES-MIDI

The Apres-Midi Club provides opportunities for women to share activities, information, and gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings held on alternate Thursdays at 1:30pm from September through June.
Call YWCA for details, 769-7450.

WALKING CLUB

If interested in participating in a Walking Club, call Joyce Dolbec at the YWCA Health Office, 769-7450.

YWCA Rhode Island
514 Blackstone Street, Woonsocket, RI 02895
T: 401-769-7450 | F: 401-769-7454
www.ywcari.org

ANNUAL MEMBERSHIP

6 to 16 years: \$12
17 to 64 years: \$22
65 and over: \$17

Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. Men and boys are welcome as associates. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in oldest, largest women's movement in the nation

HOURS

Monday to Thursday, 9am-9pm
Friday 9am-6:30pm, Saturday 9am-4:30pm
Child Care Hours: Monday to Friday, open at 6:30am (arrange with program director).

TOURS

New to YWCA?
Call for more information or to schedule a tour, 769-7450.

SCHEDULE

Classes run in consecutive sessions during the school year with a new schedule for summer.

ROOM RENTALS

Room rentals are available for events.
Contact YWCA for details, 769-7450.

STORM POLICY

For YWCA cancellations and closing announcements, listen to radio stations WOON 1240AM & WNRI 1380AM or watch Channel 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

- **Spring Senior Wellness Series:** See pages 2 & 3, for details.
- **March 26, 27, 28, Preschool Photo Days**
- **March 27, Art Gallery:** Featuring art from preschool students in the Stepping Stones and Circle of Friends classrooms at YWCA from 6-7:30pm.
- **March 27, April 11, May 21, Preschool and Stepping Stones Open Houses:** From 6-7:30pm at YWCA. Parents and children are welcome to explore the classrooms, meet teachers and receive a tour of the facility.
- **March 29 and April 15-19, Vacation Camps:** Options for children age 2 1/2 to teens. See page 1 for details.

- **April 9, Family Fun Night:** Social family activities plus health and wellness information from 6-8pm at YWCA. Includes Scholastic Book Fair held on April 9, 10, 11 and 12.
- **April 26, Stand Against Racism:** YWCA movement that aims to eliminate racism by raising awareness.
- **April 29, Women Holding Office Celebration:** From 6-8pm at Kirkbrae Country Club. Call for details, 769-7450 x19.
- **May 12-18, National Women's Health Week:** Event at Central Falls Housing Authority on May 14; call for details, 769-7450. Breakfast event at Women & Infants, Woonsocket Office from 9am-12noon on May 16; register at 767-2122.

NOTABLE

- American Camp Association Accredited
- Licensed by Rhode Island Department of Education
- Licensed by Rhode Island Department of Children, Youth, and Families
- Member of RI Afterschool Plus Alliance
- Member of National Alliance for Partnerships in Equity
- Member Agency of The Fund for Community Progress
- Participating Organization of Combined Federal Campaign
- USA Gymnastics Certified Coaches



RI DE
Rhode Island Department of Elementary and Secondary Education



NAPE
National Alliance for Partnerships in Equity
The Equity Professionals



YWCA Rhode Island

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@ywca_ri
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YWCA Rhode Island is dedicated to
eliminating racism, empowering women and
promoting peace, justice, freedom
and dignity for all.

SPRING SESSION 2013