

# NORTHERN RHODE ISLAND CAMPUS continued

## 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

## 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 \$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

#### 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.

#### 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

## 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, 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. from 9am-1pm.*

## 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  
Fri. 9-10am \$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 769-7450.*

### GOLF LEAGUE

#### WOMEN'S GOLF LEAGUE

*Begins May 5 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.*

### 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.  
*This league is in progress. Call to see if any spots are available.*

## AGENCY IN ACTION

### YWCA RHODE ISLAND

#### WALKING THE WALK

YWCA Rhode Island is a proud recipient of an Avon Breast Health Outreach Program Grant, for our efforts linking medically underserved women to breast health education and screening services. You can take part in the Avon Walk for Breast Cancer. It will be held in Boston, May 17-18. Your support funds research to find a cure or prevention, as well as programs that enable all patients to access quality care. [www.avonwalk.org](http://www.avonwalk.org)



## HEALTH EVENTS

### WELLNESS SERIES

Register with Joyce Dolbec, YWCA Health Consultant, at 769-7450.

Forand Manor, Central Falls, 12:30-2:30pm

- Tuesday, 3/25: *Your Health, Special Services*
- Tuesday, 4/1: *Your Health, Talking to Your Doctor*
- Tuesday, 4/8: *Your Health, Prevention and Screenings*

Progreso Latino, Central Falls, 10am-12noon

- Thursday, 4/17: *Your Health, Talking to Your Doctor (English and Spanish)*

The Meadows, North Smithfield, 1-2:30pm

- Wednesday, 4/16: *Your Health, Talking to Your Doctor*
- Wednesday, 5/14: *Your Health, Special Services*
- Thursday, 5/22: *Your Health, Relaxation Techniques and Tea*



### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.  
*This league is in progress. Call to see if any spots are available.*

### INTERMEDIATE CO-ED

Wednesday: Intermediate or above.  
*This league is in progress. Call to see if any spots are available.*