

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

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

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 shimmys. 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.*

Open House 11/2 from 6-8pm.

League starts 11/9.

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

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

HEALTH EVENTS

WELLNESS SERIES

Forand Manor from 12:30-2:30pm

30 Washington Street, Central Falls

Register with Aimee: 727-9090 x121

- Tuesday, 5/20: Your Health, Prevention and Screenings. *free*

The Meadows from 1-2:30pm

2 Village Way, North Smithfield

Register with Sueallison: 762-2333

- Thursday, 5/22: Your Health and Special Services. *free*
- Thursday, 5/29: Your Health, Relaxation Techniques and Tea. *free*

Elks Lodge from 10am-12noon

380 Social Street, Woonsocket

Register with Joyce: 769-7450

- Wednesday, 6/4: Summer Wellness Fair with health screenings. Sponsored by YWCA Rhode Island, NRI Community Services, and Quota International of Woonsocket. *free*

20th Annual YWCA Golf Tournament

Foster Country Club, 1pm Shotgun

Register with Holly: 769-7450

- Sunday, 7/20: Participate as a player, sponsor or raffle prize donor. Event supports breast health awareness and outreach program, ENCOREplus®.

ENCORE plus



POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesday: *Advanced.*

Open House 9/9 from 6:45-8pm.

League starts 9/16.

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

INTERMEDIATE CO-ED

Wednesday: *Intermediate or above.*

Open House 9/10 from 6-8pm.

League starts 9/17.

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