

# 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.  
Wed. 2-3pm \$35/5wks/I & \$28/4wks/II

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.  
Wed. 3-4pm \$35/5wks/I & \$28/4wks/II

13 to 18 years old

#### TEEN GYMNASTICS

Specifically designed for teenagers.  
Wed. 4-5pm \$35/5wks/I & \$28/4wks/II

### 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/PRE TEAM

Thurs 12-2pm \$70/5wks/I & \$56/4wks/II

#### 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

Mon. 12-2pm

#### TEAM A 8 to 16 years old

Wed. 12-2pm

#### TEAM B 8 to 16 years old

Mon. 2-4pm  
Wed. 2-4pm  
Thurs. 12-2pm (optional)

#### TEAM C 8 to 16 years old

Mon. 4-7pm  
Wed. 4-7pm (optional)  
Thurs. 12-2pm

#### TEAM D 9 to 18 years old

Mon. 4-7pm  
Wed. 4-7pm  
Thurs. 2-5pm

## 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, September to June.

## PHYSICAL EDUCATION

### GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

#### JUMPING BEANS

Gymnasium play with parent.  
Thurs. 9-10am \$35/5wks/I & \$28/4wks/II

### 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 \$35/5wks/I & \$28/4wks/II

#### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$70/5wks/I & \$56/4wks/II

## 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 \$35/5wks/I & \$28/4wks/II

### 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. New players are welcome to join anytime during the summer. 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.

## HEALTH EVENTS

### WELLNESS SERIES

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*

Progreso Latino at 10am  
628 Broad Street, Central Falls  
Register with Joyce: 769-7450  
● Thursday, 6/26: Your Health, Relaxation Techniques and Tea. *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®.



**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.

