

SUMMER SESSIONS 2014



NORTHERN RHODE ISLAND CAMPUS

REGISTRATION BEGINS 6/9 | I: 6/22-7/26, II: 7/27-8/23 | Closed: 7/4 Independence Day, 8/11 Victory Day, 8/25-26 Maintenance Days

● **Now enrolling for 2014-2015 programs:** Pre-Preschool, Preschool, Before/After Kindergarten Care, and Before/After School Age Care. Space is limited. Reserve your spot. Register today!

● YWCA Rhode Island is a provider agency of the NACCRRRA Military Fee Assistance Program. *

EARLY CHILDHOOD LEARNING CENTER

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

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 years 9 months 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 developmentally appropriate 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 David Lovett, Youth Enrichment Program Coordinator, 769-7450.

YOUTH ENRICHMENT

Youth Enrichment **APPLE** Curriculum: Academics, Physical Education/Recreation, Prevention, Leadership, and Empowerment.

For students attending any Woonsocket elementary 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 weekly themed fun activities and special events, and offered homework help. The program 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 and skills for school success and a productive future. Activities geared towards fostering individual creativity, imagination, and cognitive development. *

SERVICES FOR FAMILIES

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 5 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.

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, free 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 through weekly themes and creative activities.

SUMMER CAMPS

First priority is safety. Second priority is fun. Registration and deposit required for summer camps unless otherwise noted. \$5/wk members | \$10/wk nonmembers YWCA accepts DHS subsidy.

DOODLE BUGS

Begins June 9. For children 2 years 9 months to 3 1/2 (may wear pull ups). From 9am-1pm, Monday through Friday (2 day minimum). Cost: \$20/day or \$100/week. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates. Enjoy stories, games, activities, water play, playground, and more with weekly themes such as Parade for All, Down on the Farm, Over in the Pond, Forest Friends, Zootastic, and Under the Sea.

BUSY BEE

Begins June 9. For children 3 to 5 years of age. From 9am-1pm or noon-4pm. Monday through Friday (2 day minimum). Cost: \$15/half-day or \$75/week. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates. Enjoy stories, games, activities, water play, playground, and more with weekly themes 'Around the World'.

ADVENTURE

Begins June 20. For children 6 to 12 with groups divided by age. From 6:30am-6pm. Cost: \$29/day and \$15/half-day (4 hours of your choice). No extra charges for trips or other activities. Free snack provided in the afternoon. Enjoy sports, arts/crafts, cooking, games, and trips to Cold Spring Park weather permitting. Campers will participate in creative learning activities around the theme of 'Exploring our World'.

GO GIRL GO

Begins July 7. For girls age 5 to 12. Building confidence and self-esteem. Being active. Healthy living. Fun activities. Sport instruction, leadership training, games, crafts, nutrition, and building friendships. Cost: \$29/day or \$142/week.

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.



STATEWIDE PROGRAMS

YWCA OUTREACH

HEALTH

A MATTER OF BALANCE

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. Contact Lisa Piscatelli at 769-7450.

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.

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

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 worked with a Steering Committee to develop and implement a community assessment and strategic plan. Project is sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Visit www.scoop.it/t/healthy-steps or call Lisa Piscatelli at 769-7450, for more information.

CHRONIC DISEASE SELF-MANAGEMENT

Living Well Rhode Island. If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to work with your health care team, how to fight fatigue, how to make daily tasks easier, how to eat healthy, how to get more out of life, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 769-7450.

CHRONIC PAIN SELF-MANAGEMENT

Living Well Rhode Island. If you have chronic pain, this 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. Contact Lisa Piscatelli at 769-7450.

YW SHE SHINES™

Share it. Trust it. Smile.
To subscribe, e-mail lisa@ywcari.org.
www.sheshines.org

YW She Shines™ is a magazine, radio program and 'Shining With' series that celebrates the aspirations and accomplishments of women.

Tune in on Saturday mornings at 10am on WOON 1240 AM. Presenting sponsors:

- Blue Cross & Blue Shield of Rhode Island
- U.S. Department of Health and Human Services (HHS), Office on Women's Health

10th ANNUAL WOMEN OF ACHIEVEMENT AWARDS

SAVE THE DATE:
Tuesday, September 30
11:30am-1:30pm
Kirkbrae Country Club



For tickets to the awards ceremony, visit www.womenofachievementRI.org. The 2014 Honorees will be featured in the fall edition of YW She Shines™. Sponsorship opportunities are available. To reserve advertising space or receive a free subscription, call Lisa Piscatelli at 769-7450.

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.



Yes! I want to join YWCA Rosie's Circle:
www.ywcari.org/donate.html

- \$50 will help supply two campers with a set of hand tools
- \$150 provides twelve girls with a day of carpentry instruction
- \$750 provides a full scholarship for one girl to attend YWCA Rosie's Girls for three weeks

Dear Friend:

YWCA Rhode Island in partnership with Sophia Academy and the National Association for Women in Construction, Rhode Island Chapter, co-created and co-delivered the YWCA Rosie's Girls program in 2013.

YWCA Rosie's Girls combines the best of YWCA Rhode Island and Sophia Academy gender specific programming and offers a unique experience for adolescent girls designed to build self-esteem, perseverance and leadership through learning and applying basic skills in the trades (e.g. carpentry and stone cutting).

YWCA Rosie's Girls is supported through a mix of funding and donations from individuals, foundations and corporations. The overwhelming majority of our campers require financial aid. In fact, last summer 100% of our campers received full tuition scholarships to attend.

We invite you to join other supporters in becoming a member of YWCA Rosie's Circle, a group committed to pledging financial support to YWCA Rosie's Girls to ensure that no girl will be turned away from the camp in 2014 because of her inability to pay.

Thank you!

Deborah L. Perry, President/CEO
YWCA Rhode Island

GOLF TOURNAMENT

20th ANNUAL YWCA GINI DUARTE MEMORIAL

Sunday, July 20
1pm Shotgun
Foster Country Club



Participate with YWCA Rhode Island as a player, sponsor or raffle prize donor. Call Holly Courtemanche or Debbie Fay for details, 401-769-7450. www.ywcari.org

CENTRAL FALLS/PAWTUCKET CAMPUS

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

CENTRAL FALLS HAS HEART

YWCA Rhode Island is partnering with CVS Caremark and Rhode Island Department of Health Office of Minority Health, to increase the awareness of the signs and symptoms of a heart attack and the importance of calling 9-1-1 among Spanish speaking Hispanic women living in Central Falls. YWCA will work with local community leaders, implement mass media strategies and use social media as a platform to spread this message. Call for more information, 401-722-3010.



SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for women with disabilities that are experiencing homelessness. 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 for more information, 401-722-3010.

WELLNESS

YWCA offers health outreach and information to members of the Central Falls/Pawtucket community. ENCOREplus® (Breast and Cervical Health Outreach) and Heart Health for Latina women. Call Joyce Dolbec for more information, 401-769-7450 x12.



Nowell Leadership Academy
Real students, real solutions, bright future.

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- ✓ 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.
- ✓ www.nowellacademy.org

PROVIDENCE CAMPUS

YWCA Rhode Island
133 Delaine Street, Providence, RI 02909

COMMUNITY OUTREACH TEEN PREGNANCY PREVENTION SUPPORT OF YOUNG FAMILIES

eliminating racism
empowering women
ywca



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
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 1240 AM & WNRI 1380 AM or watch Channel 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

- **June 3, Preschool Open House:** From 5-7:30pm at YWCA. Parents and children are welcome to explore classrooms, meet teachers and receive a tour of the facility.
- **June 11, Parenting In Progress Graduation and Awards Ceremony, 30th Annual:** At 11am in YWCA Activity Center
- **June 20, Gymnastics Spring Show:** 6pm and 7:15pm shows at YWCA. Performances by Advanced Gymnastics, Pre-Team and Competitive Teams - Hot Shots, A, B, C and D.
- **July 20, Golf Tournament, 20th Annual:** Support YWCA as a player, sponsor or raffle prize donor. 1pm Shotgun at Foster Country Club to benefit ENCOREplus®. Register online, www.ywcari.org. Contact: Holly Courtemanche at 769-7450.

REGISTER TODAY FOR 2014-2015 SCHOOL YEAR: Now enrolling for Pre-Preschool, Preschool, Before/After Kindergarten Care, and Before/After School Age Care. Space is limited. Reserve your spot!

- YWCA is a recipient of an Outstanding Neighborhood Planning Award from the American Planning Association - RI Chapter
- 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
- Sponsor of the Sheila Skip Nowell Leadership Academy



RI DE
Rhode Island Department of Elementary and Secondary Education



YWCA Rhode Island

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

SUMMER SESSIONS 2014



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514 Blackstone Street
Woonsocket, RI 02895