

# NORTHERN RHODE ISLAND CAMPUS continued

## PHYSICAL EDUCATION

5 to 12 years old

### GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

### JUMPING BEANS

Gymnasium play with parent.  
Marilyn Griffin  
Thurs. 9-10am \$38/5wks/I & \$30/4wks/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 & II:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime and snack.

### SMALL WORLD I

Jane Rochefort  
Thurs. 9-10am \$38/5wks/I & \$30/4wks/II  
Fri. 9-10am \$38/5wks/I & \$30/4wks/II

### SMALL WORLD II

Jane Rochefort  
Thurs. 10am-noon \$75/5wks/I & \$60/4wks/II  
Fri. 10am-noon \$75/5wks/I & \$60/4wks/II

## 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 \$38/5wks/I & \$30/4wks/II

### 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 \$38/5wks/I & \$30/4wks/II  
Wed. 4-5pm \$38/5wks/I & \$30/4wks/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

Mon. 9-11am \$75/5wks/I & \$45/3wks/II

### COMPETITIVE TEAM

Monthly fee for all competitive teams:  
One day a week \$52/month  
Two days a week \$104/month  
Three days a week \$130/month

Jennie Graham, Head Coach  
Breonna Lenart, Head Coach

### HOT SHOTS 4 to 9 years old

Mon. 9-11am

### TEAM A 8 to 16 years old

Wed. 12noon-2pm

### TEAM B 8 to 16 years old

Mon. 12noon-2:30pm  
Wed. 12noon-2:30pm

### TEAM C 8 to 16 years old

Mon. 10am-1pm  
Wed. 2-5:30pm (optional)  
Thurs. 2:30-5:30pm

### TEAM D 9 to 18 years old

Mon. 12-3:30pm  
Wed. 2-5:30pm  
Thurs. 12noon-3pm

## 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 \$38/5wks/I & \$30/4wks/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 2 and ends August 29. T-time around 4:15pm. YWCA membership fee plus \$50 league dues. 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 November 6, 6-8pm.  
League begins November 13.  
\$116/20wks & playoffs/plus membership fee.

### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.  
Open House September 6, 6:45-8pm.  
League begins September 13.  
\$58/10wks & playoffs/plus membership fee.

### INTERMEDIATE CO-ED

Wednesday: Intermediate or above.  
Open House September 7, 6-8pm.  
League begins September 14.  
\$58/10wks & playoffs/plus membership fee.

## PARENTING PROGRAMS

### PARENTING

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

16 to 25 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, Community Care Alliance and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 25 years old.  
Mon. - Thurs. from 9am-2pm.

## GOLF TOURNAMENT

### 22<sup>nd</sup> ANNUAL YWCA GINI DUARTE MEMORIAL

**Sunday, July 17**  
**1pm Shotgun**  
**Foster Country Club**

Participate with YWCA Rhode Island as a player, sponsor or raffle prize donor. Proceeds help support ENCOREplus® and other YWCA programs.

Call Holly Courtemanche for details, 401-769-7450.

[www.ywcari.org](http://www.ywcari.org)

# YWCA IS ON A MISSION