

YWCA IS ON A MISSION



YWCA Mitten Tree Gives and Receives Warmth

Now until January 7, 2017

A Mitten Tree holds mittens, gloves, hats, scarves, socks and other warm clothing on its branches, typically for children. Anyone in need of these items is welcome to them. Donations of new items may be brought to the Front Desk - Northern Rhode Island Campus. Please leave labels and tags on, for information regarding the clothing materials and sizes. Thank you!

NORTHERN RHODE ISLAND CAMPUS continued

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.

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 \$45/6wks
Fri. 3:30-4:30pm \$45/6wks
Sat. 10-11am \$45/6wks

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 \$45/6wks
Fri. 4:30-5:30pm \$45/6wks
Sat. 9-10am \$45/6wks
Sat. 11am-12noon \$45/6wks

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 \$57/6wks

PRE TEAM

Sat. 9-11am \$90/6wks

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

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. 12:30-3pm

TEAM C 8 to 16 years old

Tues. 4-6:30pm
Fri. 4-6:30pm (optional)
Sat. 2:30-5:30pm

TEAM D 9 to 18 years old

Tues. 4-6:30pm
Fri. 4-6:30pm
Sat. 3-5:30pm

PHYSICAL EDUCATION

GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

JUMPING BEANS

Gymnasium play with parent.
Marilyn Griffin
Tues. 9-10am \$45/6wks
Thurs. 10-11am \$45/6wks

WELLNESS PROGRAMS

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 an appointment, call Lisa Piscatelli at 769-7450.

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
For details call Front Desk, 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.
\$116/20wks & playoffs/plus membership fee.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.
Open House January 3, 6:45-8pm.
League begins January 10.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Thursday: Intermediate or above.
Open House January 5, 6-8pm.
League begins January 12.
\$58/10wks & playoffs/plus membership fee.