

eliminating racism
empowering women
ywca

**WE'RE MAKING A DIFFERENCE
1923-2010**

spring session 2010 northern rhode island



REGISTRATION BEGINS FEBRUARY 1

**SIX WEEK SESSION
2/14 - 3/27**

closed 2/15, Presidents' Day



Tuesday, March 2 at 11:15am

Community Conversation at YWCA: Eye Safety for Children (and Parents)

Guests Jeffrey S. Kenyon, OD and YWCA's eye health outreach puppet, Retina. Free registration, RSVP to 769-7450. Program funded by the National Eye Institute.

*Programs for children,
youth and adults:*

Art Studio
Child Care
Community Outreach
Gym Activities
Gymnastics Academy
Parenting In Progress
Pre-Preschool
Preschool
Vacation Camps
Wellness Classes
Youth Enrichment

New Classes: ★

Intro to Ballroom
Vinyasa Yoga

YOUTH ENRICHMENT

SERVICES FOR FAMILIES ★ WHEN IT SNOWS, WE'RE OPEN

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 6-15 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.

AFTER SCHOOL

For program details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. Mon.-Fri., 2-6:30pm (3 day minimum), \$17/day. Children are bussed to YWCA from their schools, enjoy a free snack, participate in fun activities, offered homework help and special events. 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 for school success and a productive future. Activities geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas. New computer lab and library.

APPLE YOUTH ENRICHMENT

The APPLE curriculum includes Academics, Physical education/recreation, Prevention, Leadership and Empowerment. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. 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. Program encourages healthy social, emotional, physical and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families.

VACATION CAMPS

DOODLE BUGS

For children 2 1/2 to 3 1/2 years of age. Enjoy books, games and activities.

February 16-19. Also available during April School Vacation. 9am-1pm, \$20/day. Early Birds and/or after camp options for an additional \$6/hour/day (each program). Families needing full time care, speak with receptionist regarding childcare options.

BUSY BEE

For children 3 to 5 years of age. Enjoy books, games and activities.

February 16-19. Also available during April School Vacation. 9am-1pm, \$15/day. 1-5pm, \$15/day. Early Birds and/or after camp options for an additional \$6/hour/day (each program). Families needing full time care, speak with receptionist regarding childcare options.

ADVENTURE

For children 6 to 12 years of age. Junior Leadership option available for children 13 and over. Free snack, games, contests, prizes, movie making, cooking, sports, arts/crafts, face painting, and more.

February 16-19. Also available during April School Vacation. 6:30am-6pm, \$29/day. Half days available, \$15 for a 4 hour day.

GYMNASTICS ACADEMY

GYMNASTICS - BASIC

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.

Fri. 3:30-4:30pm \$36/6wks

4 to 7 years old

BEGINNER/INTERMEDIATE GYM- NASTICS 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 \$36/6wks
Sat. 10:15-11:30am \$45/6wks

5 to 12 years old

BEGINNER/INTERMEDIATE GYM- NASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.

Fri. 4:30-5:30pm \$36/6wks

Sat. 9-10:15am \$45/6wks

GYMNASTICS - CONTINUING

All classes listed below require permission from instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450.

4 to 7 years old

ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:30-4:30pm \$36/6wks

5 to 12 years old

ADVANCED GYMNASTICS

Tues. 3:45-5pm \$45/6wks

PRE TEAM

Sat. 11:30am-1pm \$54/6wks

COMPETITIVE TEAM

Monthly fee for all competitive teams:

One day a week \$44/month

Two days a week \$86/month

Three days a week \$100/month

Jennie Graham, Head Coach

Breonna Gentes, Assistant Coach

HOT SHOTS 4 to 9 years old

Sat. 9-11am

TEAM A 8 to 16 years old

Sat. 11am-1pm

TEAM B 8 to 16 years old

Sat. 11am-1pm

TEAM C 8 to 16 years old

Thurs. 4:15-6:30pm

Sat. 1:30-4pm

TEAM D 9 to 18 years old

Tues. 3:45-6:30pm

Fri. 4:15-6:30pm

Sat. 1:30-4pm

EARLY CHILDHOOD LEARNING CENTER



Now open for child care at 6:30am for ages 5 and under. For details on child care, pre-preschool or preschool call Mary Anne Deslauriers, Director of Early Childhood Education, at 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 the Rhode Island Department of Children, Youth and Families.

PRE-PRESCHOOL

LITTLE LEARNERS

Pre-preschool for children 2 1/2 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 developmental 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. Two, three and five-day programs with morning, afternoon or full day options available. Licensed by the Rhode Island Department of Education.

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. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Education.

EXTENDED DAY PROGRAMS

The YWCA offers extended day programs to help accommodate a parent or guardians' schedule.

EARLY BIRDS

Children enjoy morning activities in a classroom environment from 6:30-9am, then are escorted to respective classrooms. \$6/hour/day

LUNCH BUNCH

Children eat lunch in a social environment then are offered center activities from noon-1pm. Lunches are brought from home. \$6/day

AFTER PRESCHOOL CARE

Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm. \$6/hour/day.

PARENTING PROGRAM

PARENTING

16 to 21 years old

PARENTING IN PROGRESS (PIP)

An alternative education, life skills and job training program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, Young Voices and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

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

PHYSICAL ACTIVITIES

GYM PROGRAMS

All physical education classes are under the direction of Debbie Fay.

DESIGN YOUR OWN CLASS!

Any age group. Learn t-ball, floor hockey, golf, tennis, etc. Call Debbie Fay, Physical Education Director, 769-7450. Subject to time and space availability. Prices set by usage.

BIRTHDAY PARTIES DURING THE WEEK

Let Debbie Fay set up and run a party for your child. Themes: gymnastics, soccer, golf, etc. Call 769-7450 to schedule. Subject to time and space availability. Price set by usage.

Walking to 3 years old

JUMPING BEANS

Gymnastics play with parent.
Tues. 9-10am \$36/6wks
Thurs. 10-11am \$36/6wks

JUMPING BEANS GETS MESSY

One hour of gymnastics play with parent then

1/2 hour of messy activity - crafts or cooking.
Fri. 9-10:30am \$54/6wks

2 1/2 to 3 1/2 years old

Independent classes for your child (do not have to be toilet trained).

IDDY BIDDY SNACK ATTACKERS

Come run, have a snack, make a craft and run some more.
Mon. 9-noon \$68/5wks



IDDY BIDDY SPORTY CRAFTY CHEFS

Combination of Small World, crafts, games and cooking your own lunch. Come jump and crack some eggs. Non stop action.
Wed. 9-noon \$81/6wks

SMALL WORLD I, II, III

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

SMALL WORLD I

Deb Nault
Thurs. 9-10am \$18/6wks

SMALL WORLD II

Deb Nault
Thurs. 10am-noon \$36/6wks

SMALL WORLD III

Deb Nault
Fri. 9am-noon \$54/6wks

3 to 5 years old

LUNCH WITH THE STARS

Come play a game of Alligator Pit or Polar Bear. One hour of active gym time followed by making your own lunch and eating with the "Stars". Enjoy some playtime. Stuffed animal characters: Dora, Clifford, Cookie Monster, Blues Clues, etc.
Mon. noon-2pm \$50/5wks

SPORTSTASTIC

A new sport every week, socialization and lunch making for your child.
Wed. noon-2pm \$60/6wks

TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined with cooking and eating.
Tues. noon-2pm \$60/6wks
Thurs. noon-2pm \$60/6wks

GYMNASTIC FANTASTIC

Fantastic activity packed class. An hour of gym-

nastics followed by lunch, craft and playtime.
Fri. noon-2:30pm \$75/6wks

4 to 7 years old

AFTER SCHOOL SPECIAL

An extra hour of fun added to your day. Play alligator pit, floor hockey, soccer, obstacle course. Get in an active 60 minutes of activity before supertime.
Wed. 4-5pm \$36/6wks

CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C and give me an A.
Mon. 3:30-4:30pm \$30/5wks

5 to 8 years old

SPORTY SUPPERTIME

Half hour of active gym time followed by making your own supper. Come run and mash some potatoes with us.
Mon. 3:45-5:15pm \$45/5wks

8 to 12 years old

CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C and give me an A.
Mon. 4:30-5:30pm \$30/5wks

12 to 18 years old

YOGA AND CONDITIONING

Yoga and stretching combined with an overall workout.
Sat. 11:30am-12:45pm \$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 appointment, call Lisa Piscatelli at 769-7450.

WELLNESS PROGRAMS continued



HEALTH

MINORITY HEALTH PROMOTION CENTER

YWCA Northern 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.

CHRONIC DISEASE

SELF MANAGEMENT WORKSHOP

If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will learn: how to manage your symptoms, how to communicate effectively with your doctor, how to lessen your frustration, how to fight fatigue, how to make daily tasks easier and how to get more out of life. The workshop is for anyone who has one or more chronic conditions. A friend, caregiver or relative is welcome to attend with you. They too will benefit from the problem-solving skills related to managing a chronic condition.

New workshop to begin in early 2010. Call for registration information on Living Well Rhode Island, 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.

SMOKING CESSATION

Supportive/educational one hour meeting weekly for 8 weeks held in northern Rhode Island area.

Call the YWCA Health Office to register, 769-7450.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. The 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. The 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. The 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 (a repeat mammogram, pap smear, breast ultrasound, colposcopy and biopsy).

For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

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
\$53/8wks

BELLY DANCING I

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.

Donia
Tues., 6:30-7:30pm \$36/6wks

BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess!

Donia
Tues., 7:30-8:30pm \$36/6wks

HATHA YOGA

Art of movement. Hatha Yoga achieves balance between body and mind. It promotes wellness through physical poses, breathing techniques and meditation. Come improve strength and flexibility while reducing stress.

Kathy Hopkins
Thurs., 7:30-8:45pm \$45/6wks

VINYASA YOGA ★

All levels Vinyasa Yoga class will focus on flowing yoga postures linked with the breath. Get a great workout and reduce stress: finishing restorative poses, breathwork and seated meditation.

Samantha Sipura
Sat., 9:00-10:15am \$45/6wks

INTRO TO BALLROOM ★

A beginning dance class for singles or couples who want to learn some basic social ballroom dance steps. A variety of dances will be introduced. The recommended footwear for this class is smooth bottom, soft sole shoes. Come prepared to have fun!

Mary DiGiovanni
Sat., 11am-noon \$36/6wks

ZUMBA FITNESS

Zumba is a high-energy class. It incorporates several dance styles and motivating music. With fast and slow rhythms, the class offers cardio intervals and resistance training. It is both fun and easy to learn. Zumba is the latest rage in fitness classes.

Maureen Canesi
Thurs., 6:30-7:30pm \$36/6wks

WALKING CLUB

The Walking Club begins at John Dionne Track on Cumberland Hill Road, Woonsocket. Look for Jeanne and Bev. Tues., Wed, and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Teams picked by draft. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450.



INTERMEDIATE MIXED CO-ED

Sundays: The league is in session. Call Debbie Fay to see if any openings, 769-7450. \$112/20 wks & playoffs/plus membership fee. May pay in two installments.

POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesdays: Advanced players. The league is in session. Call Debbie Fay to see if any openings, 769-7450.

\$56/10 wks & playoffs/plus membership fee

INTERMEDIATE CO-ED

Wednesdays: Intermediate or above players. The league is in session. Call Debbie Fay to see if any openings, 769-7450.

\$56/10 wks & playoffs/plus membership fee

WOMEN'S CLUBS

Y WIVES & GIRLS

The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others and recreation. Activities include outings, special events and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

APRES-MIDI

Club provides opportunities for women to share activities, information and gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings held on alternate Thursdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

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 \$54/6wks

11 and 12 years old

ART FOR TWEENS

Call for appropriate art class placement, 769-7450. We will gladly try to accommodate.

13+ years old

ART FOR TEENS

Appropriate for a range of experience levels from those just beginning to explore art to advanced students building a portfolio. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. Second half, student work on guided projects of their own choice. Art material fee included in session fee.

Missie St. Sauveur
Mon. 5:15-6:45pm \$45/5wks

Adults and Teens*

FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try painting, sketching or sculpting? Wish you knew the difference between Manet and Monet? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. No talent or experience required. Come have fun. You may be surprised by what you create. Art material fee included in session fee. *Teens welcome if attending with adult.

Missie St. Sauveur
Mon. 7-8:30pm \$45/5wks

SHE SHINES™

2009 Metcalf Award for Diversity in the Media

Published by YWCA Northern Rhode Island, She Shines is a magazine celebrating the aspirations and accomplishments of women. To receive a free subscription or reserve advertising space, contact Lisa Piscatelli at 769-7450. www.sheshines.org

YWCA NORTHERN RHODE ISLAND

CONTACT US

514 Blackstone Street
Woonsocket, RI 02895
T: 401-769-7450
F: 401-769-7454
www.ywcanri.org

ANNUAL MEMBERSHIP

6 to 16 years \$12.00
17 to 64 years \$22.00
65 and over \$17.00

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 the oldest, largest women's movement in the nation

HOURS

Monday to Thursday, 9am-9pm
Friday 9am-6:30pm, Saturday 9am-4:30pm
Monday to Friday, open for child care at 6:30am for ages 5 and under.

TOURS

Are you 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

Please listen to radio stations WOON 1240AM or WNRI 1380AM for YWCA cancellations, or watch Channel 10 & 12 closing announcements. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

- **January - February, Woonsocket Child Outreach:** A free screening for all Rhode Island preschool members - vision, hearing, speech, language skills, and social/emotional development.

- **January - February, Preschool Parent/Teacher Conferences:** Progress reports will also be distributed.

- **January - March, Art to Remember:** The early childhood programs will participate in an Art to Remember project and fundraiser.

- **February TBA, Preschool and Little Learners Registration:** For the 2010-2011 school year. Register at the front desk or call for open house details, 769-7450.

- **February 16 - 19, February Vacation Camps:** For children 2 1/2 to 12 years of age. Junior Leadership option available for children 13 and over. Register at the front desk or call for details, 769-7450.

- **March, Women's History Month**

- **March TBA, 2nd Women Holding Office Reception:** An event honoring female elected officials. All are welcome. Call Lisa Piscatelli for details, 769-7450.

- **March 2, Community Conversation - Eye Safety for Children (and Parents):** With guests Jeffrey S. Kenyon, OD and YWCA's eye health outreach puppet, Retina. 11:15am at YWCA Northern Rhode Island. Free registration, call 769-7450. Program funded by the National Eye Institute.

- **March 6, Candidates' School:** Information for people interested in holding elected office or helping run a campaign. Program begins at

7:30am at Quonset "O" Club. For details, visit www.ocgri.org.

- **March 31, Art Gallery Night:** Featuring artistic works from students in the Circle of Friends Classroom at YWCA from 6 to 7:30pm.

- **April 14, 12th Annual Family Fun Night:** At YWCA from 6-8pm. Face painting, small animal adventure, book fair, carnival games, raffles, art and more.

- **April 17, Health and Hearing Fair.** Co-sponsored by YWCA Northern Rhode Island. Call Joyce Dolbec at the YWCA Health Office for details, 769-7450.

BOARD OF DIRECTORS

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YWCA MISSION

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

SPRING SESSION 2010