



GYMNASTICS - CONTINUING

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

4 to 7 years old

ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Deb Nault/Debbie Fay
Wed. 3:30-4:30pm \$54/9wks

5 to 12 years old

BEGINNER/INTERMEDIATE GYMNASTICS

Deb Nault/Deb Fay
Thurs. 4:-5:15pm \$68/9wks

ADVANCED/PRE TEAM GYMNASTICS

Breonna Gentes
Wed. 1:30-3pm \$81/9wks

PRE LEVEL IV

Mon. noon-2pm
Fri. 4-6pm \$80/8wks

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

Fri. noon-2pm

TEAM A 8 to 16 years old

Fri. 2-4pm

TEAM B 8 to 16 years old

Mon. 2-4:30pm
Wed. 5-7pm

TEAM C 8 to 16 years old

TEAM D 9 to 18 years old

Mon. 4-7pm
Wed. 3-5:30pm
Fri. 5:30-7:30pm

HEALTH

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 the age of 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.

For more information about ENCOREplus®, call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555 for more information on the Cancer Screening Program.

SMOKING CESSATION

Class beginning in July. Supportive and educational one hour meeting weekly for 8 weeks held at YWCA Northern Rhode Island. Free nicotine replacement therapy during the 8 week program. Facilitated by tobacco treatment specialists trained by University of Massachusetts Medical School. Open to those with or without insurance or on Medicaid.

Call YWCA Health Office to register, 769-7450. Free with YWCA membership.

WALKING CLUB

Supportive and educational resources to begin walking club in your area or from YWCA Northern Rhode Island. Choose your best time frame: morning, afternoon, or early evening. Clubs beginning in summer/fall.

Call YWCA Health Office to register, 769-7450. Free with YWCA membership.

16+ years old

AEROBIC DANCE IN MOTION

Fees reflect member rates, nonmembers pay an additional \$20.

Collette Doura
Mon./Wed., 7:15-8:15pm \$53/8wks

Carol Goodier
Tue./Thurs., 7:15-8:15pm \$53/8wks

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 the room. A YWCA adult female membership is required.

VOLLEYBALL

ADULT VOLLEYBALL LEAGUES

League Director: Debbie Fay

If you play in more than one volleyball league you receive a discount for 2nd or 3rd league. Sign up for two or more leagues today. Volleyball teams picked by draft. Come prepared to play on organizational nights. Dates are subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay, Physical Education Director, at 769-7450.

INTERMEDIATE MIXED CO-ED

Sundays

Organization night will be held November 2 from 6-8pm. League play begins November 9.

If you have a team or wish to join, contact Debbie Fay ASAP, 769-7450.

\$112/20 wks & playoffs/plus membership fee.

Sunday League only: Bring in your own team.

If you don't have a team, please contact Debbie Fay ASAP, 769-7450 and we will try to help you make a team. 20 wk league plus playoffs. Pay in two installments.

POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesdays

Advanced players. Organizational night will be held September 9 from 6:45-8:30pm.

League play begins September 16. Teams formed by draft.

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

INTERMEDIATE CO-ED

Wednesdays

Intermediate or above players only.

Organizational night will be held September 10 from 6:30-8pm. League play begins September 17. Teams formed by draft.

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

VOLLEYBALL PICK-UP GAMES

For YWCA members. Call Debbie Fay for more information, 769-7450.

\$5 each week you attend starting April 27th

GOLF

WOMEN'S GOLF LEAGUE

Monday Tee-times starting at 4:30pm. May 5 to Aug 25 at Melody Hill Country Club. Call Debbie Fay for more information, 769-7450. YWCA membership plus \$47 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club.

14TH ANNUAL GOLF TOURNAMENT

July 19 at 1:30pm, shot gun at Foster Country Club. \$110/player - golf, gas cart and dinner. Support YWCA Northern Rhode Island as a player, sponsor, or raffle prize donor. Call Debbie Fay or Holly Courtemanche for details, 769-7450.

14th annual ENCOREplus® golf tournament in memory of Gini Duarte

Saturday, July 19, 2008
Foster Country Club
1:30pm Shotgun

Entry Fee: \$110 per person (includes green fees, cart, steak dinner and prizes). Separate prizes for winners of the women's Division & Co-Ed/Male Division

Call Debbie Fay or Holly Courtemanche for details at 401-769-7450

Please make check(s) payable to YWCA Northern Rhode Island and mail with the information below to:
YWCA Northern Rhode Island
514 Blackstone Street
Woonsocket, RI 02895

Attach foursome of individual names, full addresses, and phone numbers. Dinner guests welcome at a cost of \$25 each.

Limited to the first 72 paid participants (18 foursomes)

WOMEN'S CLUBS

Contact YWCA for details, 769-7450

APRES-MIDI

This club provides opportunities for both single and married women to share activities, information, and to 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 are held on alternate Thursdays at 1:30pm from September through June.



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.