

eliminating racism
empowering women
ywca

YEARS OF EXCELLENCE
1923-2008

85

summer session 2008 northern rhode island



SUMMER CAMPS ★

REGISTRATION UNDERWAY
runs through week of 8/17

Registration and deposit required: \$5/week members, \$10/week nonmembers.

BUSY BEE
starts week of 6/8

Mon.-Fri., 9am-1pm, \$100/week, \$20/day
Mon.-Fri., noon-4pm, \$100/week, \$20/day
Mon.-Fri., 9am-4pm, \$150/week
Early Birds and/or after Busy Bee options for an additional \$6/day (each program).
Minimum two days per week. Children must be ages 3 to 5 and fully toilet trained to participate. *Theme weeks: dynamite dinosaurs, creepy crawly critters, celebrate America, animal tracks, ribbit ribbit quack quack, blast off into outer space, under the sea, feathered friends, going on a safari, and wonderful waterworks.*

KIDS SPORTS CLUB
TWO-RIFFIC DAYS
starts week of 6/22

Mon., Tues., Wed., 9am-1pm, \$60/week
Thurs. and Fri., 9am-1pm, \$40/week
For ages 4 to 6. Early Birds option from 8-9am for an additional \$6/day. *Theme weeks: t-rex t-ball, no camp week 6/30, bugs bugs sports and bugs, under the sea floor hockey, chef combo's fantastic fitness fun, bob the*



builder basketball "yes we can", scooby doo soccer, teddy bear tumbling, and end of summer surprise week.

ADVENTURE
starts week of 6/15

Mon. - Fri., 7:45am-5:45pm, \$135/week
For ages 6 to 12. Half days available, \$14 for a 4 hour day. *Groups divided by age. Field trips, guest speakers, cooking, outdoor recreation, sports, and arts/crafts. Shortly after camp starts, breakfast and lunch will be provided.*

CHEERLEADING AND TUMBLING CAMP
starts week of 6/22

Mon., Wed., Fri., 1-4pm, \$54/week
For ages 6 to 9. Instructor: Jen Rochfort. *Learn tumbling and cheers along with crafts, movies, cooking, games, etc.*

JUNIOR LEADERSHIP
starts week of 6/15

Wed. - Fri., 7:45am-5:45pm, \$60/week
For students entering grades 7, 8 and 9. Additional days at \$20/day. Half days also available, \$10 for a 4 hour day. *As Junior Leaders, in conjunction with staff, campers will monitor children's safety and coordinate activities. Students learn personal responsibility in an intellectually and physically stimulating environment.*

GYM PROGRAMS

DESIGN YOUR OWN CLASS!

Any age group. Want to 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 Debbie Fay to schedule, 769-7450. Subject to time and space availability. Prices set by usage.

Walking to 3 years old

JUMPING BEANS
Gymnastics play with parent.
Debbie Fay
Thurs. 9:30-10:30am \$54/9wks

2 1/2 to 3 1/2 years old
Independent classes for your child
(do not have to be toilet trained).

IDDY BIDDY SPORTY CRAFTY CHEFS
Combination of Small World, crafts, gymnastics, games, and cooking your own lunch. Come jump and crack some eggs. Non stop action.
Deb Nault/Debbie Fay
Wed. 1:15-3:15pm \$90/9wks

SMALL WORLD III
Children offered opportunities for socialization, creativity and toilet training. Daily schedule includes storytime, songs, crafts, playtime, and snack.
Deb Nault
Thurs. 9am-noon \$122/9wks

LITTLE LEARNERS
Pre-preschool for children 2 1/2 to 3 1/2 years of age. Two, three, four or five days available. See brochure page 2 for details.

3 to 5 years old

BREAKFAST SPECIAL
Come play soccer, tennis, golf, and more.

Then scramble/crack some eggs, mix up pancakes, and enjoy a full breakfast.

M. Martineau
Fri. 9-11am \$80/8wks

SPORTSTASTIC

A new sport every week, socialization, and lunch making for your child.
M. Martineau
Fri. 11am-1pm \$80/8wks

INSIDE/OUTSIDE ADVENTURES

Nice weather we will spend time outside on playground collecting bugs, bird watching, and more. Bad weather we will play games in the gym. All activities followed by lunch.
Debbie Fay/Deb Nault
Tues. 1:30-3:30pm \$90/9wks

TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined w/cooking and eating.
Debbie Fay
Thurs. 10:30am - 12:30pm \$90/9wks

GYMNASTIC FANTASTIC

A fantastic activity packed class - one hour of gymnastics followed by lunch, craft, and playtime.
Debbie Fay/Deb Nault
Thurs. 1-4pm \$122/9wks

OTHER PROGRAMS
see inside

Child care, preschool, youth enrichment, parenting, art, gymnastics, health, volleyball, golf, special interest, and women's clubs.

PRESCHOOL REGISTRATION
see inside

Registration for all classes begins on June 8.
Classes begin week of June 22 and end week of August 17.
No classes will be held on July 4 and August 11.



SPECIAL INTEREST PROGRAMS

RHODE ISLAND CLOTHESLINE PROJECT

A visual exhibit which bears witness to the victims and survivors of acts of violence against women. The Rhode Island Clothesline Project is currently housed at YWCA Northern Rhode Island.

SHE SHINES™

Published by YWCA Northern Rhode Island, She Shines is a magazine celebrating the aspirations and accomplishments of women. Call 769-7450 to receive a free subscription or visit www.sheshines.org to view the online version.

SILENT WITNESSES OF RHODE ISLAND

A traveling memorial honoring women and children of Rhode Island who were murdered in acts of domestic violence. Visit www.silentwitness.net, to learn more.

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, which 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

register for 2008-09 school year
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

register for 2008-09 school year
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

register for 2008-09 school year
A 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. This program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Education.

EXTENDED DAY PROGRAMS:

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

EARLY BIRDS Children enjoy morning activities in a classroom environment from 8-9am and then are escorted to their respective classrooms. \$6/day

LUNCH BUNCH Children eat lunch in a social environment then are offered center activities to enjoy 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. 4-6pm. \$6/hour/day.

*For an appointment or more details on child care, pre-preschool, preschool, or the pre-school vacation camps, call Mary Anne Deslauriers, Director of Early Childhood Education, at 769-7450.

YOUTH ENRICHMENT

Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age of 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. Program encourages healthy social, emotional, physical, and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families.

AFTER SCHOOL

For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. This program is offered Mon. to Fri., 2-6:30pm (3 day minimum) for \$17/day. Children are bussed to YWCA from their schools, enjoy a free snack, participate in fun activities, offered homework help and special events. APPLE is an after school program for children. It 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. Curriculum includes academics, physical education/recreation, prevention, leadership, and empowerment. Activities are geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas.

For more details or an appointment, call Nathan Smith, Youth Enrichment Program Director, at 769-7450.

PARENTING

16 to 21 years old

PARENTING IN PROGRESS

An alternative education program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, and Connecting for Children and Families. Eligible applicants must live in Woonsocket and be a pregnant or parenting young woman under 21 years old. Class meets Mon.-Fri., 9am to 1pm.

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

ART CLASSES

New and returning students welcome; every session covers new artists/projects.

5 to 7 years old

ART FOR CHILDREN

If you love drawing then this class is for you. Learn the basics of art through drawing, painting, sculpting and creativity games. Please bring a smock or junky t-shirt and a smile. An art material fee is included in the session fee.
Missie St. Sauveur
Fri. 5-6:30pm \$72/8wks

8 to 14 years old

MODERN ART FOR YOUNG PEOPLE

We will cover "modern art" from the 20th century. Students will learn about some of the most famous names in art. Learn how art can be about more than just painting a house that looks like a house. Educational and very fun projects. An art material fee is included in the session fee.
Missie St. Sauveur
Wed. 5:30-7pm \$81/9wks

13 to 18 years old

ART FOR TEENS: THE IMPRESSIONISTS

Particularly appropriate for those who have taken Modern Art for Young People, but all students are welcome. We will delve into more advanced techniques as we learn about the Impressionists and Post-Impressionists. We'll also explore exciting new media, including oil pastel and gouache. An art material fee is included in the session fee.
Missie St. Sauveur
Mon. 5-6:30pm \$72/8wks

Adults and teens*

FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try your hand at painting, sketching, or sculpting, but don't know where to start? Wish you knew the difference between Manet and Monet? In this class, adults can get an introduction to art-making, as well as a little art history along the way, in a relaxed, non-judgmental atmosphere. No talent or experience required. Come have fun with us. You may be surprised by what you can create. An art material fee is included in the session fee.

*Teens welcome if attending with adult.

Missie St. Sauveur
Mon. 7-8:30pm \$72/8wks

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.
Debbie Fay/Hailey Franklin
Mon. 1-2pm \$48/8wk





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.

YWCA NORTHERN RHODE ISLAND

CONTACT US

514 Blackstone Street
Woonsocket, RI 02895
T: 401-769-7450
F: 401-769-7454

STRONG ALONE FEARLESS TOGETHER

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.

As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- membership in the oldest, largest women's movement in the nation (*men and boys are welcome as associates*)
- use of YWCA facilities nationwide

HOURS

Monday to Thursday, 9am-9pm
Friday, 9am-6:30pm

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.

SCHEDULE

Classes run in consecutive sessions during the school year. A new schedule for the summer.

ROOM RENTALS

Room rentals are available. Contact YWCA for details, 769-7450.

BOARD OF DIRECTORS

Kim Garneau, President
Cathy Brien, Vice President
Susan Gershkoff, Esq., Treasurer
Marissa Trinqué, Secretary
Rosemary Brite
Alessandra Borges
Lisa Carcifero
Gail Davis
Susan Donahue, DC
Vivian Godin
Jeanne Lynch
Deborah L. Perry, Executive Director

CALENDAR/EVENTS

- **June 3, 4 and 5, Preschool Year End Celebrations**
- **June 8, Race Unity Day**
- **June 17: Parenting in Progress 24th Annual Graduation**
- **June 20, Annual Gymnastics Spring Shows:** Two different shows beginning at 6pm and 8pm at YWCA Northern Rhode Island.
- **July 19, 14th Annual Golf Tournament:** 1:30pm shot gun at Foster Country Club. Support YWCA Northern Rhode Island as a player, hole sponsor and/or raffle prize donor. Call Holly Courtemanche or Debbie Fay at 769-7450 for further details.
- **August 26 - Women's Equality Day**
- **September, Women of Achievement Month:** For details about the 4th Annual Tools of the Trade Luncheon honoring the 2008 women of achievement award winners, visit www.womenofachievementri.org or call Lisa Piscatelli at 769-7450. Opportunities are available for nominating, purchasing tickets, and underwriting.

NOTABLE

- The following YWCA Northern Rhode Island employees attended a conference sponsored by ChildSpan entitled, "Developing Infrastructures to Support Every Child": Deb Denham, Mary Anne Deslauriers, Debbie Fay, Lee Henderson, Cindy Laskowski, Deb Nault, Linda O'Neill, Lynne Pelletier, Kathy Salemi, and Sue Shaw. It was held at Bryant University on March 8th.

- The YWCA Northern Rhode Island Hudson Room has been remodeled. This multi-purpose room is used for in-house gatherings, community meetings, and as classroom space for the Parenting in Progress program. It is available for community rental.

SHE SHINES™

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. Call 769-7450 to receive a free subscription. View online version at www.sheshines.org.

The next edition's theme is raising healthy children. For ad rates or to reserve ad space, contact Lisa Piscatelli at 769-7450.

Circulation is 8,000+ and advertising rates are as follows:

full color ads:
back page, \$489 (10"w x 10.5"h)
calendar sponsor, \$165

black/white ads:
full page, \$395 (10"w x 12"h)
1/2 page, \$239 (10"w x 6"h)
1/3 page, \$165 (7.5"w x 5.25"h)
1/4 page, \$129 (5"w x 4.5"h)
1/8 page, \$75 (3.25" x 2.25")

Note: 10% discount for nonprofits.

SUMMER SESSION 2008



YWCA MISSION

The YWCA is a women's membership movement nourished by roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership, and power in order to attain a common vision: peace, justice, freedom, and dignity for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.

ADVOCACY



minority health promotion center

During April's National Minority Health Month, YWCA Northern Rhode Island launched its first year as a Rhode Island Department of Health Minority Health Promotion Center. The YWCA is developing and implementing health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Rhode Island's racial and ethnic populations.