



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. 3:45-4:45pm \$36/6wks

5 to 12 years old

INTERMEDIATE GYMNASTICS

Mon. 3:45-5pm \$68/9wk
Wed. 3:45-5pm \$68/9wks
Sat. 9-10:15am \$68/9wks

ADVANCED GYMNASTICS

Tues. 3:45-5pm \$60/8wks

PRE TEAM

Sat. 11am-12:30pm \$81/9wks

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

TEAM D 9 to 18 years old

Tues. 4-6:30pm
Fri. 4:30-6:30pm
Sat. 1:30-4pm

YWCA ADULT HEALTH

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

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 UMass 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 a walking club in your area or from YWCA. Choose your best time frame: morning, afternoon, or early evening.

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

NEW WELLNESS SERIES

WOMEN WELLNESS SERIES

held at YWCA Northern Rhode Island
514 Blackstone Street, Woonsocket at 6:30pm:
Oct 9 - Breast Health Tea and Nutrition
Oct 23 - All about Headaches
Nov 13 - All about Trigger Points
Dec 11 - Alternative Ways to Better Health
For more information, call YWCA Health Office, 769-7450.

SENIOR WELLNESS SERIES

held at Woonsocket Senior Center
84 Social Street at 10am:
Oct 21 - Seniors and Safety
Nov 18 - Seniors and Better Health
Dec 16 - Seniors and Holiday Stress
For more information, call YWCA Health Office, 769-7450.

FAMILY WELLNESS SERIES

held at Even Start Campus of Learners
Bourden Boulevard, Woonsocket at 10:30am:
Six Sessions start on Sept 30

Nutrition, Exercise & Healthy Habits
For more information or to register, call 765-3673

16+ years old

AEROBIC DANCE

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

Colette Doura

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

YOGA

Flexibility and stress reduction are crucial for dealing with day-to-day life. Take time to learn an art of movement that will promote wellness and well being.

Kathy Hopkins

Thurs., 7-8:30pm \$54/6wks

BELLYDANCING

Bellydancing as a form of exercise, expression, and female freedom. Various moves will be taught including hip drops, figure eights, shoulder shimmy and rolls, hip shimmies, undulations, turns, spins, chest isolations, footwork, and combinations.

Donia

Tues., 7-8pm \$48/8wks

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 January 6. League play begins January 13. 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 January 7. League play begins January 14. Teams formed by draft. \$56/10 wks & playoffs/plus membership fee.



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.

