

## 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. 3-4pm \$24/4wks: Sessions I, II

### 5 to 12 years old

#### ADVANCED GYMNASTICS PRE TEAM

Wed. noon-1:30pm \$36/4wks: Sessions I, II

#### 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

Wed. noon-2pm

#### TEAM A 8 to 16 years old

Fri. noon-2pm

#### TEAM B 8 to 16 years old

Mon. noon-2pm

Wed. 2-4pm

#### TEAM C 8 to 16 years old

Mon. 2-4:30pm

Wed. 3:30-7pm

#### TEAM D 9 to 18 years old

Mon. 4-7pm

Wed. 3:30-7pm

Fri. 2-5pm

## WELLNESS PROGRAMS

### 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 \$60/9wks: begins June 15

#### BELLYDANCING 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 \$24/4wks, Sessions I, II

#### BELLYDANCING 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 \$24/4wks: Sessions I, II

#### YOGA

Hatha yoga, art of movement that achieves balance between body and mind. Promotes wellness through physical poses, breathing techniques, and meditation. Helps improve strength and flexibility while reducing stress. Kathy Hopkins Thurs., 7-8:30pm \$36/4wks: Sessions I, II

#### 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.

### 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.

### 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.

Volleyball pick-up games for YWCA members. Front desk will collect names and phone number of players interested. Night and time will be decided by players availability. \$5 each week you play.

#### INTERMEDIATE MIXED CO-ED

Sundays: Organizational night will be held November 1, 6-8pm. League play begins November 8. Teams formed by draft. \$112/20 wks & playoffs/plus membership fee May pay in two installments.

#### POWER CO-ED

#### JOHN PIETROPAOLI LEAGUE

Tuesdays: Advanced players. Organizational night will be held September 8, 6:45-8:30pm. League play begins September 15. 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 9, 6:45-8pm. League play begins September 16. Teams formed by draft. \$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

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. Call YWCA for details, 769-7450.

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

#### SMOKING CESSATION

Supportive/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.

### GOLF

#### WOMEN'S GOLF LEAGUE

Monday Tee-times starting at 4:30pm. May 4 to Aug 31 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.

#### 15TH ANNUAL GOLF TOURNAMENT

Sunday, July 19 at 12:30pm, shotgun 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.

## 15th annual ENCOREplus® golf tournament in memory of Gini Duarte

The funds support breast health awareness and outreach programs.

Sunday, July 19, 2009

Foster Country Club

12:30pm 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 \$30 each. Limited to the first 72 paid participants (18 foursomes)

## MINORITY HEALTH PROMOTION CENTER

The YWCA has been designated by the Rhode Island Department of Health as a Minority Health Promotion Center. 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. Contact the YWCA Health Office for more information, 769-7450.