eliminating racism
empowering women

ywca

WE'RE MAKING A DIFFERENCE
1923-2010

fall session 2010

northern rhode island

REGISTRATION BEGINS 8/23

SIX WEEK SESSION
9/6 - 10/16
closed on 9/6 and 10/11

YOUTH ENRICHMENT

Now open for youth enrichment at 6:30am. For program details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

SERVICES FOR FAMILIES

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.

APPLE YOUTH ENRICHMENT

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. Before school option available beginning at 6:30am. Children are bussed to/from YWCA and their schools, enjoy a free afternoon 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. Computer lab and library available.

BEFORE / AFTER KINDERGARTEN CARE

Start Date: 9/7. Transportation provided. Before and After Kindergarten Care offered for the academic year 2010-11. Qualified, friendly staff will provide enrichment activities for your child in safe indoor and outdoor environments. Licensed by Rhode Island Department of Children, Youth and Families.

BEFORE / AFTER SCHOOL AGE CARE

Start Date: 9/7. Transportation provided. 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.

EARLY CHILDHOOD LEARNING CENTER

Now open for child care at 6:30am. 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

Start Date: 9/7. 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

Start Date: 9/7. 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 and by the Rhode Island Department of Children, Youth and Families.

STEPPING STONES

Start Date: 9/7. Registration open for the Stepping Stones academic year 2010-11. 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 and by the Rhode Island Department of Children, Youth and Families.

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

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

PARENTING

16 to 21 years old

PARENTING IN PROGRESS (PIP)

Start Date: 9/22. 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.

PIP YOUNG VOICES

In conjunction with Young Voices, this is a six month leadership transformation academy where youth learn advanced research, public speaking, and debating skills.

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. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two section. 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 $36/4wks

Adults and Teens

FEARLESS ART FOR ADULT BEGINNERS
Have you always itched to try painting, sketching or sculpting? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. Come have fun. You may be surprised by what you create. Art material fee included in session fee. Note: Teens welcome if attending with adult.
Missie St. Sauveur
Mon. 7-8:30pm $36/4wks

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 $54/4wks

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 $40/4wks

PRIMO CHEERLEADING WITH POM POMS
Learn some cheers and pom pom skills used in cheerleading with an introduction to tumbling. Give me a Y, give me a W, give me a C and give me an A.
Mon. 3:30-4:30pm $24/4wks

FUN 'N FRUITY ON THE FLY
Action packed fun on the trampoline, rope or obstacle course. Play a game of alligator pit, t-rex or maybe even polar bear. Each child goes home with a piece of fruit for a snack after supper.
Mon. 4-5pm $24/4wks

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

6 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 $24/4wks

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 GYMNASTICS 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 GYMNASTICS 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

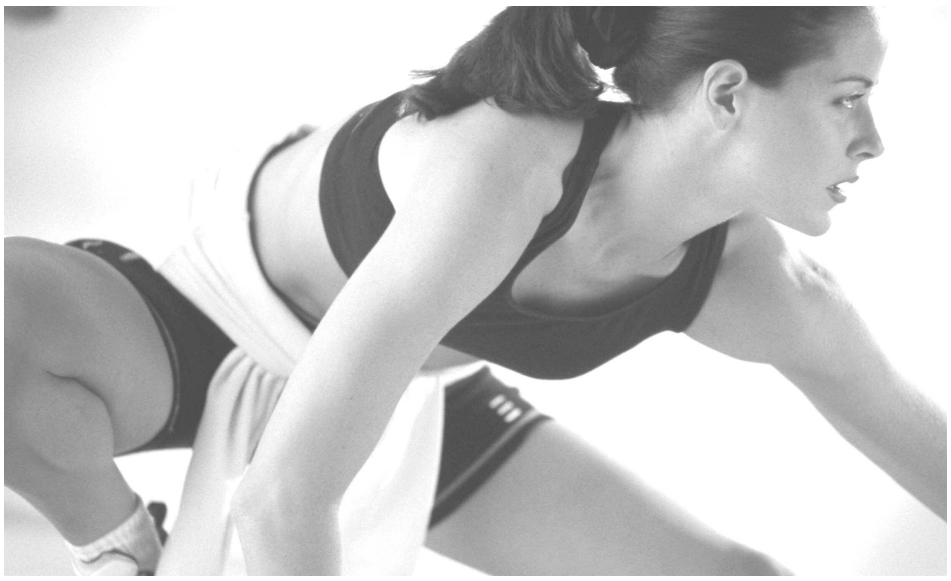
HOT SHOTS 4 to 9 years old
Sat. 9-11am

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



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, class begins 9/13

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

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

PICNIC VOLLEYBALL
Inside volleyball games for adults who want to play for fun, friendship, and fitness. No refs. No rules (well maybe a couple for safety). Lots of laughs! After the games, come share some free appetizers at Box Seats.
Thurs., 6:30-7:30pm $36/6wk

VINYASA YOGA
All levels 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

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.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. 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 numbers 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 7, from 6-8pm. League play will begin November 14. Bring in your own teams. If you don't have a team, we will help you get on one.*
$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 14, from 6:45-8:30pm. League play will begin September 21. Teams formed by draft.*
$56/10 wks & playoffs/plus membership fee

INTERMEDIATE CO-ED
Wednesdays: *Intermediate or above players. Organizational night will be held September 15, from 6:45-8:30pm. League play will begin September 22. Bring in your own teams. If you don't have a team, we will help you get on one.*
$56/10 wks & playoffs/plus membership fee

HEALTH

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.

DIABETES SELF-MANAGEMENT WORKSHOP
If you have diabetes this FREE workshop is for you. You will also receive a healthy life book and relaxation CD. Orientation is on Friday, 9/10 at 1pm (short session). Classes are held on 9/17, 9/24, 10/1, 10/8, 10/15, 10/22 from 1 to 3:30pm. Location is the Senior Center of Woonsocket, 84 Social Street. Topics: overview of diabetes and self management, healthy eating, preventing or delaying complications, physical activity, dealing with difficult emotions, medication usage, communication skills, strategies for sick days, working with your health care professional, planning for the future, and more. A friend, caregiver or relative is welcome to attend with you. Call for information on Living Well Rhode Island, Lisa Piscatelli at 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 also receive a healthy life book and relaxation CD. 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. Call for information on Living Well Rhode Island, Lisa Piscatelli at 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.

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.

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.

YOUTH ANTI-TOBACCO ADVOCACY GROUP (YATAG)
Youth Anti-Tobacco Advocacy Group trains youth as effective, articulate anti-tobacco advocates. To sign-up or for questions, contact Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

WOMEN'S CLUBS

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.

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

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

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

EVENTS

To register for health events, call Joyce Dolbec at YWCA Health Office, 769-7450.

- **August 30, 6-Hole Scramble Pizza Party Tournament:** For the Monday Golf League.
- **September 10, Diabetes Self-Management Workshop:** For details, see description inside the brochure under Wellness Programs.
- **September 15, Senior Relaxation Tea:** 1:30pm at Mount St. Rita Health Centre, 15 Sumner Brown Road, Cumberland.
- **September 23, October 7, October 21, November 4, URI Nutrition/Exercise Series:** 1:30pm at YWCA Northern Rhode Island.
- **October 5, Woonsocket Cancer Control Task Force Community Workshop:** 5pm with Dr. Nadeem at Landmark Medical Center, 115 Cass Avenue, Woonsocket.
- **October 7, YWCA and Women & Infants 6th annual Breast Health Program:** 11am at Women & Infants, 2168 Diamond Hill Road, Woonsocket.
- **October 13, Lifespan "Healthy Choice" Book Workshop:** 1:30pm at YWCA.
- **October 14 and October 28, URI Nutrition/Exercise Series:** 6:30pm at YWCA.
- **October 16, YWCA Women's Rest & Relaxation Day:** 10am at Mt St Rita Health Centre, Cumberland.
- **October 20, 6th Annual Tools of the Trade Luncheon:** 11:30am-1:30pm at Kirkbrae Country Club, 197 Old River Road, Lincoln. Opportunities available for nominating, tickets, and underwriting. For details visit, www.womenofachievementri.org.

THE FUND FOR COMMUNITY PROGRESS

A member agency of The Fund for Community Progress, an alliance with a common mission: to guarantee fairness and opportunity for all Rhode Islanders.

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

ADVOCACY

World YWCA global strategy

on Sexual and Reproductive Health and Rights, and HIV and AIDS

In February 2009, the World YWCA convened a consultation, supported by United Nations Fund, to strengthen the World YWCA Global Strategy on Sexual and Reproductive Health and Rights (SRHR), and HIV and AIDS including Condom Programming. Building on the outcomes of this consultation, the World YWCA commits to promoting comprehensive approaches for SRHR, HIV and AIDS and violence against women that focus on prevention strategies and women's empowerment.
www.worldywca.org

eliminating racism
empowering women
ywca
Change Begins with Me

YWCA MISSION

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

FALL SESSION 2010