

## 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

##### SUPERSONIC SUPERSTARS

Active class for child with parent. Sports (hockey, tennis, golf, basketball, and soccer), obstacle course, parachute play, and songs. Mon. 9-10am \$35/5wks

##### JUMPING BEANS

Gymnastics play with parent. Tues. 9-10am \$42/6wks  
Thurs. 10-11am \$42/6wks

##### 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 \$63/6wks

#### 2 1/2 to 3 1/2 years old

Independent classes for your child (do not have to be toilet trained).

#### SMALL WORLD I and II:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime, and snack.

#### SMALL WORLD I

Deb Nault  
Thurs. 9-10am \$42/6wks  
Fri. 9-10am \$42/6wks

#### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$84/6wks  
Fri. 10am-noon \$84/6wks

#### 3 to 5 years old

#### ACTION CLUB

One hour of action packed gym time followed by a light snack prepared by the children. Wed. 9-10:30am \$63/6wks

#### 4 to 5 years old

#### SPORTSTASTIC

A new sport every week, socialization and lunch making for your child. Mon. noon-2pm \$70/5wks  
Wed. noon-2pm \$84/6wks

#### TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined with cooking and eating.



Tues. noon-2pm \$84/6wks  
Thurs. noon-2pm \$84/6wks

#### GYMNASTIC FANTASTIC

Fantastic activity packed class. An hour of gymnastics followed by lunch and playtime. Fri. noon-2pm \$84/6wks

#### 4 to 6 years old

#### SPORTS SPECTACULAR

An introduction to sports: soccer, basketball, floor hockey, t-ball, golf, kickball, and running games. Maybe even a game of Alligator Pit. Mon. 4-5pm \$35/5wks

## GYMNASTICS ACADEMY

### BASIC GYMNASTICS

#### 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 \$42/6wks  
Sat. 10:30-11:30am \$42/6wks

#### 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 \$42/6wks

#### 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 \$42/6wks  
Sat. 9-10:15am \$53/6wks

#### 13 to 18 years old

#### TEEN GYMNASTICS

Specifically designed for teenagers. Tues. 5-6pm \$42/6wks

### CONTINUING GYMNASTICS

All classes listed below require permission from the instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450. YWCA Northern Rhode Island Gymnastics Academy Competitive Coaches are USA Gymnastics Certified.

#### 4 to 7 years old

#### ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:30-4:30pm \$42/6wks

#### 5 to 12 years old

#### ADVANCED GYMNASTICS

Tues. 3:45-5pm \$53/6wks

#### COMPETITIVE TEAM:

Monthly fee for all competitive teams:

One day a week \$48/month

Two days a week \$96/month

Three days a week \$120/month

Jennie Graham, Head Coach  
Breonna Lenart, Assistant Coach

#### PRE TEAM

Sat. 11:30am-1:30pm 5 to 12 years old

#### HOT SHOTS 4 to 9 years old

Sat. 9-11am

#### TEAM A 8 to 16 years old

Sat. 10:30am-12:30pm

#### TEAM B 8 to 16 years old

Tues. 4:30-6:30pm (optional)

Sat. 1-3pm

#### TEAM C 8 to 16 years old

Tues. 4:30-6:30pm

Sat. 1-3pm

#### TEAM D 9 to 18 years old

Tues. 4-6:30pm

Fri. 4-6:30pm

Sat. 2:30-5pm

## 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: \$63/6wks

#### 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: \$53/5wks

#### 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 \$53/5wks



#### SHE SHINES™

Metcalf Award Winner  
for Diversity in the Media  
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Published by YWCA Northern Rhode Island, *She Shines* is a magazine that celebrates the aspirations and accomplishments of women.

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