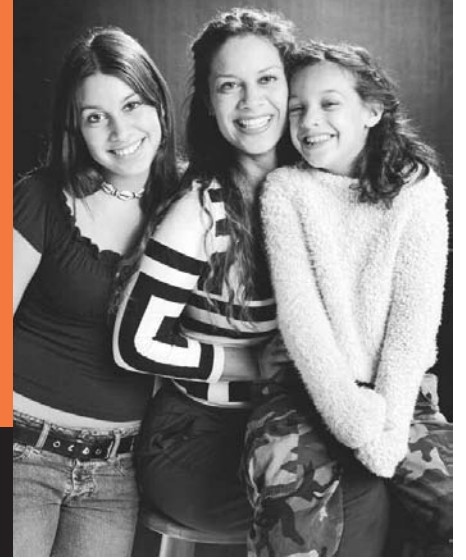


eliminating racism
empowering women
ywca

WE'RE MAKING A DIFFERENCE
1923 - 2012



spring session 2012

northern rhode island

REGISTRATION BEGINS 2/6/12

SIX WEEK SESSION
2/19 - 3/31
closed 2/20



VACATION CAMPS

2/21, 2/22, 2/23, and 2/24:
Reserve your child's space in a YWCA
Vacation Camp. Register at front desk.

DOODLE BUGS

For children 2 1/2 to 3 1/2. Winter
Wonderland theme. Enjoy stories, games
and activities. 9am-1pm, \$20/day. Early
Birds and/or after camp options avail-
able. Families needing additional hours.
speak with receptionist regarding rates.

BUSY BEE

For children 3 to 5 years of age.
Daily Themes: Bears, Bears and more
Bears on Tuesday. A Wild and Wacky
Wednesday. Friendship Thursday with
teamwork activities. Pajama Friday -
wear pajamas and bring your favorite
stuffed friend. Enjoy stories, games and
activities. 9am-1pm or noon-4pm,
\$15/half-day. Early Birds and/or after
camp options available. Families needing
additional hours. speak with receptionist
regarding rates.

ADVENTURE

For children 6 to 12 years of age with
groups divided by age. Junior Leadership
option available for youth 13 and over.
Free snack, sports, arts/crafts, cooking,
dramatic play, imagination/creativity,
games and sledding at Cold Spring Park
(weather permitting). 6:30am-6pm,
\$29/day. \$15/half-day (4 hours of your
choice). Enroll with paperwork in advance.

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 developmen-
tally 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 cogni-
tive development. Licensed by the Rhode
Island Department of Children, Youth and
Families.

PRE-PRESCHOOL

LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years
of age. With a consistent daily schedule mod-
eled after our existing preschool program,
children will be offered opportunities for
socialization, creativity, and toilet training.
Daily schedule includes circle time, songs, sto-
rytime, snack, play, and creative projects.
9am-noon. Two, three, or five day options
available. Early Birds and Lunch Bunch avail-
able. Child care option also available for the
afternoon.

PRESCHOOL

PRESCHOOL

The YWCA preschool is a developmental pro-
gram 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 experi-
ence is safe, joyful, and enriching. Our cur-
riculum and assessment align with the Rhode
Island Early Learning Standards. Two, three,
and five-day programs with morning, after-
noon 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

Unique transitional program for children
whose parents are postponing Kindergarten
entrance. YWCA Stepping Stones is a develop-
mentally appropriate setting where children
participate in a program designed to enhance
growth and development socially, emotionally,
cognitively, and physically. Our curriculum
and assessment align with the Rhode Island
Early Learning Standards. 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 Children,
Youth and Families.

EXTENDED DAY PROGRAMS:

YWCA offers extended day programs to help
accommodate a parent or guardians' schedule.
\$6/hour

EARLY BIRDS

Children enjoy morning activities in a class-
room environment from 6:30-9am, then are
escorted to respective classrooms.

LUNCH BUNCH

Children eat lunch in a social environment
then are offered activities and gym/playground
from noon-1pm. Lunches brought from home.

AFTER PRESCHOOL CARE

Children are engaged in age-appropriate
activities including gross motor play in play-
ground from 4-6pm.

YOUTH ENRICHMENT

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

APPLE YOUTH ENRICHMENT

For students attending any Woonsocket ele-
mentary school (public or Catholic) and the
Woonsocket Middle School. Mon.-Fri., 2-
6:30pm (3 day minimum). Before school
option available beginning at 6:30am (not
available for Woonsocket Middle School).
Children are bussed to/from YWCA and their
schools, enjoy a free afternoon snack, partici-

pate in fun activities, offered homework help,
and special events. Builds on the strengths and
values of youth by providing them with a sup-
portive, safe, and culturally diverse environ-
ment in which they can develop positive quali-
ties 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.
Library available.

SERVICES FOR FAMILIES WHEN IT SNOWS, WE'RE OPEN

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.

BEFORE KINDERGARTEN CARE & AFTER KINDERGARTEN CARE

Transportation provided. Flexible hours.
Qualified, friendly staff will provide enrich-
ment activities for your child in safe indoor
and outdoor environments. Morning: gross
motor play in gymnasium, creative play, sto-
ries, music, movement, free choice play, table
games, and time to eat (breakfast brought from
home). Afternoon: sports classes, gymnastics,
homework time, youth enrichment activities,
and cooking classes with lunch provided.
Licensed by the Rhode Island Department of
Children, Youth and Families.

BEFORE SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

Transportation provided. Our philosophy is to
provide a developmentally appropriate pro-
gram for children in Kindergarten to age 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 sum-
mer. Licensed by the Rhode Island Department
of Children, Youth and Families. Program
encourages healthy social, emotional, physical,
and cognitive development. The **APPLE** Youth
Enrichment Curriculum includes:
Academics.
Physical Education and Recreation.
Prevention.
Leadership.
Empowerment.

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
www.sheshines.org

Published by YWCA Northern Rhode Island, *She Shines* is a magazine that celebrates the aspirations and accomplishments of women.

Share it. Trust it. Smile. To receive a FREE subscription, reserve advertising space, or contribute to the upcoming edition, contact Lisa Piscatelli at 769-7450.

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

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.

Aimee Renaud

Tues., 6:30-7:30pm \$42/6wks

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!

Aimee Renaud

Tues., 7:30-8:30pm \$42/6wks

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

Sunday:

The league is currently in session.

Contact Debbie Fay regarding available



openings, 769-7450.

\$94/16wks & playoffs/plus membership fee.

May pay in two installments.

POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced players.

League is currently in session. Contact Debbie Fay regarding openings, 769-7450.

\$58/10wks & playoffs/plus membership fee

INTERMEDIATE CO-ED

Wednesday: Intermediate or above players.

League is currently in session. Contact Debbie Fay regarding openings, 769-7450.

\$58/10wks & 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.

CHRONIC DISEASE

SELF-MANAGEMENT WORKSHOP

Living Well Rhode Island. If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: 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. A friend, caregiver or relative is welcome to attend with you. This workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

DIABETES

SELF-MANAGEMENT WORKSHOP

Living Well Rhode Island. If you have diabetes this FREE workshop is for you. You will receive a healthy life book and relaxation CD. 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. This workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. 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. 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. For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

MATTER OF BALANCE

Matter of Balance is a FREE program designed to manage falls and increase activity levels. Participants will learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance. Who should attend? - anyone concerned about falls; anyone interested in improving balance, flexibility and strength; anyone who has fallen in the past; and anyone who has restricted activities because of falling concerns. This workshop includes 8 consecutive classes that are held for 2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

MINORITY HEALTH PROMOTION

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.

SMOKERS' QUITLINE

1-800-QUIT-NOW (1-800-784-8669)

FREE cessation information, multi-session telephone counseling, and self-help materials.

Call the YWCA Health Office for more information, 769-7450.

YWCA HEALTH IN CENTRAL FALLS

YWCA Northern Rhode Island in partnership with our sister agency offers health outreach and information to members of the Central Falls community. Contact Joyce Dolbec for further information, 769-7450.

GOLF

WOMEN'S GOLF LEAGUE

Begins May 7 at Melody Hill Country Club. YWCA Membership plus \$50 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club. Call Debbie Fay for details, 769-7450.

WOMEN'S CLUBS

APRES-MIDI

The 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

If interested in participating in a Walking Club, call Joyce Dolbec at the YWCA Health Office, 769-7450.

PARENTING PROGRAMS

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

PARENTING

16 to 21 years old

PARENTING IN PROGRESS®

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA. Collaborative partners for this YWCA program include: Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

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
17 to 64 years: \$22
65 and over: \$17

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
Child care hours: Monday to Friday, open at 6:30am. (arrange with program director)

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 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

*Save the Date for Spring Health Events.
Contact Joyce Dolbec at 769-7450 for details.*

- **February 15, Healthier Northern Rhode Island Community Meeting:** 3pm at YWCA in Woonsocket. Contact 769-7450.
- **February 17, Block Kids Competition:** At YWCA from 4-6pm. Introduces children to

the construction industry. Open to children in grades 1-6. Sponsored by National Association of Women in Construction of Rhode Island.

- **March 18, Gymnastics State Classic:** At YWCA. Time TBA.
- **April 7, Hearing and Health Screening Fair:** Health Event, 10am till 1pm at Elk's Hall in Woonsocket.
- **April 11, Family Fun Night:** Social family activities plus health and wellness information. From 6-8pm at YWCA.
- **May 2, Senior Wellness Breakfast:** Health Event at 9am, Landmark Medical Center.
- **May 15, Woonsocket Cancer Control Task Force and Landmark Cancer Center:** Health Event at 5pm, Landmark Medical Center.
- **May 17, National Women's Health Program:** Health Event at Women & Infants in Woonsocket.

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YWCA Northern Rhode Island



NOTABLE

- American Camp Association Accredited
- Licensed by Rhode Island Department of Education
- Licensed by Rhode Island Department of Children, Youth, and Families
- Member of RI Afterschool Plus Alliance
- Member of National Alliance for Partnerships in Equity
- Member Agency of The Fund for Community Progress
- Participating Organization of Combined Federal Campaign
- USA Gymnastics Certified Coaches



**eliminating racism
empowering women ywca**



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YWCA Northern Rhode Island
514 Blackstone Street
Woonsocket, RI 02895



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

SPRING SESSION 2012