

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

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.
Thurs. 3:30-4:30pm \$42/6wks
Fri. 3:30-4:30pm \$42/6wks
Sat. 10-11am \$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.
Thurs. 4:30-5:30pm \$42/6wks
Fri. 4:30-5:30pm \$42/6wks
Sat. 9-10am \$42/6wks

13 to 18 years old

TEEN GYMNASTICS

Specifically designed for teenagers.
Sat. 11am-12noon \$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 Rhode Island Gymnastics Academy Competitive Coaches are USA Gymnastics Certified.

5 to 12 years old

ADVANCED GYMNASTICS

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

PRE TEAM

Sat. 1-3pm \$84/6wks

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

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

Thurs. 4-6:30pm (optional)

Sat. 1-3pm

TEAM C 8 to 16 years old

Tues. 4-6:30pm

Thurs. 4-6:30pm (optional)

Sat. 3-5:30pm

TEAM D 9 to 18 years old

Tues. 4-6:30pm

Fri. 4-6:30pm

Sat. 3-5:30pm

PARENTING PROGRAMS

PARENTING

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

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.

PHYSICAL EDUCATION

GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

JUMPING BEANS

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

JUMPING BEANS GETS MESSY

One hour of gymnasium play with parent then 1/2 hour of messy activity - crafts or cooking.
Fri. 9-10:30am \$63/6wks

SOCIALIZATION ACTIVITIES

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

2 1/2 to 3 1/2 years old

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

YWCA PROGRAMS AT CENTRAL FALLS CAMPUS

YWCA Rhode Island, 324 Broad Street, Central Falls, RI 02863

CENTRAL FALLS HAS HEART

YWCA is partnering with Mayor James Diossa and local businesses for the Central Falls Has Heart campaign. The program will educate residents about the 7 symptoms of a heart attack and importance of calling 9-1-1. YWCA will provide the business community with magnets from the "Make the Call, Don't Miss a Beat" campaign and ask them to distribute to their patrons. Magnets will also be available at City Hall. Magnets are in Spanish. Call for details, 401-722-3010.

SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for homeless women with disabilities. Residents must be 18 and over, unaccompanied by children and have been substance abuse free for at least three months before entering the program. Residents have a single bedroom and share common areas such as the living room, dining room, kitchen and bathrooms. Case management services are offered on-site. Call for more information, 401-722-3010.

WELLNESS

YWCA offers health outreach and information to members of the Central Falls/Pawtucket community. ENCOREplus® (Breast and Cervical Health Outreach) and Heart Health for Latina women. Call Joyce Dolbec for more information, 401-769-7450 x12.

MAKE THE CALL DON'T MISS A BEAT

Joan Benoit Samuelson, Olympian and winner of the Boston Marathon, will be joining YWCA Rhode Island to celebrate National Women's Health Week on May 14, 2013 at the Central Falls Housing Authority (30 Washington Street, Central Falls) from 11am-12:30pm. She will speak about her experiences as an athlete and about the warning signs of a heart attack and the importance of calling 9-1-1.

For more information, call 401-722-3010.

SHE SHINES™

www.sheshines.org
Metcalf Award for Diversity in the Media

She Shines celebrates the aspirations and accomplishments of women, a quarterly publication by YWCA Rhode Island.

To receive a FREE subscription or reserve advertising space, call Lisa Piscatelli at 769-7450 x19. Share it. Trust it. Smile.

ROSIE'S GIRLS

YWCA Summer Camp in Providence for girls age 10 to 12.



Combines hands-on instruction in skilled trades with art activities and games, while supporting girls in finding their own strength, power and confidence.

Contact: Clara Schwager at 401-722-3010

NOWELL ACADEMY

- ✓ Fast track to high school graduation
- ✓ 15 hours in classroom and 15 hours at home online instruction
- ✓ Convenient locations in Providence and on Central Falls/Pawtucket line

New Rhode Island public charter high school, sponsored by YWCA Rhode Island.

For an application or more information, call 401-722-3010.