

YWCA IS ON A MISSION

NORTHERN RHODE ISLAND CAMPUS continued

PARENTING PROGRAMS

PARENTING

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

16 to 25 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, Connecting for Children and Families, Community Care Alliance and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 25 years old. Mon. - Thurs. from 9am-2pm.

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. 2-3pm \$38/5wks/I & \$38/5wks/II
Sat. 10-11am \$45/6wks/I & \$38/5wks/II

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.

Tues. 4:30-5:30pm \$38/5wks/I & \$38/5wks/II
Tues. 5:30-6:30pm \$38/5wks/I & \$38/5wks/II
Thurs. 3-4pm \$38/5wks/I & \$38/5wks/II
Sat. 11am-12noon \$45/6wks/I & \$38/5wks/II

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

Sat. 10am-12noon \$90/6wks/I & \$75/5wks/II

PRE TEAM

Sat. 10am-12noon \$90/6wks/I & \$75/5wks/II

COMPETITIVE TEAM

Monthly fee for all competitive teams:

One day a week \$52/month
Two days a week \$104/month
Three days a week \$130/month

Jennie Graham, Head Coach
Breonna Lenart, Head Coach

HOT SHOTS 4 to 9 years old

Sat. 10am-12noon

TEAM A 8 to 16 years old

Sat. 12noon-2pm

TEAM B 8 to 16 years old

Thurs. 2-4:30pm
Sat. 12noon-2:30pm

TEAM C 8 to 16 years old

Tues. 4:30-7:30pm
Thurs. 4-7pm (optional)
Sat. 2-5:30pm

TEAM D 9 to 18 years old

Tues. 4:30-7:30pm
Thurs. 4-7pm
Sat. 2-5:30pm

WELLNESS PROGRAMS

GOLF LEAGUE

WOMEN'S GOLF LEAGUE

Begins May 1 and ends August 28. T-time around 4:15pm. YWCA membership fee plus \$50 league dues. All golfers must also pay weekly green fees at Melody Hill Country Club. Call Debbie Fay 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. For an appointment call Front Desk, 769-7450.

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
For details call YWCA Front Desk, 769-7450.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay. Schedule subject to change due to weather or uncontrollable circumstances. To verify, call Debbie Fay at 769-7450.

INTERMEDIATE MIXED CO-ED

Sunday: Intermediate.
Open House November 5, 6-8pm.
League begins November 12.
\$116/20wks & playoffs/plus membership fee.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.
Open House September 12, 6:45-8pm.
League begins September 19.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Thursday: Intermediate or above.
Open House September 14, 6:45-8pm.
League begins September 21.
\$58/10wks & playoffs/plus membership fee.