NORTHERN RHODE ISLAND CAMPUS continued

PARENTING PROGRAM

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.
Sat. 11am-12noon $38/5wks/I & $38/5wks/II

5 to 12 years old

BEGINNER GYMNASTICS FOR GIRLS AND BOYS
A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.
Sat. 9-10am $38/5wks/I & $38/5wks/II
Sat. 12noon-1pm $38/5wks/I & $38/5wks/II

BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS
A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.
Sat. 10-11am $38/5wks/I & $38/5wks/II

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

5 to 12 years old

ADVANCED GYMNASTICS
Sat. 9-11am $75/5wks/I & $75/5wks/II

PRE TEAM
Sat. 9-11am $75/5wks/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. 9-11am

TEAM A 8 to 16 years old
Sat. 11am-1pm

TEAM B 8 to 16 years old
Tues. 5:30-8pm
Thurs. 5:30-8pm

TEAM C 8 to 16 years old
Tues. 5:30-9pm
Fri. 5:30-9pm
Thurs. 5:30-9pm (optional)

TEAM D 9 to 18 years old
Tues. 2:30-6pm
Thurs. 4:30-7:30pm
Fri. 5:30-9pm

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
Schedule subject to change due to weather or uncontrollable circumstances. To verify, call 769-7450.

INTERMEDIATE MIXED CO-ED
Sunday: Intermediate.
Open House: 11/4 from 6-8pm
Call for participation availability.
$116/20wks & playoffs/plus membership fee.

POWER CO-ED
JOHN PIETROPAOLI LEAGUE
Tuesday: Advanced.
Open House: 9/4 at 7:15pm
Call for participation availability.
$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED
Thursday: Intermediate or above.
Open House: 9/6 from 6-8pm
Call for participation availability.
$58/10wks & playoffs/plus membership fee.

WELLNESS PROGRAMS

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.