

# YWCA IS ON A MISSION



## YWCA Mitten Tree Gives and Receives Warmth

December 3, 2017 - January 6, 2018

A Mitten Tree holds mittens, gloves, hats, scarves, socks and other warm clothing on its branches, typically for children. Anyone in need of these items is welcome to them. Donations of new items may be brought to the Front Desk - Northern Rhode Island Campus. Please leave labels and tags on, for information regarding the clothing materials and sizes. Thank you!

## 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. 10-11am \$45/6wks  
Sun. 12:30-1:30pm \$23/3wks

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 \$45/6wks  
Sat. 12noon-1pm \$45/6wks  
Sun. 11:30am-12:30pm \$23/3wks

5 to 12 years old

#### INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around next step gymnastics program. Students have the opportunity to advance to higher levels.  
Sat. 11am-12noon \$45/6wks

#### 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

Sun. 1:30-2:45pm \$29/3wks

#### PRE TEAM

Sat. 9-11am \$90/6wks

#### COMPETITIVE TEAM

Monthly fee for all competitive teams:  
One day a week \$52/month  
Two days a week \$104/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. 4:30-6:30pm  
Sat. 12noon-2:30pm

#### TEAM C 8 to 16 years old

Tues. 3-5:30pm  
Sat. 2:30-5:30pm

#### TEAM D 9 to 18 years old

Tues. 3-5:30pm  
Sat. 2:30-5:30pm

### 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.

### 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.  
League is in session.  
Call for participation availability.  
\$116/20wks & playoffs/plus membership fee.

#### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.  
League is in session.  
Call for participation availability.  
\$58/10wks & playoffs/plus membership fee.

#### INTERMEDIATE CO-ED

Thursday: Intermediate or above.  
League is in session.  
Call for participation availability.  
\$58/10wks & playoffs/plus membership fee.