

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

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. 10-11am \$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. 4-5pm \$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.

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

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.



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



SHE SHINES™

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

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. Share it. Trust it. Smile.

YWCA PROGRAMS IN CENTRAL FALLS

Central Falls Campus

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

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

The VITA Program offers free tax help to people who make \$50,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals in local communities. As participants in the Earned Income Tax Credit Initiative YWCA Rhode Island assists with the necessary paperwork for earners to receive Earned Income Tax Credits from the Federal Government. Call Luz Filpo for further information, 401-722-3010.

SARAH FRANCES GRANT HOMESTEAD

The 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 Dianna Carey for further information, 401-722-3010.

HEALTH

YWCA Rhode Island offers health outreach and information to members of the Central Falls/Pawtucket community. ENCOREplus® (Breast and Cervical Health Outreach) and 911 Heart Health for Latina women. Call Joyce Dolbec for further information, 401-769-7450.