



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY STARTS HERE

Live Well Be Well

PROGRAM BROCHURE WEST BAY FAMILY YMCA

Winter Session

Winter: January 2—February 19, 2012

Registration Dates

Members Online: December 5, 2011

Members In house: December 12, 2011

Program Members: December 19, 2011

(Online and In House)



WEST BAY FAMILY YMCA

7540 Post Road, North Kingstown RI 02852

P: 401-295-6501 F: 401-295-7864 www.ymcagreaterprovidence.org

The YMCA of Greater Providence is a 501 (c)(3) charitable organization. Financial Assistance is available through donor support.

As a member of the YMCA of Greater Providence, you are a member of all the nine branches listed. Your YMCA membership may also be used at other YMCA's in and out-of-state. Check with your branch Member Welcome Center for reciprocal YMCA information.

Bayside Family Y

70 West Street, Barrington, RI 02806
P 401-245-2444 F 401-245-6588

Cranston Y

1225 Park Avenue, Cranston, RI 02910
P 401-943-0444 F 401-946-7589

East Side/Mt. Hope Y

438 Hope Street, Providence, RI 02906
P 401-521-0155 F 401-272-3774

Kent County Y

900 Centerville Road, Warwick, RI 02886
P 401-828-0130 F 401-821-8480

Newman Y

472 Taunton Avenue, Seekonk, MA 02771
P 508-336-7103 F 508-336-2166

Providence Y

Youth Services
164 Broad Street, Providence, RI 02903
P 401-456-0604 F 401-274-0828

South County Y

165 Broad Rock Road, Peace Dale, RI 02883
P 401-783-3900 F 401-783-4025

West Bay Family Y

7540 Post Road, North Kingstown, RI 02852
P 401-295-6501 F 401-295-7864

YMCA Camp Fuller

619 Camp Fuller Road, Wakefield, RI 02879
P 401-783-5359 F 401-782-6083

Mission Statement

The mission of the YMCA of Greater Providence is to build healthy spirit, mind and body for all, through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.

Vision

To become the most valued resource for families and individuals seeking healthy lifestyles and wellness.

Values

Caring- We nurture and guard the well-being of youth and adults; and we promote healthy lifestyles, self-esteem, self-reliance, optimism, and fun.

Honesty - We trust and earn the trust of others through integrity, honesty, collaboration, tolerance, and consistent self-appraisal.

Respect - We believe all people have worth; we embrace diversity; and we always treat people with respect.

Responsibility - We use our resources responsibly and act in the interest of the entire community.

Member Benefits

- Access to the facilities, services, programs, special events, and activities offered throughout our nine association branches.
- Utilize Kids Care while you workout if you have a Family or One Parent Membership.
- Free Group Exercise Classes.
- Reduced rates and early registration on most of our programs.
- Member pricing on all of our childcare offerings and camp programs.
- Upon request, we would be glad to prepare reimbursement letters for insurance companies or places of employment.

Membership

Winter
January 2—February 19, 2012

Membership Prices	
Membership Type	Monthly/Joiner's Fee
Youth 0-12 Years	\$20.00/\$20.00
Teen 13-17 Years	\$22.00/\$22.00
Young Adult 18-23 Years	\$27.00/\$27.00
Adult 24-61 Years	\$46.00/\$46.00
Senior 62+ Years	\$41.00/\$41.00
Senior Couple 2 Adults ages 62+ Living in the Same Household	\$55.00/\$55.00
Couple 2 Adults Living in the Same Household, Dependant on One Another	\$63.00/\$63.00
One Parent Family 1 Adult and Children up to the Age of 23 Who are Living in the Same Household	\$63.00/\$63.00
Family 2 Adults and Children up to the Age of 23 and Seniors 62+ Living in the Same Household	\$72.00/\$72.00

Minimum Age Requirements for Programs	
AGE	GUIDELINE
6 wks-11 years	Kids Care Program Available
0-6 years	Adult Must Remain in the Pool with Child
7-10 years	Adult Must Remain in Pool Area After Child Has Passed the Swim Test
9-10 years	May use Fitness Center with parent after mandatory orientation
11-15 years	May Swim in the Pool Without Adult Present After Passing Swim Test
11-15 years	May Use Fitness Center After Mandatory Orientation
11-13 years	May Participate in Group Exercise Classes with Parent
11 years	May Use Facility Without Adult
13 years	May Participate in Group Exercise Classes without Parent at Discretion of Instructor
14-15 years	May Use Free Weight Room With Adult Over Age 23
16 years	May Use Free Weight room, Jacuzzi & Sauna Without Adult

Pool Notice For Members & Guests

During family and recreational swim times, all children under the age of 12 must be accompanied by a parent or adult guardian. Children 7 and under and beginner swimmers must be accompanied by an adult in the water. Children 7-12 years old must have their parent remain the pool area. New swimmers must be evaluated by the lifeguard and pass a quick skills test to be permitted in the water w/out a parent.

See the Welcome Center for current schedule!

PLEASE NOTE...
During all Children's classes and programs, parents waiting for children under the age 11 should remain in the building unless special permission by the instructor has been granted.

Guest Pass Prices

Family \$15.00

Adult \$10.00

Youth/Young Adult \$5.00

- **Members must be 18 years old or over to bring a guest.**
- Adult and Young Adult guests must sign a Release Waiver and present photo ID. **No exceptions.**
- Guests must be 16 years or over to get a Guest Pass on their own. Valid ID must be shown.
- Guests 17 and under must have a parent/guardian signature on the Release Waiver.
- Some programs may have age and space limitations or may require training prior to use.
- Kids Care services are not included.
- Members are limited to two (2) guests per visit per membership.
- Guests are limited to three (3) visits per year, after which time they are encouraged to consider starting a YMCA membership.
- All active AWAY YMCA members, whose home branch is more than 50 miles away, are allowed up to two (2) weeks facility usage at no cost. A Release Waiver and valid photo ID is required.
- All guests, who are not YMCA members, and persons using the facility for purposes other than joining, are required to pay a daily guest fee.

Give Back to Your Community... VOLUNTEER AT OUR Y!

The Y is the perfect place to volunteer and give back to your community.

Volunteer to welcome people into the building, help an instructor teach a class, or even help with a special event.

For more information contact Amanda Kelly, Operations Director, at akelly@gpymca.org or 401-295-6501

Volunteer at our Y Today!



Become a fan on Facebook!

Check out the

West Bay Family YMCA Branch page

and the

West Bay Family YMCA Dance page

and the

West Bay Family YMCA Leader's Club page



eNews!

Stay up-to-date on events, new programs, class information and more! To receive our eNews, stop by the Welcome Center to submit your email address or sign-up online at www.ymcagreaterprovidence.org

Amanda Kelly

Operations Director

akelly@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Hours and Dates to Remember

Winter
January 2—February 19, 2012

Hours of Operation

Monday-Thursday 5:00am-9:30pm
 Friday 5:00am-8:00pm
 Saturday 6:00am-5:00pm
 Sunday 7:00am-5:00pm

Holiday Hours

Christmas Eve 6:00am-2:00pm
Christmas Day Closed
New Years Eve 6:00am-5:00pm
New Years Day 12:00pm-5:00pm

Session Dates

Winter: January 2—February 19, 2012



Dates to Remember

December 9 Holiday Water Social
12:30-2:00pm
 December 12 RI Blood Drive 4:00-7:00pm
 December 14 Holiday Team Taught Group Ex
Class Party 9:30-10:30am
 December 24 Holiday Group Ex Schedule Begins
 December 25 Christmas - YMCA Closed
 February 13 RI Blood Drive 4:00-7:00pm
 February 14 Group Exercise and Water Fitness
Valentine's Class
 February 20 Group Exercise and Pool Break Wk
Schedule Begins

Registration Dates Fall 2

Members Online: December 5, 2011
 Member In house: December 12, 2011
 Program Members: December 19, 2011
 (Online and In House)

2012 FINANCIAL ASSISTANCE CAMPAIGN

As part of our charitable mission, the Y embarks on an annual fundraising campaign that helps to ensure that everyone in our community has access to our programs, services and benefits of YMCA membership. When financial hardships unexpectedly occur due to layoffs, illness/injury, or other unforeseeable events, the YMCA keeps its doors open to all, when it's needed the most. West Bay Family YMCA strives to be a community resource for families and individuals seeking healthy lifestyles and wellness. For this reason, we offer Financial Assistance to all that apply and qualify, so no one is ever turned away from membership or programs.

Financial Assistance Cause Statements

- \$50 provides a session of swim lessons for a child because at the Y we believe that water safety is an Ocean State life skill.
- \$50 provides a young dancer one month of dance lessons because we believe that every child who dreams of one day becoming a ballerina or a hip-hop dancer should be able to experience the beauty of the art and the thrill of the performance.
- \$100 provides a cancer survivor, young or old, a session of LIVESTRONG at the Y because we believe that all cancer survivors deserve the opportunity to restore their spiritual, mental and physical wellbeing.

If you would like to make a donation or have a question, please give us a call at 401-295-6501.

Kaitlyn Rooney

Member Engagement Director

krooney@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

4th Annual Auction Gala Event

Friday, March 30, 2012

6:00pm-10:30pm

Quidnessett Country Club

Dinner, Dancing, Raffles, Silent/Live Auction.

All proceeds benefit our Financial Assistance Program. If you are interested in donating an item or have any questions please contact Kaitie Rooney, Welcome Center Director at krooney@gpymca.org Registration is Required starting January 1, 2011,\$50.00 per person online or at the Y.

Special Kids Night Out
Silent Auction

Special Kids Night Out for families attending our 4th Annual Silent Auction. It's a Slumber Party Theme so bring your children in their PJ's! Registration is required. If you have any questions please contact Heidi Morris, Childcare and Family Director at hmorris@gpymca.org.

Friday, March 30, 2012, 5:30pm-10:00pm, \$10.00 per child.

Birthday Parties

Basic Parties: 45 min activity, 1 hr party room with colored balloons and table settings.

Bounce: Member: \$100 Program Member: \$150

Splash: Member: \$115 Program Member: \$165

Messy Arts: Member: \$115 Program Member: \$165

Themed Party: 45 min activity, 1 hr party room with themed balloons, table settings, goody bags and take home gift for each guest.

Pirates/Princess Treasure Hunt: Member: \$150/Program Member: \$200

Carnival Games (Popcorn Machine included): Member: \$175/Program Member: \$225

Build Your Own Party: 1 hr party room:Member: \$75/Program Member: \$100



Splash Party:

Saturday's or Sunday's 2:30-4:30 pm

All Other Parties:

Sat: 2:00-3:45pm or

Sun: 12:00-1:45pm

Theme Upgrade

Balloons, table setting & goody bags.

Member: \$50

Program Member: \$75

Add-On Items

Pizza, Popcorn Machine, Invitations, Goody Bags,
Table Clothes

Krystina Winsor Roll

Aquatics Director

kroll@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

NEW! Cooking

Book and Cook Pre-school/Parent

**Saturday 11:30-12:30pm or
Thursday 9:45-10:45am**

Come together to read a food-related story and cook the food. Link the story to the food, where it comes from how to eat and cook it. Kitchen and food safety will be incorporated into a fun way to cook real food with your preschooler. Adults may attend with up to three children.

**Member: \$56
Program Member: \$112
Food: \$20
Additional child: \$30**

Kitchen Kreature's Ages 6-10

**Saturday 10:30-11:30am or
Wednesday 4:15-5:15pm**

Enjoy experimenting with different flavors, and ingredients in the kitchen. We'll have fun exploring different areas and appliances in the kitchen, and creating something fresh and yummy. The "Kreature's" work together to create new dishes, try new foods, all the while having fun with math and science!

**Member: \$56
Program Member: \$112
Food: \$20**

MONTHLY WORKSHOPS

Prices include food:
Member: \$20 Program Member: \$40

Fab Food For Teens Ages 11-16

Cook, serve and enjoy specialty themed meals. Choose fresh ingredients, develop menus, learn not just how to follow a recipe, but how to *create* one and cook without a book. Set the table, serve up a proper meal to be enjoyed together.

**Sunday Brunch Jan 15, 11-1:00pm
Pizza Party Feb 10, 6:30-8:30 pm**

Skill Builders Adult 18+

This workshop will start with the basics of choosing and chopping a few ingredients, which will be incorporated into a simple, yummy dish. Focus on techniques not recipes.

**Stir Fry Jan 18th 6:30-8:00pm
Salad Feb 15th 6:30-8:00pm**

Munchies Adult 18+

Something healthier for the Super Bowl? Mix up some fresh, tasty dips and other snacks.

Feb 1 6:30-8:00pm



NEW

Y Life Team Challenge!

If you would like to get motivated to exercise and learn how to make healthier lifestyle choices within a fun, team oriented environment, then this popular 12-week program is for you! Participants will be teamed with other individuals and participate in group training sessions, fun group challenges, an initial and final fitness assessment, and a final celebration.

**Registration begins November 15
Limited to 24 total participants.**

Y Life Team Challenge begins January 2, 2012 and ends on April 4, 2012

**Member \$285
Program Member \$570**

Any questions? Contact Jackie Emrich, Health and Wellness Director, at jemrich@gpymca.org or

NEW

Boot Camp!

Combine the best of both worlds! Work out for 45 minutes with a personal trainer in the weight room helping to develop strength and immediately transition to a 45 minute cardio based workout in the pool!

**Thursdays 8:15-9:45am
Member \$90 Program Member \$180**

Contact Jackie Emrich, Health and Wellness Director at jemrich@gpymca.org or 295-6501 for more information.



NEW

101 Classes!

Have you ever thought about trying a new class but wondered if it was right for you? Come and learn about what to wear, what to bring, the correct form, and more! These 30 minute "how to" classes teach the basics. Space is limited to 6 participants. Register at the Welcome Center. Member FREE

Yoga

Saturday, January 14, 12:15-12:45pm
Friday, January 28, 10:30-11:00am
Saturday, February 11, 12:15-12:45pm
Friday, February 17, 10:30-11:00am

Step

Thursday, January 12, 6:00-6:30pm
Thursday, February 9, 6:00-6:30pm

Cycle

Thursday, January 5, 8:30-9:00am
Saturday, January 14, 9:00-9:30am
Saturday, February 11, 9:00-9:30am
Wednesday, February 22, 6:45-7:15pm

Zumba

Thursday, January 26, 9:00-9:30am
Sunday, February 12, 10:00-10:30am

Nutrition

Thursday, January 19, 6:00-6:30pm
Thursday, February 16 8:00-8:30pm

NEW

Ladies Night!

We will be reintroducing Ladies Nights for Winter 2012! With the success of our Ladies Night in the Weight Room programs this Fall, we will be offering additional Ladies Nights opportunities with different themes in January and February. Stay tuned for more information regarding event times and information!

Any questions or suggestions for potential Ladies Nights, contact Jackie Emrich, Health and Wellness Director, at jemrich@gpymca.org, or 295-6501.

Outdoor Fitness Programs, Trainings, and Activities are **Coming Soon!**

We will be offering our "Couch to 5K" and "Your First Triathlon" Training again in 2012! Look out for **NEW** program offerings in Spring 2012!



Walk/Run Club

Meet at the Welcome Center and go for a run/walk with a minimum distance of 3 miles in length on the following days and times:

Wednesdays	9:15am	Janine
Fridays	9:15am	Janine
Saturdays	8:00am	Janine

Member FREE

Y On The Move

In response to America's growing health and well-being concerns YMCA of Greater Providence has developed a mobile outreach component called **Y on the Move**.

Our goal is to engage the youth and families of North Kingstown in health and wellness activities that increase their physical fitness and help them combat the growing epidemic of childhood obesity and other related illnesses while having fun in a safe, supervised environment.

What Is Y On The Move?

Y On the Move uses a fully equipped vehicle to bring programs to youth and families where they live, play, and learn together. Our programs include organized sports, health and nutrition activities and interactive games that we bring to you in your community.

Interested in having **Y On The Move** at your event? Contact Heidi Morris, at hmorris@gpymca.org or 401-295-6501.

School Programs

Winter
January 2—February 19, 2012

Before & After School Child Care

Provides a safe and nurturing environment where children are encouraged to celebrate diversity, build relationships and have fun! Children are also encouraged to express their independence and individuality, while building a positive sense of self-worth and importance. Our curriculum offers children experiences in a variety of areas such as:

- Character Development • Literacy • Swimming
- Homework Assistance • Arts & Humanities
- Social Competence Skills • Health & Fitness
- Community Service Project • Science Exploration

Transportation provided to & from all North Kingstown Elementary and Middle schools

Hours of Operation

AM Care 6:30am-Start of school day

PM Care School dismissal-6:00pm

Professional Days and Vacation Weeks may be purchased separately.

Contact Heidi Morris, Child Care and Family Director, at hmorris@gpymca.org or 401-295-6501

Four Seasons of Fun

Preschool/Kindergarten Enrichment Program

Monday, Wednesday and Friday

Children must be 3 years of age and potty trained at time of enrollment.

Daily Schedule

9:00am-9:30am Welcome/Free Play

9:30am-10:00am Circle Time

10:00am-10:15am Snack Time

10:15am-11:00am Activity Centers

Extended Enrichment

11:00am-11:20am Outside Play

11:20am-12:00pm Alternating Schedule

Yoga • Music • Gym • Swim

Monthly Rates 2011/2012 School Year

Member/Program Member

9:00am-11:00am: 3 days \$220.00/\$275.00

9:00am-12:00pm: 3 days \$255.00/\$310.00

ALL CHILD CARE STAFF...

- are CPR, Child Abuse Prevention & First Aid Certified.
- are Required to complete 20 hours of Professional Development per year.
- are Carefully screened according to state and local standards.
- are Hired to support the YMCA philosophy.
- are committed to providing a quality child care experience for your child that incorporates the Y's four core values of caring, honesty, respect and responsibility.

Site Coordinators are at least 21 years of age and hold an Associate's or Bachelor's Degree in a field related to working with children.

Counselors are at least 18 years of age and have experience working with children.

Program Hours	Weekly Rates for 2011-2012 School Year			
	5 Days		3 Days	2 Days
	Member	Program Member	Member	Member
6:30am-Start of School	\$53.00	\$74.00	\$40.00	\$33.00
Dismissal-6:00pm	\$92.00	\$105.00	\$67.00	\$56.00
Before & After School	\$142.00	\$163.00	\$107.00	\$89.00

Heidi Morris

Child Care and Family Director

hmorris@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Middle School/X-Time

Winter
January 2—February 19, 2012

Calling all Middle School kids!

Come join us at the Y this fall for fun and exciting programming everyday after school.

	Member	Program Member	Class Time
Monday			
Group Cycling	Free	\$35/session	3:15-4:00pm
Co-ed Hip Hop	\$34/month	\$48/month	3:45-4:45pm
Soccer Skills	Free	\$35/session	4:15-5:00pm
Teen Lounge	Free	\$35/session	3:00-6:00pm
Wednesday			
Boys Hip Hop	\$34/month	\$48/month	3:15-4:15pm
Gym & Swim	\$70/session	\$140/session	3:15-5:00pm
Karate	\$32/month	\$46/month	3:00-4:00pm
Teen Lounge	Free	\$35/session	3:00-6:00pm
Kitchen Kreatures	\$76/session	\$132/session	4:15-5:15pm
Friday			
Dance Choreography	\$39/month	\$55/month	3:30-4:45pm
Swim	Free	\$35/session	3:00-4:00pm
Teen Lounge	Free	\$35/session	3:00-6:00pm
Karate	\$32/month	\$46/month	3:00-4:00pm
Musical Theater	\$34/month	\$48/month	5:45-6:45pm

M, W, F—Y Bus available
\$5/week for Members and Program Members.
Become a Member and have full use of our facility.

Contact Heidi Morris, Child Care and Family Director, at hmorris@gpymca.org or 401-295-6501 with any questions involving the Middle School programs.

Kids Hang Time **Ages 7-11**

Enjoy pizza, music, dancing, games, and fun activities. For questions contact Heidi Morris at hmorris@gpymca.org or 295-6501.

Dates to be Announced Soon

Member \$5 Program Member \$10



Heidi Morris

Child Care and Family Director

hmorris@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Leaders Club **Ages 12 and Up**
 Leaders Club is designed to offer young adults the opportunity to develop leadership skills as they provide volunteer service within the YMCA and their community. Sessions and events are balanced with values discussions, peer relationship building, and managing all aspects of a young adult’s daily life. For more details contact Krystina Winsor Roll at kroll@gpymca.org This program follows the North Kingstown school calendar.
 Leader’s Club Meets every **Tuesday at 6:30pm.**

Member \$20 Program Member \$40



Pre-Teen/Teen **Ages 11-15**
Fitness Orientation
 Teens will earn how to safely use our Fitness room and all it has to offer. Orientation begins with three one on one appointments with a Fitness staff and ends with a basic understanding written exam. This is a 3 free individualized sessions with a fitness staff. Written and Practical Test will be given at the end in order to ensure that the individual is able to demonstrate an understanding of safe, respectful, and responsible exercise techniques and Fitness Center protocols. Parent or Guardian will need to be present for the first 10 minutes of the first orientation to fill out paperwork. Sign up at the Welcome Center
Member FREE

Fab Food for Teens **Ages 11-15**
 A monthly workshop in cooking, serving and enjoying themed meals. We’ll have High Tea, Sunday Brunch, Pizza Party, Fondue, Fajita Fiesta, Pack a Picnic and more! We’ll start with fresh ingredients and develop menus, learning not just how to follow a recipe, but how to *create* one.
Brunch **Sun, Jan. 15th 11-1pm**
Pizza Party **Fri, Feb. 10th 6:30-8:30**
 Member \$20 Program Member \$40

Pre-Teen/Teen Arts
 See pages 15-19 for more information or call Emily Manz, Arts and Humanities Coordinator

Musical Theater **Ages 8-15**
 Dance Friday 4:45-5:45pm
 Voice Saturday 11-11:30pm

Dance Sampler **Ages 11-15**
 Try a variety of styles in one session!
 Friday 6:45-7:45pm
 Saturday 11:30-12:30pm

Hip Hop **Ages 10-13**
 Monday 3:45-4:45pm

Choreography Program **Ages 11-15**
 Friday 3:30-4:45pm

Boys Hip Hop **Ages 11-15**
 Wednesday 3:30-4:15pm

Karate **Ages 12+**
 Wednesday 7:00-7:45pm
 Friday 6:45-7:30pm

Wellness Consultations

Consult with a specialized wellness coach to define your personal wellness goals and create a unique plan of action that works for you! **FREE** Contact Kaitie Rooney at 401-295-6501 for an appointment today!

Fitness Center Equipment Orientation

Meet with a Wellness Coach to be set up on a program that includes proper use of the cardiovascular and strength training equipment. **FREE Sign up at the Welcome Center!**

Free Weight Room Equipment Orientation

Meet with a Wellness Coach to be guided through the equipment in the FREE WEIGHT ROOM. Your orientation could include a brief overview of each piece of equipment or a more in-depth look at specific machines. Free Weight Room orientations are scheduled only CERTAIN times during the week. Please check with the Welcome Center for available orientation times. Free Weight Room Orientations will begin in January!

SilverSneakers®

Silver Sneakers Fitness Program is the nation’s leading exercise program designed exclusively for older adults. Members receive a YMCA of Greater Providence membership at no cost. The program includes use of basic amenities and access to our signature Silver Sneakers class, which will be offered at each site. This program is typically offered to Medicare-eligible members of Humana Healthcare coverage of Rhode Island. Visit the SilverSneakers website, www.silversneakers.com. Silver Sneakers Group Exercise classes offered at this branch are:

Muscle Strength & Range of Movement

Tuesdays and Thursdays 12:15pm

Yoga Stretch

Wednesdays 12:15pm

Stop by the Welcome Center to see if you qualify for this program or call 401-295-6501

Group Exercise Classes in the Community

Beechwood House

Open to all West Bay Family YMCA members over age 55 and members of the Beechwood House.

Strength and Stretch

Monday 9:15am-10:00am

Wickford Middle School

Open to all West Family Bay YMCA members and employees of the NK School District.

Yoga

Monday 4:30-5:30pm

Class is held in the cafeteria

For more information about community classes, please contact Denise Kaplin, Healthy Living Program Coordinator, at dkaplin@gpymca.org or at 295-6501 ext. 106.

Adult Education Classes

CPR

Ages 16+

The BLS for Healthcare Providers Course is designed to teach the skills of CPR for victims of all ages. This course is intended for participants who provide healthcare in a variety of settings. Proficiency in skills will be required for certification. This is an American Heart Association two-year certification (Infant-Adult).

Course is 4 hours long.

Member \$50.00 Program Member \$100.00

First Aid

Ages 16+

Participants will learn to cope with life-threatening emergencies, injuries and sudden illness. This American Heart Association certification course provides a two-year certification.

Member \$35.00 Program Member \$70.00

For questions, please contact Krystina Winsor-Roll at kroll@gpymca.org

Family Fitness Orientation

Ages 9-10 Years Old

Parents and children will learn how to enjoy the Fitness Center together safely. Orientations begins with two one on one 45 minute appointments with a Fitness staff and ends with a basic understanding written exam. Parents are asked to stay with their child in the fitness room. When children reach age 11 they can schedule a Teen Fitness Orientation. See our Teen page in this brochure for more information. Sign up at the Welcome Center

Member Only **FREE**

Kids Night Out

Ages: potty trained-6 yrs

Kids enjoy the fun and familiar surroundings of Kids Care while parents leave the building without worry. Dinner is offered. Program Located in Kids Care and Spirit Room.
Registration Required

Fridays 5:30pm-8:30pm

December 9 Christmas with Santa
January 13 Messy Arts
February 10 Valentine's Dance
March 9 Leprechaun Hunt
*March 30 Slumber Party

Member \$12.00 each for the first 2 children
\$5.00 each additional child

Program Member \$24.00 per child

Registration Ends the Thursday Before Scheduled Program on Friday.

Child Must Be Potty Trained

**Special KNO for YMCA Auction, see pg 6 for info*

Kids Care

Ages 6 Weeks –11 Years Old

The Y wants to make it easier for families to enjoy a Healthier Lifestyle. Kids Care is a program for the entire family. While family members enjoy a workout, participate in a class, or take a dip in the pool, Kids Care provides fun for the children. See our monthly Kids Care calendar for upcoming planned activities, craft projects and family events.

Family & One Parent Members Only **FREE**

Kids Care Hours

Monday-Thursday

8:00am-12:00pm 3:30pm-7:30pm

Friday

8:00am-12:00pm 3:30pm-5:30pm

Saturday

8:00am-1:00pm

Sunday

Kids Care Not Available On Sundays

Family Time

Parents are free to utilize our Kids Care Room for Family Time. Bring your child and play a game, color, have fun with puzzles or maybe just read some stories. We just ask that you clean up when you are done.

Monday-Friday 12:30pm-3:30pm

We do not staff our Kids Care Room during this time so please sign in at the Welcome Center Desk. Thank You!



Performance Opportunities

Our first performance available to all program participants will be **North Kingstown Spirit Day on Saturday, March 24th, 2012!**

Performances require rehearsal, thus it is important for students who commit to various performances to ensure that they maintain consistent class participation. More opportunities will be announced as they are scheduled. Costume, time commitments, and number and type of performers will depend upon the nature of the performance.

COMING SOON!

Coming soon, the West Bay Arts and Humanities Program will be organizing **more group outings** to local professional performances and viewings of recorded performances.

Also, NEW program areas coming soon: more MUSIC and COOKING. Please email Emily Manz or "like" it on Facebook if you are interested in any of our coming programs.



Class Payment Options

Payment in full for the ten month September-June session or pay monthly by setting up a bank/credit card draft. This will ensure that your child remains in the same class for whatever duration of time you set up payment. Drafts will automatically stop in June.

Don't know if you want to dance, sing or kick all year? Sign up for shorter sessions. Dance Survey classes are offered by standard 7 and 8 week sessions. Other classes are offered monthly (see above).

Cancellations must be received in writing.

Make-Up Policy

In the event a student misses a class, or a class is cancelled due to inclement weather, a make-up class will not be scheduled. Students may make up class time by attending another

Parent Rules

Parents will be invited to view their child's class during pre-determined Parents' Week throughout the year. During the rest of the classes, we ask parents to please wait outside of the Dance room so that the children can focus on the instructor. Parents leaving the building during class must first sign out at the Welcome Center, leaving emergency contact information.

VOICE

Preschool Singing

Ages 3-5

This class is an introduction to singing and will include instruction on basic posture, vocal drills, and movement.

Saturdays 10:30-11:00am

Member \$27 Program Member \$41

JAM! Karaoke Night

Learn to sing better for Karaoke or any other event! Vocal lessons included, as well as time to sing to your favorite tunes and enjoy some good company. Light dinner included.

Times TBA

Member \$17 Program Member \$34

Emily Manz

Arts and Humanities Coordinator

emanz@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Types of Dance

Ballet: Classical dance form provides a basis for many other styles. With very specific technique, this is the dance of tutus and *pointe* shoes.

Tap: Dance style in which students wear special shoes to tap out rhythmical variations with heels and toes.

Jazz: A fusion of folk, traditional and classical dance techniques. Popularized in cabarets, jazz has and does utilize popular contemporary music.

Musical Theater: A form of jazz incorporating dramatic expression and performed in musicals.

Modern: A form of dance based in the organic movement of the body and emotions of the dancer, it is a rebellion against classical ballet.

Lyrical: A specific form of ballet and modern in which choreography is guided by music lyrics.

Hip-Hop: A popular form grounded in the rich rhythm of hip-hop music. Hip-hop dance draws from traditional, folk and street styles.

Clothes and Shoes

Dance clothes and shoes may be ordered and purchased through the West Bay Family YMCA at pre-determined dates. When an order is being set up, it will be posted electronically via email, Facebook and physically posted in the corridor outside the studio.

Shoes are currently available. Just ask!

Dress Code for Dance Classes

Ballet, Lyrical, Modern:

Leotard and tights, optional skirts. For cold days, leg warmers, jazz pants and fitted dance sweaters are welcome for the first half of class. Ballet shoes are pink leather or canvas. Modern and Lyrical may be danced barefoot or in tan modern/lyrical shoes (no socks or footed tights).

Tap, Jazz:

Leotard and tights or dance top and jazz pants. Nothing too loose or too long. Jazz shoes are black leather, tap shoes are black patent leather.

Hip Hop:

Fitted dance top and jazz pants or sweat pants. Nothing too loose or too long. Dance sneakers may be purchased, however most sneakers are fine for class. No bare feet, sandals or other slip-on shoes.

Boys:

Ballet, tap, jazz. T-shirt or tank top and sweat pants or shorts. Nothing too loose or long, shorts should not be below the top of the knee. Boy's ballet shoes are white or black. Tap shoes are black.

Adults:

Sensible and comfortable dance attire based on the above guidelines. Pants, leg warmers and sleeves are welcome.

Class Hours per Week per Dancer	Member Rate per month	Member Rate Sept-June	Program Member Rate per month	Program Member Rate Sept-June
30 min	\$27	\$270	\$41	\$410
45 min	\$32	\$320	\$46	\$460
1 hr	\$34	\$340	\$48	\$480
1.25 hrs	\$39	\$390	\$55	\$550
1.5 hrs	\$43	\$430	\$61	\$610
1.75 hrs	\$47	\$470	\$67	\$670
2 hrs	\$52	\$520	\$74	\$740
2.25 hrs	\$56	\$560	\$79	\$790
2.75 hrs	\$63	\$630	\$89	\$890
3 hrs	\$66	\$660	\$94	\$940

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Financial Assistance is Available

Dance Schedule

Winter
January 2—February 19, 2012

Glee/Musical Theater

Musical Theater Dance

Ages 8-15

This class will be offered in conjunction with Musical Theater Group/Glee. These classes will be working on the same musical scenes to improve singing, dancing, blocking and acting skills. Students who take both will be able to practice simultaneous singing and dancing, as well as incorporating acting into choreography and dance.

Friday 4:45-5:45pm *Miss Dawn*

Musical Theatre Voice

Ages 8-15

This class will practice singing in groups in popular musical theatre and glee styles. Participants will all have the opportunity to try solo, harmony, and back-up parts. The group will also work on blocking and acting musical scenes. Participants will work with the instructor to choose fun and appropriate music! Register today!

Saturday 11:00-11:30am *Miss Jae*

Glee Combo Package!

If you are interested in participating in both classes a special rate is available.
Dance and Glee:

Member: \$58

Program Member:\$97

Dance Classes

Parent/Child Dance

Ages 18 mos-3 yrs

Dance and play with your toddler in a class structured to develop musical and bodily awareness.

Tuesday 10:15-10:45am *Miss Dawn*

Toddler Dance

Ages 2-3

This class teaches musicality and movement in a fun, creative environment. Class limited to 6.

Monday 4:45-5:15 pm *Miss Dawn*

Tuesday 10:45-11:15 am *Miss Dawn*

Pre-School Dance

Ages 3-6

Creative movement, music and movement games provide the foundation for technique. Dancers will learn beginning tap and ballet technique to prepare for youth technique classes.

Monday 5:15-6:00 pm *Miss Dawn*

Tuesday 9:15-10:00 am *Miss Emily*

Thursday 2:00-2:45 pm *Miss Carling*

Sampler Class

The Sampler Class runs on the YMCA seasonal session schedule for students who wish to explore a variety of styles before joining specialized technique classes. Each week or two will introduce a new technique. Forms will include ballet, tap and jazz and may be supplemented by a variety of other styles from hip hop to belly dance.

Youth Beginner Sampler

Ages 6-10

For dancers with no previous dance experience.

Monday 6:00-7:00 pm *Miss Dawn*

Youth Intermediate Sampler

Ages 7-11

For dancers with 1 year of youth or 1+ years of preschool level dance.

Thursday 4:45-5:45pm *Miss Carling*

Pre-Teen/Teen Sampler

Ages 11-15

For dancers who haven't taken much or any class.

Friday 6:45-7:45 pm *Miss Dawn*

Saturday 11:30-12:30 pm *Miss Carling*

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Dance Schedule

Winter
January 2—February 19, 2012

Leveled Technique Classes	Choreography Course
<p>For dancers who wish to continue their development in specific techniques. Currently Youth Level 1-2 is offered for dancers who have taken 1+ years of dance, a dance sampler or are currently enrolled.</p> <p>Youth Level 1-2 Ballet Tuesday 4:00-5:00pm <i>Miss Emily</i></p> <p>Youth Level 1-2 Jazz Tuesday 5:00-6:00pm <i>Miss Dawn</i></p> <p>Youth Level 1-2 Tap Tuesday 6:00-7:00pm <i>Miss Dawn</i></p> <p>Youth Level 1-2 Hip Hop Thursday 4:00-4:45pm <i>Miss Carling</i> Saturday 10:15-11:00am <i>Miss Carling</i></p>	<p>Middle School Choreography Program Dancers will have the opportunity to develop their own choreography and critique and be critiqued by their peers. Class time will consist of 30 minutes warm-up and technique practice, discussions and study of various elements of choreography and work on solo or group choreography projects. Opportunities to work with teachers and artists of various disciplines may be available, as well as additional performance opportunities.</p> <p>Fridays 3:30-4:45pm <i>Miss Emily</i></p>
<p align="center">Pre-Teen/Teen</p>	<p align="center">Adult</p>
<p>Classes designed for dancers ages 11-15</p> <p>Hip Hop (ages 10-13) Monday 3:45-4:45 pm <i>Miss Dawn</i></p> <p>Beginner Sampler Friday 6:45-7:45 pm <i>Miss Dawn</i> Saturday 11:30-12:30 pm <i>Miss Carling</i></p> <p>Stretch and Tone for Dancers Low impact focus on body alignment, flexibility and strength for turnout and dancers' line. Coming Soon! Time TBA</p> <p>Musical Theater Dance (ages 8-15) Friday 4:45-5:45 pm <i>Miss Dawn</i></p>	<p>Modern Thursday 6:45-7:45pm <i>Miss Emily</i></p> <p>Tap Thursday 5:45-6:45pm <i>Miss Carling</i></p> <p>Jazz Monday 7:00-8:00pm <i>Miss Dawn</i></p> <p>Belly Dance Tuesday 7:00-8:00pm <i>Miss Maria</i></p>
<p align="center">Boys</p>	<p align="center">Our Instructors</p> <p>Sensei Brett, our Karate and boys hip hop instructor, joined us this summer to share his wealth of knowledge and variety of skills in our studio.</p> <p>Miss Carling, a dance instructor, brings to our studio dance technique expertise in a wide variety of styles including ballet, tap and hip hop.</p> <p>Miss Dawn, a dance instructor, joins us from her own studio in Tiverton, where she shares her extensive experience in musical theater, jazz, tap and ballet.</p> <p>Miss Jae, our voice instructor, has a broad range of vocal experiences, from Broadway to the hometown studio. She teaches a variety of ages and styles.</p>
<p>Just for the older boys, ages 11-15, who like to move!</p> <p>Boys Hip Hop Wednesdays 3:30-4:15pm <i>Mr. Brett</i></p>	

Martial Arts

Winter
January 2—February 19, 2012

Preschool Karate (Ages 3-6) Lil' Dragons/Little Ninjas

Wednesdays 2:00-2:30pm
Wednesdays 4:15-4:45pm
Fridays 4-4:30pm

Youth Karate (Ages 7-11) Kickin' Kids

Youth Beginner

(Belts White through Blue/Green)

Wednesdays 4:45-5:30pm
Fridays 4:30-5:15pm

Youth Intermediate

(Belts Green and Higher)

Wednesdays 5:30-6:15pm
Fridays 5:15-6:00pm

It is preferred that students take both class times per week.

Kobudo (Ages 7+)

(Belts Blue and Higher)

Okinawan Kobudo is a traditional art form originating from peasants' use of farm tools as a means of self defense. Participants will learn focus, control and respect for the featured weapons.

Wednesdays 6:15-7:00pm

X-treme Class

(Belts Blue and up)

This fun, energetic class combines elements of Martial Arts, Break Dancing, and Hip-Hop for a unique experience.

Fridays 6:00-6:45pm

Teen/Adult Karate (Ages 12+)

Wednesdays 7:00-7:45pm
Fridays 6:45-7:30pm

Things to Know

Advancements/Promotions are based on three requirements: *attendance, knowledge of material, and attitude.*

Belt Promotions are held monthly. Students eligible for promotion are announced 2-3 weeks ahead of the promotion date. Belts are \$5.00 and may be ordered at the Welcome Center.

Upon entering class, each student is responsible for pulling his/her own attendance card. Attendance is directly linked to progressing through the belts.

Uniforms are not a requirement for the beginner classes. If you decide you would like to purchase one, you may order one at the Welcome Center. Orders are made monthly.

Parents are invited to watch the classes on the day of promotion. During the rest of the session parents are asked to wait outside of the classroom so that children may learn to focus on the instructor. If you have a child under the age of 11, we ask that all parents remain in the building unless special permission is given by the instructor. The parent must sign out at the Welcome Center and leave an emergency contact before leaving the building.

Hours per week per student	Members		Program Members	
	Monthly Rate	Sept-June	Monthly Rate	Sept-June
30 Minutes	\$27	\$270	\$41	\$410
45 Minutes	\$32	\$320	\$46	\$460
Deal - 2 classes/wk 1.5 hours	\$43	\$430	\$61	\$610
2.25 Hours	\$56	\$560	\$79	\$790
3 Hours	\$66	\$660	\$94	\$940

Emily Manz

Arts and Humanities Coordinator

emanz@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Strategic Health Initiatives

As an organization for healthy living, the YMCA of Greater Providence has implemented a number of Strategic Health Initiatives to address critical issues in the community.

YMCA's Diabetes Prevention Program

YMCA's Diabetes Prevention Program is part of the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC). In a classroom setting, a trained lifestyle coach works with participants to change their lifestyle by teaching them about healthy eating, physical activity, and other behavior changes over the course of 16 one-hour sessions.

Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, group members will meet monthly for up to one year for added support to help them maintain their progress.

Program Goals: Reduce body weight by 7% and gradually increase physical activity to at least 150 minutes per week

WHO MAY PARTICIPATE:

Anyone at risk for type-2 diabetes. Your doctor can tell if you are at risk. Some of the risk factors to consider include: family history, weight, gestational diabetes, and elevated cholesterol.

YMCA's Healthy Lifestyles Program

The YMCA developed Healthy Lifestyles in collaboration with the Stanford Prevention Research Center. For more than thirty years, Stanford has been developing, testing, and refining a Six-Step Method for Behavioral Change - a scientifically-tested method found to be effective in facilitating lifelong behavior change related to health, physical activity, and nutrition.

In a group setting, a trained lifestyle coach helps participants adapt their lifestyles by teaching them about healthy eating, physical activity, overcoming barriers, staying motivated, and building support networks over the course of 22 one-hour sessions.

The program begins with a health and lifestyle assessment. From there you will have one-on-one time with a coach and participate in weekly group sessions. During the 22 meetings, you will set short and long-term goals, identify barriers to healthy living, and track your progress

To qualify for the YMCA's Healthy Lifestyles Program, participants must be 18 years of age or older and agree with at least one of the following statements:

- I intend to make a behavior change within the next 6 months.
- I intend to take action to make a behavior change within the next 30 days.
- I have begun to make small behavior changes within the last 6 months.

Find out more or to register for upcoming YMCA's Diabetes Prevention programs and/or YMCA's Healthy Lifestyles Programs:

Visit our website – www.ymcagreaterprovidence.org or call 401-427-1825.

LIVESTRONG at the YMCA

This 12-week program is designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself.

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of side effects, preventing unwanted weight changes, and improving energy levels and self-esteem. Finally, participants will develop their own physical fitness programs so they can continue to build a healthy lifestyle

Find out more or to register for upcoming LIVESTRONG AT THE YMCA CLASSES Visit our website – www.ymcagreaterprovidence.org or contact Judy Cerrito 401-828-0130.

Cancer Survivorship- This 12-week program is designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and the disease itself. The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of side effects, preventing unwanted weight changes, and improving energy levels and self-esteem. Finally, participants will develop their own physical fitness programs so they can continue to build a healthy lifestyle.

Starting Over - for Breast Cancer Survivors
Starting Over helps breast cancer survivors balance spirit, mind, and body. The program emphasizes flexibility and strengthening exercises for parts of the body affected by cancer treatments. In addition, the class provides an opportunity for relaxation to enhance feelings of renewal and well-being. For more information on any of these programs, contact Judy Cerrito at 401-828-0130 or jcerrito@gpymca.org.

Blood Drives sponsored by the Rhode Island Blood Center

Location: West Bay Family YMCA
December 12 4:00-7:00pm
February 13 4:00-7:00pm

Did You Know?

- Everyday in Rhode Island the RIBC needs to collect up to 280 pints of blood to meet the needs of area hospitals.
- You can donate if you are on medication. Most medications do not prevent individuals from donating.



Wellness Wednesdays

The 2nd Wednesday of each month. Wellness Wednesdays will offer healthy snacks, tips, and ideas to improve overall wellness. Come join us in the Welcome Center!

Did you know?

- That members ages 55+ have free access to the Strength and Stretch class on Mondays, 9:15-10am, at the Beechwood Senior Center?
Chairs provided if desired.
- That all members ages 13+ have free access to the Yoga class on Mondays, 4:30-5:30pm, at the Wickford Middle School?
Bring your own yoga mat.
- That the West Bay Family YMCA's monthly community offerings are available at the Welcome Center and online on our website?

Personal Training

Winter
January 2—February 19, 2012

Personal Training Land or Water
Work with a Certified YMCA Personal Training Instructor to develop an exercise program to meet your individual needs. Land workouts take place in the Fitness Center and Free-Weight area. Water workouts take place in our pool that has an average temperature of 87°. Trainings will be arranged around your schedule. Contact Jackie Emrich, Health and Wellness Director at jemrich@gpymca.org or 295-6501 with questions.

Registration is ongoing by appointment.

Personal Training Sessions	Member Per Person	Program Member Per Person
1 one-hour	\$50.00	\$100.00
3 one-hour	\$140.00	\$280.00
6 one-hour	\$260.00	\$520.00
12 one-hour	\$455.00	\$910.00

Personal Train with a buddy and Save! 2 person Personal Training

6 one-hour	\$120.00	\$240.00
12 one-hour	\$240.00	\$480.00

Group Personal Training 3-6 people

5 one-hour	\$75.00	\$150.00
10 one-hour	\$150.00	\$300.00

PLEASE NOTE

A 24 hour cancellation notice is required or Training session will be forfeited and money will not be refunded. Thank you.

30 - Minute Quick Train

Do you want to give your workout a boost but feel crunched for time? A YMCA Personal Training Instructor will work with you in 30 minute training sessions to help you get into a fitness routine that fits into your busy schedule. Contact Jackie Emrich, Health and Wellness Director at jemrich@gpymca.org or 295-6501 for more information.

Quick Training	Member	Program Member
(12) 30 Minute Sessions	\$260.00	\$520.00
(24) 30 Minute Sessions	\$420.00	\$840.00



Y LIFE TEAM CHALLENGE! JANUARY 2-APRIL 4

CHECK OUT OUR "TRY SOMETHING NEW" PAGE FOR MORE INFORMATION.

Jackie Emrich

Health and Wellness Director

jemrich@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Parent/Child Swim Lessons

<p align="center"><u>Infant Parent/Child (Skip)</u> <u>Ages 6 months-36 months</u></p> <p>A parent and child enrichment program. Through songs and nursery rhymes, children are encouraged to be comfortable in the pool and learn the foundation for swimming.</p> <p>Member \$51.00 Program Member \$102.00</p>	<p align="center"><u>Preschool Parent/Child (Pike w/Parent)</u> <u>Ages 3-5 Years</u></p> <p>Parents accompany children in the water. Children begin to learn skills with parents and prepare to move on to lessons independently.</p> <p>Member \$51.00 Program Member \$102.00</p>
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Preschool Swim Lessons (Ages 3-5 yrs)

This program will focus primarily on swimming skills and safety. Preschoolers will concentrate on being comfortable in the water and improving their swimming ability. They will learn and refine their strokes and develop personal safety skills.

Member \$51.00 Program Member \$102.00

- Preschool Beginner (Pike)**
Children learn how to paddle on front, back and sides as well as float on both front and back. This class is for beginner swimmers who are comfortable swimming without an adult.
- Preschool Intermediate (Eel)**
Children focus on increasing endurance as well as becoming independent while jumping into the pool. Children must be able to swim 5 feet without floatation on their front and back to register for Eel.
- Preschool Advanced (Ray/Starfish combined)** Children will be learning how to tread water, rhythmic breathing, alternate paddle strokes, and backstroke. They will also continue to develop style and technique in swimming and diving. Children must be able to swim 15 feet without floatation on their fronts and backs to register for Ray/Starfish.

Private Swim Lessons

Preschool Gym and Swim (Ages 3-6 yrs)

<p>Private & Semi-Private swim lessons are available BY request. Please see Krystina Winsor Roll, Aquatics Director for available times and days.</p>	<p>Each week your child will have the opportunity to engage in fun gross motor activities, swimming & building new friendships! Registration Required.</p> <p>Thursdays 9:15-10:30am</p> <p>Member \$70.00 Program Member \$140.00</p>
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Ages 3-5	Infant Parent/Child (Skip) Ages 6-36 Months	Preschool Parent/Child (Pike w/Parent) Ages 3-5 Years	Preschool Beginner (Pike)	Preschool Intermediate (Eel)	Preschool Advanced (Ray/Starfish)
Monday			12:15-12:45 pm 5:00-5:30 pm 5:30-6:00 pm	12:45-1:15 pm	
Tuesday	5:30-6:00 pm	10:30-11:00 am	11:00-11:30 am 5:00-5:30 pm 6:00-6:30 pm	5:30-6:00 pm	5:00-5:30 pm 6:00-6:30 pm
Wednesday			12:00-12:30 pm		
Thursday	10:15-10:45 am	5:15-5:45 pm	1:15-1:45 pm 4:15-4:45 pm 5:45-6:15 pm	5:15-5:45 pm	10:45-11:15 am 5:45-6:15 pm
Friday					
Saturday	10:05-10:35 am	10:40-11:10 am	10:05-10:35 am 12:05-12:35 pm	12:05-12:35 pm	10:40-11:10 am
Sunday			11:00-11:30 am		

Krystina Winsor Roll Aquatics Director kroll@gpymca.org

Youth Swim Programs

Youth Swim Programs: Ages 6-12 Years

This program will focus primarily on swimming skills and safety. Preschoolers will concentrate on being comfortable in the water and improving their swimming ability. They will learn and refine their strokes and develop personal safety skills.

Member \$51.00
Program Member \$102.00



Swim Lesson Levels: Ages 6-12 Years

Youth Beginner (Polliwog): Children in this level learn beginning paddle skills, rhythmic breathing, front and back floats, and personal safety skills.

Youth Beginner Advanced (Guppy): Children begin to work on front crawl, rhythmic breathing and symmetrical arm movements. Children must be able to swim 10 yards without floatation on their front and backs to register for Guppy.

Youth Intermediate (Minnow): Children continue to work on front crawl and are introduced to rotary breathing, breaststroke and new leg kicks. Children must be able to swim 25 yards of basic front crawl stroke and backstroke to register for minnow.

Specialty Swim Programs

Stroke Club: Ages 5-12 Years

Children will begin to learn the four strokes of a competitive event-freestyle, backstroke, breaststroke, and butterfly. They will also learn beginner dives and proper competitive touches and turns. Children must be able to swim basic crawl stroke the length of our pool without stopping.

This program meets twice a week.

Member \$84.00 Program Member \$168.00

Adult Swim Lessons

Never learned how to swim or maybe afraid to try? Come sign up for our adult swim lesson class and learn with other adults.

Tuesdays 9:00-9:30am

Member \$51.00 Program Member \$102.00

Ages 6-12	Polliwog Beginner	Guppy Adv. Beginner	Minnow Intermediate	Stroke Club Advanced	Adult
Monday	4:15-5:00 pm			6:00-6:45 pm (8-12 years)	
Tuesday		6:30-7:15 pm		4:15-5:00 pm (5-8 years)	9:00-9:30 am
Wednesday		4:15-5:00 pm		6:00-6:45 pm (8-12 years)	
Thursday	6:15-7:00 pm				
Friday			5:00-5:45 pm	4:15-5:00 pm (5-8 years)	
Saturday	11:15-12:00 pm	12:35-1:20 pm			
Sunday	10:15-11:00 am				

Water Running

This class is performed in the deep water with floatation belts and participants are tethered to the wall. Class is limited to 6 participants.

Tuesdays 7:30-8:15am & 9:45-10:30am
Member \$43.00 Program Member \$86.00

Water Personal Training

One on one or small group instruction to work on member specific goals utilizing the use of water resistance, buoyancy and water specific equipment.

Please contact Jackie Emrich for more information.

Krystina Winsor Roll

Aquatics Director

kröll@gpymca.org

www.ymcagreaterprovidence.org

Financial Assistance is Available

Thank you to all that helped with the 2011 Financial Assistance Campaign

Thank you to all of the hard work and dedication of the staff, members, and volunteers at the West Bay Family YMCA. Because of you we have raised more than \$55,000 for our Financial Assistance Campaign. This money is used directly to support the families within our community and to let all experience what the YMCA has to offer.

HELP US REACH OUR \$70,000 GOAL!

Military Outreach Program

The YMCA of USA, the Armed Services YMCA and the Department of Defense have launched the Armed Services YMCA and Department of Defense Outreach Initiative to address the needs of families of deployed military personnel who live far from a military installation and requires access to child development, family strengthening, and health and well-being programming. This initiative will make it possible for all of these families and individuals to receive free membership to a YMCA in their community for up to 18 months depending on eligibility. The individuals who are eligible for this initiative are spouses and dependants of deployed family members and Active Duty Independent Duty personnel who can supply an approval letter from their Military Service Headquarters. Please contact Kaitie Rooney with any questions, krooney@gpymca.org.

Gift Certificates

Are you looking for the perfect gift for your family, friends or employees? Give them a gift towards a YMCA membership, program or class! Gift certificates are available in any denomination at the Welcome Center!

Make-Up Policy for Classes

Make-Up classes will no longer be scheduled in the event a class does not meet due to a holiday or inclement weather. Classes that fall on Holidays will be prorated. Missed classes can be made up on a director approved basis and will only be done during another class of the same ability level.

Check with class instructor for the specific policy for your child's class.

Refund/Class Cancellation Policy

(for all classes except Sampler, Karate, Dance, and Kids Night Out)

- In the event that the YMCA cancels a class, a full system credit will be issued.
- If the participant cancels 24 hours prior to the scheduled class date, a full system credit will be issued.
- If the participant cancels 24 hours prior to the second class date, a 50% system credit will be issued.
- No credit will be issued if a participant cancels after the second class.

Refund/Class Cancellation Policy

(for Sampler and Master Classes)

- In the event that the YMCA cancels a class, a full system credit will be issued.
- If the participant cancels 48 hours prior to the scheduled class date, a full system credit will be issued.
- No refund will be given if the participant cancels within 48 hours of the scheduled class date.

The YMCA Charitable Mission

Since 1853, when the YMCA of Greater Providence began offering programs, services and a welcoming environment to all, the communities, the people and the needs have changed.

And so has the Y.

Today, the YMCA of Greater Providence reaches 22 Rhode Island and Southeastern Massachusetts communities through its member based branches and community outreach.

In addition, YMCA Camp Fuller, one of the first resident camps in the country, provides a unique coastal environment that draws campers and staff from around the world. But it's not what goes on inside these walls that makes a difference. It's what goes on when members, staff, neighbors and friends build relationships and expectations on caring, honesty, respect and responsibility - the YMCA's core values - that make a difference. What the YMCA offers to individuals and families is so important to the well being of a community that it is kept available and accessible to all.

The YMCA is open to all regardless of race, religion, gender, personal preferences and the ability to pay membership and program fees. As a 501(c)(3) not-for-profit charitable organization, the YMCA depends on tax deductible gifts and donations to offer quality programs to all. Although the YMCA of Greater Providence conducts an Annual Support Campaign each year, gifts and donations in the form of cash and other assets may be arranged throughout the year to support the people, programs and environment that is the Y. We appreciate that you are a member.



You can make a difference!

The YMCA of Greater Providence provides more than \$3.1 million in free subsidized or sponsored programs so that participants can improve their quality of life. We serve nearly 75,000 people with activities designed to promote physical and emotional wellness.

Help us achieve our mission. Your tax-deductible contributions can strengthen the foundations of our community by:

- | | |
|----------------|--|
| \$100 | A child can participate in an aquatics program that teaches safety in and around the water. |
| \$150 | Allows a cancer survivor to participate in a month-long wellness program that supports their wellness journey. |
| \$250 | Provides a child one year of membership in a safe, nurturing and caring environment. |
| \$500 | Individuals living with Parkinson's Disease can benefit from the physical and emotional support of our program, building the skills and confidence to maintain an independent lifestyle. |
| \$1,000 | Engages youth in a summer program with a wealth of experiences and opportunities. |



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Helping others realize their potential to strengthen the foundation of our community!

We believe that everyone should have an opportunity to participate in YMCA membership and programs, regardless of their ability to pay.

To supplement the cost of memberships, child care and camp, the Y relies on the generous support of donors who share our belief that everyone can benefit from the YMCA's resources.



Make a Donation or Become a Volunteer

The YMCA of Greater Providence is a 501 (c) (3) charitable organization. Through the generous contributions of community members, the YMCA is able to offer financial assistance to those who might not otherwise be able to participate in programs and services. If you are in need of assistance please see a staff member for an application. If you would like to donate or volunteer please see below.

Yes, I want to support my branch _____. If you would like to designate your monies to go to a specific program please indicate here _____.

My Donation (please circle) \$50 \$100 \$250 \$500 \$1,000 Other \$ _____

I would like to make my donation through monthly payments.

Total amount: _____ # of months to pay: _____

Payment Method (please circle) Check VISA MC AMEX DISC Cash

Credit Card Number: _____ Exp. Date: ____ / ____

Card Holder Name: _____

Name: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Email _____ Home Phone: _____ Work Phone: _____

Y or N My Company has a matching gift program. Company Name: _____

Y or N Please contact me. I'd like to learn more about volunteer opportunities.

You will receive an official gift acknowledgement letter suitable for tax purposes upon payment of your pledge.

Please support the
West Bay Family YMCA

Your tax-deductible donation will allow people from your neighborhood who are experiencing financial hardship to benefit from the YMCA's programs and activities.

It's a great way to help others!

The YMCA is a 501(c)(3) charitable organization. Financial Assistance is Available



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Tel. # 401-295-6501

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