



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Newport County YMCA Adapted Physical Activity Youth Programs Early Spring Session February 27th to April 23rd

The YMCA offers an environment that fosters individual growth and success through programs that develop a healthy spirit, mind and body. All our programs are designed to help participants achieve both physical and social goals that are designed to make them stronger, happier and more independent people! All group classes are 45-minutes once a week and cost \$55 for members and \$75 for non-members unless otherwise noted.

Group Classes:

Monday:

- Advance Swim at 7:00pm

Tuesday:

- Beginner Strength Training at 5:30pm
- Teen Gymnastics at 6:30pm

Wednesday:

- Yoga at 3:45
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Thursday:

- Teen Social Swim at 7:00pm

Friday:

- Kids Gymnastics at 3:30
- Intermediate Strength Training at 5:15pm
- Kids Social Swim at 6:15pm

Saturday:

- Kids Gymnastics at 12:00pm
- Open Gymnastics at 1:00pm

Individual Classes:

- Private Swim Lessons- 8 lessons for 30mins members \$100 and non-member \$120
- Youth Adapted one-on-one Activity- 8 sessions for 45mins members \$115 and \$135 for non-members



Teen Social Night:

For teens of all ability levels! Ages 13-21! Come swim, play wii, play sports, jump in the foam pit, bounce house, eat pizza, meet new friends, and reconnect with old friends! This is for teens with and without disabilities!

Date: March 4th, April 1st Time: 5:00-8:00

Price: \$10 for members and \$15 for non-members

If you have any questions, concerns, or program ideas, please contact Megan at meganl@newportymca.org or 401-847-9200 x117