



2017

Early Fall Session

Sept. 4 – Oct. 29

Member Registration: Aug. 7

Non-Member Registration: Aug. 21

Late Fall Session

Oct. 30 – Dec. 24

Member Registration: Oct. 2

Non-Member Registration: Oct. 16

YMCA CLOSED: 9/7, 11/23, 12/25

NO SWIM LESSONS: 11/23-11/25, 12/23

NO GYMNASICS CLASSES:

9/4, 10/9, 11/23-11/25, 12/23

POOL CLOSED: 8/20 – 9/16

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



ONE RATE

Enjoy the benefits of membership that include: Group Exercise classes, Health and Wellness Center, Weight Room, Pool, Gymnasium, Racquetball Court, Shower and Locker Room Facilities, Steam Room and Sauna, Babysitting Services, Water Aerobics, Aqua Jogging and Active Older Adult (AOA) Classes.

OUR MISSION

The Newport County YMCA is an association of people of all ages, ethnic origins, religious affiliations and socio-economic levels. The basis of the association is founded in Judeo-Christian values and its purpose is to significantly improve and positively influence the quality of life and social well-being for our members, our families and our community. Emphasis is placed on the whole person through programs and activities that help develop spiritual, mental and physical well-being.

FACILITY HOURS

FALL & WINTER (after Labor Day thru Memorial Day)

Facility

Mon-Fri 5:00 a.m. – 10:00 p.m.

Saturday 7:00 a.m. – 9:00 p.m.

Sunday 7:00 a.m. – 5:00 p.m.

Registration/Membership Office

Mon-Fri 8:00 a.m. – 7:00 p.m.

Saturday 9:00 a.m. – 1:00 p.m.

Sunday Closed

SUMMER (after Memorial Day thru Labor Day)

Facility

Mon-Fri 5:00 a.m. – 9:00 p.m.

Saturday 7:00 a.m. – 7:00 p.m.

Sunday 7:00 a.m. – 5:00 p.m.

Registration/Membership Office

Mon-Fri 8:00 a.m. – 7:00 p.m.

Saturday 9:00 a.m. – 12:00 noon

Sunday Closed

Accounting Office

Mon-Fri 8:00 a.m. – 3:30 p.m. (year-round)



SPECIAL PROGRAMS

WINE EVENT: Thursday, November 2nd at Newport Vineyards
PIERUN: Thursday, November 23rd at the Newport County YMCA

OUTDOOR ADVENTURE CENTER

Looking for a fun way to really challenge yourself? The Outdoor Adventure Center is your answer! Come experience an adventure like nothing else on Aquidneck Island. We have a 2-sided 46ft climbing tower, 275ft zip-line, 46ft cargo net, low rope elements, ice breakers, and team building initiatives. Each program is custom designed for your group. This course is perfect for team building, parties, and the Y even offers a pay-to-play option if you just want to have fun! For information on rates and available booking times, please contact Sports and Leadership Director, Emerson Badessa at emersonb@newportymca.org or 401-847-9200 x113.

OPEN FAMILY GYMNASTICS

Bring your children to run and explore in a supervised environment. Available October through May for ages 6 and under. This program is FREE to those with a Y Family Membership, \$10 for a non-member walk-in. Parents MUST be present on the rug at all times. You must check-in and obtain a pass from the front desk for entry. Limited space available.

Monday-Friday 12:00- 2:45 p.m. & 1:00-1:45 p.m. For more information, please contact Gymnastics Director Shannon Farrell, at shannonf@newportymca.org or 401-847-9200 X112.

FAMILY PROGRAMS

FALL FESTIVAL & HEALTH FAIR: Saturday, October 14, 9-12 p.m.

Join vendors around the Y, arts & crafts, games, rock wall and learn about all the exciting Y programs.

For details regarding Birthday Parties, Parents Night Out or our Treehouse, please contact Family Programs Coordinator, Maria Fombellida at 847-9200 X118 or treehouse@newportymca.org.

BIRTHDAY PARTIES

Celebrate Your Birthday with the Y! Choose between a Kids Gym, Pool, Paint Party, Gaga or Sports party. Add to the party by including a bounce house or an extra hour of fun for an additional cost. Availability on Saturdays or Sundays for Members & Non-Member rates.

PARENTS NIGHT OUT

Every 2nd Saturday of each month from 4:30-8:30 p.m. For children age 3-10, they must be potty trained. Pizza, pool, kids gym, arts & crafts. Register at the YMCA Registration Desk.

Members: \$20 for 1 Child, \$35 for 2, \$40 for 3+
Non-Members: \$25 for 1 Child, \$45 for 2, \$50 for 3+

BLACK FRIDAY PARENTS DAY OUT

Friday, November 24th from 8-12PM

Register at the YMCA Registration Desk.



Please note: Although the YMCA staff works hard to maintain set schedules – sometimes schedules and rates must be adjusted for reasons beyond our control. Please contact the registration office to confirm schedules upon registering.
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CHILD DEVELOPMENT

CHILD CARE: Twice As Nice PRESCHOOL

Child Care Director | Andrea Florendo:

841-5357 | andrea@newportymca.org

September – June (ages 3-5) (must be 3 and potty-trained)
YMCA Twice As Nice Preschool is licensed by DCYF and certified through Bright Stars, "Rhode Island's quality rating and improvement system that recognizes and supports quality in childcare and learning programs." The program is dedicated to enriching the lives of our students. Our nurturing and trained staff provide a stimulating environment that promotes developmentally appropriate practices.

It is our mission to prepare children for Kindergarten with Jean Piaget's Cognitive Theory in mind, a hands-on approach to learning. According to Piaget, children learn through play and imitation. Our curriculum is aligned with the Rhode Island Early Learning and Development Standards (RIELDS). Activities include a wide variety of hands-on experiences which include art, literature, music, cooking, science, dramatic play, kids gym and swim lessons. We have a half-day morning preschool from 8:30 to 12:30 p.m., with an extended half day from 12:30 – 2:00 p.m. There is a two, three, or five day option for this program. We also have a full day preschool program with a two, three, or five day option that runs from 7:00 a.m. to 5:30 p.m. Both programs include gym and/or swim lessons and a well-planned preschool curriculum.

Please call or email Andrea Florendo at 841-5357 or andrea@newportymca.org to schedule a tour.

CHILD WATCH: Family Treehouse

Family Treehouse Coordinator | Maria Fombellida:

847-9200 X118 | mariaf@newportymca.org

Babysitting service is FREE for Newport County YMCA members only and is not available to non-members. Reciprocity New England members may use the facility but cannot use the Tree House services. Availability is on a first come first serve basis. No reservations.

Up to 2 hour maximum. **PHOTO ID REQUIRED.**

NO snacks allowed due to allergies.

6 weeks-6 months: 1 Hour

7 months-1 year: 1.5 Hours

1-10 years: 2 Hours

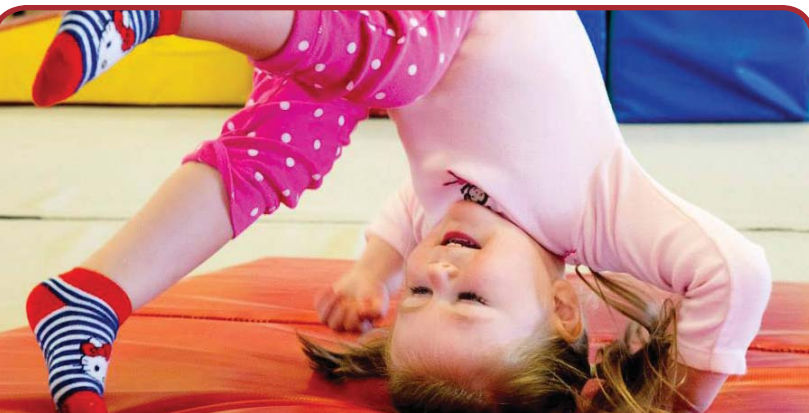
Hours:

Monday through Friday 8:30 a.m. – 1:15 p.m.

Monday, Wednesday & Friday 4:00 p.m. – 7:30 p.m.

Tuesday & Thursday 4:00 p.m. – 7:45 p.m.

Saturday 8:15 a.m. – 12:15 p.m.



OUT OF SCHOOL TIME (OST)

OST Director | Anne Schultz:

847-9200 X130 | afterschool@newportymca.org

September – June (grades K-8)

The Newport County YMCA offers Out of School Time (OST) programming for children in K-8th grade. Children enjoy high-quality, interest-based daily experiences focused on exploration and enrichment. Participation in out of school programming contributes to increased self-esteem and academic achievement. It also fosters feelings of belonging and connection to others. Most importantly, children develop confidence and competency as they discover hidden talents. We give children the tools they need to grow into caring, productive community members.

Our curriculum consists of Academics, STEM, Creative Arts, Physical Fitness, and Character Education. In collaboration with schools and families, our highly trained staff balances adult led activities with unstructured time for exploration and discovery. Our programs are DCYF licensed and BrightStars rated.

OST LOCATIONS

Jamestown: Melrose School

Middletown: Forest Avenue School (am/pm)

Aquidneck School (am/pm)

Gaudet School

Portsmouth: Common Fence Point Community Hall

OST is also available at the Y on most school holidays.



COMMON FENCE POINT

The Newport County YMCA is more than just a building at 792 Valley Rd in Middletown. We are all over Newport County; at Fort Adams for the Fort Adams Experience, at Sandywoods Farm for Camp Sandywoods and at Common Fence Point in Portsmouth.

Groupx Classes at CFP are FREE for Y Members

Please check the CFP GroupX Class Schedule for details.

For questions, please contact groupx@newportymca.org.

The Y hosts an afterschool Kid's Club at CFP. Busing is provided from Hathaway and Portsmouth Middle Schools. This program is FREE with a Y Family Membership.

For questions, please contact afterschool@newportymca.org.

Tumbling Classes at CFP Thursdays at 4 p.m.

\$80 Members/\$100 Non-Members

For questions, please contact shannonf@newportymca.org.

WELLNESS

Healthy Living Director | Jessica Graham | 401-847-9200 X132 | jessicag@newportymca.org
Group Exercise Coordinator | Dave Willis | 401-847-9200 X119 | groupx@newportymca.org

SPECIALTY PROGRAMS

WELLNESS ORIENTATIONS

A free introduction to the use of the weight room and cardio equipment led by one of our Personal Trainers.

PERSONAL TRAINING

One-on-one training and group training sessions available: Our certified professional personal training team is educated to work with the novice to the advanced exercise enthusiast. All training sessions are scheduled to accommodate each individual's needs.

1 session: (1 hour) \$50

4 pack: (4 one hour sessions) \$180

8 pack: (8 one hour sessions) \$320

10 pack: (10 one hour sessions) \$380

SMALL GROUP TRAINING

Grab a group of your friends and enlist the help of a Personal Trainer to reach your goals together. You choose the day, time, and number of times per week.

2 people: \$30/hour (per person)

4 hours: \$120

8 hours: \$240

3+ people: \$25/hour (per person)

4 hours: \$100

8 hours: \$200

BOOT CAMPS

These military-inspired workouts burn serious calories. Boot Camps are stylized GroupX classes led by our Personal Trainers. We offer a variety of camps targeting weight loss, HIIT, athletic training, and functional fitness. These classes are built on three fundamentals of training—cardio, strength, and agility. Boot camps operate on 6-8 week sessions.

\$150 Member/ \$200 Non-Member

GROUPX

The Newport County YMCA's Group Exercise program serves the novice to advanced participant. Our latest class offerings include Les Mills Body Pump and Body Attack, yoga, core classes, pilates mat-based workouts, indoor cycling, functional training and athletic conditioning, as well as our traditional step classes, and high impact interval (HIIT) classes. Our staff are nationally certified by various organizations. All group exercise classes are FREE to YMCA Members.

RUNNING CLUB

This club is for those who love running or those who want to start running. We meet twice a week and have different levels of running. It offers technique workshops, proper shoe fitting and other perks. This club makes running fun and motivates people to push through their goals and set new ones.

ACTIVE OLDER ADULTS

Active Older Adult fitness programs accommodate a wide variety of interests and functional abilities of older adults. Active Older Adult programs include water exercise, yoga and stretching classes and walking clubs. We also offer socialization opportunities such as coffee hour. *Please see AOA calendar for upcoming events

SENIOR STRENGTH

Low impact class format geared toward adults age 65+ FREE to Member/\$3 per class Non-Member walk-ins Mon/Thurs 11:00 a.m.

FALL BACK INTO FITNESS CHALLENGE

\$80 Members/ \$100 Non-Members

The program is designed to help individuals meet their fitness goals through fun and exciting weekly challenges and workshops. Participants will receive fitness and nutritional coaching, perks and prizes and will celebrate milestones together!

YOUTH PROGRAMS

PRESCRIBE THE Y

Prescribe the Y is a comprehensive 12-week program focused on increasing physical activity and establishing good nutritional practices to maintain or decrease BMI for children ages 6-12 measured at a BMI greater than 85%. Two Wellness Coaches will guide participants through one hour classes in cardiovascular activity, strength training, and nutrition education.

DYLAN'S SPORTS PERFORMANCE

(1 Hour)

This program is designed to prepare young athletes for their upcoming seasons. With these workouts held at the YMCA, athletes will develop explosive power, speed, and overall strength. Each athlete will receive a workout tailored to their needs every 6 weeks. Workouts consist of: 30-minute dynamic warm up to start, acceleration, deceleration, and change of direction drills and supervised weight training.

\$150 Member/ \$200 Non-Member

YOUTH YOGA WORKSHOP (Age 6-14)

In our one-hour practice we will be moving with breath to create a meditative state of self-care, stress relief and a renewal of energy. Yoga practice is not a competitive sport, but a personal journey. No requirements needed; yoga is not about flexibility or poses, instead it is about what we can learn along the way of strengthening our mind, body and spirit. Each class ends with a simple guided meditation that practitioners can use throughout their daily routines whenever it is needed.

YOUTH SWIM LESSONS

Aquatics Director | Jim Farrell | 847-9200 X108 | jimf@newportymca.org

Parent/Child Water Adjustment (30 min.) (6-36 months)

\$55 Member/\$85 Non-Member

Mon/Wed 10:00 a.m.

Tuesday 10:30 a.m./6:00 p.m.

Thursday 6:00 p.m.

Saturday 9:30 a.m. (6-17 months)

Saturday 10:00 a.m. (18-36 months)

Preschool – Beginner (30 min.) (Ages 3 – 5)

\$55 Member/\$85 Non-Member

Monday 10:30 a.m./4:30/5:00 p.m.

Tuesday 10:00 a.m./5:00/5:30/6:00 p.m.

Wednesday 10:30 a.m./4:30/5:00 p.m.

Thursday 10:00 am/4:30/5:00/5:30/6:00 p.m.

Saturday 9:00/9:30/10:00/10:30 a.m.

Preschool – Advanced (30 min.) (Ages 3 – 5/no bubble)

\$55 Member/\$85 Non-Member

Tuesday 9:30 a.m./4:30/5:00/6:00 p.m.

Thursday 10:30 a.m./4:45/6:00 p.m.

Saturday 9:30/10:00 a.m.

Private Y-Swim Lessons (Ages 3+)

\$140 Member/\$180 Non-Member

Contact Jim Farrell for more information.

Youth I – Beginner (30 min) (Ages 6+ Non-Swimmers)

\$55 Member/\$85 Non-Member

Mon/Tues 5:30 p.m.

Wednesday 5:15 p.m.

Thursday 5:15 p.m.

Saturday 11:15 a.m.

Youth I (45min)(Ages 6+) \$55 Member/\$85 Non-Member

Monday 4:30/5:15 p.m.

Tuesday 4:45 p.m.

Wednesday 4:30 p.m.

Thursday 3:45/5:15 p.m.

Saturday 9:00/9:45/10:30 a.m.

Youth I – Advanced (45 min) (Ages 6+)

\$55 Member/\$85 Non-Member

Wednesday 3:45 p.m.

Thursday 4:30 p.m.

Saturday 9:00/9:45 a.m.

Youth II (45 min) (Ages 6+)

\$55 Member/\$85 Non-Member

Mon/Wed 3:45 p.m.

Saturday 10:30 a.m.

Youth I Home Schooled (30 min.) (Ages 6+)

\$55 Member/\$85 Non-Member Wednesday 11:00 a.m.

Wahoos Swim Team (Ages 6–18)

Contact Jim Farrell for more information.

YOUTH GYMNASTICS

Gymnastics Director | Shannon Farrell | 847-9200 X112 | shannonf@newportymca.org

GYM W/PARENT

(Ages 1–2.5 years) \$45 Member/\$60 Non-Member

Mon/Wed/Fri 10:00 a.m.

GYM W/PARENT

(Ages 2–3.5 years) \$55 Member/\$70 Non-Member

Mon/Thurs/Fri 11:00 a.m.

PRE-SCHOOL

(Ages 3–5) \$75 Member/\$90 Non-Member (45 min.)

Co-ed Minis

Tuesday 10:00 a.m. Wednesday 9:00 a.m.

Tue/Thurs 3:30 p.m. Friday 4:30 p.m.

Co-ed Intermediate Minis (By invitation only)

Tue/Wed 11:00 a.m.

Tue/Thurs 4:30 p.m. Saturday 10:00 a.m.

Co-ed Advanced Minis (By invitation only)

Tue/Thurs/Fri 5:30 p.m.

Fri/Sat 9:00 a.m. Saturday 11:00 a.m.

HOT SHOTS (Ages 4–7) \$75 Member/\$90 Non-Member

Girls Hot Shots (1 Hour) Tue/Thurs/Fri 4:30 p.m.

Girls Advanced Hot Shots (1 hour)

Tue/Thurs 5:30 p.m. Saturday 9:00 a.m.

Boys Hot Shots (1 hour) Friday 4:30 p.m.

PRIVATE LESSONS Contact YMCA for details (Ages 5+)

\$160 Member/\$200 Non-Member for 8–30 min. lesson

ADULT OPEN WORKOUT (Ages 15+)

Walk-In Fee: \$8 Members/\$10 Non-Members

Tue/Thurs 7:30–9:00 p.m.

GYMNASTICS TEAM (Ages 5+)

USAG & YMCA Competitive/YMCA Recreational teams available. Prices vary by level. Contact YMCA for details.

SCHOOL AGE

(Ages 7–12) \$75 Member/\$90 Non-Member

Girls Beginner (1 hour) (Ages 6+)

Tuesday 5:30 p.m.

Thurs/Fri 4:30 p.m.

Saturday 10:00 a.m.

Girls Intermediate (1 hour)

Tue/Fri 5:30 p.m.

Thursday 4:30 p.m.

Saturday 10:00 a.m.

Girls Advanced (1 hour)

Tuesday 4:30 p.m.

Thurs/Fri 5:30 p.m.

Saturday 9:00 a.m.

Boys Beginner (1 hour)

Tuesday 4:30 p.m.

Friday 5:30 p.m.

Boys Intermediate (1 hour) Friday 5:30 p.m.

PRE-TEAM

(Ages 7–12) \$80 Member/\$100 Non-Member (90 min.)

Boys Pre-Team Tuesday 5:30 p.m.

Girls Pre-Team Friday 4:00 p.m.

TUMBLING CLASSES

(Ages 6–12) \$80 Member/\$100 Non-Member

Beginner Tumbling Friday 3:30 p.m.

Intermediate Tumbling Friday 4:30 p.m.

Offsite at COMMON FENCE POINT Thursday 4:00 p.m.

YOUTH SPORTS

Sports & Leadership Director | Emerson Badessa | 847-9200 X113 | emersonb@newportymca.org

EARLY FALL SPORTS SESSION: 9/9-10/28

MIGHTY MITES (Age 3) (Parent & Me)

\$55 Member/\$75 Non-Member

A different sport each week!

FALL SOCCER

(Ages 4 & 5) \$55 Member/\$75 Non-Member

(Ages 6 - 8) \$65 Member/\$85 Non-Member

Games on Saturdays at the YMCA for all age groups

(Ages 6-8 has a weekly practice at the YMCA)

WEEKEND WARRIORS

(Ages 9-13) \$65 Member/\$85 Non-Member

Join us every Saturday for a different sport each week including soccer, rock climbing, archery and more!

FALL SPORTS SESSION: 11/11-12/16

MIGHTY MITES (Age 3) (Parent & Me)

\$40 Member/\$55 Non-Member

A different sport each week!

INDOOR HOCKEY

(Ages 4 & 5) \$40 Member/\$55 Non-Member

(Ages 6 - 8) \$50 Member/\$65 Non-Member

PRE-SEASON BASKETBALL

(Ages 4 & 5) \$40 Member/\$55 Non-Member

(Ages 6 & 7) \$50 Member/\$65 Non-Member

(Ages 8 - 10) \$50 Member/\$65 Non-Member

All games held at the YMCA.

ADULT SPORTS

ADULT VOLLEYBALL

Fall (Season October - January) Recreational

6-person Volleyball (Recreation) Mondays 6-10 p.m.

6-person Volleyball (Competitive) Wednesdays 6-10 p.m.

\$65 Member/\$85 Non-Member

ADULT PICK-UP BASKETBALL

Monday - Friday at 12:00 p.m.

Monday, Wednesday & Friday at 6:00 a.m.

Members only - \$5 for guests of members

YOUTH NIGHTS at the Y

OCTOBER - MAY

FRIDAY'S 6:00 - 9:00 p.m.

\$10 Member/\$12 Non-Member

Ages: 6th- 8th Grade

VACATION CAMPS

Camp Director | Kristen Petrarca

847-9200 X135 | kristenp@newportymca.org

DECEMBER CAMP: December 23 - January 1

Registration begins the first week of December.

Ages: 5 - 12

Camp activities include arts & crafts, indoor & outdoor games, and swimming!

SPORTS: Emerson Badessa 847-9200 x113

GYMNASTICS: Shannon Farrell 847-9200 x112

CAMP STAYCATION.: Anne Schultz: 847-9200 x130

CAMP WE CAN: Megan Leonard 847-9200 x117

SAFETY SERVICES

Contact Jim Farrell for more information & Class

Schedule | 847-9200 x108 | jimf@newportymca.org

Life Guarding Course/Recertification

(Including CPR & First Aid)

Community CPR Class/First Aid/Pro CPR/

& Recertification

Babysitting Course



ADULT AQUATICS

Aquatics Director | Jim Farrell
847-9200 X108 | jimf@newportymca.org

Easy Water Fitness (45 min.)

Mon/Thurs 11:00 a.m.

FREE for Members/\$30 per month Non-Member

Mon/Wed/Fri 9:15 a.m.

FREE for Members/\$75 per month Non-Member

Deep Water Fitness

FREE for Members/\$130 Non-Member (45 min.)

Monday 9:00 a.m./3:30 p.m.

Tue/Thurs 10:00 a.m./3:30 p.m.

Wednesday 10:00 a.m.

Friday 9:00 a.m.

Aqua Fit

FREE for Members/\$130 Non-Member (45 min.)

Monday 4:15 p.m.

Mon/Tues/Wed/Thurs 8:30 a.m.

Thursday 4:15 p.m.

Friday 8:15 a.m.

Aqua Jogging (FREE for Members)*

Mon/Friday 10:00 a.m. (45 min.)

Thursday 12:15 p.m. (45 min.)

Hydro HIIT Deep (FREE for Members-Members Only)*

Wednesday 10:00 a.m.

Hydro Challenge (FREE for Members-Members Only)*

Wednesday 9:15 a.m. (30 min.)

Adult Swim Lessons (\$50 Members/\$80 Non-Member)

Monday 6:00 p.m.

Personal Training in the Water

Contact Jim Farrell for more information

*Punch cards available for purchase for non-members

ADAPTED PROGRAMS:

Adapted Director | Megan Leonard
847-9200 X117 | meganl@newportymca.org

Adapted programs are designed to give children and adults with disabilities opportunities to participate in a variety of recreational and therapeutic activities. The YMCA offers an environment that fosters individual growth and success through programs that develop a healthy spirit, mind and body. All programs center around the YMCA core values of youth development, healthy living, and social responsibility, while focusing on developing both physical and social skills that will last a lifetime. We emphasize each person's abilities and individuality, and specifically design programs to foster independence while providing positive recreational and educational experiences for our participants. We can take existing Y programs and adapt them to meet individual needs. We also offer programs designed specifically for individuals with disabilities. We help you select the program that's right for you and your family.

SPECIAL OLYMPICS:

The Newport County YMCA Special Olympics team was formed in 2009 and continue to grow every year. The program is open to all athletes with disabilities in Newport County. Our mission is to provide year-round sports training and competition for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. The Newport County YMCA Special Olympics is always accepting new volunteers, partners and athletes.

BEST BUDDIES CITIZENS PROGRAM:

A program that helps create one-to-one friendships between people with and without intellectual disabilities. Buddies are paired up and expected to participate in activities that enable them to spend quality time together. Right now, the YMCA is accepting new members to be a part of the program.

For more information about the programs we offer please see our Adapted Programs brochure or contact Megan Leonard, our Adapted Physical Activity Director, by phone, 401-847-9200 x117 or email, meganl@newportymca.org.

