



Winter Session 2017 January 2 – February 26

Member Registration: Dec. 5
Non-Member Registration: Dec. 19

Early Spring Session 2017 February 27 – April 23

Member: Jan. 30
Non-Member: Feb. 13

Spring Session 2017 April 24 – June 18

Member: March 27
Non-Member: April 10
YMCA CLOSED ON MAY 29, 2017



NEWPORT COUNTY YMCA
792 Valley Road
Middletown, RI 02842-7095
Tel: 401.847.9200
Fax: 401.848.7521
info@newportymca.org
www.newportymca.org



ONE RATE

Enjoy the benefits of membership that include: Our Wellness Center (Cardio Equipment & Circuit), Weight Room, Pool, Water Classes, Gymnasium, Racquetball Court, Shower & Locker Room Facilities, Steam Room & Sauna, Baby-sitting Services. Our Pool, Group Exercise and Basketball Court Schedules can be found on our website, on our mobile app or in the lobby at the Y.

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 the programs and activities that help develop spiritual, mental and physical well-being.

FACILITY HOURS

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.

Summer Hours

(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 Desk

Mon – Fri 8:00 a.m. – 7:00 p.m.

Saturday 9:00 a.m. – 1:00 p.m. (12 p.m. Summer)

Sunday Closed

Online registration now available for all!

Go to www.newportymca.org

Accounting Office

Mon – Fri 8:00 a.m. – 4:00 p.m.

CHILD WATCH

FAMILY TREEHOUSE

Maria Fombellida | Family Programs Coordinator
treehouse@newportymca.org | 847-9200 X118

Baby-sitting 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.
PHOTO ID REQUIRED.

HOURS

Monday – Friday 8:30 a.m. – 1:15 p.m.

Monday – Friday 4:00 – 7:30 p.m.

Saturday 8:15 a.m. – 12:15 p.m.



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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WELCOME TO THE NEWPORT COUNTY YMCA!

SPECIAL EVENTS

Youth Nights (October – May)

Every Friday 6 – 9 p.m., Grades 4 thru 8

\$10.00 Members/\$12.00 Non-Members.

Please contact Josh Anderson at 847-9200 X113 or josha@newportymca.org for more information.

Parent's Night Out

3rd Saturday of each month 4:30 – 8:30 p.m.

Children ages 3 – 10 Oct. thru May

Pizza, pool, mini kids gym, arts & crafts, snacks and water. Children must be potty trained.

\$20.00 Members/\$25.00 Non-Members. Call the YMCA or visit our web site at: www.newportymca.org

Please contact our Maria Fombellida 847-9200 X118 or treehouse@ymca.org to schedule your party.

Birthday Parties

1 hour rental of the pool, basketball or kids gym and 1 hour rental of party room. All supplies are self-provided.

\$150.00 Members/\$185.00 Non-Members

(Add \$50.00 if Tumble Trak & Pitt or Bounce House requested)

Please contact Maria Fombellida 847-9200 X118 or treehouse@ymca.org to schedule your party.

Family Fun Events

Family Movie Nights

TBA

3 vs. 3 Basketball Tournament (Kids & Adults)

Feb 26th

• 3pt and Slam Dunk Competition

Easter Eggstravaganza

April 9

Healthy Kids Day

April 29

SPECIAL OLYMPICS & THE YMCA

To every athlete involved in Special Olympics, the program provides a lifetime of active participation in sports. To volunteers and to the public, Special Olympics offers an experience that uplifts the spirit and touches the heart. Thirty years ago, Eunice Kennedy Shriver lit a flame that would enlighten the world and bring joy and fulfillment to millions. Thirty years later, that spirit continues.

Special Olympics Mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities by 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.

Please join us in our support and participation of the upcoming Special Olympics Team events: September Soccer, October Basketball, February Bowling, March Swimming & Volleyball, April Track & Field & Bocce, June Softball. Please contact Megan Leonard at meganl@newportymca.org for more information.



CHILD DEVELOPMENT

CHILD CARE: Twice As Nice PRESCHOOL

Early Childhood Director | Andrea Florendo: 841-5357
andrea@newportymca.org

**September – June (ages 3-5)
(Must be 3 by Sept. 1st 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 Standards (RIELS). These standards are posted in our center. 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 pre-school 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. This program includes, weekly gym and swim lessons and a well-planned preschool curriculum.



AFTERSCHOOL

School Age 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 is available at the Y on most school holidays.

Out of School Time Locations:

Jamestown: Melrose School

Middletown: Forest Avenue School (am/pm)

Aquidneck School (am/pm)

Gaudet School

Portsmouth: Common Fence Point Community Hall

VACATION CAMP

Choose from Gymnastics, Camp Medley and Camp We Can! Activities include swimming, arts and crafts, sports, games and more!

MLK Day Camp January 16th

February Vacation Camp Feb. 20-24

April Vacation Camp April 17-21



ADAPTED PROGRAMS

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

All ages, all ability levels. Adapted physical activity programs are for individuals with disabilities as well as individuals who need adaptations to activities to be able to participate.

ADULT ADAPTED PROGRAMS

Adults Sports Group*

Monday 10:45 a.m. to 11:30 a.m.

Adult Strength Training*

Monday 4:00 to 4:45 p.m.

Water Aerobics*

Tuesday 11:00 to 11:45 a.m. • Friday 11:15 to 12:00 p.m.

Gymnastics*

Tuesday 3:45 to 4:30 p.m.

Adult Cardio Dance*

Wednesday 11:00 to 11:45 a.m.

Yoga*

Wednesday 3:45 to 4:30 p.m.

Adult Walking Group*

Thursday 10:45 to 11:30 a.m.

Moving and Grooving*

Thursday 1:30 to 2:15 p.m.

Adult Social Swim*

Wednesday 7:30 p.m. • Friday 11:15 a.m.

Water Stretch and Tone*

Friday 6:15 to 7:00 p.m.

Dancing with Parkinson's Disease

Tuesday 11:00-12:00 p.m. \$60 per session

Adapted Private Swim Lessons

8 lessons of 30 minutes of individualized instruction focusing on the needs of the participants such as swimming, range of movement and water safety.

\$80 Members/ \$105 Non-Members

Fitness Introductions for Adults and Teens

An introduction to the use of the weight room and cardio equipment. Creating a fitness/exercise routine that can be completed with little to no assistance.

8 sessions for 60 minutes

\$160 Members/\$180 Non-Members

Adult Social Nights

A night packed with swimming, dancing, gymnastics, Wii and pizza.

Date: Friday TBA

Time: 5:30 to 8:30 \$5 per person (Aids are free)

KIDS & TEENS ADAPTED PROGRAMS

Kids Social Swim

Age: 5 to 12

Friday 6:15 to 7:00 p.m.

\$55 Members/\$75 Non-members

Teen Social Swim

Age: 12 to 21

Thursday 7:00 to 7:45 p.m.

\$55 Members/\$75 Non-members

Advanced Swim

Age: 12 to 21

Monday 7:00 to 7:45 p.m.

\$55 Members/\$75 Non-members

Kids Gymnastics

Age: 3 to 7

Saturday 1:00 to 1:45 p.m.

\$55 Members/\$75 Non-members

Teen Gymnastics

Age: 12 to 21

Tuesday 6:30 to 7:15 p.m.

\$55 Members/\$75 Non-members

Beginner Strength Training

Age: 11 to 15

Tuesday 5:30 to 6:15 p.m.

\$55 Members/\$75 Non-members

Intermediate Strength Training

Age: 15 to 21

Friday 5:15 to 6:00 p.m.

\$55 Members/\$75 Non-members

Kids Yoga

Age: 5 to 21

Wednesday 4:45-5:30 p.m.

\$55 Members/\$75 Non-members

Youth one-on-one activities

45 min 8 Sessions

\$115 Members/\$135 Non-members

Private Swim Lessons

30 min 8 Sessions

\$100 Members \$120 Non-member

Teen Social Swim

A night packed with swimming, dancing, gymnastics, Wii and pizza.

Date: January 7th, February 4th, March 4th, April 1st, May 6th and June 9th

Time: 5:00 to 8:00 p.m.

\$10 Members/\$15 Non-members

*Programs sponsored in part by Mary Sullivan, The Tracy Family Foundation and The Fogarty Foundation.



YOUTH SWIM LESSONS

Aquatics Director | Jim Farrell: 847-9200 X108

All Youth Swim: \$55 Member/ \$85 Non-Member

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

Mon/Wed 10:00-10:30 a.m.

Tuesday 10:30-11:00 a.m.

Thursday 6:00-6:30 p.m.

Saturday 9:30-10:00 a.m. (6 months - 17 months)

Saturday 10:00-10:30 a.m. (18 months - 36 months)

Pre-School-Beginner (30 min) (Ages 3-5)

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

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

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

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

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

Pre-School -Advanced (30 min.) (Ages 3-5)

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

Thursday 10:00 a.m./4:45

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

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

Wednesday 11:00 a.m.

Youth I-Beginner (45 min.) (Ages 6+ Non-Swimmers)

Monday/Tuesday 5:30 p.m.

Wednesday 5:15 p.m.

Saturday 11:20 a.m.

Youth I (45 min.) (Ages 6+)

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+)

Wednesday 3:45 p.m.

Thursday 4:30 p.m.

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

Youth II (45 min.) (ages 6+)

Wednesday 3:45 p.m.

Saturday 10:30 a.m.

Adult Swim Lessons

Monday 6:00 p.m.

Private YSWIM Lessons (Ages 3 & up)

Contact Jim Farrell for more information

\$140.00 Member/\$180.00 Non-Member

Wahoos Swim Team (Ages 6-18)

Contact YMCA for more information October 1 - March 31

YOUTH SPORTS

Athletic Director | Josh Anderson: 847-9200 X113

WINTER SEASON: January 14 - March 4

REGISTRATION: November 21 - January 11

Parent and Me Mighty Mights

Age 3

\$55 member / \$75 non-member

All sessions held on Saturdays at the YMCA.

Winter Basketball

Ages 4 & 5

\$55 member / \$75 non-member

Ages 6 & 7, 8-10 & 11-15 \$65 member/\$85 non-member

All practice/games for ages 4&5 are held on Saturdays at the

YMCA. Ages 6+ have a one hour practice during the week in

addition to the game on Saturday.

EARLY SPRING SEASON: March 18 - April 22

REGISTRATION: February 1 - March 15

Parent and Me Mighty Mites

Age 3

\$40 member / \$55 non-member

All sessions held on Saturdays at the YMCA.

Indoor Soccer

Ages 4 & 5

\$40 member / \$55 non-member

Ages 6-8 \$50 member / \$65 non-member

Games on Saturdays at the YMCA - no practice during the week.

Weekend Warriors

Ages 9-13

\$50 member / \$65 non-member

Held on Saturdays - a different sport each week.

SPRING SEASON: April 29 - June 17

REGISTRATION: March 24 - June 14

Parent and Me Mighty Mights

Age 3

\$55 member / \$75 non-member

All sessions held on Saturdays at the YMCA.

Spring Soccer

Ages 4 & 5

\$55 member / \$75 non-member

Ages 6-8 \$65 member / \$85 non-member

Games on Saturdays at the YMCA. Ages 6-8 has a one hour

practice during the week at the YMCA fields.

T-Ball

Ages 4 & 5

\$55 member / \$75 non-member

All practices/games held on Saturdays at the YMCA.

Weekend Warriors

Ages 9-13

\$65 member / \$85 non-member

Held on Saturdays - a different sport each week.

COMMON FENCE POINT YOUTH SPORTS

Athletic Director | Josh Anderson: 847-9200 X113

New! We now offer youth sports at Common Fence Point!

SPRING SPORTS: April 29 - June 17

REGISTRATION: March 24 - June 14

Parent and Me Mighty Mights-T-ball

Age 3 \$55 member/ \$75 non-member

Saturdays 9:00 - 9:45 a.m.

T-Ball

Ages 4&5 \$55 member/ \$75 non-member

Saturdays 10:00 - 10:45am

Spring Soccer

Ages 4&5 \$55 member/ \$75 non-member

Saturdays 11:00 - 11:45am



YOUTH GYMNASTICS

Gymnastics Director | Shannon Farrell: 847-9200 X112

Parent Child 1 (45 minutes Ages 8-12 months)
Friday 9 a.m.

Parent Child 2 (45 minutes Ages 12-36 months)
Monday-Friday 10:00 a.m.
Saturday 1:00pm

Parent Child 3 (45 minutes Ages 2.5-3.5 years)
Monday-Friday 11:00 a.m.
Saturday 12:00pm

Minis (45 minutes Ages 3-5)
Monday 9 a.m.
Tuesday 10a.m /3:30 p.m.
Thursday 3:30 p.m.
Friday 4:30
Saturday 11a.m

Intermediate Minis (45 minutes Ages 3-5) (By invitation only)
Tuesday 11a.m/4:30 p.m.
Thursday 4:30 p.m.
Saturday 10 a.m.

Advanced Minis (45 minutes Ages 3-5) (By invitation only)
Tuesday/Thursday/Friday 5:30 p.m.
Saturday 9 a.m.

Boys Hot Shots (1 hour Ages 4-7)
Monday 4:30 p.m.
Friday 4:30 p.m.

Girls Hot Shots (1 hour Ages 4-7)
Tues/Thur/Fri 4:30 p.m.

Girls Adv. Hot Shots (1 hour Ages 4-7)
Tues/Thur 5:30 p.m.
Saturday 9:00 a.m.

Girls Beginner (1 hour ages 6-12)
Tues 5:30 p.m.
Thursday/Friday 4:30 p.m.
Saturday 10:00 a.m.

Girls Intermediate (1 hour Ages 7-12)
Thursday 4:30 p.m.
Tues/ Fri 5:30 p.m.
Saturday 10:00 a.m.

Girls Advanced (1 hour ages 7-12)
Tuesday 4:30 p.m.
Thursday 5:30 p.m.
Saturday 11:00 a.m.

Girls Pre-Team (Ages 7-12) (90 minutes)
Wed/Fri 4:00 p.m.

Boys Beginner (1 hour)
Tuesday 4:30 p.m.
Friday 5:40 p.m.

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

Boys Pre-Team (1 hour)
Monday 6:30 p.m.

Teen Open Workout (90 min. Ages 13+)
Thursday 7:30 p.m. \$8/\$10 Member/Non-Member

Beginner Tumbling (1 hour ages 6-14)
Friday 5:30 p.m.

Intermediate Tumbling (1 hour ages 6-14)
Friday 4:30 p.m.

Advanced Tumbling (1 hour ages 6-14)
TBA

Open Family Gym (Oct. – April) **Parents MUST be present**
(Members Free / \$10 non-members)
Bring your children to run and play in a supervised environment. Monday – Friday 12:00 –12:45 p.m.

COMMON FENCE POINT GYMNASTICS

Minis (45 minutes Ages 3-5)
Wednesday 4:30 p.m.

Parent Child 2 (45 minutes Ages 12-36 months)
Wednesday 5:30 p.m.

Beginner Tumbling (1 hour ages 6-14)
Wednesday 3:30 p.m.

Intermediate Tumbling (1 hour ages 6-14)
Thursday 4:00 p.m.

YOUTH HEALTH & WELLNESS

Healthy Living Director | Conor Nelson: 847-9200 ext. 132 or conorn@newportymca.org

Pre-Ballet (Ages 5&6)
Time TBA
\$40.00 Member/\$55.00
Non-Member

Youth Fitness Introduction (Ages 9-12)
An introduction to proper form and exercise that teaches children about muscle groups, different exercises, use of light hand weights, and with plenty of fun and games at the end
Wednesday 3:15-4:15pm
\$40.00 Member/\$55.00
Non-Member

Prescribe The Y (Ages 8-12)
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.
Time TBA
FREE with doctor referral.



ADULT AQUATICS

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

Adult YSwim Lessons (30 min)

Mondays 6:00 p.m.
\$45.00 Member/\$75.00 Non-Member

Adult Adapted Aquatics

Friday 6:15 p.m.
\$45.00 Member/\$75.00 Non-Member

Easy Water Fitness 45-minute class

Mon/Wed/Fri 9:15 a.m.
\$45.00 Member/\$75.00 Non-Member

Easy Water Fitness 45-minute class

Mon/Thurs 11:00 a.m.
\$30.00/month (Member/Non-Member)

Deep Water Fitness

Mon/Wed/Fri 9:00 a.m. Tue 10:00 a.m.
Mon/Tues/Wed/6:00 p.m. Thurs 12:15 p.m.
Free to Member/\$130.00 Non-Member

Shallow Water Fitness

Mon/Tues/Wed/Thurs/Fri 8:30 a.m.
Mon/Wed 6:45 p.m.
Free to Member/\$130.00 Non-Member

Aqua Jogging

Thursday 12:15 p.m. - Members Only

Self Balance

Friday 10:00 a.m. - Free to members

Personal Training in the Water

Contact Jim Farrell for more information

Land-to-Water with Mary (8 Weeks)

Monday 12:15 - 1:15 p.m.
Thursday 9:30 - 10:30 a.m.
\$94.00 Member/\$106.00 Non-Member

Life Guarding Course/Recertification (Incl. CPR & First Aid)

Contact the YMCA for more information TBA

Community CPR Class/First Aid/Pro CPR/Recertification

Contact the YMCA for more information Every 2nd Thursday of the month 6-9 p.m.

ADULT SPORTS

Athletic Director Josh Anderson: 847-9200 X113

Adult Volleyball (Season: Feb. - May)

Registration: Feb.
6-per. Volleyball (Recreation) Monday 6:00 - 10:00 p.m.
6-per. Volleyball (Competitive) Wednesday 6:00 - 10:00 p.m.
\$45.00 Member/\$85.00 Non-Member

Pickle Ball

Tues 8:00-10:00am
Fri 8:00-10:00am
Sun 2:30-4:30pm
Free Member/ \$5 Non-member

Gymnastic Director Shannon Farrell: 847-9200 X112

Adult Open Workout

Tuesday/Thursday 7:30-9:30 p.m.
\$8.00 Member/\$10.00 Non-Member

PERSONAL TRAINING

Healthy Living Director | Conor Nelson: 847-9200 ext. 132 or conorn@newportymca.org

One-On-One Training

One hour training session with a member of our certified personal training team personal trainer who will customize an exercise routine to fit your needs and help you achieve your goals.

Group Personal Training

Grab a friend, neighbor, spouse, partner or another member to help motivate and push one another, and experience the rewards of improved wellness together.

Please contact Conor Nelson at conorn@newportymca.org for a list of current packages and pricing. Visit our Membership & Registration desk to purchase a package.

GROUP EXERCISE

Group Exercise Coordinator | 847-9200 ext. 132 or groupx@newportymca.org

Our latest class offerings include Spinning , Les Mills Body Pump, Body Blast, Yoga, Zumba, Active Older Adult (AOA), Body Design, Tabata, Kickboxing, H.I.T.T., Cardio Abs, Tai Chi & more! **All classes are included in membership except for the following programs which non-members come for a walk-in:**

GroupX Walk-In (visit with member) Non-Member \$5

Senior Strength Non-member: \$3

Meditation Program (Pre-registration required)

This meditation program is a combination of movement, discussion, and lots of meditation! This course is for beginner meditators. Each class builds upon the previous, so plan to attend all classes. Tuesday's at 5pm (FREE)

Les Mills GRIT Program

(8 week sessions) Meets twice a week for two 30 minute sessions. Classes are high intensity cardio, plyo and strength workouts. GRIT is now offered at Common Fence Point!

Session Times TBA Member \$125/Non-Member \$150

Off-site Y-Fit Camp Classes

Outdoor Y-Fit Camps will be offered during the Spring Session. Dates/times TBA!

