



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEWPORT COUNTY YMCA ADAPTED PHYSICAL ACTIVITY YOUTH PROGRAMS FALL SESSION: OCTOBER 30 to December 24th

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 \$65 for members and \$85 for non-members unless otherwise noted.

GROUP CLASSES:

Monday:

Advance Swim at 7:00pm

Tuesday:

Teen Gymnastics at 6:30pm

Wednesday

Beginner Strength Training at 5:00pm

Thursday:

Teen Social Swim at 7:00pm

Friday:

Intermediate Strength Training at 5:15pm

Kids Social Swim at 6:15pm

Saturday:

Kids Gymnastics at 12:00pm

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: Saturday November 4th and December 2nd

TIME: 5:00-8:00

PRICE: \$10 for members/\$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