

Non-Profit
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Newport, RI
Permit# 198



Summer Session June 26 - August 20

Member Registration: May 22

Non-Member Registration: June 5

YMCA CLOSED ON July 4
Pool Closed Aug. 20 (12pm) - Sept. 16



 **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: Group Exercise classes, Health and Wellness Center, Weight Room, Pool, Gymnasium, Racquetball Court, Shower and Locker Room Facilities, Steam Room and Sauna, Baby-sitting 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

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

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

Accounting Office

Mon-Fri 8:00 a.m. – 4:00 p.m. (year-round)



SPECIAL PROGRAMS

FAMILY CAMP OUT!
SATURDAY, JULY 22, 2017

OUTDOOR LEADERSHIP CENTER

Our Outdoor Leadership Center is an ideal setting to explore challenges designed to enhance commitment, collaboration, and overall success of groups and teams. Our program is broken down into three areas: icebreakers, low ropes and team initiatives, and the high ropes course. For information on rates and available booking times, please contact Sports and Outdoor Leadership Director, Emerson Badessa at emersonb@newportymca.org or 401.847.9200 x113.

BIRTHDAY PARTIES

Celebrate Your Birthday with the Y! Choose between a Kids Gym, Pool, Splish Splash, Paint Party, Gaga or Sports party. Add to the party by including a bounce house, additional gym equipment or an extra hour of fun! Availability on Saturdays or Sundays for Members & Non-Member rates. Please contact Family Programs Coordinator, Maria Fombellida at treehouse@newportymca.org or 847-9200 X118 for more information.

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.

The Special Olympics mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with disabilities to continue 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 Special Olympics team events. Please contact Megan Leonard for more information about becoming an athlete or volunteer at meganl@newportymca.org or 401-847-9200 X117.



CHILD DEVELOPMENT

CHILD WATCH: Family Tree House

Family Tree House Coordinator | Maria Fombellida:
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.

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.

CHILD CARE: Twice As Nice PRESCHOOL

Child Care Director | Andrea Florendo: 841-5357 X110

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 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 Andrea Florendo at 841-5357 X110 or email at andrea@newportymca.org to schedule a tour.

OUT OF SCHOOL TIME (OST)

OST Director | Anne Schultz: 847-9200 X130

email: 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.



ADAPTED PROGRAMS

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

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

Adult Strength Training *

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

Adult Cardio Dance*

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

Adults Sports Group*

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

Adult Walking Group*

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

Water Aerobics*

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

Friday 11:15 to 12:00 p.m.

YOGA*

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

Water Stretch and Tone*

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

Dancing with Parkinson's

Tuesday 11:00 to 12:00 noon

10 Classes/\$75

Fitness Introductions for Adults

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.

60 Minutes/ 8 Sessions

\$160 Members/\$180 Non-Members

Adapted Private Swim Lessons

Individualized instruction focusing on the needs of the participants (i.e. swimming range of movement and water safety).

30 Minutes/ 8 Sessions

\$80 Members/\$105 Non-Members

Adult Social Nights

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

Dates: June 16, July 14 and August 18

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

\$5 per-person (Aids are free)

*No Charge. Programs sponsored in part by Mary Sullivan, The Tracy Foundation and The Fogarty Foundation.

KIDS & TEENS ADAPTED PROGRAMS

Kids Social Swim

\$55 Members/\$75 Non-members

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

Teen Social Swim

\$55 Members/\$75 Non-members

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

Advanced Swim

\$55 Members/\$75 Non-members

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

Kids Gymnastics

\$62 Members/\$85 Non-members

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

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

Teen Gymnastics

\$62 Members/\$85 Non-members

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

Beginner Strength Training

\$62 Members/\$85 Non-members

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

Intermediate Strength Training

\$62 Members/\$85 Non-members

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

Youth Yoga

\$62 Members/\$85 Non-members

Wednesday 3:00 to 3:45 p.m.

Youth Zumba

\$62 Members/\$85 Non-members

Monday 2:00 to 2:45 p.m.

Creative Kids (Art)

\$62 Members/\$85 Non-members

Tuesday 2:00 to 2:30 p.m.

Youth One-On-One Activities

\$115 Members/\$135 Non-members

45 Minutes/ 8 Sessions

Private Swim Lessons

\$100 Members/\$120 Non-members

30 Minutes/ 8 Sessions

Teen Social Nights

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

Dates: June 9, July 7 and August 4

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

\$10 Members/ \$15 Non-members



YOUTH SWIM LESSONS

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

Parent/Child Water Adjustment (30 min.)

\$55 Member/\$85 Non-Member
Mon/Tue/Wed/Fri 10:30 a.m. (ages 6-36 months)
Thursday 6:00 p.m. (ages 6-36 months)
Saturday 9:30 a.m. (ages 6-17 months)
Saturday 10:00 a.m. (ages 18-36 months)

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

\$55 Member/\$85 Non-Member
Monday 10:00 a.m.
Tuesday 10:00 a.m./5:30 p.m.
Wednesday 10:00 a.m.
Thursday 10:00 am/4:30/5:00/5:30/6:00 p.m.
Friday 10:00 a.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
Monday 11:00 a.m.
Tuesday 11:00 a.m./6:00 p.m.
Thursday 6:00 p.m.
Saturday 9:30/10:00 a.m.

Private Y-Swim Lessons (Ages 3+)

\$140 Member/\$180 Non-Member
Contact YMCA for more information.

Wahoos Swim Team (Ages 6–18)

Contact YMCA for more information.

YOUTH GYMNASTICS

Gymnastics Director: Shannon Farrell shannonf@newportymca.org ext. 112

Pre-School Gymnastics

(Ages 3-5) \$75 Member/\$90 Non-Member

Minis (45 minutes)

Tuesday 4:30 p.m.
Thursday 5:30 p.m.

Intermediate Minis (45 minutes) (By invitation only)

Tuesday 5:30 p.m.
Thursday 4:30 p.m.

Advanced Minis (45 minutes) (By invitation only)

Tuesday 4:30 p.m.

School Age Gymnastics

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

Girls Hot Shots (1 hour) (By invitation only)

Tuesday 4:30 p.m.

Girls Advanced Hot Shots (1 hour)

Thursday 5:30 p.m.

Boys Hot Shots(1 hour)

Tuesday 4:30 p.m.

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

\$55 Member/\$85 Non-Member
Monday 10:00 a.m.
Wednesday 5:15 p.m.
Thursday 10:30 a.m./5:00 p.m.
Saturday 10:30 a.m.

Youth I (45 min) (Ages 6+)

\$55 Member/\$85 Non-Member
Monday 10:30 a.m./4:30/5:15 p.m.
Wednesday 10:30 a.m.
Thursday 4:30 p.m.
Friday 11:00 a.m.
Saturday 9:00/9:45/10:30 a.m.

Youth I – Advanced (45 min) (Ages 6+)

\$55 Member/\$85 Non-Member
Thursday 5:15 p.m.
Saturday 9:00/9:45 a.m.

Youth II (45 min) (Ages 6+)

\$55 Member/\$85 Non-Member
Wednesday 4:30 p.m.
Saturday 10:30 a.m.

Summer Camp Swim Lessons Youth I

We pick up/drop off at the camp (30 min)
\$35 Member/\$54 Non-Member
Offered only during the week they are registered for Summer Camp.

Girls Beginner (1 hour) (Ages 6+)

Tuesday 4:30 p.m.
Thursday 5:30 p.m.

Girls Intermediate (1 hour)

Tuesday 5:30 p.m.
Thursday 4:30 p.m.

Girls Advanced (1 hour)

Thursday 4:30 p.m.

Boys Beginner (1 hour)

Tuesday 5:30 p.m.

Boys Intermediate (1 hour) TBD

Boys Pre-Team (1 hour) TBD

Girls Pre-Team (1.5 hours) (Ages 8+)

Wednesday 4:00 p.m.

Cheer Tumble (1 hour)

\$80 Member/\$100 Non-Member
TBD at the YMCA
Thursday 4 p.m. at Common Fence Point

KIDS RULE!

PARENTS NIGHT OUT (TBD)

(3-10 year olds)

Need some time to go to dinner, go shopping, or just relax for a few hours? Take advantage of our Parents Night Out program and enjoy an evening to yourself while your kids are having the time of their lives at the Newport County YMCA. Our Parents Night Out program offers safe, affordable care for your children. It is a fun, safe way for your child to meet friends, participate in games and activities designed to promote social interaction and cooperation! Activities include a pizza dinner, swimming, arts, crafts, a slip and slide and much more.

Members: 1st child: \$20

2nd child: additional \$15

3 or more: \$40 Total

Non-Members: 1st child: \$25

2nd child: additional \$20

3 or more: \$50 Total

MOVIE NIGHT on FRIDAY, AUGUST 11, 2017

Doors open at 6:00 p.m, movie starts at 6:30 p.m.

This is a FREE event

ADULT SPORTS

Sports Director | Emerson Badessa: 847-9200 X113

email: emersonb@newportymca.org

Adult Volleyball

Season: September - January

\$65 Member/\$85 Non-Member

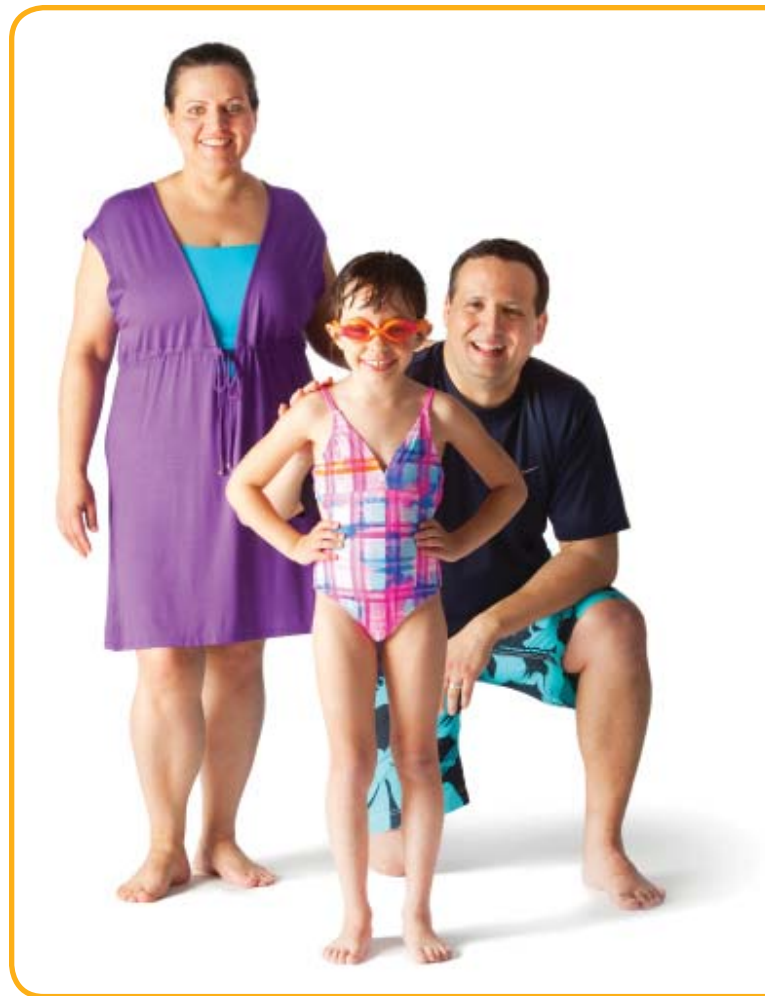
Registration: September

6 players per team Volleyball (Recreation)

Monday 6:00 to 10:00 p.m.

6 players per team Volleyball (Competitive)

Wednesday 6:00 to 10:00 p.m.



ADULT AQUATICS

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

*Schedule subject to change, check with Aquatic Dept.

Easy Water Fitness

FREE for Members/\$30 per month Non-Member (45 min.)

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

Mon/Thurs 11:00 a.m.

Deep Water Fitness*

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

Mon/Fri 9:00 a.m.

Tue/Wed/Thurs 10:00 a.m.

Mon/Tue/Thurs 3:30 p.m.

Shallow Water Fitness*

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

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

Mon/Wed 4:15 p.m.

Friday 8:15 a.m.

Aqua Jogging*

FREE for Members/\$130 Non-Member

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

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

Personal Training in the Water

Contact Jim Farrell for more information

COMMUNITY DEVELOPMENT

Contact Jim Farrell for more information.

847-9200 x108 email: jimf@newportymca.org

Life Guarding Course/Recertification

(Including CPR & First Aid)

\$265 Member/\$295 Non-Member + \$35 Red Cross Fee

Recert Only: \$100 Member/\$125 Non-Member

Community CPR Class/First Aid

Pro CPR/Recertification

\$65 Member/\$85 Non-Member

ADULT FITNESS

Healthy Living Director Jessica Graham

847-9200 X132 email: JessicaG@newportymca.org

Group Exercise Coordinator Dave Willis

847-9200 X119 email: groupx@newportymca.org

ADULT 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

GROUP EXERCISE

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.

SPECIALTY PROGRAMS

Les Mills Grit HIIT Program

\$125 Member/\$150 Non-Member/Student

This high intensity interval training program is made up of strength, plyometric and cardio 30 minutes workouts.

The program meets twice a week for eight weeks.

Monday/Wednesday 9:15 a.m./5:30 p.m.

Tuesday/Thursday 6:30 a.m./12:00 p.m.

Senior Strength

FREE to Member/\$3 per class Non-Member walk-in

Low impact class format geared toward adults age 65+

Mon/Thurs 11:00 a.m.

Common Fence Point Groupx Classes

FREE for Members

The Y offers off-site classes at Common Fence Point in Portsmouth.

SUNDAY: Zumba 9a.m.

MONDAY: Zumba Gold 9.30a.m./Zumba 5.30p.m.

TUESDAY: Gentle Yoga 9a.m./Body Pump 5p.m./Zumba 6p.m.

WEDNESDAY: Zumba 9a.m.

THURSDAY: Zumba 7.45a.m./Chair Yoga 1p.m./Zumba 6p.m.

FRIDAY: Zumba 9:15a.m.

SATURDAY: Barre 8:15a.m./Zumba 9a.m./Body Pump 10:15a.m.

