



© Molly Robinson Photography

SUMMER CAMP

Don't forget to register your child for the #bestsummerever at our Summer Day Camp. **Registration for members begins February 6th, 2018!**

RhodySquash

The Newport County YMCA has partnered with RhodySquash offering a permanent home for their program in Newport County.



The relationship is a perfect match with a combined focus on healthy living and social responsibilities. RhodySquash provides an opportunity for the underprivileged youth of our community to achieve their personal best through the integration of academics, community service and mentorship anchored by the sport of squash and the objective of self-actualization. **For more information regarding RhodySquash, please visit www.rhodysquash.org.**



Winter Session 2018 January 1 – February 25

Member Registration: Dec. 4
Non-Member Registration: Dec. 18

Early Spring Session 2018 February 26 – April 22

Member: Jan. 29
Non-Member: Feb. 12

Spring Session 2018 April 23 – June 17

Member: March 26
Non-Member: April 9
YMCA CLOSED ON MAY 28, 2018



ONE RATE Enjoy the benefits of membership that include: Our Wellness Center with Cardio and Circuit Equipment, a Free Weight Room, Functional Fitness Room, and a variety of Group Exercise Classes offered throughout Newport County. Members adore our Pool, Aqua Fitness Classes, Gymnasium, Racquetball Court, Baby-sitting Services, Shower and Locker Room Facilities with Steam Rooms and Saunas. Our Pool, Group Exercise and Basketball Gymnasium Schedules can be found on our website at www.newportymca.org, on our mobile app, "Newport County YMCA", and are available at the Y's Welcome Center.

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 thru Fri 5:00 a.m. to 10:00 p.m.

Saturday 7:00 a.m. to 9:00 p.m.

Sunday 7:00 a.m. to 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.

CHILD WATCH

FAMILY TREEHOUSE

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

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 Treehouse services. Availability is on a first come first serve basis. No reservations.

PHOTO ID REQUIRED.

HOURS

Monday thru Friday 8:30 a.m. to 1:15 p.m.

Monday thru Friday 4:00 to 7:30 p.m.

Saturday 8:15 a.m. to 12:15 p.m.

WELCOME CENTER

Stop by our newly re-designed Welcome Center to learn about our exciting programs. The Welcome Center team is happy and available to help with all your membership and program registration needs during regular facility hours. For additional support contact Alicia K. Turskey, Membership Director, at info@newportymca.org.

*You can also register for programs at www.newportymca.org.



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 Welcome Center to confirm schedules upon registering.
Copyright © 2018 Newport County YMCA • Newport County YMCA Winter-Spring Sessions 2018

WELCOME TO THE NEWPORT COUNTY YMCA!

SPECIAL EVENTS

Youth Nights (October – May)

Fridays from 6 to 9 p.m., Grades 4 through 8, \$10.00 Members/\$12.00 Non-Members.

For information: Contact Out of School Time Department (OST) at 847-9200 X137 or afterschool@newportymca.org .

Parent's Night Out at the Y

2nd Saturday of each month 4:30 to 8:30 p.m. (Children ages 3 – 10) October thru May

Pizza, pool, kids gym. Children must be potty trained. \$20.00 Mem/\$25.00 Non-Member, with a maximum of \$40 a Family for Members / \$50 a Family for Non-Members

Contact Maria Fombellida at treehouse@newportymca.org to learn more.

Parent's Night Out at Common Fence Point in Portsmouth

One Friday each month TBD., 6:30 to 9:30 p.m. (Children ages 5 – 12) \$10 per Child/\$30 max per Family

Games, arts & crafts, free play and a movie. A healthy snack will be served.

For information: Contact Out of School Time Department (OST) at 847-9200 X137 or afterschool@newportymca.org.

Birthday Parties

Choose from the pool, basketball gymnasium, kids gym or toddler parties at our new Treehouse.

All supplies are self-provided.

Starts at \$150.00 Members/\$185.00 Non-Members, price depends on party package selected.

Add \$40.00 if you want to include the bounce house (based on availability).

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

"Sweet 16" Member Appreciation Day held the 16th of each Month

Stop by the Y Welcome Center the 16th of each month to see how we are sweet on our members.

Family Fun Events

Easter Eggstravaganza

Spring 2018

Healthy Kids Day

Spring 2018

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 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 and Volleyball, April Track & Field and Bocce, and June Softball. This year we also added Junior Unified Soccer and Basketball for 8 to 13 year-olds. Please contact Megan Leonard at meganl@newportymca.org for more information.



CHILD DEVELOPMENT

Twice As Nice Preschool

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

September – June (Ages 3-5)

Must be fully potty-trained

YMCA Twice As Nice Preschool is licensed by DCYF and certified through BrightStars, "Rhode Island's quality rating and improvement system that recognizes and supports quality in child care and learning programs". Our 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 program includes a well-planned curriculum that 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, science, dramatic play, gymnastics, and swim lessons.

We have morning half day preschool from 8:30-12:30pm, with an extended day option 12:30-2:00pm. We also have full day preschool from 7:00am-5:30pm. Both programs have two, three, and five-day options.



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 youth in grades K-8. 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

VACATION CAMP

Senior Program Director | Kristen Petraraca:
847-9200 X135 | kristenp@newportymca.org

Choose from the following camps:

- Camp Staycation (variety)
- Camp "We Can!" (requiring smaller staff/child ratio)
- Gymnastics (AM rotations/PM variety)
- Sports (variety of sports)

Activities include swimming, arts & crafts, games and more!

December Vacation Camp

Dec. 26 thru 29, 2017

February Vacation Camp

Feb. 19 thru 23, 2018

April Vacation Camp

Apr. 16 thru 20, 2018



ADAPTED PROGRAMS

Adapted Programs Director | Megan Leonard: 847-9200 X117 | 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 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.

Adult Walking Group*

Thursday 10:45 to 11:30 a.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 to 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-Member

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/60 minutes each

\$160 Member/\$180 Non-Member

Adult Social Nights

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

DATES: Friday, January 19, February 16, March 16, April 20 and May 18

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

COST: \$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.

\$65 Member/\$75 Non-Member

Teen Social Swim

Age: 12 to 21

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

\$65 Member/\$75 Non-Member

Advanced Swim

Age: 12 to 21

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

\$65 Member/\$75 Non-Member

Kids Gymnastics

Age: 3 to 7

Saturday 12:00 to 1:00 p.m.

\$65 Member/\$75 Non-Member

Teen Gymnastics

Age: 12 to 21

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

\$65 Member/\$75 Non-Member

Beginner Strength Training

Age: 11 to 15

Wednesday 5:00 to 5:45 p.m.

\$65 Member/\$75 Non-Member

Intermediate Strength Training

Age: 15 to 21

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

\$65 Member/\$75 Non-Member

Kids Yoga

Age: 5 to 21

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

\$65 Member/\$75 Non-Member

Youth one-on-one activities

8 Sessions/45 minutes each

\$115 Member/\$135 Non-Member

Private Swim Lessons

8 Sessions/30 minutes each

\$100 Member/\$120 Non-Member

Teen Social Swim

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

DATES: Saturday, January 6, February 3, March 3, April 7 and May 5

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

COST: \$10 Member/\$15 Non-Member

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

YOUTH SWIM LESSONS

Aquatics Director | 847-9200 X108
Aquatics@newportymca.org

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

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

Monday/Wednesday 10:00 a.m.

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

Thursday 6:00 p.m.

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

Saturday 10:00 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./5:00/5:30/6:00 p.m.

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

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

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

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

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

Wednesday 11:00 a.m.

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

Monday/Tuesday 5:30 p.m.

Wednesday 5:15 p.m.

Thursday 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+)

Monday 3:45 p.m.

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 Aquatics Office for more information

\$140.00 Member/\$180.00 Non-Member

WAHOOS SWIM TEAM-Short Course

Coach Randy Doiron | RandyD@newportymca.org

The Newport County YMCA's Competitive Short Course season begins in September and continues until our league Championship Meet during the beginning of March. Team practices are Monday thru Thursday 5pm to 8pm and Fridays 4pm to 6pm, with dry land training available Monday thru Thursday 5pm to 5:45pm (ages 11-over). Our short course season meet schedule is available in September.

Swimmers eligibility: Must be an active YMCA Member
Ages *6-21.

*All first year swimmers must do a swim test with the Head Coach.

YOUTH SPORTS

Athletic Coordinator | Chris Gross 847-9200 X113
youthsports@newportymca.org

WINTER SEASON: January 13 - March 3

REGISTRATION: November 20 - January 15

Parent and Me Mighty Nights

Age 2.5 \$55 Member / \$75 Non-Member

Wednesdays at 10:00 a.m. and Saturdays at 9:00 a.m.

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 10 - April 21

REGISTRATION: February 12 - March 12

Parent and Me Mighty Nights

Age 2.5 \$40 Member / \$55 Non-Member

Wednesdays at 10:00 a.m. and Saturdays at 9:00 a.m.

Indoor Soccer

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

Ages 6-11 \$50 Member / \$65 Non-Member

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

SPRING SEASON: April 28 - June 23

REGISTRATION: March 26 - April 30

Parent and Me Mighty Nights

Age 2.5 \$55 Member / \$75 Non-Member

Wednesdays at 10:00 a.m. and Saturdays at 9:00 a.m.

Spring Soccer

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

Ages 6-10 \$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.

OLDER YOUTH SPORTS (Ages 12-17)

Athletic Coordinator | Chris Gross 847-9200 X113
youthsports@newportymca.org

Older Youth Volleyball II: January 3 - February 21

\$65 Member/ \$75 Non-Member

Wednesday 4:30 to 6:00 p.m.

Older Youth Basketball 3 vs. 3: February 28 April 18

\$50 Member/ \$60 Non-Member

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

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 including Common Fence Point in Portsmouth.

GroupX Classes at CFP are FREE for Y Members

Please check the CFP GroupX 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 School.

This program is FREE with a Y Family Membership.

For questions, please contact afterschool@newportymca.org.

YOUTH GYMNASTICS

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

Parent Child 1 (45 minutes Ages 1-2.5 years)
\$45 Member/ \$60 Non-Member
Monday/Wednesday/Friday 10:00 a.m.

Parent Child 2 (45 minutes Ages 2-3.5 years)
\$55 Member/ \$70 Non-Member
Monday/Friday 11:00 a.m.

Coed Minis (45 minutes Ages 3-5)
\$75 Member/ \$90 Non-Member
Tuesday 10a.m /3:30 p.m.
Wednesday 9/11 a.m.
Thursday 11:15a.m./3:30 p.m.
Friday 4:30 p.m.
Saturday 11 a.m.

Coed Intermediate Minis
(45 minutes Ages 3-5) (By invitation only)
\$75 Member/ \$90 Non-Member
Tuesday 11a.m/3:30/4:30 p.m.
Thursday 4:30 p.m.
Saturday 10 a.m.

Coed Advanced Minis (45 min Ages 3-5) (by invitation only)
\$75 Member/ \$90 Non-Member
Tuesday 3:30/5:30p.m.
Thursday 5:30 p.m.
Saturday 9 a.m.

Boys Hot Shots (1 hour Ages 4-7)
\$75 Member/ \$90 Non-Member
Monday/Friday 4:30 p.m.

Girls Hot Shots (1 hour Ages 4-7)
\$75 Member/ \$90 Non-Member
Tuesday/Thursday/Friday 4:30 p.m.

Girls Adv. Hot Shots (1 hour Ages 4-7)
\$75 Member/ \$90 Non-Member
Tuesday/Thursday 5:30 p.m.
Saturday 9:00 a.m.

Girls Beginner (1 hour ages 6-12)
\$75 Member/ \$90 Non-Member
Tuesday 5:30 p.m.
Thursday/Friday 4:30 p.m.
Saturday 10:00 a.m.

Girls Intermediate (1 hour Ages 7-12)
\$75 Member/ \$90 Non-Member
Tuesday/Friday 5:30 p.m.
Thursday 4:30 p.m.
Saturday 10:00 a.m.

Girls Advanced (1 hour ages 7-12)
\$75 Member/ \$90 Non-Member
Tuesday 4:30 p.m.
Thursday 5:30 p.m.
Friday 5:30 p.m.
Saturday 10:00 a.m.

Xcel Bronze (Preteam/Rec Team)
Contact Shannon Farrell for prices.
Tuesday 5:30 to 7:30 p.m. Thursday 5:30 to 7.30 p.m.
*You can choose to do one, or both days, with a monthly fee.
Prices are not by session.

Boys Beginner (1 hour)
\$75 Member/ \$90 Non-Member
Monday 5:30p.m.
Tuesday 4:30 p.m.
Friday 5:30 p.m.

Boys Intermediate (1 hour)
\$75 Member/ \$90 Non-Member
Friday 5:30 p.m.

Boys Pre-Team (90 minutes)
\$80 Member/ \$100 Non-Member
Tuesday 5:30 to 7:00 p.m.

Beginner Tumbling (1 hour ages 6-14)
\$80 Member/ \$100 Non-Member
Friday 3:30 p.m.

Intermediate Tumbling (1 hour ages 6-14)
\$80 Member/ \$100 Non-Member
Friday 5:30 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 thru Friday 12:00 to 12:45 p.m.

YOUTH HEALTH & WELLNESS

Healthy Living Director | Jessica Graham
847-9200 ext. 132 or jessicag@newportymca.org

Dylan's Sports Performance (1Hour) (Ages 8-18)
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-min dynamic warm up to start, acceleration, deceleration and change of direction drills and supervised weight training.
\$ 150.00 Member/\$200.00 Non-Member

Prescribe The Y (Ages 6-12)
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 | 847-9200 X108
Aquatics@newportymca.org

Adult YSwim Lessons (30 min)

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

Adult Adapted Aquatics

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

* Hydro Challenge (30 min)

Wednesday 9:15 a.m.

* Hydro HIIT (30 min)

Wednesday 10:00 a.m.

* Boot Camp (60 min)

Saturday 8:00 a.m.

* Easy Water Fitness (45-min class)

Monday/Wednesday/Friday 9:15 a.m.

\$30.00/month (Member/Non-Member)

Monday/Thursday 11:00 a.m.

* Deep Water Fitness

Monday/Friday 9:00 a.m. Tuesday/Thursday 10:00 a.m.

Monday/Tuesday/Thursday 3:30 p.m.

* Aqua Fitness

Monday/Tuesday/Wednesday/Thursday 8:30 a.m.

Monday/Thursday 4:15 p.m. Friday 8:15 a.m.

* Aqua Jogging

Monday/ Friday 10:00 a.m. Thursday 12:15 p.m.

Personal Training in the Water

Contact the Aquatics Office for more information

Contact the Aquatics Office for more information:

Life Guarding Course/Recertification (CPR & First Aid) TBD

Community CPR Class/First Aid/Pro CPR/Recertification

Every 3rd Tuesday of the month 6-9 p.m.

Every 2nd Saturday 12-3 p.m.

Babysitters Training TBA

* Classes are included in your Y Membership

ADULT SPORTS

Athletic Coordinator | Chris Gross 847-9200 X113
youthsports@newportymca.org

Adult Volleyball (Season: Feb. – May) Registration in 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: Free Member/ \$5 Non-member

Tues 8:00-10:00am, Fri 8:00-10:00am and Sun 2:30-4:30pm

Basketball 3 vs. 3: January 23 - March 20 \$150 per team

Tuesday 6:30-8:30 p.m.

Adult Open Workout in the Gymnastic Center

Shannon Farrell: 847-9200 X112

shannonf@newportymca.org

\$8.00 Mem/\$10.00 Non-Mem Tues/Thurs 7:30-9:00pm

HEALTHY LIVING

Healthy Living Director | Jessica Graham
847-9200 ext. 132 or jessicag@newportymca.org

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

GROUP EXERCISE

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 and more! **All GroupX Classes are included in your Y Membership, except for the following programs.**

Non-Members can attend classes at a drop in rate.

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

Senior Strength: Non-member: \$3

BOOT CAMPS

These military-inspired workouts burn serious calories. Boot Camps are stylized GroupX classes led by our Personal Trainers. 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

CHOOSE TO LOSE

At the Y, a supportive community is a big part of wellness. You'll find people here, just like you, looking to live a little bit healthier. Use the support and enthusiasm of fellow participants and our staff to achieve greater well-being. Our 10-week Choose to Lose Challenge helps you get in shape, lose weight, and adopt healthy eating and exercise habits. We'll support you every step of the way. We measure your initial fitness level, share information about fitness and nutrition, support you with weekly meetings, and encourage you throughout the process. In short, we're here for you!

