NEWPORT COUNTY YMCA
WHERE EVERYONE IS FAMILY!

FALL GUIDE 2019
Early Fall Session September 9—November 3
Member Registration: August 19
Non-Member Registration: August 26
*NO CLASSES 10/12 & 10/31
Late Fall Session November 4—December 29
Member Registration: October 14
Non-Member Registration: October 28
*NO CLASSES 11/27-12/1, 12/24-12/29
WHO WE ARE

WELCOME!
This program description and session information guide will provide YMCA Members with information regarding their membership benefits and descriptions of the programs we offer. For up-to-date information on pricing, days and times, please refer to the program sessions brochure, our website at www.newportymca.org, or call the YMCA at 401.847.9200.

FOR YOUTH DEVELOPMENT

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.

FOR HEALTHY LIVING

A TRADITION OF VOLUNTEERS
Volunteers have always played a critical role in helping the YMCA fulfill our mission of service to the community and all who come through our doors. We welcome any skill or time you can offer. People working together, it’s a YMCA tradition! Call 401.847.9200 for more information.

FOR SOCIAL RESPONSIBILITY

YMCA CODE OF CONDUCT
The YMCA practices the values of caring, honesty, respect and responsibility. Our code of conduct does not permit language or actions that might hurt or frighten another person or that falls below a generally accepted standard of conduct. Suspension or revocation of membership privileges may result from any violation of the Code of Conduct.

LETTER FROM OUR CEO

The Newport County YMCA has been serving Newport County since 1878. The “how we serve” has changed over those 141 years. Every day we work side-by-side with our neighbors to make sure everyone, regardless of income or background, has the opportunity to learn, grow and thrive. That’s why, at the Y, strengthening community is our cause. Lasting personal and social change comes about when we all work together to invest in our kids, our health, and our neighbors. Bringing families together has always been our focus of programming and we will continue to develop new programs that allow families to spend affordable quality time with each other. I hope that you will explore all of the opportunities that we offer. It’s more than a place to go—it’s a community organization that brings people from all walks of life together to connect with one another, improve their health and improve our community.

Mike Miller, CEO
401.847.9200, ext. 120,
or mikem@newportymca.org
MEMBERSHIP & BENEFITS
Join the Y and enhance your life.

CANCELLATION POLICY
To cancel your membership please email your request to welcomecenter@newportymca.org or fill out a cancellation form located at the Welcome Center. Requests to cancel membership must be received at the Welcome Center 15 days (minimum) prior to the date membership fees are withdrawn. Less than 15 days will result in the cancellation taking effect the following month.

ON HOLD POLICY
A membership can be placed on hold for up to 3 months in a 12-month period. To place your membership on hold please email your request to welcomecenter@newportymca.org or fill out a hold form located at the Welcome Center. Requests must be received at the Welcome Center 15 days prior to the date membership fees are withdrawn. Less than 15 days will result in the hold taking effect the following month.

MEMBERSHIP MONTHLY RATES 2019

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Monthly Rate</th>
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</thead>
<tbody>
<tr>
<td>Family</td>
<td>$79 per month</td>
</tr>
<tr>
<td>2 Adults &amp; Children living in same household</td>
<td>$64 per month</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$49 per month</td>
</tr>
<tr>
<td>1 Adult &amp; Children living in the same household</td>
<td>$30 per month</td>
</tr>
<tr>
<td>Adult</td>
<td>$16 per month</td>
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<tr>
<td>College*30 under 30</td>
<td>$12 per month</td>
</tr>
<tr>
<td>Older Youth (15-17 years-old)</td>
<td>$12 per month</td>
</tr>
<tr>
<td>Youth (6-14 years-old)</td>
<td>$12 per month</td>
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</tbody>
</table>

JOINER FEE
There is a one-time joiner fee charged to our new members.
- Family, Single Parent Family: $75
- Adults: $50
- College*30 under 30, Older Youth, Youth, Military & Seniors: NO JOINER FEE

GUEST FEES: $10 for 18+, $5 under 18 years-old

BANK DRAFT/DEBIT**
Membership fees must be paid by using an electronic funds transfer that automatically debits your checking or credit card account for the monthly fee. **A fifteen (15) day written notice prior to your draft date is required to change or stop your debit.

FINANCIAL ASSISTANCE
No one will be denied the opportunity to participate in YMCA activities due to an inability to pay the program or membership fee. Confidential scholarship assistance is available. Stop by the Welcome Center or visit our website to obtain a membership or program financial assistance form.

PRIORITY REGISTRATION & REDUCED RATES
“Member only” registration begins 4 weeks prior to the start of the first program session on the current YMCA Session Guides. Programs are offered to YMCA members at reduced rates. Online registration is available by going to: www.newportymca.org

PROGRAM REFUNDS & CREDITS
A full refund or credit can be requested prior to the start of a program or if the YMCA cancels a program. A credit can be applied toward any YMCA program. If a refund or credit is requested after the first class but prior to the second, a 50% refund or credit will be issued. There will be no refunds or credits issued after the second class. Please see the department director for refunds or credits.
IMPORTANT DATES
PROGRAM SESSIONS, FAMILY PROGRAMS, EVENTS & SO MUCH MORE!

Early Fall Session
September 9 through November 3, 2019
Member Registration: August 19
Non-Member Registration: August 26
*NO CLASSES 10/31

Late Fall Session
November 4 through December 29, 2019
Member Registration: October 14
Non-Member Registration: October 21
*NO CLASSES 11/27-12/1, 12/24-12/29

PARENT’S NIGHT OUT AT THE Y
Held one Saturday per month, from 4:30 to 8:30 p.m. October through May. Pizza, pool, kids gym. Children ages 3 – 10, must be potty trained. $25.00 for Members / $30.00 for Non-Members, with a maximum of $50 a Family for Members / $60 a Family for Non-Members

FAMILY RECREATIONAL TIME
Looking for a great family activity? The pool is scheduled throughout the week for family swim. See the pool schedule for days and times

OPEN FAMILY GYM IN THE GYMNASTICS CENTER
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, $15 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 12:00-12:45pm & 1:00-1:45pm PUNCH CARDS: Pay for 10 Visits and get the 11th visit FREE!

SCHOOL VACATION/DAY-OFF POLICY
When the area schools are not in session due to vacations or days off, youth members are allowed regular hours. Youth hours will begin at 2:00 pm with the regular 5:30 pm cutoff. Full or half-gymnasium will be available. Refer to the pool schedule for youth swim times. Youth's are allowed two guests.

YOUTH & OLDER MEMBER ACCESS HOURS
Youth Members (ages 10 and up) have access to the Y facilities without adult supervision from 2:00pm until 5:30pm Monday through Saturday, and from 2:00pm until 5:00pm on Sunday with exception of the Wellness Center (refer to the Wellness Center Youth Policy). Youth in the facility before and/or after youth hours must be accompanied by an Adult Y Member at all times. Older Youth Members have access to the facility during regular operating hours.

*CANCELATION Section to review Wellness Center Policies.

CANCELLATIONS, DELAYS & CLOSINGS
Any changes will be posted on our website:
www.portsymca.org, on our Facebook page (Newport County YMCA), and our mobile app.

PROGRAM MAKE UP CLASSES
Make up classes will not be scheduled when a class is not held due to circumstances beyond our control (weather, public utility failures, etc.) that cause the YMCA to cancel. Refunds or credits are not available for individuals who miss class due to their own lack of attendance.

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IMPORTANT DATES
PROGRAM SESSIONS, FAMILY PROGRAMS, EVENTS & SO MUCH MORE!

FALL FESTIVAL
Sunday October 27, 2019
More information to follow
Arts & Crafts, Games, Rock Wall & learn about all of the exciting Y programs.

YOUTH NIGHT EVENTS at the Y
DECEMBER – MAY
FRIDAY’S
6:00 - 8:30pm
For those in 4th to 8th Grade

YMCA FACILITY CLOSINGS
***
***
Christmas Eve—12:00 noon
New Years Eve—6:00pm
New Years Day—9:00am—3:00pm

POOL CLOSED 8/24-9/9/19

ANNUAL EVENTS

Wine, Beer & Food Tasting
Thursday November 7th
Newport Vineyards

Thanksgiving PIE RUN
Thursday, November 28th
The Newport County YMCA

CELEBRATE WITH US!
Have your child’s Birthday Party at the Y.
CELEBRATING IS EASY AS 1,2,3:
1. Contact the Family Coordinator
2. Choose your party type
3. Choose your date/time

Choose between a Pool, Gymnastics, Splish/Splash, Sports, Ninja or Toddler Party at the Treehouse (availability on Saturdays and Sundays).
Visit www.newportymca.org, or contact our Family Coordinator at 401.847.9200 x118 or treehouse@newportymca.org for more information.

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 Y’s Welcome Center to confirm schedules upon registering.
Please visit www.newportymca.org for additional Newport County YMCA policies.
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Newport County YMCA Winter Sessions 2019.
NEWPORT COUNTY YMCA’S COMMUNITY SUPPORT CAMPAIGN

YOUR DUES OPERATE THE FACILITY.

Each year, our Y gives back to our community more than $270,000 worth of Membership & Program Scholarships to support our neighbors.

YOUR GIFT CHANGES LIVES!

Here’s how your gift can make a difference:

<table>
<thead>
<tr>
<th>Recognition Society</th>
<th>Gift Amount</th>
<th>IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leadership Society</td>
<td>$2,500</td>
<td>Sends TEN children to Summer Camp</td>
</tr>
<tr>
<td>Community Partner</td>
<td>$1,000</td>
<td>Gives a deserving family a ONE YEAR Family Membership</td>
</tr>
<tr>
<td>Investor</td>
<td>$500</td>
<td>Funds necessary equipment for TWELVE Special Olympics Athletes</td>
</tr>
<tr>
<td>Supporter</td>
<td>$250</td>
<td>Sponsors TWO adolescents for a full 8-week session of “Growing Great Girls/Guys”</td>
</tr>
<tr>
<td>Believer</td>
<td>$100</td>
<td>Provides TWO weeks of safe and fun after-school care</td>
</tr>
<tr>
<td>Friend</td>
<td>$50</td>
<td>Teaches ONE child how to swim</td>
</tr>
</tbody>
</table>

You can help someone reach their potential.

GIVE TODAY.

Newport County YMCA’s Community Support Campaign

When you help, you change lives.

Your gift makes a meaningful, enduring impact right here in your own backyard. With your donation, more kids can have a safe place to learn and build confidence, more families can reconnect and grow together, and more people will have the resources to help them reach their full potential. Your kindness can give the chance of a lifetime to those in our community who need it most.

For more information, visit www.newportymca.org/giving
CHILD CARE

FAMILY TREEHOUSE
(AGES 6 WEEKS TO 10 YEARS OLD)

The Treehouse Child Watch 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. Please note there may be a wait during high volume hours.

6 WEEKS-6 MONTHS: 1 HOUR
6 MONTHS-1 YEAR: 1.5 HOURS
1-10 YEARS: 2 HOURS

MONDAY – FRIDAY
8:30 AM TO 1:15 PM AND 4:00 PM TO 7:30 PM

SATURDAY & SUNDAY
8:15 AM TO 12:15 PM

OUT OF SCHOOL TIME
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

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

TWICE AS NICE PRESCHOOL
SEPTEMBER–JUNE OR YEAR ROUND OPTIONS
(AGES 18 MONTHS–5 YEARS OLD)

MUST BE FULLY POTTY TRAINED FOR THE PRESCHOOL PROGRAM

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 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.

PRESCHOOL

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.

Our Full Day Preschool program hours are 7:00am to 5:30pm. There are two, three, and five day options which include a swim lesson and/or a gymnastics lesson one day per week. (Lessons depend on the day the child attends)

TODDLERS

Twice as Nice is excited to announce that we will begin accepting Toddlers ages 18months–3years beginning September 2019. We believe that toddlers learn best in a safe and loving environment where they can explore and engage in meaningful play. The activities are aligned with the RIELDS and our teachers will use these standards to guide the curriculum and inform families about learning and developmental milestones. Our toddlers will sing songs, learn to count, discover the world around them, and learn to follow simple instructions. This program will build the foundation to prepare the children for a lifetime of learning.

Our Full Day Toddler program hours are 7:00am to 5:30pm. There are two, three and five day options which include a gymnastics lesson.

Registration for the 2019–2020 school year is currently open with limited space available.

Let Twice As Nice be an experience your child looks forward to everyday!
ADAPTED PROGRAMS

Adapted programs are designed to give children and adults with all abilities 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 each person’s strengths and individuality. Programs are designed to foster independence while providing positive experiences for our participants.

SPECIAL OLYMPICS

The mission of the Newport County YMCA Special Olympics Team is to provide year-round sports training and competition for children and adults, giving them opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship within the Special Olympics community. The Newport County YMCA Special Olympics is always accepting new volunteers, partners and athletes. For more information about the Special Olympics Team contact our Special Olympics Team Coordinator Megan Leonard at meganl@newportymca.org or 401-847-9200 x117.

ADAPTED PHYSICAL ACTIVITY AND INCLUSION

Each week we hold 10 APA classes such as water weights, cardio dance, chair yoga, strength training and walking club for our adults as well as inclusion social swim for our youth. We additionally have options available for 1:1 personalized fitness sessions and swim lessons. All of our programs are significantly discounted or free of charge as a result of incredibly generous donations and grants in place.

LIFE SKILLS PROGRAM

Life Skills is designed for middle and high school students with intellectual & developmental differences. The curriculum focus is on nutrition, wellness, and life skills to provide them with the necessary skills and tools to transition to adulthood. Life Skills is held Monday through Friday from 1:30pm-5:30pm during the school year. All experiences in this program are designed to foster independence and self-determination. For more information about the Life Skills and Physical Activity Inclusion Programs, contact our Adapted Physical Activity Director Cori O’Kane at corio@newportymca.org or 401-847-9200 x117.
RHODYSQUASH

"Squash is like chess at 100mph. It requires fitness & tactics. It instills the importance of hard work, dedication, focus and commitment."

RhodySquash, a non-profit organization founded in 2011, combines academic tutoring, squash instruction and mentoring for disadvantaged youth in grades 5-8 in Newport County. In 2018, RhodySquash merged with the Newport County YMCA, creating a robust partnership and offering a permanent home for this life-changing program.

RhodySquash is an after-school program modeled after the successful urban Squash programs, SquashBusters and StreetSquash. Our season runs from October to May, with practices and tutoring held at different locations near the Newport County YMCA.

Why Squash? Squash is the perfect sport to instill the values of integrity, respect, and sportsmanship. It requires incredible fitness, strategy, and athleticism. Squash is a fun and valuable activity for any young person.

RhodySquash commits to coaching/mentoring every member of the team to reach his or her highest potential on and off the Squash court.

Academic Tutoring: Success in school often leads to success in life. For this reason, great attention is given to the academic progress of each student. At each after-school session, students receive an hour of academic help from our dedicated staff of tutors and volunteers. For more information about RhodySquash, contact Wyatt Reynolds at wyattr@newportymca.org or 401-847-9200 x113.

OUTDOOR CENTER

Looking for a fun way to REALLY enjoy the outdoors? The Newport YMCA Outdoor Center is your answer! Come experience an outdoor experience like nowhere else on Aquidneck Island! The Outdoor Center is open April through November. Weekday and weekend options. For more information contact Rachel Channen at rachelc@newportymca.org or 401-847-9200 x135.

DEVELOP LEADERSHIP & COMMUNICATION SKILLS
Each program is customized to fit the needs and goals of your group focusing on what skills you want your team to work on. We can help you improve teamwork in the workplace!

CHALLENGE COURSE
Available for 8-20 people, April through November. The Challenge Course is also used during Summer Camp, Family, Corporate and School Gatherings in addition to private rentals.

FACILITIES AVAILABLE:
• 2 Pavilions
• Archery Course
• Sport Fields
• Outdoor Restrooms
• Challenge Course

WHICH INCLUDE:
• 2-Sided 46ft Climbing Tower
• 275ft Zip Line
• 40-50ft Cargo Net
• Low & High Rope Elements
• Team Building Initiatives
• Ice Breakers
• Inflatable Slip & Slide

CHARACTER EDUCATION
Families, friends and strangers build life long memories as they explore and overcome their fears and discover unknown sources of courage!

The Y Offers:
• Workshops for Character Development
• Competitive Team Building Programs
• Girl and Cub Scout Badge Requirement Programs
• Anti-Bullying Programs & So Much More!
Coming Soon
The Newport County YMCA at Common Fence Point
Community Center

Renovations will be completed soon and programming will include:

- **After School Kids Club**
  
  Contact Anne Schultz at annes@newportymca.org

- **Vacation Camps**
  
  Contact Rachel Channen at rachels@newportymca.org

- **Group Exercise**
  
  Contact Marcianne Andreozzi at marciannea@newportymca.org
HEALTH & WELLNESS ~ADULT

WELLNESS CENTER

The YMCA Wellness Center promotes a positive and memorable experience. All our staff in the wellness center are trained and qualified to assist you in reaching your goals. We offer a free orientation to every member to ensure safety and assistance in developing a workout program suited for your needs. Our facilities include:

- Cardio Room has a variety of Cybex and Matrix machines like Treadmills, Stairmasters, Ellipticals, Rowers, ArcTrainers, Spin Bikes, Precors, Cybex Recumbent Bikes, Versa-Climbers and more
- Circuit Room featuring the dynamic technology of the Prestige VRS ™ line from CYBEX® and Cybex/Matrix Cardio Equipment.
- Weight Room includes Hammer Strength, Smith machines, Cybex Strength Equipment, Squat Racks, Stretching area, Kettlebells and free weights.
- Functional Fitness Room has the MATRIX Connexus system, punching bags, Kettlebells, TRX and Barre classes, jump ropes and more.
- Sports Performance Center includes Skillmills, Ropes, Kettlebells, and Sleds.

Please call 401-847-9200 ext. 132 for a Complimentary Fitness Consultation with one of our Nationally Accredited Certified Personal Trainers.

WELLNESS CENTER POLICIES

Youth members 10–14 years of age who have had a Wellness Center Orientation with a staff member or have taken a Youth Fitness Class will be allowed in the wellness center during the hours of 2:30 – 5:00 p.m. and 7:00 – 10:00 p.m., Monday through Friday and after 12 noon on weekends. Parents MUST accompany youth members 10–14 years of age between 7:00 – 10:00 p.m. Children ages 10–12 MUST be with a parent at all times.

PERSONAL TRAINING

Our certified professional personal training team is trained to work with all populations from the novice to the advanced exercise enthusiast. Work with a Certified Personal Trainer and design a customized exercise, fitness, sports, or strength curriculum to meet your goals. Single or multiple sessions available for 30-minute or 1-hour appointments. Discounts available for purchasing multiple sessions. Choose from a list of qualified certified trainers to assist you with your specific needs. Schedule a personal training consultation by emailing our Healthy Living Director, Marcianne Andreozzi at marciannea@newportymca.org or 401-847-9200 x132.

NUTRITION CONSULTANT

Let our onsite Registered Dietitian and Behavioral Coach help you meet your meet your nutrition and healthy living goals. Contact Pamela Coward at pamelac@newportymca.org to set up an appointment.

CORPORATE WELLNESS OFF-SITE FITNESS PROGRAMS

The Newport County YMCA offers off-site fitness classes and outdoor fitness camps for any and all corporations. Whether it is team building or part of your next corporate retreat, our Nationally Accredited Certified Personal Trainers are here to help! Contact the Health and Wellness office to organize an offsite fitness class for your business or small group training. We have a great corporate program and rates for our community to stay connected!

LIVESTRONG

NEW at the Newport County YMCA!

LIVESTRONG at the Y is an evidence based small group training program for adult cancer survivors at any and all points in time. This program is offered at no cost to participants referred by their physicians. LIVESTRONG meets twice per week and will run for 12 weeks, lead by Y certified trainers. Contact Marcianne Andreozzi at marciannea@newportymca.org

LIVESTRONG

AT THE YMCA

SURVIVOR
GROUP EXERCISE

AOA (ACTIVE OLDER ADULT)
A cardiovascular section along with overall body toning makes this a safe and balanced program for the active older adult. All ages are welcome.

SENIOR STRENGTH
Move the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Non-Member Senior Strength Punch Cards are available for purchase at the Y’s Welcome Center. $30/10 Class Senior Strength Punch Card for Non-Members

KETTLEBELL
A 30-Minute class that works every muscle group. Kettlebells are like the Swiss army knives of weights—they do it all. Not only can they help you work more muscles in half the time, they also do double duty for both cardio and strength to work your upper body, lower body, and core, along with some cardio... all in just 30 minutes.

ZUMBA
Have you always wanted to try Latin Dance? Now is the time... get ready to sweat as you learn easy to follow and FUN dance moves! Great group setting and a great way to exercise!

KICKBOXING
Kick and punch your way to a great body while getting your heart rate up and having FUN!

SPIN
This non-impact, high-intensity workout improves aerobic fitness while increasing endurance and strength. Many different classes and times to choose from! They fill up quickly! Be sure to sign in at the Welcome Center to reserve a bike!

LES MILLS: BODY PUMP
For anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, you will get a total body workout.

BARRE
This class mixes elements of Pilates, dance, yoga and functional training. In each energizing and targeted workout, you’ll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

H.I.I.T.
High Intensity Interval Training – Burn as many calories as possible during and after the workout. HIIT is continuously aerobic, with periods of intense cardiovascular and/or weight training drills.

YOGA
A total body workout that creates long lean muscles, cleanses negative energy, and builds strength. Yoga is an excellent form of strengthening, toning, stretching all in one as you mindfully stay healthy inside and out.

TRX
Suspension bodyweight training exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user’s body weight to complete 100’s of exercises.

BODI BOXING BEATDOWN
High intensity group class combining boxing, conditioning, strength training, along with mental and physical toughness. There are 6 cycles, with 8 (one minute) exercises in each cycle, equaling 48 grueling exercises. Each cycle focuses on upper body, lower body, core, and abs along with cardio. This is a great class to try if you are ready to challenge yourself! Let’s do this!

PILATES
Pilates is a system of focused movements and breathing techniques aimed at improving flexibility, posture, and strength without adding muscle mass. All levels welcome!

CORE PRINCIPLES
A group class which focuses on all of the horizontal plane which is all about the core. This class will help strengthen and stabilize your core principles with the end result being sore but satisfying!!! Come join us!

STRENGTH & TONE
Have fun and move to the music through a variety of exercises designed to improve balance, flexibility, muscular strength, and range of motion using hand-held weights, elastic tubing with handles.

Download the Newport County Y app today!
Search Newport County YMCA in your smartphone app store.
Stay connected with schedules and announcements!
HEALTH & WELLNESS ~ YOUTH

PRESCRIBE THE Y!
FALL 2019
Tuesday/Thursday 4:00–5:00pm
*Participants must have a doctors referral

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. Participants will need a referral letter or recommendation from their physician to join the program.

SPORTS PERFORMANCE FALL 2019
M/W 4–5pm, Ages 13+
T/TH 5–6pm, Ages 8–12

$150 MEMBER/ $200 NON-MEMBER

This program is designed to prepare young athletes for their upcoming sports 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 his or her needs every 8 weeks. Workouts consist of 30-minute dynamic warm up to start, acceleration, deceleration, and change of direction drills and supervised weight training. Space is limited.

GROWING GREAT GIRLS (GGG) FALL 2019
(Ages 7–12) Monday 4:00–5:00pm
$100 MEMBER/ $150 NON-MEMBER

Growing Great Girls (GGG) is a health and fitness program that has been newly developed at the Newport County YMCA. GGG was created to empower girls socially and physically. The goal of this group is to create a space where girls can thrive and feel strong in body and mind. All of the activities in GGG are focused on blending physical abilities into positive thoughts and actions. From recognizing their strength in flipping tractor tires to journaling acts of kindness and even growing a community garden. Girls in this group learn to work together and place value on themselves for all their accomplishments.

GROWING GREAT GUYS (GGG) FALL 2019
(Ages 7–12) Wednesday 4:00–5:00pm
$100 MEMBER/ $150 NON-MEMBER

Kindness and self-worth are values that are not gender specific! Boys in this group will learn kindness, sportsmanship and find their inner strength in this boys-only noncompetitive program. The goal of this group is to create a bond where the boys will grow together and find the strength in body and mind, through team building and exercise.

YOUTH BOXING FALL 2019
(Ages 8–18)
Tuesday 4:00–5:00pm & Saturday 1:00–2:00pm
$125 MEMBER/ $150 NON-MEMBER

This class is for our brand-new boxers. Participants will learn boxing basics, drills and bag work along with strength and endurance.
GYMNASTICS

The YMCA Gymnastics Program is patterned after the USA Gymnastics Junior Olympic Program. We offer beginner through advanced level instruction, as well as levels 1-9 & Xcel team. Our goal is to help each child achieve their highest potential through proper skill progression with safety as our number one concern. Our fully equipped YMCA gymnasium includes uneven bars, parallel bars, rings, pommel horse, balance beam, vaulting table, resi-pit, foam pit, Tumble Trak and 40’ X 40’ spring floor, plus an area specifically designed for the “Mini’s” gymnasts, with low beams, wedge mats, and tot sized vault and bars.

GYM WITH PARENT (Ages 1-3, 45 min.)
The primary focus of this class is for the parent and child to have fun together, while focusing on gross motor skills and movement throughout the class. Obstacles will be set up by staff to challenge each participant. Participants will learn through games, songs, and other activities that help to develop body awareness. We offer co-ed classes that are separated by age.

MINI’S GYMNASICS (Ages 3-5, 45 min.)
Gymnastics instruction will be taught on our preschool apparatus. Children will accomplish basic gymnastics skills, learn body positions, and develop the listening and coordination skills necessary to advance in the preschool program. Co-ed classes are separated by skill level; Beginner Mini’s, Intermediate Mini’s, and Advanced Mini’s.

HOT SHOTS (Ages 4-7, 55 min.)
Hot Shots classes will build on participants understanding of gymnastics terminology, progression with basic skills, flexibility, and strength. Boys classes will focus on the Men’s six Olympic events: Vault, High Bar, Parallel Bars, Pommel Horse, Rings, and Floor. The girls classes will focus on the Women’s four events: Vault, Bars, Beam, and Floor. Previous experience or permission of the gymnastics director is required.

GIRLS YOUTH CLASSES (Ages 6-12, 55 min.)
These classes will focus on building self-confidence, strength, flexibility, and balance on the Women’s four Olympic events. Beginner, Intermediate, and Advanced classes offered.

BOYS YOUTH CLASSES (Ages 6-12 years, 55 min.)
These classes will focus on building self-confidence, strength, flexibility, and balance on the Men’s six Olympic events. Beginner and Intermediate classes offered.

TUMBLING (Ages 6-12 years, 55 min.)
These classes will focus on floor, tumbling, and jump rather than all 4 Olympic events. Great for cheerleading, Martial Arts, snowboarding, gymnasts looking for extra floor time, or those just looking to learn how to safely master the basics of tumbling. Beginner, Intermediate, and Advanced classes offered.

BOYS & GIRLS GYMNASICS TEAM (Ages 4-18 years, invitation only)
USAG & YMCA Competitive/YMCA Recreational teams available. Prices vary by level. Contact YMCA for details.

Evaluations can be done to determine level. We offer Girls levels 1-9 and Xcel as well as Boys levels 3-9. Practice times vary from 2-15 hours per week based on level. There are three different team options.

Recreational Team: For those who do not wish to compete but would like to further their gymnastics skills.

YMCA Team: Competes at YMCA competitions. Eligible to qualify for Y Regionals and Nationals.

USAG Team: Requires a little more commitment and dedication, as well as USA Gymnastics Membership.

OPEN ADULT WORKOUTS (Ages 14+)
We offer a few different open workouts based on age and experience. Open workouts are based on a walk-in fee. This is a 90-minute time slot where you can work on your own or ask the trained staff for help with particular skills you would like to learn. Come check out the gymnastics center and challenge yourself!

Team Open Workout: Must be a Y Gymnastics Team member, or have permission from the Gymnastics Director.
PUNCH CARDS: Pay for 10 Visits and get the 11th visit FREE!

PRIVATE LESSONS (Ages 5+)
Can be scheduled in 30, 60, or 90-minute blocks. Contact the Gymnastics Director for more information, or to schedule your private lesson.

NEW TO THE Y!
NINJA ZONE (Ages 3-13)
NinjaZone is the fusion of obstacle training, Gymnastics, Martial arts and freestyle movement. The purpose of the program is to turn energy into ambition one awesome kid at a time! This is done through building strength & agility, fundamental movement, discipline and creativity.
<table>
<thead>
<tr>
<th>GYMNASTICS CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
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<td>PRESCHOOL Co-ed Mini's (45 min.)</td>
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<td>$80 Members $100 Non-Member</td>
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<td>SCHOOL AGE Girls Beginner (55 min.)</td>
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<tr>
<td>TUMBLING Beginner (55 min.)</td>
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<td>NINJA CLASS</td>
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<tr>
<td>NINJAzone Lil Ninja's (45 mins)</td>
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<td>NINJAzone Ninja Girls (55 mins)</td>
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<td>$100 Members $130 Non-Members</td>
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<td>NINJAzone Ninja Boys (55 mins)</td>
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<tr>
<td>NINJAzone Ninja Boys (55 mins)</td>
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<td>$100 Members $130 Non-Members</td>
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</table>

*All Ninjas must be in uniform, uniforms can be purchased at the Newport County YMCA.
UNIFORM COST: $50, for more info see Shannon Farrell or email shannonf@newportymca.org.
# GYMNASTICS TEAM SCHEDULE

By invitation only, please see Shannon Farrell for placement.

<table>
<thead>
<tr>
<th>TEAM PRACTICE</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td>LEVEL 1</td>
<td>5+</td>
<td>$90 Members *Must be a Y Member</td>
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<td>LEVEL 3</td>
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<tr>
<td>LEVEL 4 &amp; 5</td>
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<tr>
<td>LEVEL 6-8</td>
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<tr>
<td>XCEL BRONZE/XCEL SILVER</td>
<td>8+</td>
<td>$95 Members *Must be a Y Member</td>
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<tr>
<td>XCEL GOLD</td>
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<tr>
<td>XCEL PLATINUM/DIAMOND</td>
<td>8+</td>
<td>$150 Members *Must be a Y Member</td>
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<td>4:00-7:00pm</td>
<td>4:00-7:00pm</td>
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<tr>
<td>BOYS TEAM ALL LEVELS</td>
<td>5+</td>
<td>$90 Members</td>
<td>5:30-7:30pm</td>
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*Sept/October—1 day/week
Opening this Fall—the newly renovated Gymnastics Center

We are incredibly excited for our newly renovated gymnastics center to open this Fall!

Our parent and child groups, competitive teams and special programs will have a state of the art facility. Stay tuned for details!
YOUTH AQUATICS

YOUTH SWIM LESSONS

PARENT/CHILD SWIM PROGRAM
(Ages 6-36 months, 30 min.)
The primary objective is to have both the parent and child comfortable in the water. This is a non-subversive class. Children will become aware of the differences between moving through water and on dry land, while the parents will become aware of how to teach their child to be safe in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control. Activities are based on developmental abilities of the child.

PRE-SCHOOL SWIM (Ages 3-5, 30 min.,)
(Advanced Preschool must be able to swim without any flotation device) The Preschool Swim Program offers children their first experience in the pool without parental assistance. The children are taught the basic skills/building blocks of swimming. They will learn about pool safety and the use of personal flotation devices. The 30-minute class is taught by a caring, qualified swim instructor. Buoyant bubbles and other teaching devices are used to promote skill development. Class participants are divided into skill levels and class size is a 1:4 ratio of instructor.

YOUTH SWIM PROGRAM (Ages 6+)
It is comprised of 5 main components: personal safety, stroke development, water sports, games, and rescue. Skill levels build upon the strokes, diving fundamentals and safety skills. Youth I Beginner is for children who have never had swim lessons, may have a fear of the water, or still use a bubble.

YOUTH I-BEGINNER (Ages 6+, 30 min.)
YOUTH I-INTERMEDIATE & ADVANCED
(Ages 6+, 45 min.)
Each child is placed in a class according to his or her abilities. Each group works on personal safety, stroke development, water sports and games, personal growth, fitness, and rescue skills.

YOUTH II (Ages 6+, 45 min.)
Youth II participants must be able to complete 50 yards of the front crawl with rotary breathing, 50 yards of the back stroke, and tread water for 2 minutes. Participants will become proficient in all strokes, build stamina, endurance and build upon swim team skills.

PRIVATE LESSONS (Ages 3+)
Contact Cari Beck at cari@newportymca.org or 401-847-9200 x108 for more information or to schedule classes.

WAHOO SWIM TEAM (FALL 2019)

WAHOOs PRE-SWIM TEAM
Wahoo Swim Team is excited to continue offering “Pre-Swim Team”. Our Pre-Swim Team is created to assist youth swimmers in bridging the gap between swim lessons and swim team. Open to ages 5-18.

For questions or additional information, contact Head Swim Coach Randy Doiron at randyd@newportymca.org

What swimmers will learn: All 4 competitive strokes, lane etiquette, stroke drills, racing starts, racing turns, competitive swimming rules for racing, relays and SO MUCH MORE!

In addition, swimmers will be on the active Wahoo roster, which will allow them to compete in league and championship meets.

WAHOOs SWIM TEAM (2019-20 Season)
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 4-7pm and Friday 4-6pm. Dry land training is available and days/times are TBD. Our short course meet schedule is available in September. Swimmers eligibility: Must be an active YMCA member ages 6-21.

Our Training and what we offer our swimmers:

- Stroke proficiency and performance
- Technical stroke adjustments for efficiency and increased power through the water
- 5 Days of water training from 1-2 hours of pool time (depending on age and ability)
- Nutritional guidance and suggestions
- Dry Land training (ages 11+) from certified trainers
# YOUTH AQUATICS SCHEDULE

<table>
<thead>
<tr>
<th>SWIM LESSON CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
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<td>Parent Child Water Adjustment (30 min.)</td>
<td>6-36 months</td>
<td>$60 Members $90 Non-Member</td>
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<td>10:30am &amp; 4:30pm</td>
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<td>$60 Members $90 Non-Member</td>
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<td>Youth I (45 min.)</td>
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<td>$65 Members $95 Non-Member</td>
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<td>Youth II (45 min.)</td>
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<td>Youth I Home School (45 min.)</td>
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<td>Advanced Youth I Home School (45 min.)</td>
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<tr>
<td>Adult Swim Lessons (45 min.)</td>
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<td>Private Lessons</td>
<td>3+</td>
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Contact Carl Beck: carlb@newportymca.org
ADULT AQUATICS

WATER FITNESS

EASY WATER FITNESS

This program is best suited for those who suffer from arthritis or have had a recent injury or surgery. All exercises are non-impact and done slowly in shallow and deep water (deep water portion is optional). Class emphasis is increasing range of motion and overall health. $30/10 Class Easy Water Fitness Punch Card for Non-Members

SHALLOW WATER FITNESS

Fun and energetic moderate intensity, low-impact in-water exercise class using foam dumbbells, noodles, and additional aquatic exercise equipment in shallow water.

DEEP WATER FITNESS

Fun and energetic higher intensity, low-impact in-water exercise class set to music in deep water. Participants wear floatation belts and/or leg cuffs to stay afloat while using foam dumbbells, noodles, and additional aquatic exercise equipment for a lively, invigorating full-body workout.

DEEP WATER FIT

A high intensity, low-impact combination of our Deep Water Fitness class, in-water circuit training, and Tabata intervals designed to provide a rigorous full-body workout without stressing joints.

CUFF AND CORE

In-water exercise class using floatation cuffs with a focus on core stability while challenging both balance and alignment.

HYDROACTION

Invigorating super high-energy, low-impact all levels in-water full body workout in shallow or deep end.

AQUA BODY BLAST

Challenging, high-intensity deep water fitness. This class combines Tabata interval training and principals of HIIT.

PERSONAL TRAINING IN THE POOL

You have a trainer to push you in the gym, why not the pool? Our Aquatic Personal Training program allows you to add custom challenging pool workouts to your dry land strength and conditioning. Personal Training in the pool is not a session of swim lessons, but rather custom pool cross-training workouts to improve your performance in and out of the water.

ADULT SWIM LESSONS

ADULT SWIM LESSONS (AGES 15+)

$65 MEMBERS
$95 NON-MEMBERS

Its never too late to learn! Swim lessons for adults 15+ in a fun, safe, judgement free environment. Participants will learn basic floating and treading water skills, the front crawl (freestyle), breast, and elementary back strokes, and gain comfort and confidence underwater.

COMMUNITY DEVELOPMENT

LIFEGUARDING (AGES 15+)

Participants who are 15 and over and who can pass a swim skills test are trained in the area of personal safety, lifesaving, and water emergencies. Upon completion, participants are certified American Red Cross lifeguards which includes CPR for the Professional Rescuer and First Aid.

BABYSITTING COURSE (AGES 11+) (6 HOURS)
LUNCH INCLUDED! AUGUST 27 & OCTOBER 14
9AM-3PM

American Red Cross course is designed for participants ages 11 & up. The course teaches the basics of child care, the business of babysitting, and first aid response. A certificate is issued at the completion of the course.

Contact Aquatics Coordinator Emily Cush at emilyc@newportymca.org or 401-847-9200 x108 for additional details

The Y Water Fitness Schedule can be found at www.newportymca.org, on the Y App “Newport County YMCA” or at the Y’s Welcome Center.
STAFF DIRECTORY

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Rachel Channen, Outdoor Center Director
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LOCKER ROOM POLICIES

● All children under the age of 3 may use the Women’s or Men’s Locker Rooms when accompanied by an adult.

● All children age 3–14 are restricted from using the Women’s and/or Men’s Locker Rooms. Children age 3–14 will use the Girls or Boys Locker Rooms. An adult accompanying a child into the Girls and/or Boys Locker Room will use the appropriate Locker Room of the adult’s gender.

● The Newport County YMCA is not responsible for lost or stolen items.

● Cell phone use is strictly prohibited in Restrooms and Locker Rooms at the Newport County YMCA.

● State law requires all swimmers to shower before entering the pool.

● Please remember to remove your lock from your locker after use. If you are interested in renting a locker from the Y, please visit our Welcome Center for more information.

TRANSPARENCY & INTEGRITY

In all of our actions and decisions we practice our core values: caring, respect, honesty and responsibility. Should you ever witness something to the contrary, please report it to us. If you are uncomfortable doing so, the Y has retained the service of a confidential whistleblower. You will have the option of remaining totally anonymous. You can file concerns via the toll-free hotline (1.800.826.6762) available 24 hours a day.

PHOTOGRAPH POLICY

All Newport County YMCA promotional materials use photographs taken during actual programs and events. If you wish that your photograph not be used, a written request must be given to our Chief Operating Officer.

CHARTIABLE GIVING

The Newport County YMCA provides financial assistance for memberships and programs to individuals and families through our Community Support Campaign. Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood. In addition to the Community Support Campaign, the Y has a Corporate Partner Program and a Planned Giving Program.
GENERAL INFORMATION
Newport County YMCA
792 Valley Rd Middletown, RI 02842
PHONE: 401.847.9200 (401.846.YMCA)
FAX 401.848.7521
WEBSITE www.newportymca.org
FACEBOOK Newport County YMCA
INSTAGRAM Newport County YMCA

NEW MEMBERSHIP HOURS
Monday–Friday: 8:30 am – 7:00 pm
Saturdays: 9:00 am – 1 pm

ACCOUNTING OFFICE HOURS
Monday–Friday: 8:00 am – 4:30 pm

TREEHOUSE HOURS
Monday – Friday: 8:30 am – 1:15 pm and 4 pm – 7:30 pm
Saturday & Sunday: 8:15 am – 12:15 pm

YMCA FACILITY HOURS
Winter (After Labor Day thru Memorial Day)
Monday–Friday: 5:00am–9:00pm
Saturday: 7:00 am – 9:00 pm
Sunday: 7:00 am – 5:00 pm

POOL HOURS
Monday–Friday: 5:00am–8:30pm
Saturday: 7:00 am – 8:30 pm
Sunday: 7:00 am – 4:30 pm

Download the “Newport County YMCA” App at your App Store on your mobile device to get the latest information on what is going on at the Y. Follow the Y on social media at the “Newport County YMCA” on both Facebook and Instagram

Facebook
Instagram