NEWPORT COUNTY YMCA
1 COMMUNITY, 2 LOCATIONS.

PROGRAM & CLASS GUIDE
Winter Session 2020
January 6th—March 1st

Newport County YMCA
792 Valley Rd, Middletown RI 02842
401-847-9200
www.newportymca.org

COMMON FENCE POINT
Center For Arts, Wellness & Community
933 Anthony Road, Portsmouth, RI 02871
www.commonfencepoint.org
As we close out another year at the Newport County YMCA, I’m most grateful for our dedicated and talented staff and volunteers who constantly strive to provide the very best programs and service for our members. We are so fortunate to have community members and groups that pitch in and help in so many ways. Without them, we could not host amazing events like the Pie Run, help with the Newport Half Marathon or collect donations for those in need during the holidays. The continued generosity of time and talent of our Board of Directors is essential to our success as a community organization. On behalf of the entire Newport County YMCA, Thank You!

2019 was a very big year for the Y. We provided afterschool care for 125 students a week in Jamestown and Middletown and had the joy of educating 58 students in our Twice As Nice Preschool. Through our Adapted Programs and Special Olympics Teams, we served 150 adults a week, free of charge, with intellectual and/or physical disabilities. Finally, through the efforts of many, we enriched the health and wellness of our Newport County neighbors through fitness, sports, swim and gymnastics and with a new and exciting partnership with the Common Fence Point Center for the Arts, Wellness & Community.

As a cornerstone in our community, the Newport County YMCA continues to grow and evolve so there is always a place to become the best version of ourselves. Over its 140 year history, the YMCA has strengthened the fabric of our community by focusing on youth development, healthy living and social responsibility. Whether it’s connecting with friends, spending time as a family, or overcoming physical limitations, the Y has been integral in so many of our lives.

To ensure that the YMCA can continue to honor its commitment as the anchor and gathering place of our community, the staff, leadership and Board of Directors are focused on the future of this organization. This past year through generous donations the YMCA was able to invest 1.2 million dollars in the renovation of the gymnastic center. A place where hundreds of youth participate in life changing activities on a weekly basis. As we look into 2020 you will begin to hear more about future plans for our Y and the community in which we serve. We are working on plans to dramatically enhance our facilities, which to many, is like a second home. More than just physical structure, our facilities represent a place where regardless of your income, background, or physical abilities, you will find a welcoming and nurturing environment. The Y has a unique spirit and support of our entire community, as we move forward with future plans our improved facility will reflect and amplify the great value of this shared space.

Mike Miller, CEO
401.847.9200, ext. 120,
or mikem@newportymca.org
MEMBERSHIP & BENEFITS
ONE COMMUNITY. TWO LOCATIONS.

JOINER FEES
There is a Joiner Fee charged to our new members. Should there be 6 months of inactivity on an account, the Joiner Fee will be re-paid.

- 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 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.

YOUTH MEMBERSHIP
Effective January 1st 2020, all older youth who are not covered under a family membership or accompanied by a parent/guardian MUST have their own membership.
We are so very thankful for you!

Without the support of our incredible members and volunteers, the Newport County YMCA would not be able to support our community with special programs, summer camp, Adopt-A-Family, The Pie Run, Race 4 Chase and the Community Support Campaign.

Volunteerism is a lifelong pursuit! Look for upcoming opportunities for how you can help the Y.
Train with friends, play a sport, try a new class and take care of the WHOLE YOU.

The YMCA is here to help you get healthier, achieve your goals and have fun while doing it. Group Exercise classes are included in your membership. Try any one of our classes at either the Middletown or Common Fence Point (CFP) facility.

Contact Marcianne Andreozzi, Healthy Living Director at marciannea@newportymca.org for more information.

GROUP EXERCISE CLASSES

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 to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

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.

TOTAL BODY X
This is a 45 minute fast paced metabolic training session. Class consists of 12 rounds of training targeted to burn fat & calories while building lean muscle. Begin with weight training, move to plyometric conditioning and end with a cardio drill.

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!

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.
PERSONAL TRAINING

Month to Month, 3 Month, and 6 Month programs

Looking for a new challenge or need some additional motivation?? A certified YMCA Personal Trainer can help you with what you need!! Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

All personal training sessions are one (1) hour in length. Small Group Training Sessions are available also.

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<th>5</th>
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Training for the Traveler—NEW!
(2 months 4 Hours—VALID FOR 2 MONTHS)
(8 Hours—VALID FOR 4 MONTHS)

Personal Training Sessions for the busy of the busiest! These sessions can be used when you cannot commit to a weekly session and can fit it into you and your trainers schedule! The convenience of having the sessions and the flexibility to use them. This is an option for Non-Members also so whether you travel for work or visit for vacation, this is the perfect package for you!

4 hours: $300 Members/$400 Non-Member
8 hours: $525 members/$600 Non-Member

Tag Team Training – NEW!
Join with a partner and shar a one hour Personal Training session with a certified personal trainer. You will get 30 minutes instructed cardio, plus 30 minutes guided weight training that will not only increase your resting metabolic rate, but will leave you with a feeling of time well spent!!

8 SESSIONS FOR $299.00

Tread & Shed—NEW!

This class is comprised of interval training utilizing the Skillmill or Treadmill with cardio rounds for 60 minutes which may include sprints, hill climbs, intervals and intervals of sport specific strength and agility training off the treadmill.

8 WEEKS – WEDNESDAYS @ 12PM - $99

NEW FOR 2020

STAY TUNED FOR BOOTCAMPS AT OUR CFP LOCATION
CONTACT THE HEALTHY LIVING DIRECTOR FOR DETAILS

Download the Newport County Y app today!
Search Newport County YMCA in your smartphone app store.
Stay connected with schedules and announcements!
NEW YEARS LAUNCH

Where do you see yourself in 2020??

See yourself 20/20 in Choose to Lose BOOTCAMP!!!

If you’re ready for MORE

MORE weights, MORE aggressive workouts, MORE accountability, MORE challenge!

The MORE the merrier! Recruit a friend to come with you.

· Pick your goals to win prizes!
· You collectively work with your trainer on goals and progress.
· 20 minutes of cardio, 20 minutes of core, 20 minutes of strength training.
· $200 - 8 weeks/2x week  Tuesday/Thursday 10:30am-11:30am

For more information please contact Kathy Lavigueur @kathylav@newportymca.org
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 COMPLIMENTARY 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.

**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.

**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 marcianne@newportymca.org

**LIVESTRONG AT THE YMCA**

**MEMBER ORIENTATION**

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Orientations are scheduled by visiting the Healthy Living Director. Please stop by to make an appointment.
GROWING GREAT GIRLS (GGG)  
(Ages 7–12) Monday 4:00–5:00pm  
$100 MEMBER/$150 NON–MEMBER  
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)  
(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  
(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.

SPORTS PERFORMANCE  
M/W 5–6pm, 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.

PRESCRIBE THE Y!  
Spring Session Starts March 2020  
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 from their physician to join the program.

Contact Healthy Living Director Marcianne Andreozzi at marcianne@newportymca.org or 401–847–9200 x132.
Mighty Mights
This is a Parent and Me Program for 2.5-4 year olds who are interested in playing sports and learning how to interact in a team setting. Each day of the session we will be playing a different sport. Sport selections range from Soccer, Tball, Basketball, Hockey, Lacrosse, Track & Field, and much more. Through drills and small group games, it is our hope that the children will be able to run around, burn off some energy, and learn skills in different sports. This program runs exclusively on Saturdays from 9am-9:45am. All sports equipment is provided.

Youth Winter Basketball League
For our Winter Basketball League, all registered players will be assigned to a team led by a volunteer coach. Our league focuses on skill development, sportsmanship, and fun. Everyone will receive equal playing time. The first Saturday of the season will be a skills and evaluation practice in order to divide teams evenly and allow players to meet their coaches. All preceding Saturdays will be formatted as 20 minutes of warmups with their coach, followed by a 40 minute game made up of two 20 minute halves. One weekly practice will be developed for participants ages 6-10, based off of their coach’s availability. We offer 3 different age groups: 4&5 year olds, 6&7 year olds, and 8-10 year olds. This is an 12 week program that begins on January 18th and runs through April 4th.

Older Youth Volleyball League
The Older Youth Volleyball League is geared towards learning fundamentals, competing, and socialization for participants. This league also offers recreation, fitness, and skill development for youth seeking a fun way to stay fit and connected. The program is designed for our older youth ages 11 to 17. This is a 10 week session that begins on December 16th and runs every Monday from 4pm-5:30pm.

Island Youth Lacrosse
Island Youth Lacrosse is partnering with the YMCA again this year to host Winter Indoor Lacrosse. The hour-long sessions begin Sunday December 1st and run until March 8th. We will focus on stick/skill development and play 3 vs. 3 full-court games. Coach Harrell and players from MHS Boys Lacrosse will run sessions for the boys. Coaches Klianian and Hamilton will run the girls’ sessions.

Cost for all 13 sessions is only $100! That’s less than $8 per session. Beginners are welcome!! We have stick and equipment to loan, so please spread the word to anyone who might have an interest. These winter indoor sessions are a great way for beginners to learn the game of lacrosse.

Sunday Session Times:
8:30am-9:30am Boys grades 3/4/5
9:30am-10:30am Boys grades 6/7/8
10:30am-11:30am Girls grades 3/4/5
11:30am-12:30pm Girls grades 6/7/8

FOR MORE INFO ON YOUTH SPORTS PROGRAMS
CONTACT WYATT REYNOLDS @ wyattr@newportymca.org or 401-847-9200 x113
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 Squash and Smarts. 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 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.

Did you know...........

Sports help youths to become better contributors to society. Research shows a child’s involvement in sports helps them improve their social interaction, increase their confidence, and improve their listening skills and health. Participation in sports is linked to higher grades, lower dropout rate, reduced truancy and lower crime rates. This manifests some compelling statistics such as:

◊ 95% of Fortune 500 executives participated in high school athletics.

◊ 96% of dropouts in 14 school districts in seven regions of the nation were not participating in an athletic program.

◊ Sports programs help children learn critical social interaction skills that will translate into their higher education and professional world.

◊ Important life decision-making skills are sharpened during youth sports.

◊ Research by the Jansen Sports Leadership Center shows working with teammates teaches athletes important life skills such as respecting one another, acting in unselfish ways, doing community service, making good decisions on behalf of the team, and not cutting corners.
OUTDOOR LEADERSHIP CENTER

TEAM BUILDING AT THE YMCA

General Information
Let experience be the teacher through a unique ropes course challenge. Experiential activities create a powerful learning opportunity for participants of all ages! Our facilitator help groups discover ways to work together and accomplish goals. The Newport County YMCA Outdoor center facilitates discovery, inspiration and exploration. Participants can develop teambuilding skills and communication that help them in their everyday life while having fun!

Corporate and Professional Groups
Challenge Courses provide the opportunity for your group to build a better connection outside of the office using group development models and exploration.
Ideal Program For
• Management Teams
• Small Businesses
• New Employee Orientation
• Inter-department Bonding

School and Youth Groups
We incorporate the Y core values of respect, responsibility, honesty, and caring while focusing on ways to develop future leaders in your community.
Ideal Program For
• All-class Retreats
• Sports Teams or Clubs
• Student Government or After School Programs
• Anti-bullying campaigns

University and College Programs
Unlock the full potential of your collegiate organization with facilitation from our staff and build connections that will last a lifetime.
Ideal Program For
• Associated Student Body Boards
• Sports Team Bonding
• Freshmen Orientation
• Senior Retreats
• Dormitory Outings

*New this Spring- Open Climb
Open every 3rd Friday of the month from 4-6pm! The Outdoor Center is open to climbers of all ages, shapes and sizes. As long as you can be appropriately harnessed, you may climb! We will have games for those who do not want to climb, so come make this a family event!
Members: $15 per person
Non Members: $25 per person.

For more information contact Rachel Channen at rachelc@newportymca.org or 401-847-9200 x 135
**SPECIAL PROGRAMS AT COMMON FENCE POINT**

**Parents Night Out– CFP**
At Common Fence Point from 6-9pm
Included in a CFP Y Family Membership and Single Parent Family Membership

For kids ages 3–10 (must be potty trained)
Night includes: Games, Arts and Crafts, Dinner and a Movie!

Friday, January 10th
Friday, February 14th
Friday, March 13th

Registration closes the Thursday before the event. Special pricing for Non-Members
For more information contact Rachel Channen at rachelpc@newportymca.org or 401-847-9200 x 135

**Vacation Camp– CFP**
Spend the day off of school with us at the Y! Arts and crafts, cooking, games, swimming and more fun activities for everyone to enjoy! Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack the appropriate apparel for your child so they can enjoy all the fun we have to offer both inside and out! Our program is for those between the ages of 6–12.

**February Vacation: February 17th – 21st**
Enrollment Options: 2 Day Rate 3 Day Rate 5 Day Rate

| Member Rate Early Bird Before Jan 1 | 2 day: $70 3 day: $95 5 day: $125 |
| Member Rate | 2 day: $80 3 day: $115 5 day: $150 |
| Non-Member Early Bird Before Jan 1 | 2 day: $95 3 day: $130 5 day: $165 |
| Non-Member | 2 day: $110 3 day: $145 5 day: $180 |

For more information contact Rachel Channen at rachelpc@newportymca.org or 401-847-9200 x 135
8 WEEK SESSION FROM
1/6/20—3/1/20

Ninjazone
Ages 3–8
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 and agility, fundamental movement, discipline and creativity.

Mini Gymnastics
Ages 3–5
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.

Gym with Parent
Ages 1–3
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.

Music and Movement
Ages 1–4
Introduce your child to music and join him and her in the parent child class. This class is filled with songs, instruments and creative movement.

Indoor Play
5 and under
Here at CFP we strive to provide a supervised, safe, enriching environment through non-structured, age-appropriate play activities in an atmosphere of fun and enjoyment.

<table>
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<tr>
<th>Programs</th>
<th>Ages</th>
<th>Price</th>
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<th>Tues</th>
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<th>Thurs</th>
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<td>$100 Member $130 Non-Member</td>
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<tr>
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<td>1–3 years</td>
<td>$80 Member $100 Non-Member</td>
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<td>Music and Movement (45min)</td>
<td>1–4 years</td>
<td>$80 Member $100 Non-Member</td>
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<td>5 and under</td>
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DROP-IN FOR FUN
THE Y AT COMMON FENCE POINT
YOUTH CENTER

Opening January 2020
Monday–Friday Afternoons
For Youth in Grades K–6
Busing Available
Registration Required

The Youth Center provides a safe, enriching after school space for youth to receive homework help, socialize, and participate in high-interest activities. With supervision by highly trained Y staff, we offer a space for youth to drop in, explore, and have fun.

Check out our monthly calendar of activities and themes.

• Included with a CFP Y Family/Single Parent Membership
• Non-Members also welcomed: $10 per visit/ $80 for 10-visit punch card
• Drop-ins encouraged

TIME: 3pm-6pm. Monday–Friday

LOCATION: COMMON FENCE POINT CENTER FOR ARTS, WELLNESS, AND COMMUNITY
933 Anthony Road
Portsmouth RI 02871

CONTACT: The Out of School Time (OST) Department
afterschool@newportymca.org 401-847-9200 x130
www.newportymca.org
**Motivational Mondays**

**January 6th – Smart Goals are Great**
New decade, new year, new goals. Pick a new challenge you would love to conquer. We will provide you with templates, tools, and guidance to help you create action steps. Leave with clear vision and a direct path to make your dreams come true.

**January 13th – Personality Party**
Explore a variety of quizzes, surveys, and profiles geared at uncovering the real you! Then review the results and let us know how accurate they are.

**January 20th – MLK Day Movie & Quote Collecting**
Watch “Our Friend Martin”, an animated children’s educational film about Martin Luther King Jr, and the Civil Rights movement. Then continue getting to know this American icon by making a keepsake of your favorite MLK quotes.

**January 27th – EnVISION Your Life**
Create multimedia motivational vision boards as a tool for future planning. Magazines and other materials will be available. Feel free to bring your own items to contribute.

**January 14th – Open Mic**
Calling all singers: We want to hear from you! We will provide the Karaoke machine, playlist, and encouragement. You provide the entertainment.

**January 21th – Authors & Illustrators**
Do you have an idea for a character or story? Enjoy a creative afternoon of bookmaking. We will help you to bring your ideas to life!

**January 28th – Dance Off**
Let off steam and use our space for an epic dance party!

**Wacky Wednesdays**

**January 8th – Animal Art**
Explore several ways to create an original animal creature through various forms of media.

**January 15th – Pretend-a-palooza**
Imagine having the time and space to create your own silly world. We will help you get started with prompts and inspiration. Then we will stay out of your way. Invite your friends to join you in an afternoon of imaginative play.

**January 22nd – Charades Competition**
Join us in an outrageous game of charades!

**January 29th – Silly Games**
This will be an afternoon of board games like Headbands, Apples to Apples, Mad Libs, and more. Bring a favorite game to share or enjoy one of ours!
Think About It Thursdays

January 9th – Puzzling Puzzles
Spend an afternoon immersed in puzzles of all kinds: crossword, jigsaw, riddles, and more. Enjoy ours or bring your own to share!

January 16th – Games of Strategy
Match wits against your peers in games like Stratego, Battleship, Clue, Monopoly, and more.

January 23rd – Problem-solving Scenarios
How many different solutions are there to a problem? Collaborate with peers or think independently to find solutions to various scenarios.

January 30th – Would You Rather
The ultimate getting-to-know-you game!

Friday Free Time

January 10, 17, 24, 21 –
Hang out with us! Spend supervised free time in the youth center. Unwind from your busy week by playing board games, creating art, pretending, or playing ping pong. We’re here for you!

LOOK FOR THE FEBRUARY AND MARCH CALENDARS OUT SOON!

For more information contact:
Out of School Time (OST) Department
afterschool@newportymca.org
401-847-9200 x130
Newport County YMCA
792 Valley Road
Middletown RI 02842
www.newportymca.org

For more information or to join the Youth Center, contact:

The Y at Common Fence Point Youth Center

CFP Center for Arts, Wellness, and Community

933 Anthony Rd.
Portsmouth RI 02871

Open Monday-Friday, 3pm-6pm
For Youth in Grades K-6

Busing Available

Drop-ins encouraged

Free with a Y family membership or Single Parent Family Membership

Non-members: $10 per visit/$80 for 10 visit punch card
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 DHF licensed and BrightStars rated.

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

OST Locations

**Jamestown**

- Melrose School (PM only)
  - 76 Melrose Ave
  - Jamestown, RI 02835

**Middletown**

- Forest Avenue School (AM/PM)
  - 315 Forest Ave
  - Middletown, RI 02842

- Aquidneck School (AM/PM)
  - 70 Reservoir Rd
  - Middletown, RI 02842

- Gaudet School (PM only)
  - 1113 Aquidneck Ave
  - Middletown, RI 02842
NO CHILD TURNED AWAY

Ask us about our generous financial aid options.

Every child should enjoy their after school hours!

Contact:
Anne Schultz, Out of School Time Director
annes@newportymca.org
401-847-9200 x 130
We are excited to announce that registration for Camp opens on February 3rd for Members and March 2nd for Non-Members! If you sign up before March 31st we will provide your child with Y swag that they can use for camp this summer!

For more information contact Rachel Channen at rachelc@newportymca.org or 401-847-9200 x 135
ADAPTED PHYSICAL ACTIVITY

BACKGROUND
Our NCYMCA Adapted program is 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.

LIFE SKILLS
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.

DANCING WITH PARKINSONS
Inclusivity has no limits at the Newport County YMCA. Dancing With Parkinsons is held every Tuesday at 11am and is led by the incredible Rachel Balaban.

This program is designed to work on balance, mobility, strength and flexibility all while having a blast and making new friends and connections. Come stop by the class anytime to see if it might be a good fit for you!

Caregivers and family members are more than welcome to accompany for free!
Keep being fearlessly you.

❤️
SPECIAL OLYMPICS SHARKS
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 DeAscentis at meganl@newportymca.org.

SOCIAL OPPORTUNITIES
Our APA program offers a number of social opportunities throughout the calendar year including monthly Adult Social Nights, holiday celebrations, and an annual Special Olympics banquet. Please contact the office for the most up to date social calendar and programs!

SPOTLIGHT: NIGHT TO SHINE
Save the Date: Friday, February 7th at the Newport Marriott
To register please go to oceanpointeri.com/nts
This fabulous event is hosted by Ocean Pointe Church and funded by the Tim Tebow Foundation. We hope to see you there for a night of dancing and fun!

For more information about the Life Skills and Physical Activity Inclusion Programs, contact our Adapted Physical Activity Director Cori Kilzi at corio@newportymca.org or 401-847-9200 x117.

ADAPTED PHYSICAL ACTIVITY AND INCLUSION PROGRAMMING
Each week we hold 10 APA group exercise 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. These classes aim to encourage physical activity as well as increased socialization opportunities.

We additionally have options available for 1:1 personalized fitness sessions and swim lessons. Whether your goal is to run your first ever half marathon or begin a fitness regimen for the very first time we are here to support you!

All of our programs are significantly discounted or free of charge as a result of incredibly generous donations and grants in place.

APA VACATION CAMP PROGRAMS
We offer vacation camp programming for ages 6-21 for participants requiring a smaller camper: staff ratio (1:5). This program will provide physical fitness, swimming, art and inclusion opportunities while school is out of session!

Our APA program provides additional specialized staff support as well as sensory breaks and a more individualized approach.
LIGHT UP YOUR WEEK AT THE NEWPORT COUNTY YMCA VACATION CAMP

DATES:
MONDAY 12/23
THURSDAY 12/26
FRIDAY 12/27
MONDAY 12/30
TUESDAY 12/31
FEBRUARY 17TH—21ST
*DAILY RATES AVAILABLE

TIME:
8:30–4:00 (EXTENDED CARE AVAILABLE)

CHOOSE FROM ONE OF OUR CAMPS:

● OUT OF SCHOOL CAMP
  Traditional camp with a variety of activities

● NINJA ZONE CAMP
  Combining gymnastics, martial arts, and obstacle training

● CAMP WE CAN
  Requiring smaller staff/child ratio

Enjoy daily swim, gymnastics, sports, arts & crafts, and fun with friends.

Reserve your spot today!
Twice As Nice is licensed by DHF 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 well trained staff provide a stimulating environment that promotes developmentally appropriate practices.

September–June or Year Round Options (Ages 18mos – 5 years old)

**PRESCHOOL**

It is our mission to prepare children for Kindergarten with Jean Piaget’s Cognitive Theory in mind, a hands-on approach to learning. We believe 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, and dramatic play.

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

Must be fully potty trained for the preschool program.

**TODDLERS**

Our Toddler Program is licensed for children ages 18 mos-3 years. 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-5:30pm. There are two, three, and five day options which include a gymnastics lesson.

Registration for the 2020-2021 school year begins Monday, March 2, 2020. Please contact Andrea Florendo if you would like to schedule a tour.

**TAN SUMMER PROGRAM**

Each week long session has a special theme with built-in interests for young children. We will use our five senses to explore the world around us, and experience new adventures through discovery and play. Activities include games, arts & crafts, songs, stories, water and outdoor play. Join us for a summer of fun. Open to children ages 3-5. Must be potty trained (No pull up diapers allowed)

Registration begins Monday, March 2, 2020. Contact Andrea Florendo at andreaf@newportymca.org to register your child. Space is limited.

Registration for the REMAINDER OF THE 2020 school year is currently open with limited space available. Let Twice As Nice be an experience your child looks forward to everyday!
Baby It’s Cold Outside!

Twice As Nice believes children playing outdoors during all four seasons present unique experiences and learning opportunities. Children must remain active throughout the day. Playing outdoors during the winter should be embraced, and is beneficial for children’s ongoing physical, social, and emotional development.

Benefits of Outdoor Winter Play:

· Breathe fresh air! Cold and Flu viruses circulate in closed environments, which can contribute to illness. Playing outdoors gives children much needed exposure to fresh air and Vitamin D.

· Strengthen the immune system! Playing outdoors allows children to escape indoor germs and bacteria. As long as children are properly bundled up and kept moving, they will generate warmth.

· Engage in physical activity! Outdoor winter play gives children the opportunity for a change of environment, a balance in play and routine, and improves gross motor skills. Children love to make snow angels, build forts, and go sledding.

· Stimulate the imagination! Children are offered a variety of ways to stimulate their imagination such as problem solving to build a snow man, role play in the mud kitchen, and digging in the dirt to make “mud pies”.

· FUN!!! Children LOVE to go outdoors and explore the world around them.
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 newly renovated 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.

PRE-SCHOOL GYMNASTICS (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 3–5, 45 min.)
Hot Shots classes will build on participants understanding of gymnastics terminology, progression with basic skills, flexibility, and strength. Previous experience or permission of the gymnastics director is required.

YOUTH GIRLS (Ages 6–12, 55 min.)
These classes will focus on building self-confidence, strength, flexibility, and balance on the Women’s four Olympic events. Classes divided by age and ability.

YOUTH BOYS (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. Classes divided by age and ability.

TUMBLING (Ages 6–12 years, 55 min.)
These classes will focus on floor, tumbling, and jump. 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. Classes divided by age and ability.

BOYS & GIRLS GYMNASTICS 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.
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. This is a 75-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. Walk-in fee.

PRIVATE LESSONS (Ages 5+)
Scheduled in 30, 60, or 90-minute blocks. Contact the Gymnastics Director for more information.

NINJAZONE (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.

HIGH SCHOOL CLASS (Ages 12–18)
For beginners through advanced, this class is offered to those looking to learn skills, but not looking to compete. Contact Gymnastics Director for details.
GYMNASTICS CLASS SCHEDULE

<table>
<thead>
<tr>
<th>GYMNASTIC CLASS</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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</thead>
<tbody>
<tr>
<td>P/C DISCOVERY</td>
<td>1-2.5</td>
<td>$60 Members $75 Non-Member</td>
<td>10:00am</td>
<td>10:00am</td>
<td>9:00am</td>
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<td>9:00am</td>
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<tr>
<td>P/C EXPLORATION</td>
<td>2-3.5</td>
<td>$60 Members $75 Non-Member</td>
<td>10:30am</td>
<td>9:30am</td>
<td>11:00am</td>
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<tr>
<td>PRESCHOOL</td>
<td>3-5</td>
<td>$80 Members $100 Non-Member</td>
<td>9:30am</td>
<td>10:30am or 3:30pm</td>
<td>9:00am</td>
<td>3:30pm</td>
<td>4:30pm</td>
<td>10:00am</td>
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<tr>
<td>Co-ed Mini’s (45 min.)</td>
<td>3-5</td>
<td>$80 Members $100 Non-Member</td>
<td>9:30am</td>
<td>10:30am or 4:30pm</td>
<td>9:00am</td>
<td>4:30pm</td>
<td>5:30pm</td>
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<tr>
<td>HOTSHOTS</td>
<td>3-5</td>
<td>$80 Members $100 Non-Member</td>
<td>9:30am</td>
<td>10:30am or 5:30pm</td>
<td>9:00am</td>
<td>5:30pm</td>
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<tr>
<td>YOUTH Girls (55 min.)</td>
<td>6-12</td>
<td>$80 Members $100 Non-Member</td>
<td>3:30, 4:30 or 5:30pm</td>
<td>3:30, 4:30 or 5:30pm</td>
<td>4:30pm or 5:30pm</td>
<td>9:00am or 10:00am</td>
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<tr>
<td>YOUTH Boys (55 min.)</td>
<td>6-12</td>
<td>$80 Members $100 Non-Member</td>
<td>4:30pm</td>
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<tr>
<td>GIRLS PRE-TEAM (90 min.)</td>
<td>6-12</td>
<td>$150 Members $200 Non-Member</td>
<td>4:00pm</td>
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<tr>
<td>TUMBLING Beginner (55 min.)</td>
<td>7-12</td>
<td>$80 Members $100 Non-Member</td>
<td>3:30pm</td>
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<table>
<thead>
<tr>
<th>NINJA CLASS*</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>NINJAZONE</td>
<td>Co-Ed</td>
<td>$100 Members $130 Non-Members</td>
<td>3:30pm</td>
<td>3:30pm</td>
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<tr>
<td>Lil Ninja’s (45 mins)</td>
<td>3-5</td>
<td>$100 Members $130 Non-Members</td>
<td>3:30pm</td>
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<tr>
<td>NINJAZONE</td>
<td>6-12</td>
<td>$100 Members $130 Non-Members</td>
<td>4:30pm</td>
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<tr>
<td>Ninja Girls (55 mins)</td>
<td>6-12</td>
<td>$100 Members $130 Non-Members</td>
<td>4:30pm</td>
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<tr>
<td>NINJAZONE</td>
<td>5-7</td>
<td>$100 Members $130 Non-Members</td>
<td>4:30pm</td>
<td>5:30pm</td>
<td>10:00am</td>
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<tr>
<td>Ninja Boys (55 mins)</td>
<td>5-7</td>
<td>$100 Members $130 Non-Members</td>
<td>4:30pm</td>
<td>5:30pm</td>
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<tr>
<td>NINJAZONE</td>
<td>8-10</td>
<td>$100 Members $130 Non-Members</td>
<td>5:30pm</td>
<td>4:30pm</td>
<td>10:00am</td>
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<tr>
<td>Ninja Boys (55mins)</td>
<td>8-10</td>
<td>$100 Members $130 Non-Members</td>
<td>5:30pm</td>
<td>4:30pm</td>
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<tr>
<td>NINJAZONE</td>
<td>11-13</td>
<td>$100 Members $130 Non-Members</td>
<td>4:30pm</td>
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<tr>
<td>Ninja Boys (55mins)</td>
<td>11-13</td>
<td>$100 Members $130 Non-Members</td>
<td>4:30pm</td>
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*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. Practice times subject to change for various reasons.

<table>
<thead>
<tr>
<th>TEAM PRACTICE</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
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<th>WED</th>
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<tbody>
<tr>
<td>LEVEL 1</td>
<td>5+</td>
<td>$90 Members *(Must be a Y Member)</td>
<td>4:00-5:30pm</td>
<td>4:00-5:30pm</td>
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<td>LEVEL 2</td>
<td>5+</td>
<td>$105 Members *(Must be a Y Member)</td>
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<td>LEVEL 3</td>
<td>5+</td>
<td>$120 Members *(Must be a Y Member)</td>
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<td>4:00-7:00pm</td>
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<tr>
<td>LEVEL 4 &amp; 5</td>
<td>6+</td>
<td>$140 Members *(Must be a Y Member)</td>
<td>4:00-7:00pm</td>
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<td>LEVEL 6–8</td>
<td>6+</td>
<td>$150 Members *(Must be a Y Member)</td>
<td>4:00-7:00pm</td>
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<td>4:00-7:00pm</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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<td>5:30-7:30pm</td>
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<tr>
<td>XCEL GOLD</td>
<td>8+</td>
<td>$120 Members *(Must be a Y Member)</td>
<td>4:00-7:00pm</td>
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<td>4:00-7:00pm</td>
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<tr>
<td>XCEL PLATINUM/DIAMOND</td>
<td>8+</td>
<td>$150 Members *(Must be a Y Member)</td>
<td>4:00-7:00pm</td>
<td>4:00-7:00pm</td>
<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 *(Must be a Y Member)</td>
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<td>5:30-7:30pm</td>
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*Sept/October—1 day/week
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.

PRESCHOOL 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, 25 breaststroke 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 carib@newportymca.org or 401-847-9200 x108 for more information or to schedule classes.

Adult Swim Lessons – Beginner to Intermediate
(Ages 15 and Up)
Learning to swim is a life skill, you are never too old to learn. Benefits to learning to swim are a full body workout, no impact on your joints, increase your range of motion, and best of all it will make you feel great and be safe around water.

Classes offered Tuesday at 6:15 pm and Thursday at 11:00 am.
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.

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!
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

CPR/AED/FIRST AID
Every year, over a million people will have heart attacks in the U.S. In this American Red Cross course, participants will learn to recognize the signs and symptoms of heart attacks, perform CPR for adults, children, and infants, and how to assist a choking individual. Basic First Aid and AED certification is included.

Saturday, December 14, Saturday, January 18
Saturday, February 15, Saturday, March 21
Saturday, April 18, Saturday, May 16
Swimming is good for health and wellbeing, at any age

- 3+ Months: It helps children develop more quickly
- 18+ Years: It helps adults reduce stress and improve overall health
- 65+ Years: It helps older people stay mentally and physically agile
GENERAL INFORMATION
(2019–2020 SEASON)

WAHOOS PRE-SWIM TEAM

Wahoos 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 Maruti Kolluru at carib@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 Wahoos roster, which will allow them to compete in league and championship meets.

WAHOOS SWIM TEAM SHORT COURSE
(Sept ‘19–Mar ‘20 Season) Ages 5 and up to College

Newport County YMCA Wahoos Short Course Season begins in September and goes through late February/early March. All athletes on the team MUST maintain an active membership status for the entire season to participate. Swim Training is offered 5 days/week with dryland training offered for our athletes ages 13+ 4 days/week. Our comprehensive and challenging program creates optimal performance, while our fun atmosphere enables our athletes to enjoy their experience. Parents will agree to volunteer when needed to run our meets and fundraising. We actively welcome new young swimmers to join and embark on this great journey with us. All new swimmers must have a swim assessment done by one of our coaching staff.

TRAINING INCLUDES:

- 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 13+) from certified trainers

WAHOOS LONG COURSE SEASON
(Apr ‘20–Mid Jul ‘20)

Wahoos competitive Long Course Season begins in April and runs through mid–July. Our competitive program offers continued exposure to swimming from the spring into mid-summer. We offer this amazing program to keep our athletes competing at their very best throughout the entire year. It also enables them to compete LC events in a 50m pool instead of the SC 25y pool we swim in during the winter. This comprehensive and fun program provides our team the same wonderful benefits as our SC season. We will continue our focus on strengthening and conditioning, as well as technique in all four disciplines. This program enables our young athletes to stay in shape and continue to thrive, both in and out of the pool. For questions, please contact our Aquatics Department.
Wahoos Swim Team, Spring Competitive Stroke Clinic (Ages 6-21)

Session 1 — Mid Apr—Mid May

Session 2 — Mid May—Mid June

Our competitive stroke development program focuses on all areas of competitive swimming.

**Starts** – Competitive swim start: focusing on reaction, entry, streamline and breakout.

**Turns** – We will help create faster and tighter turns for all 4 competitive strokes, including IM transition turns.

**Stroke Technique** – Improved stroke technique allows the swimmer to be faster and more efficient through the water.
## YOUTH AQUATICS SCHEDULE

<table>
<thead>
<tr>
<th>SWIM LESSON CLASS</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>
</tr>
</thead>
<tbody>
<tr>
<td>PARENT CHILD Water Adjustment (30 min.)</td>
<td>6-36 months</td>
<td>$60 Members $90 Non-Member</td>
<td>10:00am</td>
<td>10:30am</td>
<td>10:00am</td>
<td>6:00pm</td>
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<tr>
<td>PARENT CHILD Water Adjustment (30 min.)</td>
<td>6-17 months</td>
<td>$60 Members $90 Non-Member</td>
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<td></td>
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<td>9:30am</td>
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<tr>
<td>PARENT CHILD Water Adjustment (30 min.)</td>
<td>18-36 months</td>
<td>$60 Members $90 Non-Member</td>
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<td></td>
<td>10:00am</td>
<td>10:30am</td>
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<tr>
<td>PRESCHOOL Beginner (30 min.)</td>
<td>3-5</td>
<td>$60 Members $90 Non-Member</td>
<td>10:30am</td>
<td>10:00am &amp; 4:45pm</td>
<td>10:30am</td>
<td>10:00am,4:00 &amp; 5:00pm</td>
<td>9:00, 9:30, 10, 10:30am</td>
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</tr>
<tr>
<td>PRESCHOOL Advanced (30 min.)</td>
<td>3-5 No Bubble</td>
<td>$60 Members $90 Non-Member</td>
<td>11:00am</td>
<td>11:00am &amp; 5:15pm</td>
<td>11:00am</td>
<td>10:30am &amp; 4:30pm</td>
<td>9:00am, 10 &amp; 10:30am</td>
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<tr>
<td>YOUTH I Beginner (30 min.)</td>
<td>6+ Non-Swimmers</td>
<td>$60 Members $90 Non-Member</td>
<td>5:45pm</td>
<td>5:30pm</td>
<td></td>
<td>11:15am</td>
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<tr>
<td>YOUTH I (45 min.)</td>
<td>6+</td>
<td>$65 Members $95 Non-Member</td>
<td>4:30pm</td>
<td>4:00pm</td>
<td>5:15pm</td>
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<td>9:00, 9:45, 10:30am</td>
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<tr>
<td>YOUTH I Advanced (45 min.)</td>
<td>6+</td>
<td>$65 Members $95 Non-Member</td>
<td>5:15pm</td>
<td>4:30pm</td>
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<td>9:00, 9:45am</td>
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<tr>
<td>YOUTH II (45 min.)</td>
<td>6+</td>
<td>$65 Members $95 Non-Member</td>
<td>3:45pm</td>
<td>3:45pm</td>
<td></td>
<td>10:30am</td>
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<tr>
<td>YOUTH I HOME SCHOOL (45 min.)</td>
<td>6+</td>
<td>$65 Members $95 Non-Member</td>
<td></td>
<td></td>
<td></td>
<td>1:00pm</td>
<td>1:00pm</td>
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<tr>
<td>ADVANCED YOUTH I HOME SCHOOL (45 min.)</td>
<td>6+</td>
<td>$65 Members $95 Non-Member</td>
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<td>1:45pm</td>
<td>1:45pm</td>
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<tr>
<td>ADULT Swim Lessons (45 min.)</td>
<td>6+</td>
<td>$65 Members $95 Non-Member</td>
<td>6:15pm</td>
<td>11:00am</td>
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<td></td>
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<tr>
<td>PRIVATE LESSONS Contact Cari Beck <a href="mailto:carib@newportymca.org">carib@newportymca.org</a></td>
<td>3+</td>
<td>$180 Members $220 Non-Member</td>
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</tbody>
</table>

Download the Newport County YMCA app on your smartphone and have all of our class schedules at your fingertips!

Remember to leave “Notifications ON” so you never miss important information about class changes or facility updates!
UPCOMING LIFEGUARD CLASSES

Friday, January 3  Pre Class Swim Test     6—8:30PM
Sunday, January 5                                    9AM—3PM
Sunday, January 19                                   9AM—3PM

REGISTER AT THE WELCOME CENTER BY DECEMBER 30TH

Thursday, February 20 Pre Class Swim Test          6PM—9PM
Friday, February 21                                   9AM—5PM
Saturday, February 22                                 9AM—5PM

REGISTER AT THE WELCOME CENTER BY FEBRUARY 17TH

ALL classes and on-line learning must be attended to earn certification

COST: MEMBERS $295 NON-MEMBERS $315

Training is both hands-on and on-line. Must e-mail Emily Cush to receive on-line training link at emilyc@newportymca.org
Make your child’s birthday the best ever! Our “Do It Yourself” parties come with an hour of activities and an hour in the party room. We supply the space and a party host to assist with all of your needs. Give your child a chance to play, have fun with their friends and celebrate the way they want to! Choose your fun!!

**Gymnastics Party**
- 1 hour in the Gymnastics Center Member: $225
- 1 hour in the Party Room Non-Member: $275

**Pool Party**
- 1 hour in the Pool Member: $225
- 1 hour in the Party Room Non-Member: $275

**Create Your Own Party**
(up to 5 years of age) Member: $175
- 2 hours in Treehouse Non-Member: $200

Add Bounce House for an additional $50.

Contact our Family Coordinator at (401)847-9200 Ext. 118 or Treehouse@newportymca.org for more information and availability.
FAMILY FUN

TRY NEW ACTIVITIES. SPEND TIME TOGETHER.

PARENT’S NIGHT OUT AT THE NEWPORT COUNTY YMCA

Held on the 2nd Saturday of each 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
January 11th
February 8th
March 14th

FAMILY SWIM 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.

YOUTH NIGHT EVENTS at the Y

DECEMBER – MAY
FRIDAY’S
6:00 – 8:30pm
For those in 4th to 8th Grade

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 or Single Family Membership. 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.

TREEHOUSE (Child Watch)

The Treehouse is offered exclusively to Newport County & CFP members only. The Treehouse is a first come first served basis & we do not accept call ahead reserved spots. No toys from home are allowed. Water bottles are allowed ONLY; no juice or milk. Families with babies can bring formula. Please see the Treehouse for further information and policies/guidelines.

Time limits:
Children 6 weeks to 6 months: 1 hour
Children 7 months to 11 months: 1.5 hours
Children 1 year to 10 years: 2 hours
THIS WINTER HAVE ALL THE FUN!
YOUTH NIGHT FRIDAYS

For Grades 4–8
NEWPORT COUNTY YMCA
792 Valley Rd, Middletown
Basketball, Swimming, Games
Carmella’s Pizza
Gymnastics Center,
& SO MUCH MORE!

TIME: 6:00 to 8:30pm
COST: Free to OST Participants
$10/Member, $12/Non-Member
Arrive by 6:30pm to be included in pizza count
Bring water bottle, swim suit & towel

For questions, please call 401-847-9200 or visit www.newportymca.org.
NEED TO KNOW
IMPORTANT INFORMATION ABOUT MEMBERSHIP

Weight Room, Cardio & Circuit, Sports Performance, Functional Fitness Rooms
All rooms are included in your YMCA membership and are co-ed exercise rooms. All fitness rooms are restricted to those 15 years of age and older due to safety reasons. The cardio & circuit room, sports performance, & functional fitness rooms permit youth ages 10–14 years old use Monday-Saturday 2:00pm-5:30pm & 7:00pm-close and Sundays 2:00pm-5:00pm. Children age 10–14 must meet with a YMCA staff member for a Wellness Orientation and must be supervised at all times.

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

Shower & Locker Room Facilities
There are five locker rooms within our facility: one each for men, boys, girls and two for women. Children age 3 through age 14 use the girls’ and boys’ locker rooms. Lockers are available in each of the locker rooms for daily use. You must bring your own padlock and REMOVE it at the end of your daily visit. Locks and lock extenders are sold at the Welcome Center and half and full-size lockers are available for rental on a month to month basis. Please see the Membership Director to inquire about renting a locker.

Steam & Sauna – A steam room and sauna are in both the men’s and women’s locker rooms.

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 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.

Our family changing room is available for all to use—please see a Welcome Center staff member for a key.

*Towels are available for a $1.00 rental fee.*

The Newport YMCA is not responsible for lost or stolen items from lockers/locker rooms.

PROGRAM REFUNDS AND CREDITS

- A full refund or credit can be requested prior to the start of a program or if the YMCA is to cancel a program. If a refund or credit is requested after the first class but prior to the second, a 50% refund or credit will be issues. There will be NO refunds or credits issues after the second class. Please see the department director for any refunds or credits.

- Make up classes will not be scheduled when a class is not held due to circumstances beyond our control. This includes but is not limited to weather, public utility failures, etc. Refunds or credits are NOT available for individuals who miss class due to their own lack of attendance.
• Any class changes & facility changes will be posted on our website www.newportymca.org on our Facebook page, Newport Count YMCA and on our mobile app.

• 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 2:00pm with the regular 5:30pm cutoff. Full or half-gymnasium will be available. Refer to the pool schedule for youth swim times.

• A fifteen (15) day written notice is required to cancel your membership. Less than fifteen days notice will result in the cancellation taking effect the following month.

• You may place your membership on hold for up to three (3) months in a calendar year. To place your membership on hold, we will need written notice. Notice is required fifteen (15) days prior to the billing period. Less than fifteen days notice will result in the hold taking effect the following month.

• Cell phone use is strictly prohibited in restrooms and locker rooms at the Newport County YMCA.

PHOTOGRAPHY 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.

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 information regarding Newport County YMCA policies.

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Newport County YMCA Winter Sessions 2019-20.

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 whistle-blower. 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.
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
STAFF DIRECTORY
YOUR Y AT WORK.

Mike Miller, CEO
401.847.9200 x120
mikem@newportymca.org

Shannon D’Eramo, COO
401.847.9200 x131
shannond@newportymca.org

George Rezendes, Finance Director
401.847.9200 x114
georger@newportymca.org

Susan Piacenti, Development Director
401.847.9200 x109
susanp@newportymca.org

Lindsay Sisson, Membership Director
401.847.9200 x102
lindsays@newportymca.org

Joe Sanfilippo, Welcome Center Coordinator
401.847.9200
welcomecenter@newportymca.org

Cari Beck, Aquatics Director
401-847-9200 x108
carib@newportymca.org

Emily Cush, Aquatics Coordinator
401-847-9200 x108
emilyc@newportymca.org

Head Wahoos Swim Coach INTERIM
401.847.9200
carib@newportymca.org

Andrea Fiorello, Child Care Director
401.841.5357
andref@newportymca.org

Anne Schultz, Out of School Time (OST) Director
401.847.9200 x137
annes@newportymca.org

Family Programs Coordinator
401.847.9200 x118
treehouse@newportymca.org

Cori Kilzi, Adapted Physical Activity Director
401.847.9200 x117
corio@newportymca.org

Megan DeAscentis, Special Olympics Coordinator
401.847.9200 x117
meganl@newportymca.org

Wyatt Reynolds, Sports & RhodySquash Director
401.847.9200 x113
wyatrr@newportymca.org

Shannon Farrell, Gymnastics Director
401.847.9200 x112
shannonf@newportymca.org

Marcianne Andreozzi, Healthy Living Director
401.847.9200 x132
marcianne@newportymca.org

Kathy Lavigueur, Healthy Living Coordinator
401.847.9200 x119
kathylav@newportymca.org

Miguel Sola, Facilities Director
401.847.9200 x111
miguels@newportymca.org

Rachel Channen, Outdoor Center Director
401.847.9200 x135
rachelc@newportymca.org
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

COMMON FENCE POINT
933 Anthony Rd
Portsmouth, RI 02871
WEBSITE www.commonfencepoint.org
FACEBOOK Common Fence Point
INSTAGRAM commonfencepoint

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

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

YMCA FACILITY CLOSINGS
Easter, Memorial Day, 4th of July, Labor Day,
Thanksgiving, & Christmas Day

YMCA FACILITY HOLIDAY HOURS
Christmas Eve closes at 12pm
New Years Eve closes at 6pm
New Years Day 9:00am - 3:00pm

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.