NEWPORT COUNTY YMCA
1 COMMUNITY
2 LOCATIONS.

NEWPORT COUNTY YMCA
792 Valley Road
Middletown, RI 02842
401-847-9200
www.newportymca.org

COMMON FENCE POINT
933 Anthony Road
Portsmouth, RI 02871
401-847-9200

EARLY SPRING PROGRAM & CLASS SESSION GUIDE
March 2nd–April 26th
No classes 3/14, 4/10, & 4/11

REGISTRATION
Member:
February 10th
Non-Member:
February 17th

Download the Newport County YMCA app on your smartphone and have all of our class schedules & more at your fingertips!
A MESSAGE FROM OUR CEO MIKE MILLER

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.

MEMBERSHIP MONTHLY RATES 2020

<table>
<thead>
<tr>
<th>Membership Types</th>
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<td>Family</td>
<td>$79 per month</td>
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<tr>
<td>Single Parent Family</td>
<td>$64 per month</td>
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<tr>
<td>1 Adult &amp; Children living in the same household</td>
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<tr>
<td>Adult</td>
<td>$49 per month</td>
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<tr>
<td>College–Young Adult/30 under 30</td>
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<td>Older Youth (14–17 years-old)</td>
<td>$16 per month</td>
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<tr>
<td>Youth (6–13 years-old)</td>
<td>$12 per month</td>
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</tbody>
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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.
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
THANK YOU TO OUR 2019 COMMUNITY SUPPORT CAMPAIGN DONORS

Adam J. Souza
Alexis Markowski
Allen R. Laliberty
Amanda Salvetti
Andrea Florendo
Andrew Enos
Anita Butler
Ann Arnold
Ann H. Guinan
Anne (Nancy) McEnness
Anne Sage & Jesse Sgro
Anne M. Schultz
Anne Spaight
Ashton Toland
Ashley Barker
Audra & Chris Costello
Bailey E. Todd
BankNewport
Barbara Burns
Barbara J. Oswald
Barbara Ruscetta
Bill Heine
Briana Pacheco
Brianna Bedard & Joshua Fennell
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Carol Perry
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Caroline M. Williams
Casey Johnsen
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Catherine D Campbell
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Charlene Elandworth
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Christa Mary Reise
Christine Marcoux
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Christopher G. Spaight
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Ciera Vicente
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Colleen McEnness
Conley & Mike Zani
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Elaine Edelberg
Elizabeth Morancy
Embrace Home Loans, Inc.
Emily Cush
Emily M. Black
Ernest C. Querry
Ethan Choi
Ethan F. Baldwin
Farrar Associates, Inc.
Fred C. Promades
Frederick Green
Gray Matter Marketing LLC
Hailey Pratt
Hannah Pittsley
Harold A. Seidler
Heather Sheley
Heavenly Soles, Inc.
Helen L. Brennan
Herk-Works Architecture
IBM
International Tennis Hall of Fame
Iris White
Jack R Clare
Jack Sweeney
James Dipaola
Janet Weeden
Javier Garcia-Mendoza
Joan Buckley
Joan Jacobs
Jocelyn Sherman
John & Julie Kaull
John H. Ellis
John LaRocca
John Ryan
Jonathan Estrella
Jordan Burnley
Judith & Chris Lowen
Katelyn J. Serth
Katherine Stack
Kathleen Redgate
Kathy Morrill
Kelly Burns Salas
Kelly Powers
Kevin M. McCarthy
Kim Holloway
Kirsten Lemler
Klein Nichole Borbe
Laura A. MacSweeney
Lee & Sue Merrill
Leonard C. Taddei
Linda Vaccione
Lindsey Curry
Lisa & Joe Marcello
Liz Minifie
Local Initiatives Support Corporation
Lori A. Call
Mackenzie Brow
MacLean Charitable Foundation
Margaret Stanwood
Maria Fombellida
Marianne F DelGuerico
Marikit A. Cole
Mariena Smith
Martha A. Ullman
Mary E. Paiva
Mary Martin
Mary Pat Ryan
Matthew Gabriel
Megan & Kyle Ouellette
Megan L. Cordeiro Memorial Fund
Michael Marullo
Michael Phelps
Michael Semenza
Michelle McCombe
Middletown Family Dental
Middletown Rotary Club
Mike & Rebecca Miller
Molly Harrington
Monika M Miller
Mya Pina
Nathaniel T. Baldwin
National Grid
Neil & Lynn Galvin
Newport Life Magazine
Newport Harbor Corporation Fund
Newport Hospital
OceanPoint Insurance Agency, Inc.
Olympic Physical Therapy
Patricia Chase
Patricia Coussa
Patrick Haley
Patrick L. Burke
Paul Alegria
Paul M. Kochis
Paul Telewsky
PayPal Giving Fund
Peak Event Services
Peter & Sue Cinner
Rachel Ann Warner
Rachel Channen
Randolph A. Butler Jr.
Ray Heins
Rebecca L. Peckham
Rebecca Nicole Bishop
Regan Reilly
Rhode Island Foundation
Rhode Island Healthy Vending
Rhodes & Julia Rouse
Rian M. Wilkinson
Richard C. Young & Co., Ltd.
Richard Driscoll
Robert McGrath
Rockwell Amusements
Roger & Eileen Warburton
Ron Subounge
Russell Johnson
Saccucci Auto Group Inc.
Sally Dwyer
Salve Regina University
Sara Churgin
Sarah Matarese
Savannah Vansidener
Savings Institute Bank & Trust
Serena DelRoss
Seth Dame
Seth’s Pop-up Café
Shannon D’Eramo
Shannon Farrell
Shaw’s Give Back Where It Counts Program
Sheila & Mike Paglierani
Sole Desire/Run Newport
Sophia Paglierani
Stephanie Luther
Stephanie McMunnett
Stephen & Carleen Massed
Steven Downing
Stop & Shop Community Bag Program
Sue Stoubenhurgh
Susan Placenti
Tara Aboyoun
Tara E. Bronson
Taylor Stevens
Teresa M. Cordeiro
Teresa T. Pinto
Teri Degnan Real Estate & Consulting LTD
Terry Trapani
Thomas Bronson
Thomas E. Shugart
Thomas Rich
Tom Danker
Touro Synagogue
Tuyetlinh Nguyen
Tyra A Kutsafis
Van Liew Trust Company
Vanessa Draper
Victoria Breen
Vincent Roche
Viti Mercedes-Benz/Volvo Automotive Group
Wireless Zone Foundation for Giving

Thank you for being part of our Y Family!
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
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.

<table>
<thead>
<tr>
<th># OF SESSIONS</th>
<th>1</th>
<th>5</th>
<th>12</th>
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<tr>
<td>COST</td>
<td>$65</td>
<td>$320</td>
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</table>

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 share 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!
PERSONAL TRAINING

Our Personal Training Team at the Newport County YMCA is one of the TOP Teams on Aquidneck Island! Not only do we have GREAT rates, but we have the GREATEST range of expertise, knowledge, commitment, professionalism and positivity that is required to be the best at what we do!

- Affordable Rates with Many Options!
- 30 Minute/60 Minute Sessions!
- Become Healthier & Feel Better!
- Increase Your Energy!

Questions? Email Marcianne Andreozzi, Healthy Living Director at marciannea@newportymca.org

TRAINERS
Marcianne Andreozzi
Aerielle Newsome     Sam Heavey
Kathy Lavigueur      Jay Ombati
Anthony Irwin        Elysha Guerriero
Rick Ayala           Sydney Herminghaus
Christine Higgins    Peter To
Anna Gibbons         Amber Crone

Positive Thinking
If you FAIL, never give up because FAIL means:
FIRST ATTEMPT IN LEARNING
END is not the end, in fact END means:
EFFORT NEVER DIES
If you get a NO as an answer, remember NO means:
NEXT OPPORTUNITY
The YMCA Wellness Center promotes a positive and true 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

**NEXT SESSION STARTS IN SEPTEMBER**

**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.
YOUTH WELLNESS

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!
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 marciannea@newportymca.org or 401-847-9200 x132.
MIGHTY MIGHTS  
(Ages 2.5-3) Saturday 9:00am-9:45am
This is a Parent and Me Program for those 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, T-ball, 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. All sports equipment is provided.

OUTDOOR YOUTH SOCCER  
(Ages 4-11)
The Spring outdoor soccer league will help improve the skills of our youth who enjoy running around, learning new skills and what it means to be part of a team. The league is open to all skill levels with the goal to foster an environment where everybody is included, and everybody gets a chance to play. Each team is coached by a volunteer who is looking to make a positive impact on the lives of our youth. Our league is arranged by the following age groups: 4&5 years old, 6&7 years old, 8-11 years old. Ages 6-11 will have practice one day during the week based off of their coach’s availability. The first Saturday of the season will be a skills and drills evaluation practice, in order to divide teams evenly and allow players to meet their coaches.

Outdoor Youth Soccer Times  
(Saturdays)
4&5 years old 10:00am-11:00am
6&7 years old 11:15am-12:15pm
8-11 years old 12:30pm-1:30pm

YOUTH T-BALL  
(Ages 4 & 5) Saturday 2:00pm-3:00pm
Introduce your child to America’s favorite pastime – youth t-ball, where fun is at the forefront as they gain self-confidence and strengthen skills. At the Y, our focus is about more than just the game, it is about building the whole child, from the inside out. Through learning and refining skills such as throwing, positions, and batting, your child will learn the fundamentals of t-ball with positive coaching and personal attention as we lay the foundation for league play.

FOR MORE INFO ON YOUTH SPORTS PROGRAMS CONTACT WYATT REYNOLDS at 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.

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

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 helps 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 will 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
Parents Night Out at 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, March 13th
Friday, April 10th
Friday, May 8th

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

Vacation Camp at 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.

April Vacation: April 13th-17th
Enrollment Options: 2 Day Rate, 3 Day Rate, 5 Day Rate

Member Rate
2 day: $80  3 day: $115  5 day: $150

Non-Member
2 day: $110  3 day: $145  5 day: $180

For more information contact Rachel Channen at rachelc@newportymca.org or 401-847-9200 x 135
ALL NEW
YOUTH & FAMILY PROGRAMS
AT COMMON FENCE POINT

8 WEEK SESSION FROM
3/2/20 to 4/26/20

**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 to 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.

**Healthy Kids Club:** Ages 7-11

Children will learn how to live a healthy and active lifestyle through a combination of cardio and strength workouts, as well as learning what types of food groups are nutritious for them.

<table>
<thead>
<tr>
<th>Programs</th>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ninjazone (45min)</td>
<td>3-5 years</td>
<td>$100 Member $130 Non-Member</td>
<td>4:00pm</td>
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<tr>
<td>Ninjazone (45min)</td>
<td>6-8 years</td>
<td>$100 Member $130 Non-Member</td>
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<td>4:00pm</td>
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<tr>
<td>Mini Gymnastics (45min)</td>
<td>3-5 years</td>
<td>$80 Member $100 Non-Member</td>
<td>5:40pm</td>
<td>11:00am</td>
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<tr>
<td>Gym with Parent (45min)</td>
<td>1-3 years</td>
<td>$80 Member $100 Non-Member</td>
<td>10:00am</td>
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<tr>
<td>Music and Movement (45min)</td>
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<td>$100 Member $130 Non-Member</td>
<td>4:15pm</td>
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DROP-IN FOR FUN
THE Y AT COMMON FENCE POINT
YOUTH CENTER

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 Family 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
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 DHS 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

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

Gaudet School (PM only)
1113 Aquidneck Ave
Middletown, RI 02842

Save the Date:
Registration for the 2020-2021 school year begins May 1st!
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
CAMP CLARKE
AND NEW CAMP CFP AT COMMON FENCE POINT
REGISTRATION IS OPEN!

WHAT WE OFFER:
• Traditional Camp
• Sports Camp
• Water Sports Camp
• Gymnastics Camp
• Adaptive/Inclusion Camp
• Counselor in Training
• Specialty Camps

TRADITIONAL CAMP ACTIVITIES:
• Swimming
• Sports
• Arts & Crafts
• Drama
• High & Low Rops
• Archery
• And Much More!

REGISTRATION INFO!
We now have two ways to register!
Online at: https://newportymca.org/online-program-registration/
Or in person at the Welcome Center!

NEW THIS YEAR!
CampDoc is an electronic health record system for camps which allows us to consolidate and intergrade camper health information, policies and procedures, permission slips, and more. The security, confidentiality and privacy of your campers personal information will always be protected.
BACKGROUND
Our Newport County YMCA 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!
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.

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: INCLUSIVE STRENGTH @ CFP
Held the Last Tuesday of every month.

Come join APA Director, Cori Kilzi for 30 minutes of a strength based cardio circuit. This class will have designated stations that will rotate each minute. At the end, the group will all come together to work on mobility and flexibility through yoga based stretches.

For more information about the Special Olympics Team contact our Special Olympics Team Coordinator Megan DeAscentis at meganl@newportymca.org.

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.

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.
T. G. I. SPRING!

CURE YOUR SPRING FEVER!

YOUTH NIGHT FRIDAYS AT THE Y

Newport County YMCA

Shoot Hoops
Jump in the pool
Eat pizza
Play GAGA
Roll over to the Gymnastics Center!

• For grades 4–8
• Free for OST Participants
• $10 members, $12 non-members
• Arrive by 6:30 to be included in pizza count
• Bring water bottle, swim suit, towel

Generously Sponsored by:

carmella’s Pizzeria
Twice As Nice is licensed by DHS 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.

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

**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 2020-2021 school year opens March 2, 2020.
Let Twice As Nice be an experience your child looks forward to everyday!
Preschool for Young Children!

Twice As Nice believes children benefit from preschool because they gain exposure to numbers, letters, and shapes. But, more importantly, they develop social and emotional skills to learn how to get along with other children, share, and problem solve. Our goal is to give children the tools necessary to be successful through experiences that will last a lifetime.

Benefits of Preschool:

- Prepare children for Kindergarten both academically and socially.
- Provide an opportunity for growth. Children learn to share, follow instructions, and begin the foundation for learning.
- Young children build trusting relationships with their teachers and friends. They feel safe and cared for when they are away from their families.
- Promotes language and cognitive skills through meaningful conversations, hands-on experiences, singing, talking about and acting out their favorite book.
- Stimulate the imagination! Children are offered a variety of ways to stimulate their imagination such as problem solving through building a tower with blocks, role play in dramatic play, and experimenting with slime in the science center.
- Preschool offers a structured environment for the children. They learn to make friends and play well with others. They are encouraged to social interactions with their peers and minimize conflicts.
- FUN!!! Children LOVE to go outdoors and explore the world around them.

"It takes a Big Heart to Shape a Little Mind!"
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 Hotshots.

MINI PRETEAM (Ages 4–7 90 minutes)
Gymnasts in the preschool classes who are ready to work towards competitive team. This class will focus on USAG Level 1 & 2 Routines.

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.

YOUTH PRETEAM (Ages 8–12, 90 minutes)
Gymnasts in the youth classes who are ready to work towards competitive team. This class will focus on USAG Level 2 & 3 routines.

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)
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><strong>P/C Discovery</strong> (45 min.)</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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<tr>
<td><strong>P/C Exploration</strong> (45 min.)</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><strong>Preschool Co-ed Mini's</strong> (45 min.)</td>
<td>3-5</td>
<td>$80 Members $100 Non-Member</td>
<td>9:30am</td>
<td>10:30am</td>
<td>9:00am</td>
<td>4:30pm</td>
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<tr>
<td><strong>Preschool Co-ed Intermediate Mini's</strong> (45 min.)</td>
<td>3-5</td>
<td>$80 Members $100 Non-Member</td>
<td>9:30am</td>
<td>10:30am &amp; 4:30pm</td>
<td>9:00am</td>
<td>4:30pm</td>
<td>5:30pm</td>
<td>10:00am</td>
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<tr>
<td><strong>Hothots Co-Ed</strong> (45 min.)</td>
<td>3-5</td>
<td>$80 Members $100 Non-Member</td>
<td>9:30am</td>
<td>10:30am &amp; 5:30pm</td>
<td>9:00am</td>
<td>5:30pm</td>
<td>5:30pm</td>
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<tr>
<td><strong>Mini Preteam</strong> (90 mins)</td>
<td>4-7</td>
<td>$150 members $200 non-members</td>
<td>4:00pm</td>
<td>4:00pm</td>
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<tr>
<td><strong>Youth Girls</strong> (55 mins)</td>
<td>6-12</td>
<td>$80 Members $100 Non-Member</td>
<td>3:30</td>
<td>4:30 &amp; 5:30pm</td>
<td>4:30 &amp; 5:30pm</td>
<td>9:00 &amp; 10:00am</td>
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<tr>
<td><strong>Youth Boys</strong> (55 mins)</td>
<td>6-12</td>
<td>$80 Members $100 Non-Member</td>
<td>4:30pm</td>
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<tr>
<td><strong>Girls Pre-Team</strong> (90 min.)</td>
<td>6-12</td>
<td>$150 Members $200 Non-Member</td>
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<tr>
<td><strong>Tumbling Beginner</strong> (55 mins)</td>
<td>7-12</td>
<td>$80 Members $100 Non-Member</td>
<td>3:30pm</td>
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<table>
<thead>
<tr>
<th><strong>Ninja Class</strong>*</th>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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<td><strong>Ninjazone Lil Ninja's</strong> (45 mins)</td>
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<tr>
<td><strong>Ninjazone Ninja Girls</strong> (55 mins)</td>
<td>6-12</td>
<td>$100 Members $130 Non-Members</td>
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<tr>
<td><strong>Ninjazone Ninja Boys</strong> (55 mins)</td>
<td>5-7</td>
<td>$100 Members $130 Non-Members</td>
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<td>10:00am</td>
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<tr>
<td><strong>Ninjazone Ninja Boys</strong> (55 mins)</td>
<td>8-10</td>
<td>$100 Members $130 Non-Members</td>
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<tr>
<td><strong>Ninjazone Ninja Boys</strong> (55 mins)</td>
<td>11-13</td>
<td>$100 Members $130 Non-Members</td>
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<td>10:00am</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>
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<tr>
<th>TEAM PRACTICE</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
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<th>SAT</th>
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<tr>
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<td>5+</td>
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<td>&quot;Must be a Y Member&quot;</td>
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<td>LEVEL 2</td>
<td>5+</td>
<td>$105 Members</td>
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<td>&quot;Must be a Y Member&quot;</td>
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<td>LEVEL 3</td>
<td>5+</td>
<td>$120 Members</td>
<td>5:30-7:30pm</td>
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<td>4:00-7:00pm</td>
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<td>&quot;Must be a Y Member&quot;</td>
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<td>LEVEL 4 &amp; 5</td>
<td>6+</td>
<td>$140 Members</td>
<td>4:00-7:00pm</td>
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<td>4:00-7:00pm</td>
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<td>&quot;Must be a Y Member&quot;</td>
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<td>LEVEL 6-8</td>
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<td>$150 Members</td>
<td>4:00-7:00pm</td>
<td>4:00-7:00pm</td>
<td>4:00-7:00pm</td>
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<td>&quot;Must be a Y Member&quot;</td>
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<tr>
<td>XCEL BRONZE/XCEL SILVER</td>
<td>8+</td>
<td>$95 Members</td>
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<td>5:30-7:30pm</td>
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<td>5:30-7:30pm</td>
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AQUATICS

YOUTH & ADULT 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.)
Beginner–Various size flotation devices may be used. Advanced–Must be able to swim without flotation.
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 I–BEGINNER (Ages 6+, 30 min.)
Youth I Beginner is designed for youth that may have never had formal swimming lessons, has a fear of the water, previous bad experience with water, or still needs flotation to assist with swimming. Basic swimming skills: kicking, reaching, putting face in the water, floating, jumping and safety will be taught during this class.

YOUTH I (Ages 6+, 45 min.)
Youth I is designed for youth that are comfortable in the water and need further knowledge of their strokes. They will learn Freestyle, Backstroke, Breaststroke and touch upon Butterfly, build endurance, rotary breathing, jumping, diving, starts and finishes for each stroke, and water safety.

YOUTH I ADVANCED (Ages 6+, 45min)
Youth will continue to work on their Freestyle, Backstroke, Breaststroke and Butterfly, learn drills that will help increase their endurance, jumping, diving, starts, finishes, flip turns, and water safety.

YOUTH II (Ages 6+, 45 min.)
Youth II participants must be able to complete 50 yards of the front crawl with rotary breathing, 50 yard of the back stroke, 25 breaststroke and tred water for 2 minutes. Participants will become proficient in all strokes, build stamina, endurance, and build upon team skills.

PRIVATE SWIM LESSONS (Ages 3+)
Contact Cari Beck at carib@newportymca.org or 401-847-9200 ext. 108 for more information to schedule.

ADULT SWIM LESSONS (Ages 15+, 45min)
These classes are for those in beginner to intermediate levels. Learning to swim is a life skill and 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 are offered Tuesdays at 6:15pm and Thursday at 11:00am.
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
This high-energy class takes place in shallow water with a deep-water component, set to music. The use of foam dumbbells and noodles adds more resistance to your lively, invigorating workout!

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.

Our next babysitting course will be held April 13, 2020 from 9:00am-3:00pm.

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. Our next courses will be held:

Saturday, March 21, 2020
Saturday, April 18, 2020
Saturday, May 16, 2020

PLEASE NOTE OUR NEW LOCATION FOR CPR/AED/FIRST AID & BABYSITTING COURSES:

Middletown Police Department
Community Room
123 Valley Road
Middletown, RI 02842
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!
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 wahoos@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.
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. Participants in the Stroke Clinic DO NOT need to be on the Wahoos Swim Team. This is a great experience for both those on swim team and for those who are thinking of joining. Our Stroke Clinic focuses on:

- **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.
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<th>AGES</th>
<th>PRICE</th>
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BE A LEADER
BE A LIFEGUARD

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:** Contact Shannon at (401)847-9200 Ext. 112/shannonf@newportymca.org

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

**Pool Party:** Contact Cari at (401)847-9200 Ext. 108/carib@newportymca.org

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

Add Bounce House or Gaga Pit for an additional $50.

Please allow 24-48 hours for a reply.
FAMILY FUN

TRY NEW ACTIVITIES. SPEND TIME TOGETHER.

PARENT’S NIGHT OUT AT THE NEWPORT COUNTY YMCA

OCTOBER - MAY
ONE SATURDAY PER MONTH
4:30PM-8:30PM
$25/Members $30/Non-Members $50/Max per Family
Ages 3-10, must be potty trained. Includes pizza, pool, & kids gym.

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
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.** Locks are available to purchase for $7 at the Welcome Center.

**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 issued. There will be **NO** refunds or credits issued 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.

Copyright © 2020 Newport County YMCA
STAFF DIRECTORY

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mikem@newportymca.org

Shannon D’Eramo, Chief Operating Officer
401.847.9200 x 131
shannond@newportymca.org

Andrea Florendo, Child Care Director
401.841.5357
andreaf@newportymca.org

Paula McHale, Finance Director
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Anne Schultz, Out of School Time Director
401.847.9200 x 137
annes@newportymca.org

Susan Piacenti, Development Director
401.847.9200 x 109
susanp@newportymca.org

Cori Kilzi, Adapted Physical Activity Director
401.847.9200 x 117
corio@newportymca.org

Lindsay Sisson, Membership Director
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lindsays@newportymca.org

Megan DeAscentis, Special Olympics Coordinator
401.847.9200 x 117
meganl@newportymca.org

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