NEWPORT COUNTY YMCA
1 COMMUNITY, 2 LOCATIONS.

PROGRAM & CLASS GUIDE
Fall Session 2020

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

Registration begins on August 1, 2020 for members & non-members!
At the Newport County YMCA, everything we do is guided by our commitment to strengthening the community, no matter the challenges we face. In mid-March, the COVID-19 crisis forced us to make one of the toughest decisions in our Y’s history, temporarily closing our YMCA and suspending most programs and services. It was the right thing to do for our community.

Despite uncertainty, our Y leaders stepped up and adapted to the emerging needs of our neighbors. Together, we’ve worked hard to keep our children, families and adults engaged, active and connected, while safely apart. It’s time to take the next step.

As a community organization serving diverse populations, the Newport County YMCA has spent weeks carefully considering how we can reopen responsibly, offering an inclusive Y experience that prioritizes safety above all else.

With guidance from health officials, government leaders, Y-USA and subject matter experts, a team of Newport County YMCA leaders developed a plan for our COVID-19 mitigation strategies, representing hours of research and many thoughtful, informed discussions about how best to resume operations and safely serve members and program participants. We are confident in our plan to resume programs this Fall with the safety of our community, members, and staff as our number one priority.

Things will look very different at our Y in the days and weeks to come. We will be met with challenges from those who find our new protocols inconvenient and unnecessary. You will play a critical role in helping everyone who walks through our doors understand that safety is our number one priority and is at the core of all decisions.

Our plan will evolve as this crisis evolves. What will not change is our promise to respond responsibly as we continue our commitment to strengthen community.

Thank you for your loyalty to the Y. We are stronger with you. Together is our only way forward.

Welcome Back!

**Mike Miller**
CEO

**Rhodes Rouse**
Board President
CAPITAL CAMPAIGN

For Community. For Generations.

Since 1878, the Newport County YMCA has served generations of families, providing access to the resources they need to be healthy, confident, connected and secure. Our Capital Campaign will allow us to renovate and expand our current facility to meet the needs of the community.

Expansions and Renovations will:

• Create a welcoming and inclusive lobby and central meeting space
• Relocate and expand the Wellness Center
• Develop a Squash Complex with a RhodySquash Education Center
• Add family/adaptive locker rooms
• Enhance Child Watch to provide care for children while parents exercise
• Create more group exercise rooms for all ages, abilities and interests
• And much more!

For more information about the Y’s capital campaign and how you can help, please contact Susan Piacenti, Director of Development, at 401.847.9200 x 109 or susanp@newportymca.org.
NEWPORT COUNTY YMCA’S 2020 COMMUNITY SUPPORT CAMPAIGN

YOUR DUES OPERATE THE FACILITY...

YOUR GIFT CHANGES LIVES.

Each year, your Y provides more than $270,000 worth of Membership & Program Scholarships to help support your Y Community. With your generosity, we are able to do so much more!

<table>
<thead>
<tr>
<th>YOU</th>
<th>make the difference</th>
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<tbody>
<tr>
<td>$1,000</td>
<td>Sends FOUR children to Summer Camp for a lifetime of memories</td>
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<tr>
<td>$500</td>
<td>Supplies necessary equipment for TWELVE Special Olympics Athletes</td>
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<tr>
<td>$250</td>
<td>Supports SSAT Tutoring for our RhodySquash Team of EIGHTEEN Student-Athletes</td>
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<tr>
<td>$100</td>
<td>Provides TWO children one week of safe &amp; fun after-school care</td>
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<tr>
<td>$50</td>
<td>Helps teach ONE child how to swim</td>
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<tr>
<td>$25</td>
<td>Teaches “Life Skills” to ONE member of this Adaptive Physical Activities program</td>
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GIVE TODAY.

Newport County YMCA’s Community Support Campaign

When you give, 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.

newportymca.org/giving
MEMBERSHIP & BENEFITS

MEMBERSHIP MONTHLY RATES 2020

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Monthly Rate</th>
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<tbody>
<tr>
<td>Family</td>
<td>$79 per month</td>
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<tr>
<td>2 Adults &amp; Children living in same household</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>
<td>$30 per month</td>
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<tr>
<td>Older Youth (14-17 years-old)</td>
<td>$16 per month</td>
</tr>
<tr>
<td>Youth (6-13 years-old)</td>
<td>$12 per month</td>
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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 on our website at 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.

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. This fee is non-refundable.

- Family, Single Parent Family: $75
- Adults: $50
- College*/30 under 30, Older Youth, Youth, Military & Seniors: NO JOINER FEE

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.
HEALTHY LIVING

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.

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!

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.

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!

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.
WELLNESS PROGRAMS

Month-to-Month, 3-Month, and 6-Month Personal Training 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 available in 30 or 60 minute sessions. Small Group Training Sessions are also available.

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!

WELLNESS CENTER POLICIES
PLEASE STAY IN TUNE WITH OUR LATEST POLICIES SURROUNDING OUR COVID-19 RESPONSE. OUR POLICIES ARE DEVELOPED IN COORDINATION WITH THE RHODE ISLAND DEPARTMENT OF HEALTH AND WITH OUR COMMUNITY’S SAFETY IN MIND.

OUTDOOR BOOTCAMP AT THE NEWPORT COUNTY YMCA
This program, hosted by Kathy Lavigueur, will take place using equipment outdoors as well as body weight exercises. All participants will be spaced 14 feet apart so no mask will be required.
If interested in childcare during the program please contact corio@newportymca.org. Childcare will be provided at no additional cost however there is a limit on childcare spots so register today!

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. Please inquire about your orientation to make an appointment at the Welcome Center.

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

For members who would like to participate in our group exercise classes but can't make it into our studio, visit the Live Stream link at the top of our webpage to access classes right from the comfort of your own home!

VIRTUAL FITNESS OPTIONS

Y Thrive
We’ve developed an online home workout fitness program! Y Thrive Home is a free fitness program that you can do from your home. Check out our newly launched page and start your home workout today!

Common Fence Point Zumba
Do you miss attending our amazing Common Fence Point Zumba classes? Visit www.cfpzumba.com to take Zumba with your favorite CFP instructors anywhere, anytime!

YMCA 360
YMCA’s “on-demand” healthy living network. It's your favorite classes, our top instructors and the Y community now available at home, on the road, 24/7 and 360 degrees.

Les Mills
Access to 100+ workouts with 9 different programs online. Find the right workouts to match your fitness level. Parents, press "click here for more" and choose BORN TO MOVE to keep your kids active and engaged!

PopSugar Fitness
30-minute no equipment cardio and strength conditioning workout. The perfect class for quick exercise!

BeFit
Total body conditioning workout. Level 2—BeFit in 30 Extreme.
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.

Sports Performance
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 45 - minute exercise starting with dynamic warm up, acceleration, deceleration, and change of direction drills and supervised weight training. Space is limited. Available for ages 6-17 in both a 1:1 format and small groups.

Prescribe the Y
Fall Session Starts mid September 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.

If you are interested in becoming a volunteer coach, please contact Neal Renner at nealr@newportymca.org.
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 Ann at ann@rhodysquash.org.

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

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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.
Ropes Course Rentals
Let experience be the teacher through a unique ropes course challenge. Experiential activities create a powerful learning opportunity for participants of all ages! Our facilitators 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
- University and College Programs
- School and Youth Groups

Outdoor Parties

Traditional Birthday Party: Up to 25 guests
YMCA staff will lead party guests for an hour and a half of fun activities and games followed by an hour and a half in the outdoor pavilion.

Adult Birthday Party (21 plus): Up to 25 guests
Here is your chance to be a kid again! Spend your birthday at the Y and enjoy the outdoors, play lawn games, and more!
All guests must sign the waivers to enter the facility upon arrival.

Group Rentals
The Newport County YMCA offers the community and its members a variety of spaces to rent. Our facility space is great for any group to get together for any occasion. Schedule your work meeting, family reunion, graduation party, or team bonding event with us!

Rental Add-Ons
- Sports Equipment (soccer balls, basketballs, volleyballs, etc.)
- Inflatables (Bouncy House, Gaga Pit, Slip-n-Slide)
- Lawn Games (Cornhole, Giant Jenga, Ring Toss, etc.)
*All add-ons will be available to rent for an additional fee
Our Outdoor Spaces

Wind & Sea Pavilion

Stars & Stripes Pavilion

Ropes Course

Upper Sports Field

Lower Sports Field
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, September 18th
Friday, October 16th
Friday, November 20th

Registration closes the Thursday before the event.

Special pricing for Non-Members
For more information contact Rachel Channen at rachelm@newportymca.org or 401-847-9200 x 135
DROP-IN FOR FUN
THE Y AT COMMON FENCE POINT
YOUTH CENTER

Opening September 2020
Monday-Friday Afternoons
For Youth in Grades K-6
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.

- YMCA Member fee: per week $90 / 5 day option only
- Non-Member fee: per week $120 / 5 day option only

TIME: 3pm-6pm. Monday-Friday

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

CONTACT: Rachel Channen, Outdoor Leadership and Youth Development Director
racheln@newportymca.org  401-847-9200 x135
www.newportymca.org
Motivational Mondays

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.

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.

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.

Talented Tuesdays

Freestyle Art Fusion
Relax, unwind, and let your talent come through your fingertips. We will provide you with supplies, examples of art, an inspirational playlist, plenty of space, and the freedom to let your inner artist shine through. We can’t wait to see what happens!

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

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!

Dance Off
Let off steam and use our space for an epic dance party!

Wacky Wednesdays

Animal Art
Explore several ways to create an original animal creature through various forms of media.

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.

Charades Competition
Join us in an outrageous game of charades!

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

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

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

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

Would You Rather
The ultimate getting-to-know-you game!

Fun-Filled Friday

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!

For more information contact:
Rachel Channen, Outdoor Leadership and Youth Development Director
rachelc@newportymca.org
401-847-9200 x135
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

Drop-ins encouraged

Free with a Y family membership or Single Parent Family Membership

Non-members: $20 per visit/$100 for 10 visit punch card

the YMCA
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 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
Pricing and More Information

Pricing: Aquidneck, Forest, Melrose, and Gaudet

**Member Rates**
AM/PM Combo: $105

**Non-Member Rates**
AM/PM Combo: $150

*In the event that schools no longer hold in-person learning, please contact Rachel Channen for information about virtual learning options at the Newport County YMCA.*

Due to COVID-19 restrictions, please be advised that the capacity at each site cannot exceed 26 children per week. Please note that this pricing is based on a 5-day option ONLY to maintain our stable groups.
NO CHILD TERNED AWAY

Ask us about our generous financial aid options.

Every child should enjoy their after school hours!

Contact:
Rachel Channen
rachelse@newportymca.org
(401) 847-9200 ext 135
BACKGROUND

Our NCYMCA APA/Inclusion Program is designed to give children and adults of 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.

DAPPERS

Inclusivity has no limits at the Newport County YMCA. DAPPERS 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. This class is great for individuals with Parkinsons, MS, and anyone who could benefit from improvement in balance and overall strength. 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.

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!

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

The Newport County YMCA Special Olympics is always accepting new volunteers, partners and athletes.

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.
The Treehouse is offered exclusively to Newport County and CFP members only. The Treehouse is a first come first served basis and we do not accept call ahead reserved spots. We have a variety of toys and art supplies available to the children, so please leave personal toys/items at home. Water bottles are allowed; no juice or milk. Families with babies may bring bottles of formula. Please see the Tree house for further information and policies.

Please note: Treehouse availability, time limits, number of children accepted, and policies may change due to COVID-19.

Time limits:
6 weeks to 6 months: 1 hour
7 months to 11 months: 1.5 hours
1 to 10 years: 2 hours
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.

Our program runs September-June or Year Round Options. We accept children ages 18 months through 5 years. Our hours of operation are 7:00am-5:30pm. You may choose between two day (T,TH), 3 day (MWF), and 5 day options. Please note, hours of operation are subject to change due to COVID-19.

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.

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. Activities are aligned with the RIELDS. 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.

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)

We have limited space available for the 2020-2021 school year. Please contact Andrea at andream@newportymca.org for more information.
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 GYMNASICS (Ages 3-5, 45 min.)
Gymnastics instruction will be taught on our preschool apparatus. Children will accomplish basic gymnastics skills, learn body positions, and develop the listening and coordination skills necessary to advance in the preschool program. Co-ed classes are separated by skill level; Beginner Mini’s, Intermediate Mini’s, and Advanced Mini’s.

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

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

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.
## GYMNASTICS CLASS SCHEDULE

<table>
<thead>
<tr>
<th>GYMNASTIC CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
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<tbody>
<tr>
<td>P/C DISCOVERY</td>
<td>1-2.5</td>
<td>$40 Members $50 Non-Member</td>
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<td>P/C EXPLORATION</td>
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<td>9:00am</td>
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<tr>
<td>PRESCHOOL</td>
<td>3-5</td>
<td>$50 Members $65 Non-Member</td>
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<td>10:30am or 3:30pm</td>
<td>9:00am</td>
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<td>4:30pm</td>
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<tr>
<td>Co-ed Mini’s (45 min.)</td>
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<tr>
<td>PRESCHOOL</td>
<td>3-5</td>
<td>$50 Members $65 Non-Member</td>
<td>9:30am</td>
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<tr>
<td>Co-ed Intermediate Mini’s (45 min.)</td>
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<tr>
<td>HOTSHOTS</td>
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<td>Co-Ed (45 min.)</td>
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<td>MINI PRETEAM</td>
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<tr>
<td>YOUTH Girls (55 min.)</td>
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<td>4:30 or 5:30pm</td>
<td>4:30pm</td>
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<tr>
<td>YOUTH Boys (55 min.)</td>
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<tr>
<td>TUMBLING</td>
<td>7-12</td>
<td>$50 Members $65 Non-Member</td>
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<tr>
<td>Beginner (55 min.)</td>
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<table>
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<th>NINJA CLASS*</th>
<th>AGES</th>
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<th>TUES</th>
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<td>$60 Members $75 Non-Members</td>
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<tr>
<td>NINJAZONE Ninja Girls (55 mins)</td>
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<tr>
<td>NINJAZONE Ninja Boys (55 mins)</td>
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<td>$60 Members $75 Non-Members</td>
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<td>4:30pm</td>
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<tr>
<td>NINJAZONE Ninja Boys (55 mins)</td>
<td>8-10</td>
<td>$60 Members $75 Non-Members</td>
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<tr>
<td>NINJAZONE Ninja Boys (55 mins)</td>
<td>11-13</td>
<td>$60 Members $75 Non-Members</td>
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<td>4:30pm</td>
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</table>

*All Ninjas must be in uniform, uniforms can be purchased at the Newport County YMCA.  
**UNIFORM COST:** $50, for more info see Kim Donahue or email kimd@newportymca.org.
GYMNASTICS TEAM SCHEDULE
By invitation only, please see Kim Donahue 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>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td>MINI PRETEAM</td>
<td>4-7</td>
<td>$100 Members *Must be a Y Member</td>
<td>4-5:30pm</td>
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<tr>
<td>LEVEL 2</td>
<td>5+</td>
<td>$115 Members *Must be a Y Member</td>
<td>5:30-7:30pm</td>
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<tr>
<td>LEVEL 3</td>
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<td>$125 Members *Must be a Y Member</td>
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<tr>
<td>LEVEL 4 &amp;5</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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<td>4:00-7:00pm</td>
<td>9:00am-12pm</td>
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<tr>
<td>LEVEL 6-8</td>
<td>6+</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>$115 Members *Must be a Y Member</td>
<td>5:30-7:30pm</td>
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<tr>
<td>XCEL GOLD</td>
<td>8+</td>
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<td>4:00-7:00pm</td>
<td>4:00-7:00pm</td>
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<td>9:00am-12pm</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>
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<tr>
<td>BOYS TEAM ALL LEVELS</td>
<td>5+</td>
<td>$100 Members *Must be a Y Member</td>
<td>5:30-7:30pm</td>
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</table>
YOUTH SWIM LESSONS

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

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

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

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

YOUTH II (Ages 6+, 45 min.)
Youth II participants must be able to complete 50 yards of the front crawl with rotary breathing, 50 yards of the back stroke, 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.
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.

COMMUNITY DEVELOPMENT

LIFEGUARDING RECERTIFICATION (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 Director Cari Beck at carib@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
BABYSITTING CLASS
NEWPORT COUNTY YMCA

WHEN: Wednesday, August 26
TIME: 9AM—3PM
COST: $80 MEMBERS
      $100 NON-MEMBERS
AGES: 11-15
PLACE: NEWPORT COUNTY YMCA
      792 VALLEY RD
      MIDDLETOWN, RI 02842

Bring a bag lunch, plenty of drinks, and snacks!
For more information contact Cari Beck
at carib@newportymca.org
GENERAL INFORMATION

(2020-2021 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 maruti515@gmail.com.

Day/Time: TBD

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 ‘20-Mar ’21 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. Day/Time: TBD

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 ‘21-Mid Jul ‘21)

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.
## YOUTH AQUATICS SCHEDULE

**September 14 to October 3**

This is a 4 week session, meeting twice a week Monday and Wednesday or Tuesday and Thursday.

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<tr>
<th>CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON/WEDS</th>
<th>TUES/THURS</th>
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<td>PARENT CHILD Water Adjustment</td>
<td>6-36 months</td>
<td>$53 Members $75 Non-Member</td>
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<tr>
<td>BEGINNER PRESCHOOL</td>
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<tr>
<td>ADVANCE PRESCHOOL</td>
<td>3-5 years no bubble</td>
<td>$53 Members $75 Non-Member</td>
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<tr>
<td>BEGINNER YOUTH I</td>
<td>6+ years non-swimmer</td>
<td>$53 Members $75 Non-Member</td>
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<tr>
<td>BEGINNER YOUTH I Homeschool</td>
<td>6+ years non-swimmer</td>
<td>$53 Members $75 Non-Member</td>
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<tr>
<td>YOUTH I</td>
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<td>$56 Members $78.75 Non-Member</td>
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<tr>
<td>YOUTH I Homeschool</td>
<td>6+</td>
<td>$56 Members $78.75 Non-Member</td>
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<tr>
<td>ADVANCED YOUTH I</td>
<td>6+</td>
<td>$56 Members $78.75 Non-Member</td>
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<td>YOUTH II</td>
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<td>6-36 months</td>
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<tr>
<td>BEGINNER PRESCHOOL</td>
<td>3-5 years with bubble</td>
<td>$26 Members $37.50 Non-Member</td>
<td>9:00am</td>
</tr>
<tr>
<td>ADVANCE PRESCHOOL</td>
<td>3-5 years no bubble</td>
<td>$26 Members $37.50 Non-Member</td>
<td>10:00am</td>
</tr>
<tr>
<td>BEGINNER YOUTH I</td>
<td>6+ years non-swimmer</td>
<td>$26 Members $37.50 Non-Member</td>
<td>11:00am</td>
</tr>
<tr>
<td>YOUTH I</td>
<td>6+</td>
<td>$37.50 Members $52.50 Non-Member</td>
<td>9:00, 9:45, 10:30am</td>
</tr>
<tr>
<td>ADVANCED YOUTH I</td>
<td>6+</td>
<td>$37.50 Members $52.50 Non-Member</td>
<td>10:30am</td>
</tr>
<tr>
<td>YOUTH II</td>
<td>6+</td>
<td>$37.50 Members $52.50 Non-Member</td>
<td>10:30am</td>
</tr>
</tbody>
</table>
# Adult Swim Classes

Meets 1 time per week

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MONDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Swim Lessons</td>
<td>14+</td>
<td>$37.50 Members $52.50 Non-Member</td>
<td>5:45pm</td>
<td>5:45pm</td>
</tr>
</tbody>
</table>
UPCOMING LIFEGUARD CLASSES

Lifeguard Re-Certification Class

Sunday, September 20
8:30AM—4:30PM

Please register at the Welcome Center—Must Register BY September 18.

COST: MEMBERS $100 NON-MEMBERS $150

Friday, October 2
Pre Class Swim Test
6PM—8PM

Sunday, October 4
9AM—3PM

Sunday, October 18
9AM—3PM

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
Facility Access & Use
During Step One, active members, registered program participants and new members will be allowed access to Newport County YMCA facilities and programs. National Members and guests will not be granted access at this time. Members who have placed their account on hold will need to give the Y permission to release that hold before they are allowed access.

Reservations
All members are required to make a reservation prior to visiting the facility. We encourage members to make their reservations online at www.newportymca.org. Reservations can also be made by phone, on our app, or in person.

Check-In Procedures
We have established new procedures for checking in and out at our facilities and program sites. Signage and staff will guide everyone through the process.

Waivers
Members are required to sign a new waiver prior to or upon arrival to the facility. **FACILITY ACCESS WILL BE DENIED IF WAIVER IS NOT SIGNED.**

Social Distancing
Members and participants will be asked to follow social distancing guidelines set by the Center for Disease Control and Prevention (CDC). To comply with these requirements, we are limited to the number of people and usage duration within our facilities and programs. This includes, but is not limited to, areas and equipment on the wellness floor, group exercise classes, swimming pool, gymnasium, Twice as Nice and Camp.

Personal Protective Equipment
Members and participants are required to wear a mask/face covering upon arrival to and while inside the facility, with the following exceptions:
- Face masks/coverings will not be required while participating in group exercise classes
- Face masks/coverings will not be required while using cardio equipment, such as treadmills, stationary bikes, ellipticals, etc.

Cleaning/Disinfecting
Members will be asked to wipe down any equipment they touch before and after use with the disinfectant wipes provided throughout the facilities. Additionally, members may experience wait times to allow time for extra sanitization of equipment on the wellness floor and group exercise rooms.

*Members and participants who fail to comply with new policies and procedures are putting others at risk. They may be asked to immediately leave the facility. Refusal to comply with the Member Code of Conduct may result in membership and participation suspension and ultimately termination.*
Coffee Service
Coffee service will not be available during Step One.

Gymnasium
The gymnasium will be open for group spin classes and general equipment use during non-spin hours. Open Gym will not be allowed at this time.

Healthy Living Centers
Participants will need to follow safety protocols set by the State of Rhode Island and Newport County YMCA.

Locker Rooms
Locker rooms are open for bathroom use ONLY. Members are prohibited from using the locker room. Additional locker space has been made available in the front lobby, upstairs foyer, cardio room, and circuit room for members to secure their items during their reservation slot.

Showers & Towel Service
Showers are closed. Members will be required to bring their own towels.

Steam Rooms and Saunas
Steam Rooms and Saunas are not in use at this time due to requirements for social distancing, cleaning, and disinfecting.

Water Fountains
Water fountains and water bottle refilling stations are not accessible due to regulations provided by the State of Rhode Island. Members and staff will need to bring their own water to the facility.

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

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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Follow the Y on social media at the “Newport County YMCA” on both Facebook and Instagram and download the Newport County YMCA Daxko app.