NEWPORT COUNTY YMCA
1 COMMUNITY, 2 LOCATIONS.

PROGRAM & CLASS GUIDE
Winter Session 2021 January & February

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
On behalf of the Newport County YMCA, I want to express my sincerest gratitude for your support of and dedication to our YMCA over the course of this past year. We began 2020 excited by the prospect of the year ahead. Our membership base was reaching new heights, we just launched our new program center at Common Fence Point, and our programs were increasing in impact around our community. However, like so many other businesses and organizations around the world, those visions were soon cut short by the emergence of the COVID-19 pandemic.

In March, our YMCA facilities closed. Friends of the YMCA know that so much of our work revolves around the connections we build with community members who use our facilities. In the face of such overwhelming adversity, however, our dedication to our mission never wavered. The Y implemented an outreach of support through our virtual programming in the area of health and wellness, our inclusion department visited participants around Aquidneck Island each week to provide fitness activities for all, and the Y program staff connected with participants by offering virtual group exercise classes. Once we were able to reopen in June, our Twice As Nice Pre-School offered parents a safe place for their kids to learn, grow and thrive. This past summer, both Camp Clarke & Camp CFP welcomed back campers for a magical summer camp experience. Now, with our facilities open (under current safety guidelines provided by the state of RI), we are more excited than ever before to continue making a difference in lives all around the Newport County community!

As we enter into 2021, I now reflect on the incredible YMCA family that we have here in Newport County. This is the time of year where we make note of the things we are grateful for, and I am grateful for this YMCA, all the community members who help support it and the staff that make what the Y is today. 2020 was one of, if not the most difficult, years for our Y, but the outpouring of compassion, generosity, and love that we have received from our members, program participants, volunteers, board members, staff, and other community members has been nothing short of remarkable.

From the bottom of my heart, thank you for your support of the YMCA, and for your belief in our mission.

Sincerely,

Mike Miller
CEO
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 2021 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>
</tr>
</thead>
<tbody>
<tr>
<td>$1,000</td>
<td>Sends FOUR children to Summer Camp for a lifetime of memories</td>
</tr>
<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>
</tr>
<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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</tbody>
</table>

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 MONTHLY RATES 2020

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Monthly Rate</th>
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<tr>
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<tr>
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<tr>
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<tr>
<td>1 Adult &amp; Children living in the same household</td>
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<tr>
<td>Adult</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>
</tr>
</tbody>
</table>

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.

REDUCED RATES

Programs are offered to YMCA members at reduced rates. Online registration is available on our website at www.newportymca.org.

MEMBERSHIP BENEFITS

Newport County YMCA members have full access to our Wellness areas pool, in-person and virtual Group Exercise classes, basketball courts, squash court, and CFP Group Exercise classes. Additionally, members may receive priority registration for select programs.

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.
Date and Time TBD. Please stay tuned!

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.
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.
YOUTH SPORTS & FITNESS

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 12-12:45pm. Players are encouraged to bring their own equipment if possible.

Youth Winter Basketball League
Our league focuses on skill development, sportsmanship, and fun. Due to COVID-19, games are not allowed at this time. This winter, we will follow guidance from the RI Department of Health as it develops and will focus on basketball skill development and drills. We offer 3 different age groups: 4&5 year old, 6&7 year old, and 8-10 year old. This is an 6 week program that begins on January 9th until February 13th.

Winter Warriors
Brand new youth sports opportunity—let’s embrace “taking it outside” with an outdoor Youth Sports Obstacle Course and outdoor Sports Medley. Dress for the elements, who knows maybe we’ll even get a snowball fight in!

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
Winter Session Starts mid January 2021
Dates and Times TBD
*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.
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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**WINTER SQUASH YMCA MEMBERSHIP**

The Newport County YMCA will eventually have a brand new squash complex as part of our Capital Campaign. In the meantime, we have implemented a temporary squash court for our members to take advantage of.

* Offered for 3 months starting January 4, 2021 until March 31, 2021
* Access to entire facility, including pool, group exercise classes, wellness center, etc.
* College/Under 30: $80
* Adult over 30: $140
* Family: $230
* Single Parent Family: $190
OUTDOOR CENTER

TEAM BUILDING AND RENTALS AT THE YMCA

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

For outdoor rental inquiries, please contact Rachel Channen by email at rachelc@newportymca.org or by phone at (401) 847-9200 ext 135.
Our Outdoor Spaces

Wind & Sea Pavilion

Stars & Stripes Pavilion

Ropes Course

Upper Sports Field

Lower Sports Field
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.
Pricing and More Information

Pricing: Aquidneck, Forest, Melrose, and Gaudet

**Member Rates**
AM/PM Combo: $105
PM Only: $90
AM Only: $70

**Non-Member Rates**
AM/PM Combo: $150
PM Only: $110
AM Only: $90

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.

*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.*

For all OST inquiries, please contact Rachel Channen by email at rachelc@newportymca.org or by phone at (401) 847-9200 ext 135.
Our goal at the Y is to provide each and every child a summer camp experience full of lasting memories, friendship, excitement, and opportunity for growth. No matter what your child enjoys, whether it’s fun activities, games, or sports, chances are we have the right program for them. With the help of our well-trained staff, your child will spend their summer days developing skills and boosting their self-esteem through a variety of safe, structured activities. *Please see our Camp Brochure for more specific information, such as pricing, registration, and more.*

**YOUTH DEVELOPMENT CAMPS**

**TRADITIONAL CAMP**
Grades K-8
This camp promotes more inclusion opportunities. By exposing our campers to sports, arts & crafts, archery, drama, adventure course, swimming, social & emotional learning, and character development, our goal is to guide youth in discovering new interests and developing confidence. Our counselors strive to nurture emerging friendships within our small camp families.

**WATER SPORTS CAMP**
Grades 3-8
Campers will enjoy a wide variety of aquatic experiences at local beaches and programs at the Y that include the ropes course, pool and more! Our staff are all lifeguard certified and trained in the skills they are instructing. Note: all water sports campers must be strong swimmers and able to complete a 50-yard freestyle. Campers must be swim tested before signing up.

**GYMNASTICS CAMP**
Grades K-8
For boys and girls of all levels of gymnastics, beginner through competitive! The gymnasts will be grouped according to level of ability and age. We ensure that your child has met all the basic skills before progressing to more challenging ones. Our day will include gymnastics rotations including, beam, bar, floor and vault as well as traditional camp activities including swimming, arts and crafts, rock climbing, and more!
CAMP 2021
CONTINUED...

OUTDOOR ADVENTURE CAMP
Grades 4-7
Come experience an exciting week of rock climbing, on the 40’, four sided climbing tower! Campers will also spend time on high and low ropes adventure courses with elements such as the vertical playpen, catwalk, peanut butter pit and more! Instructions from our certified team will include knot tying, belay commands and basic climbing technique. These campers will also participate in team building activities and games that will help them grow.

COUNSELOR IN TRAINING (CIT)
Grades 8-9
Our Counselor in Training program is a four-week program for teens entering 8th and 9th grade during the upcoming fall semester. The program will teach leadership skills, problem solving, communication skills, and work ethics. All candidates for this program must have three references and attend an interview to be accepted into the program.

CAMP CFP
Grades 4-7
Our traditional camps at Common Fence Point are designed for the well-rounded youth seeking a diverse daily experience of variety and enrichment. By exposing our campers to sports, arts & crafts, archery, drama, adventure course, swimming, social & emotional learning, and character development, our goal is to guide youth in discovering new interests and developing confidence.

RACE 4 CHASE
Grades K-6
The Race4Chase program is created in memory of Chase Kowalski. Chase was an amazing son, brother, and friend who was taken from the world in the Sandy Hook Elementary School tragedy. He loved sports of all kinds and had an incredibly competitive spirit. His family’s vision is “to turn tragedy into triumph by healing and strengthening our families and communities”. The Kowalski family wanted to capture Chase’s competitive spirit and vitality in creating a charity in his honor with a focus on health and wellness for children and their families.
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 Tuesday, Wednesday, and Thursday 2:30 to 5:30 PM 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!
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.

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.

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

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

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

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

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

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

**YOUTH BOYS (Ages 6-12 years, 55 min.)**
These classes will focus on building self-confidence, strength, flexibility, and balance on the Men’s six Olympic events. Classes divided by age and ability.

**TUMBLING (Ages 6-12 years, 55 min.)**
These classes will focus on floor, tumbling, and jump. Great for cheerleading, Martial Arts, snowboarding, gymnasts looking for extra floor time, or those just looking to learn how to safely master the basics of tumbling. Classes divided by age and ability.

**BOYS & GIRLS GYMNASTICS TEAM (Ages 4-18 years, invitation only)**
USAG & YMCA Competitive/YMCA Recreational teams available. Prices vary by level. Contact YMCA for details. Evaluations can be done to determine level. We offer Girls levels 1-9 and Xcel as well as Boys levels 3-9. Practice times vary from 2-15 hours per week based on level.

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

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

**PRIVATE LESSONS (Ages 5+)**
Scheduled in 30, 60, or 90-minute blocks. Contact the Gymnastics Coordinator 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.
# GYMNASTICS CLASS SCHEDULE

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<thead>
<tr>
<th>GYMNASTICS 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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<td>$40 Members</td>
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<td>9:30 AM</td>
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<td>9:00 AM</td>
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<tr>
<td>45 min</td>
<td>$50 Non-Members</td>
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<tr>
<td>PRESCHOOL Minis</td>
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<td>MINI PRE-TEAM</td>
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<td><em>Invite Only</em></td>
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<td>PRE-TEAM</td>
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<td>GIRLS YOUTH 55 Min</td>
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<td>BOYS YOUTH 55 Min</td>
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<td>NINJA ZONE</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>
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<tr>
<td>LEVEL 2</td>
<td>5+</td>
<td>$115 Members *Must be a Y Member</td>
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<td>4:00-7:00pm</td>
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<tr>
<td>LEVEL 4 &amp;5</td>
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<td>9:00am-12pm</td>
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<tr>
<td>LEVEL 6-8</td>
<td>6+</td>
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<tr>
<td>XCEL BRONZE/XCEL SILVER</td>
<td>8+</td>
<td>$115 Members *Must be a Y Member</td>
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<tr>
<td>XCEL GOLD</td>
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<td>9:00am-12pm</td>
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<tr>
<td>XCEL PLATINUM/DIAMOND</td>
<td>8+</td>
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<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>
<td>5:30-7:30pm</td>
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*Sept/October—1 day/week
YOUTH SWIM LESSONS

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

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

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

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

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

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

Adult Swim Lessons – Beginner to Intermediate (Ages 15 and Up)
Learning to swim is a life skill, you are never too old to learn. Benefits to learning to swim are a full body workout, no impact on your joints, increase your range of motion, and best of all it will make you feel great and be safe around water.
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. $40/10 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.

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

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

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

COMMUNITY DEVELOPMENT

LIFEGUARDING 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)
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.
Babysitting Class
Ages 11-15
Monday, January 18
9:00 am—3:00 pm
Location: Newport County YMCA
Members: $80.00
Non-members: $100.00

Register at www.newportymca.org or call our Welcome Center at 401-847-9200 X 122

Please bring a lunch, drinks and snacks for the day

Book Provided
Certification Card

Contact Emily Cush, Aquatics Coordinator at emilyc@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

**January 4 to February 28**

This is an 8 week session, meeting once a week.

<table>
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<tr>
<th>CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
<th>TUES</th>
<th>WEDS</th>
<th>THURS</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Parent Child Water</td>
<td>6-36 mos.</td>
<td>Members: $75.00</td>
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<td>Adjustment (30 min.)</td>
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<tr>
<td>Beginner Preschool</td>
<td>3-5 years with bubble</td>
<td>Members: $75.00</td>
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<td>9:00, 10:30 AM</td>
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<td>Non-Members: $105.00</td>
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<td>9:00, 10:30 AM</td>
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<tr>
<td>Advance Preschool</td>
<td>3-5 year No Bubble</td>
<td>Members: $75.00</td>
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<td>Non-Members: $105.00</td>
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<td>Beg. Youth I (30 mins.)</td>
<td>6+ years</td>
<td>Members: $75.00</td>
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<tr>
<td>Youth I (45 mins)</td>
<td>6+ years</td>
<td>Members: $80.00</td>
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<td>Non-Members: $110.00</td>
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<td>4:45 PM</td>
<td>9:00, 9:45, 10:30 AM</td>
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<tr>
<td>Youth I Home Schooled (45 mins)</td>
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<td>Non-Members: $110.00</td>
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<td>Advanced Youth I (45 mins)</td>
<td>6+ years</td>
<td>Members: $80.00</td>
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<td>Non-Members: $110.00</td>
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<td>Non-Members: $110.00</td>
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</tbody>
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Please contact Cari Beck with any pool-related inquiries by email at carib@newportymca.org or by calling (401) 847-9200 ext. 108.
Adult Swim Classes

This is an 8 week session, meeting once a week.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>PRICE</th>
<th>MONDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td>Adult Swim Lessons</td>
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<td></td>
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<td>$110.00 Non-Member</td>
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UPCOMING LIFEGUARD CLASSES

Lifeguard Re-Certification Class

Sunday, January 3 8:30AM—4:30PM

Must have current American Red Cross Lifeguard Certification. Register at the Welcome Center by Wednesday December 30

COST: MEMBERS $110 NON-MEMBERS $160

*Instructor Update also available for $50

Friday, January 8 Pre Class Swim Test 6PM—8PM
Sunday, January 10 9AM—3PM
Sunday, January 17 9AM—3PM
Sunday, January 24 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 at emilyc@newportymca.org by December 28 to receive on-line training link.
The Newport County YMCA’s extension out at Common Fence Point serves the town of Portsmouth and surrounding communities like Tiverton, Bristol, Fall River and more. Today, this facility operates out of the Common Fence Point Community Center in the YMCA’s Program Center located on the lower level of the building.

As part of your Y membership, you get to enjoy this beautiful and inviting 3,000 square foot state-of-the-art studio space (with a killer sound system and ocean views!) as well as a newly designed youth center. We are grateful for this partnership with this amazing community in northern Aquidneck Island which enables us to expand our geographic reach and more fully serve all of Newport County.

What We Have to Offer
- Group Exercise Classes
- Camp CFP
- And more!
MUSIC LESSONS
AT THE NEWPORT COUNTY YMCA

By Heidi List-Murphy!

Lessons are for anyone over 5 years old. All ages welcome!

Register for your $25 Trial Lesson today!

To schedule your lesson, please contact Heidi directly by e-mail at music@newportymca.org

NEWPORT COUNTY YMCA
792 VALLEY ROAD
MIDDLETOWN, RI 02842
(401) 847-9200
**NEED TO KNOW**

**IMPORTANT INFORMATION ABOUT COVID-19**

**Facility Access & Use**
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 for group exercise, squash and the pool. 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 at all times.

**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.*
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 and changing ONLY. 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 are not accessible due to regulations provided by the State of Rhode Island. However, water bottle refilling stations will remain open for member and participants to use.

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 Executive 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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