GROW WITH US

NEWPORT COUNTY YMCA
2023 PROGRAM CATALOG
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A MESSAGE FROM OUR CEO

Welcome to our Y. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationship and physical presence not just to promise, but to deliver, lasting personal and social change.

As we embark on this new year, we remain on mission and on purpose to serve our community. In 2022, the Y was able to open PHASE ONE of our capital renovation and expansion project. The new space has allowed the Y to have a greater impact in our community. PHASE TWO of the project will be complete in the first quarter of 2023.

PHASE TWO includes the following:

The de Ramel Family Squash Center
Community Kitchen
Access to new bathrooms
More space for our members/stretching area
Merrill Family Pool Viewing Area

Thank you for being part of the Y during this time of growth and excitement for our new space. The support that Newport County has shown its YMCA has been tremendous and will allow us to further our mission. The Y is for the entire community and is open to everyone. Donors enable the Newport County YMCA, a charitable, non-profit organization in compliance with IRS code 501(C) 3, to offer a Financial Assistance Program for those individuals and families that qualify. We are here to serve you, your family and all our communities while developing your spirit, mind and body.

Sincerely,

Mike Miller, CEO
2023 SESSION DATES

January 2nd to February 25th
Member registration opens December 5th
Non–Member registration opens December 12th

February 27th to April 23rd
Member registration opens February 6th
Non–member registration opens February 13th

April 24th to June 17th
Member registration opens April 3rd
Non–member registration opens April 10th

June 26th to August 19th
Member registration opens June 5th
Non–member registration opens June 12th

September 4th to October 29th
Member registration opens August 7th
Non–member registration opens August 14th

October 30th to December 24th
Member registration opens October 9th
Non–member registration opens October 16th
MEMBERSHIP & BENEFITS

MEMBERSHIP BENEFITS
Newport County YMCA members have full access to our Wellness areas, Pool, Group Exercise classes, Basketball courts, Squash court, and CFP Group Exercise classes. Additionally, members receive priority registration for select programs.

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 financial assistance form.

REDUCED RATES
Programs are offered to YMCA members at reduced rates. Online registration is available on our website and in-person at our Welcome Center.

DAY PASSES/GUEST PASSES
The Newport County YMCA offers day passes to those who are not current YMCA members. Please contact the Welcome Center for rates and availability. All NCYMCA members are allowed to bring a guest with them during their visit. Guest fees are $10 for adults over 18 years old; guests under 18 will not be allowed at this time.

PUNCH CARDS
Punch cards are available for access to specific areas of the YMCA only. Please contact the Welcome Center for rates and availability.

NATIONWIDE RECIPROCITY
Your YMCA membership card provides you free access to any YMCA membership, some restrictions may apply. We are for healthy living and we want you to stay active and keep moving.

JOINER FEES
A Joiner Fee is charged to our new members and must be re-paid if a membership unit is reactivated after 6 months of inactivity. This fee is non-refundable.

• Family: $75
• Single Parent Family: $65
• Adults: $50
• College/30 under 30: $10

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

MEMBERSHIP MONTHLY RATES

<table>
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<tr>
<th>Membership Types</th>
<th>Monthly Rate</th>
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<tr>
<td>Family</td>
<td>$82 per month</td>
</tr>
<tr>
<td>2 Adults &amp; Children under 25 years old living in same household</td>
<td>$67 per month</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$67 per month</td>
</tr>
<tr>
<td>1 Adult &amp; Children under 25 years old living in the same household</td>
<td>$52 per month</td>
</tr>
<tr>
<td>Adult (30 years and older)</td>
<td>$52 per month</td>
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<tr>
<td>College/Young Adult (18–29 years old)</td>
<td>$30 per month</td>
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<tr>
<td>Older Youth (14–17 years–old)</td>
<td>$19 per month</td>
</tr>
<tr>
<td>Youth (6–13 years–old)</td>
<td>$15 per month</td>
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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!

GIVE TODAY
Newport County YMCA
Community Support Campaign 2023

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.

www.newportymca.org/giving
MIGHTY MIGHTS

This is a parent/child program for 2&3 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, t-ball, basketball, hockey, lacrosse, track & field, and much more. Through drills and small group games, it is our hope that the children will be able to run around, burn off some energy, and learn skills in different sports. This program runs on Wednesdays from 3:15–4pm and Saturdays from 9–9:45am. Players are encouraged to bring their own equipment if possible.

SEASONAL YOUTH SPORTS LEAGUES

Our Youth Sports league focuses on skill development, sportsmanship, and fun.

Age Groups: 4–13 years old
Spring Season: Soccer
Wednesdays May 3rd–June 21st
5&6 year-olds: 4:15–5:15pm
7&8 year-olds: 5:30–6:30pm
Saturdays May 6th–June 24th
4 year-olds: 10–10:45am
5&6 year-olds: 11am–12pm
7&8 year-olds: 12:15–1:15pm
9–12 year-olds: 1:30–2:30pm

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 4 or 8 weeks. Each session will consist of a 45 minute exercise starting with a 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.

Please contact Zach Simpson by email at zachs@newportymca.org for more information about our Youth Sports opportunities.
SQUASH

de RAMEL FAMILY SQUASH CENTER

NOW OPEN!

Located at the Newport County YMCA, the de Ramel Family Squash Center features six new world-class international singles squash courts and one doubles court. We are a squash center, that is dedicated to bringing structured squash programs, offering lessons and clinics for all ages and abilities provided by professional coaching staff.

Our center is also the home of RhodySquash, a non-profit after school enrichment program that combines academic tutoring, squash instruction, community service and mentoring at no cost to accepted students on Aquidneck Island.

SQUASH IS A PREEMINENT SPORT IN 2023

- Squash was selected as the healthiest sport many years in a row by Forbes
- Considered the most strategic sport by many fitness journals
- Gives the body and mind a great workout in 1 hour
- Drives your heart rate up to the aerobic level easily
- It works core muscles very well

Within a few matches, one learns what shots not to hit, and how to work a court advantage to a point.

SQUASH IS EASY TO PLAY!

Only a few things and you are good to go: a pair of court shoes, a racquet and ball, goggles, and a court reservation. We will also introduce Squash 57! Squash 57 is a growing game, with players using a bigger racket and a bigger, bouncier ball. The bounce means there’s time to get the ball, so expect a lot of fun as you get engrossed in a long rally. Calling all racquetball players….come try Squash 57!

SQUASH IS A GAME THAT CAN BE PLAYED AT A COMPETENT LEVEL FROM AGES 6 – 86 PLUS!

RHODYSQUASH

RhodySquash is a non-profit organization, founded in 2011, that combines academic tutoring, squash instruction and mentoring for disadvantaged youth in grades 5–8 in Newport County. In 2018, this organization 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.
SQUASH PROGRAMS

SQUASH UNIVERSITY
LESSONS & CLINICS
Squash University offers a range of lessons clinics for players of all levels and ages, from beginner to advanced. Each clinic is designed to help players improve their skills and reach their full potential on the court. Our experienced coaches provide personalized instruction in a supportive and motivating environment. The clinics cover various aspects of the game, such as technique, strategy, and fitness, and are tailored to the needs of each individual player or group. Our lessons and clinics are available for individuals and groups.

SOCIAL SQUASH
SQUASH+ PROGRAM
Squash+ offers social play times for players who are looking for a fun and social way to play squash. We organize box leagues, in-club ladders, and teams that compete statewide, providing players with opportunities to meet other squash enthusiasts and develop their skills in a friendly and supportive environment. With a small fee, members get access to our 6 courts and the doubles court plus a free clinic a month!

SOCIAL PLAY
Social play times is designated times during which Squash+ member can play together to play in a more relaxed and social environment. These play times are open to members regardless of skill level and are intended to provide an opportunity for member to get to know each other, improve skills, and enjoy the sport of Squash in a friendly atmosphere.

Social play times are on Monday at 5–6:30 and Sundays 11–12:30. Players are encouraged to sign up in advance to ensure that there are enough players to create enjoyable games and matches. The unsupervised Social play times will emphasize fun and camaraderie. Members are encouraged to rotate partners to ensure everyone has a chance to play with and against different players and meet with everyone. Overall, it’s a great part of the Squash+ experience as it provides the members the chance to build relationships, improve their skills and the sport of Squash in as supportive and social setting.

Contact our Community Squash Director, Omar El-Kashef, by email at omare@newportymca.org.
OUTDOOR CENTER

TEAM BUILDING AND RENTALS AT THE YMCA

ROPE 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 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 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 Zach Simpson by email at zachs@newportymca.org
NCYMCA OUTDOOR SPACES

WIND & SEA PAVILION

STARS & STRIPES PAVILION

ROPES COURSE

UPPER SPORTS FIELD

LOWER SPORTS FIELD
BEFORE & AFTER SCHOOL

SEPTEMBER—JUNE (GRADES K-8)

The Newport County YMCA offers Out of School Time (OST) programming for children in grades K-8. 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.

We provide children with the tools they need to discover their own sense of self. Through this, children develop confidence and competency as they discover hidden talents.

Our curriculum consists of Academics, STEM, Creative Arts, Physical Fitness, and Character Education. In collaboration with schools and families, our highly trained staff balances adult led activities with unstructured time for exploration and discovery. Our programs are DHS licensed and BrightStars certified.

For all OST inquiries, please contact Andrea Florendo by email at andrea@newportymca.org or by phone at (401) 847-9200 ext 110.

OST LOCATIONS

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
REGISTRATION & MORE INFORMATION

Before and Afterschool care is offered in 2 day, 3 day, and 5 day options.

We are currently accepting registrants for the 2022–2023 school year.

Registration for the 2023–2024 school year begins in June 2023. All registrations received in June will have the registration fee waived!

VACATION CAMP
The Newport County YMCA offers Vacation Camp during school vacation weeks. Activities will include swimming, gymnastics, arts & crafts, fitness, team building games, and more!
December 2022: Dec 26th to 30th
February 2023: Feb 20th to 24th
April 2023: April 10th to 14th
SUMMER CAMP 2023

CAMP CLARKE & CAMP CFP

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

Ages 5–13
This camp promotes more inclusion opportunities. By exposing our campers to sports, arts & crafts, archery, 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.

GYMNASTICS CAMP

Ages 5–13
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 with beam, bar, floor and vault as well as Traditional Camp activities such as swimming, arts and crafts, rock climbing, and more!

AQUATICS CAMP

Ages 8–13
Campers will enjoy a wide variety of aquatic experiences at local beaches and programs at the Y, including 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.

CAMP CFP

Ages 6–12
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 and emotional learning, and character development, our goal is to guide youth in discovering new interests and developing confidence.
OUTDOOR ADVENTURE CAMP

Ages 8-13
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.

RACE 4 CHASE

Ages 6-12
Designed as a six week goal oriented summer program, the program provides kids with expert instruction in swimming, cycling, running, strength training and flexibility, and also teaches them the fundamentals of good nutrition, under the supportive guidance of coaches, lifeguards and instructors. Implementing a custom-designed training program, the coaches provide the youth athletes with all the equipment, knowledge, and one-on-one support they need to become triathletes. At the culmination of the training/camp, all the youth athletes come together to compete in a USAT-sanctioned (FUN) triathlon race.

The Program is FREE to all participants. Bicycles are provided by the program for training purposes and any participant that does not own a bicycle can take one home with them (if available).

COUNSELOR IN TRAINING (CIT)

Ages 14-15
Our Counselor in Training program is a four-week experience for teens entering 8th and 9th grade for the 2023-2024 school year. This 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.
TWICE AS NICE

TODDLER & PRESCHOOL

Twice As Nice is licensed by DHS and certified through BrightStars, “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. With the help of nurturing and well-trained staff, we provide a stimulating environment that promotes developmentally appropriate practices.

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

PRESCHOOL

With Jean Piaget’s Cognitive Theory in mind, it is our mission to prepare children for Kindergarten with 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 activities such as art, literature, music, science, and dramatic play. Must be fully potty trained for the preschool program.

TODDLERS

Twice as Nice 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 2022–2023 school year. Please contact Andrea at andreaf@newportymca.org for more information.
GYMNASTICS

TAKE A CLASS. IMPROVE SKILLS. JOIN THE TEAM.

The YMCA Gymnastics Program is patterned after the USA Gymnastics Junior Olympic Program. We offer beginner through advanced level instruction, as well as the 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.

PARENT & CHILD (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.

MINIS 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.

HOT SHOTS (Ages 5 and 6, 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)
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. We offer Beginner (1 hour) Intermediate (1 hour 15 min), or Advanced (1 hour 30 min) level classes.

YOUTH BOYS (Ages 6-12 years, 1 hour)
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, 1 hour)
These classes will focus on floor, tumbling, strength and flexibility. Great for cheerleading, Martial Arts, 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.

Evaluations can be done to determine level. We offer 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 more dedication and commitment, as well as USA Gymnastics Membership

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

NINJAZONE (Ages 3-13)
NinjaZone is the fusion of obstacle training, Gymnastics, Martial arts and freestyle movement. The purpose of the program is to turn energy into ambition one awesome kid at a time! This is done through building strength & agility, fundamental movement, discipline and creativity.

Contact Gymnastics Director Kate at katef@newportymca.org or (401) 847-9200 ext 112 for more information.
GYMNASTICS CLASSES

Class times, day, and price are all subject to change. Please visit our website at www.newportymca.org/youth-gymnastics for the current class schedule, pricing, and more.

Please contact Gymnastics Director Kate Foeller by email at katef@newportymca.org.
GYMNASTICS TEAM

Gymnastics Team practice runs Sept 2022 thru June 2023. Summer practices are optional, but highly recommended. Practice times vary by level and may change at any time.

Team placement is by invitation only. There is a one-time non-refundable team registration fee that applies to all new and returning gymnasts.

For the most current Gymnastics Team schedule, pricing, and more, please visit www.newportymca.org/youth-gymnastics/schedule
AQUATICS

YOUTH & ADULT SWIM LESSONS

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

PRESCHOOL SWIM (Ages 3–5, 30 min.)
(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 (Ages 6+, 30 min.)
For children who have never had swim lessons, may have a fear of the water, or still use a bubble.

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 emilyc@newportymca.org or 401-847-9200 ext. 108 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.
SWIM LESSONS

Class times, day, and price are all subject to change. Please visit our website at www.newportymca.org/aquatics-programs for the current class schedule, pricing, and more.

Please contact Aquatics Director, Emily Cush by email at emilyc@newportymca.org or by calling (401) 847–9200 ext. 104
ADULT AQUATICS

WATER FITNESS

Water Fitness Classes are done in both shallow and deep water using a variety of aquatic equipment. All classes can be adjusted to your fitness need (beginner to advanced). Reservations are required and can be made 3 days prior to the class. Please visit our website at www.newportymca.org, click on Facility Reservation. Here you can narrow down the parameters to Water Fitness and the classes and descriptions of the classes can be viewed.

LAP SWIM

Available throughout the week with timeslots ranging from 30 minutes to 1 hour. Two people per lane and reservations are required. Reservations are required and can be made 3 days prior to the class. Please visit our website at www.newportymca.org, click on Facility Reservation. Here you can narrow down the parameters to Lap Swim to see the times available.

RECREATION LANE

The Recreation Lane is not a full lane. This lane is for those that prefer to swim alone, do some water fitness training, jogging, or take a leisurely swim.

FAMILY SWIM

Family Swim is offered in two sessions on Saturdays at 12:15-1:15 pm and 1:15-2:15 pm. Reservations are required (only one family member needs to make the reservation) and can be made 3 days prior. Please visit our website at www.newportymca.org, click on Facility Reservation. Here you can narrow down the parameters to Family Swim to check availability.

SAFETY SERVICES

LIFEGUARDING CERTIFICATION (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.

LIFEGUARDING RECERTIFICATION (Ages 15+)

Must have a valid American Red Cross Lifeguard Certification. This one-day class consists of the written exams (Lifeguard and CPR/FA for the Professional Rescuer) and in-water practical to renew your certification for an additional 2 years. You must pass all sections of the class to renew your certification.

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.

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.

*Please visit our website at www.newportymca.org for available course dates.
JOIN A SWIM COMMUNITY. COMPETE. HAVE FUN.

GENERAL INFORMATION

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 6–18.

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. ’22–Mar. ’23 Season) Ages 5 and up to College

Newport County YMCA Wahoos Short Course Season begins in September and goes through late February/early March. All athletes on the team MUST maintain an active membership status for the entire season to participate. Swim Training is offered 5 days/week with dryland training offered for our athletes ages 13+ 4 days/week.

Our comprehensive and challenging program creates optimal performance, while our fun atmosphere enables our athletes to enjoy their experience. Parents will agree to volunteer when needed to run our meets and fundraising. We actively welcome new young swimmers to join and embark on this great journey with us. All new swimmers must have a swim assessment done by one of our coaching staff.

Training includes:

• Stroke proficiency and performance
• Technical stroke adjustments for efficiency and increased power through the water
• 5 Days of water training from 1–2 hours of pool time (depending on age and ability)
• Nutritional guidance and suggestions
• Dry Land training (ages 13+) from certified trainers

WAHOOS LONG COURSE SEASON

(April–Mid July 2023)

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.

STROKE CLINIC

(April/May and May/June 2023)

Swimmers should be proficient in freestyle, backstroke, rotary breathing, and a solid foundation of breaststroke. Swimmers will learn the language of swim team, build endurance, learn drills to improve stroke development, diving, and starts and finishes.

Please contact Head Coach Maruti Kolluru by email at maruti515@gmail.com for more information about our Wahoos Swim Team Program.
HEALTHY LIVING

TAKE CARE OF THE WHOLE YOU.

GROUP EXERCISE CLASSES

ABOVE AND BELOW
An overall strength training class with equal emphasis
ABOVE and BELOW the belt using bodyweight, weights,
resistance bands, slides, basically a multitude of options
to strengthen, tone and burn calories.

BALLET BARRE
Ballet Barre is for all fitness levels. We will incorporate
plies, combinations and stretches at the barre followed
by center and/or floor work.

BOOTY CORE CARDIO
Hit all the goodies! This class is designed to burn fat,
tone, and sculpt your legs/glutes! It is designed to
specifically target the butt and legs.

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

DANCE MIX
Warm up, then move your body and lift your spirit while
learning line dances and other short choreographed dances.

DRUMS ALIVE
Drums Alive enters a new and different area of fitness.
Feel and experience dynamic movement and rhythm with
this energetic program. Beats and movement are
combined in this workout for mind, body and spirit.

HIIT/MIIT
This is a High/Medium Intensity Interval Training (HIIT)
class alternating between short periods of intense
anaerobic exercise and less intense recovery periods.

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

LES MILLS: BODY COMBAT
BODYCOMBAT is a high-energy martial arts-inspired
workout that is totally non-contact. Punch and kick your way
to fitness and burn calories in a class.

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.

LIFE YOGA
You will benefit from this class for flexibility, strength, and
continued health. There is floor work in this class, sun
salutations and yoga goodness!

OLYMPIC CHALLENGE & TABATA
This is a high intensity workout offering intervals of
strength, cardio, and core work with short rest intervals.
Participants will see fitness improvements while working
at their own level/intensity.

SENIOR STRENGTH/AAO (ACTIVE OLDER ADULTS)
Move to the music through a variety of exercises designed to
increase muscular strength, range of movement and activity
for daily living skills.

STEP
STEP classes involve cardio conditioning on step benches/
risers while performing strength and cardio routines to
energizing music.

SPIN
This non–impact, high-intensity workout improves aerobic
fitness while increasing endurance and strength. Many
different classes and times to choose from!

TONE-UP
Fluid warm up and mix of weights, body weight, and gentle
barre work.

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. We have
options for all practice levels, such as Restorative, Power,
Soothing and Yin Yoga.

ZUMBA
Have you always wanted to try Latin Dance? Get ready to
sweat as you learn easy to follow and FUN dance moves!

ZUMBA TONING
This class is perfect for those who want to party, but put
extra emphasis on toning and sculpting to define your
muscles.
WELLNESS PROGRAMS

PERSONAL TRAINING

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 45 minutes in duration and sessions must be completed within one year of the purchase date.

<table>
<thead>
<tr>
<th>PACKAGE</th>
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<tr>
<td>5 Sessions</td>
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<tr>
<td>10 Sessions</td>
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</tr>
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<td>20 Sessions</td>
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PRESCRIBE THE Y

*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 for youth ages 6–12 years old. 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.

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.
BACKGROUND
Our NCYMCA 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.

DAPPERS
Inclusivity has no limits at the Newport County YMCA. DAPPERS is currently held virtually 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.

LIFE SKILLS
Life Skills is designed for middle and high school students with intellectual and developmental differences. The curriculum focus is on wellness and life skills to provide them with the necessary skills and tools to transition to adulthood.

Life Skills is held Monday thru Friday from 2 PM to 5 PM during the school year. All experiences in this program are designed to foster independence and self-determination.
ADAPTED PHYSICAL ACTIVITY

We host APA group exercise classes each week, such as cardio dance, chair yoga, drums alive, strength training and walking club for our adults as well as 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. 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.

SPECIAL OLYMPICS SHARKS

The mission of the Newport County YMCA Special Olympics Team is to provide year round sports training and competition for children and adults, giving them opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship within the Special Olympics community.

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

For more information about the Special Olympics Team, email specialolympics@newportymca.org.

SOCIAL OPPORTUNITIES

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

For more information about the Life Skills and Physical Activity Inclusion Programs, contact Anne Schultz at annes@newportymca.org or (401) 847-9200 ext. 145.
CHILD WATCH

NOW OPEN!

Our Treehouse child watch area closed in March 2020 as a result of the COVID-19 pandemic. Treehouse operations have been suspended and child watch has not been offered as a membership benefit since construction began for our Capital Renovation and Expansion project.

We were thrilled to reopen our BRAND NEW Child Watch Center with the grand opening of Phase One!

CHILD WATCH INFORMATION

Babysitting service is exclusively available to NCYMCA members only; reciprocal YMCA members may use the facility but may not utilize Child Watch services.

Availability will be on a first-come first-serve basis; reservations will not be accepted.

Snacks will not be allowed due to allergies.

AGE GROUPS

6 months to 12 years old; potty training not required.

KIDS ADVENTURE

Big kids only! This playscape center offers a unique jungle-gym experience for youth ages 6 to 12 years old. Space may also be used for private parties during non-child watch hours.
FAMILY PROGRAMS

PARENT’S NIGHT OUT
Take advantage of our Parents Night Out program and enjoy an evening to yourself while your kids are having fun at the Newport County YMCA! Food and drinks included; kids will spend time in various areas of the Y facility.
*Registration is required.
AGES: 3-12, must be potty-trained.
PRICING
Members:
1st child– $30
2nd child– Additional $25 ($55)
3 or More– $60 total
Non-Members:
1st child– $35
2nd child– Additional $30 ($65)
3 or More– $70 total

OPEN FAMILY GYM
A trained instructor will be in Family Gym to assist you and your children as you explore this fun-filled and challenging room. An obstacle course will be ready to challenge; climbing equipment, balls and hoops will provide more fun and excitement. Family gym is a very special place for you and your children to have fun together.

FAMILY EVENTS
The Y will be hosting special family events throughout the year! Subscribe to our emails or follow our social media for upcoming family events.

Contact Kassie VanDenburgh by email at kassiev@newportymca.org or call (401) 847-9200 ext 102.
COMMON FENCE POINT

2 LOCATIONS. 1 COMMUNITY.

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!

For more information about our Common Fence Point location, please visit www.newportymca.org/common-fence-point/ or contact Sue Young by email at cfp@newportymca.org.
NEED TO KNOW

IMPORTANT INFORMATION

FACILITY ACCESS & USE
Active members, registered program participants, Nationwide Y members, guests 18 and older, and new members will be allowed access to Newport County YMCA facilities and programs. Members who have placed their account on hold will need to give the Y permission to release that hold before they are allowed access.

YOUTH POLICIES
In all general wellness areas, including the cardio areas, weight room, and group exercise studios, youth ages 10-14 years old must be accompanied by a parent or guardian at all times (unless they are in a supervised program). Youth ages 12 and under must be supervised by a parent or guardian in all facilities (gymnasium, pool, locker rooms) at all times.

RESERVATIONS
All members are required to make a reservation prior to visiting the facility for group exercise classes, pickleball, 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.

CHILD WATCH
Childcare is included for all NCYMCA members. The Child Watch area is open for youth 6 months to 12 years old.

WAIVERS
Members are required to sign a new waiver prior to or upon arrival to the facility.

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.

PROGRAM REFUNDS & CREDITS
A full refund or credit may be requested prior to the start of a program. A credit may be applied toward any NCYMCA program. If a refund is requested after the first class prior to the third, a 50% refund or credit will be issued. There will be no refunds or credits issued after the third class. Refunds or credits are not available for individuals who miss class due to their own lack of attendance. Please see the department director for refunds or credits.

MAKE UP CLASSES
Make up classes will not be scheduled when a class is not held due to circumstances beyond our control such as weather, public utility failures, etc.

CANCELLATION POLICY
Class delays and/or cancellations will be communicated through our social media channels and emails.
NEED TO KNOW

CONTINUED...

GYMNASIUM
Gymnasium is a shared space for members to use during open gym hours; gymnasium can be closed at any time for program use.

HEALTHY LIVING CENTERS
Participants will need to follow safety protocols set by the State of Rhode Island and Newport County YMCA.

LOCKER ROOMS
The Y has a separate men’s and women’s locker room. Locker rentals are available for ongoing members; we have half-sized and full-sized lockers for rent. Members may be required to bring their own lock. **CELL PHONE USE IS PROHIBITED IN ALL LOCKER ROOMS.**

UNIVERSAL LOCKER ROOM
The Universal Locker Room is our most inclusive locker room ever. It is open for anyone regardless of gender, age, and abilities. Families are welcome to use this locker room together before and after participating in programs and other membership benefits.

SHOWERS & TOWEL SERVICE
Showers are open for use. Members will be required to bring their own towels.

STEAM ROOMS & SAUNAS
There are Steam Rooms and Saunas within the men’s and women’s locker room.

WATER FOUNTAINS
Water fountains and water bottle refilling stations are available for member and participants to use. **In an effort to enhance our eco-friendly practices, we will no longer provide single-use cups.**

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.

PHOTOGRAPHY POLICY
All NCYMCA 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 Membership Director. Please send requests by email to kassiev@newportymca.org.

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](http://www.newportymca.org) for additional information regarding Newport County YMCA policies.

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FAX: 401.848.7521
www.newportymca.org
FACEBOOK Newport County YMCA
INSTAGRAM Newport County YMCA

YMCA FACILITY HOURS
Monday–Friday: 5:00 am–9:00 pm
Saturday: 7:00 am–5:00 pm
Sunday: 7:00 am–5:00 pm

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

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