

Membership Information

Membership in the YMCA is about the whole person and whole community. Y members build spirit, mind, and body by becoming active in a wide choice of programs and activities.

The YMCA encourages people to become involved as volunteers, donors, and advocates for the YMCA mission.

Membership Benefits

- Free land & water aerobic classes.
- Free Yoga and Pilates classes.
- Advanced registration for classes.
- Recreational swimming and gym times.
- Reduced fees for classes and childcare.

Disabled Individuals

The Cranston YMCA is an all inclusive facility. Our elevator makes all of our areas wheelchair accessible. Individuals in wheelchairs can participate in the Nautilus center, cardio center and other Y-activities. We also have wheelchair accessible locker rooms where a spouse, parent, or aide may assist with any changing. Participation in any program depends on an individual's ability.

Hours of Operation

Mon-Fri	5am-9:30pm
Sat	5am-5:30pm
Sun	9am-5:30pm

Refund Policy

In the event that the YMCA cancels a class, a full refund will be issued. If the participant cancels before the class begins, a full YMCA credit will be issued. After the first class but before the second class, a YMCA 1/2 credit will be issued. After the second class, no credit will be issued.

Visit us on the web!

www.cranstonymca.org

Financial assistance is available.

Satisfaction Guarantee

New members have 30 days from the inception date of membership to decide if the YMCA is the place for you. If you are not completely satisfied, you will receive a full refund, including the joiner's fee. To do so, you must complete the appropriate form available at the Reception Center. The form must be completed no later than 30 days after the date on your membership receipt.

Day Passes

Day Passes are available to individuals for specified facilities and are not available for program participation. Individual must be 18 years or older. Children 17 and younger must be accompanied by parent/guardian.

Visitor Day Pass Fees:

Youth/Teen	\$10.00
Young Adult/Adult	\$15.00
Family	\$20.00

Photo ID required.

Guest Passes

A Full Privileged Member that is 18 years or older may bring different guests during the year. Guest must be accompanied to the YMCA by a current member. A member may only bring one guest per visit. The same individual may be a guest of one or more full privileged members no more than 3 times in a calendar year. Evening guests may be limited due to member attendance. Please contact the YMCA in advance. Photo ID required for all guests. No fees are associated with Guest Passes. Youth and Teen members are not allowed to bring youth teens as guests

Membership Cards

All Full Privilege Members, ages 3 and up, receive a membership scan card. There is a \$5.00 replacement fee for lost cards. Membership cards must be scanned at each visit.

Registration Information

If you are a member of the YMCA or have registered for a program in the past, you may call over the phone and register using a credit card. Registrations cannot be completed without payment. Participants may also register in person at the YMCA.

Member Registration:

Full service members can enroll in any class and/or program during this registration period.

Program Member Registration:

Individuals who are not full service members can register for a class and/or program during this registration period.

Make-Up Classes

Make up classes will be scheduled if the YMCA cancels due to unforeseen circumstances. Make-up classes are not available for individuals who miss class due to lack of attendance.

NOTE: There is a \$25 fee for returned checks.

A.W.A.Y program (Always welcome at YMCA'S)

This is a national program based on the philosophy that when a person enrolls in a YMCA, he/she becomes a member of a nationwide association. When away from home each member will be warmly welcomed by all participating YMCA's in the United States. Please check with your local YMCA for any usage restrictions that may apply. See the member services desk for details.

**Beat the Heat this summer
as your membership
cools you off..**



**Join us every Sunday this summer as the
Cranston YMCA opens up it's waterfront at
Camp Massasoit in Johnston.
From 11-4 P.M., members are welcome
to come and swim, build sand castles,
or just catch some rays.**

**This is open for Cranston YMCA
members only and starts June 28th.
For more information,
contact the YMCA at 943-0444.**

If you are unsure on which level your child should be in for the winter session, please ask a front desk representative or set an appointment with Joe Costello, Aquatics Director, to find your perfect swim level.

Session Dates

Summer A June 22, 2009 – July 26, 2009
 Summer B July 27, 2009 – August 23, 2009

Swim Lessons

Program	Description	Day	Time	Member Fee	Program Member Fee
Parent/Child Swim Program					
<i>SKIP</i> (Ages 6-12 months)	Offered for children ages 6 to 12 months. This is a parent and child swim enrichment program. Through songs and nursery rhymes, children are encouraged to be comfortable in the pool and learn beginning swim strokes.	Tuesday	10:00-10:30 AM	Summer A \$32	Summer A \$64
		Tuesday	3:00-3:30 PM	Summer B \$30	Summer B \$60
		Saturday	9:00-9:30 AM		
		Sunday	1:25-1:55 PM		
<i>Pike w/Parent</i> (ages 3-5 years old)	For parent and child who are not yet comfortable in a formal swim lesson setting. Child will participate in Pike level activities and completion will be when child becomes independent from parent	Tuesday	10:00-10:30 AM	Summer A \$32	Summer A \$64
		Tuesday	3:00-3:30 PM	Summer B \$30	Summer B \$60
		Saturday	9:35-10:05 A.M.		
		Sunday	1:25-1:55 PM		
		Thursday	3:35-4:05 PM		
Tuesday	6:05-6:35 PM				
Pre-school					
<i>Pike</i> (ages 3-5 years old)	Children learn how to paddle on front, back, sides, and to float on both front and back. Instructional floatation devices used.	Tuesday	10:30-11:00 A.M.	Summer A \$32	Summer A \$64
		Tuesday	3:00-3:30 P.M.	Summer B \$30	Summer B \$60
		Tuesday	3:35-4:05 P.M.		
		Thursday	3:00-3:30 P.M.		
		Saturday	9:00-9:30 A.M.		
		Saturday	9:35-10:05 A.M.		
		Sunday	1:25-1:55 P.M.		
		Sunday	12:00-12:30 P.M.		
		Thursday	3:35-4:05 P.M.		
		Tuesday	6:05-6:35 PM		
<i>Eel</i> (ages 3-5 years old)	Children work on developing endurance, rhythmic breathing, jumping in, and horizontal body position. Instructional flotation devices used.	Tuesday	10:30-11:00 A.M.	Summer A \$32	Summer A \$64
		Tuesday	3:00-3:30 P.M.	Summer B \$30	Summer B \$60
		Thursday	3:00-3:30 P.M.		
		Saturday	9:00-9:30 A.M.		
		Saturday	9:35-10:05 A.M.		
		Sunday	1:25-1:55 P.M.		
		Tuesday	6:05-6:35 PM		
		Tuesday	3:35-4:05 PM		
<i>Ray</i> (ages 3-5 years old)	Children work on swimming the length of the pool front and back, and are introduced to rotary breathing, treading water and sitting dives. Child must be able to swim without an instructional flotation devices.	Tuesday	3:35-4:05 P.M.	Summer A \$32	Summer A \$64
		Thursday	3:00-3:30 P.M.	Summer B \$30	Summer B \$60
		Saturday	9:00-9:30 A.M.		
		Saturday	9:35-10:05 A.M.		
		Sunday	12:00-12:30 P.M.		
		Sunday	4:30-5:00 P.M.		
		Thursday	3:35-4:05 P.M.		
		Tuesday	6:05-6:35 PM		
<i>Starfish</i> (ages 3-5 years old)	Children develop style and technique in both swimming and diving, and learn the crawl stroke with rotary breathing and the backstroke. Children must swim without a flotation device and demonstrate an understanding of rotary breathing.	Tuesday	3:35-4:05 P.M.	Summer A \$32	Summer A \$64
		Thursday	3:00-3:30 P.M.	Summer B \$30	Summer B \$60
		Saturday	9:00-9:30 A.M.		
		Saturday	9:35-10:05 A.M.		
		Sunday	12:00-12:30 P.M.		
		Sunday	4:30-5:00 P.M.		
		Thursday	3:35-4:05 P.M.		
		Tuesday	6:05-6:35 PM		



Swim Lessons Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
Youth Swim Program					
<i>Polliwog 1</i> (Ages 6-12 Years old)	Children learn beginning paddle skills, water safety, front and back floats, and reaching assists. Instructional flotation device may be used. Most class time takes place in the shallow end of the pool.	Tuesday	5:15-6:00P.M	Summer A \$32	Summer A \$64
		Thursday	6:05-6:50 P.M.	Summer B \$30	Summer B \$60
		Saturday	8:00-8:45 A.M.		
		Saturday	10:10-10:55 A.M		
		Saturday	11:00-11:45 A.M		
		Sunday	12:35-1:20 P.M.		
<i>Polliwog 2</i> (Ages 6-12 Years old)	Children learn the same skills as in Polliwog 1, with most classes held in the deep end of the pool and instructional devices are used less frequently in Polliwog 2.	Tuesday	5:15-6:00P.M	Summer A \$32	Summer A \$64
		Tuesday	6:40-7:25 PM	Summer B \$30	Summer B \$60
		Thursday	6:05-6:50 P.M.		
		Saturday	8:00-8:45 A.M.		
		Saturday	10:10-10:55 A.M.		
		Saturday	11:00-11:45 A.M.		
<i>Guppy</i> (Ages 6-12 Years old)	Children begin working on front crawl, sidestroke, backstroke, and rhythmic breathing. Child must be able to swim without an instructional flotation device.	Tuesday	5:15-6:00 PM	Summer A \$32	Summer A \$64
		Tuesday	6:40-7:25 PM	Summer B \$30	Summer B \$60
		Thursday	5:15-6:00 PM		
		Saturday	8:00-8:45 A.M.		
		Saturday	10:10-10:55 A.M.		
		Saturday	11:00-11:45 A.M.		
<i>Minnow</i> (Ages 6-12 Years old)	Your child will work on continued development of front and back crawl, breaststroke, increasing endurance, learning emergency procedures and personal safety.	Tuesday	5:15-6:00 PM	Summer A \$32	Summer A \$64
		Tuesday	6:40-7:25 PM	Summer B \$30	Summer B \$60
		Thursday	6:05-6:50 P.M.		
		Saturday	10:10-10:55 A.M.		
<i>Fish</i> (Ages 6-12 Years old)	Your child will continue refining all five main strokes, begin learning the dolphin kick and basic first aid. Goals also include swimming the front crawl, backstroke and elementary backstroke for 200 yards in good form.	Tuesday	6:40-7:25 PM	Summer A \$32	Summer A \$64
		Thursday	6:05-6:50 P.M.	Summer B \$30	Summer B \$60
<i>Flying Fish</i> (Ages 6-12 Years old)	Your child will continue refining all five main strokes, including inverted breaststroke, trudged crawl, and elementary backstroke with a focus on improving efficiency and endurance. In addition, stroke work will include individual medley, lifesaving medley, front and back flip turns, and streamlining.	Tuesday	6:40-7:25 PM	Summer A \$32	Summer A \$64
		Thursday	6:05-6:50 P.M.	Summer B \$30	Summer B \$60
<i>Shark</i> (Ages 6-12 Years old)	Your child will continue refining all five main strokes, including inverted breaststroke, trudged crawl, and elementary backstroke with a focus on improving efficiency and endurance. In addition, stroke work will include individual medley, lifesaving medley, front and back flip turns, and streamlining.	Tuesday	6:40-7:25 PM	Summer A \$32	Summer A \$64
		Thursday	6:05-6:50 P.M.	Summer B \$30	Summer B \$60
<i>Porpoise Club</i> (Ages 8-12 Years old)	The Porpoise club is a non-competitive aquatics program for those who have completed the shark level. The Club will continue to refine stroke mechanics and improve endurance but will also incorporate the importance of team building through the core values of the YMCA	Thursday	5:15-6:00P.M	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
<i>Teen Swim Lessons</i> (Ages 13-15 Years old)	The teen swim lesson is appropriate for all swimming abilities. Students will learn proper stroke technique, breather and build endurance while gaining confidence in the water.	Saturday	11:00-11:45A.M	Summer A \$32	Summer A \$64
		Thursday	5:15-6:00P.M	Summer B \$30	Summer B \$60

Financial assistance is available.

Swim Lessons Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
<i>Adult Beginner Swim</i> (Ages 16 + Years old)	You will learn basic swimming skills such as the crawl stroke, breathing techniques, and floating to help you gain confidence in the water. Our trained instructors will individualize the class to meet your personal needs	Wednesday	7:00-7:45 AM	Summer A \$32	Summer A \$64
		Saturday	8:00-8:45 A.M	Summer B \$30	Summer B \$60
<i>Adult Intermediate Swim</i> (Ages 16 + Years old)	Adults with some swimming skills will learn the proper technique of front crawl and backstroke, while increasing swimming endurance.	Saturday	8:00-8:45 A.M	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
<i>Adult Advance Swim</i> (Ages 16 + Years old)	This class will focus on stroke technique and endurance swimming.	Sunday	4:30-5:15 P.M.	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
<i>Private Swim Lessons</i>	Private swim lessons are available for all ages. Students will work on a one on on basis with an instructor. For additional information, contact Aquatics Director Joe Costello at 943-0444 x 108, or jcostello@gpymca.org		Preschool Youth + Adult		
<i>Boy Scout Programs</i>	The YMCA in conjunction with the R.I. Narragansett Council of Boy Scouts of America is proud to offer special programs for cub scouts and boy scouts. The class will include lecture and pool/fitness time. For more details, please contact Aquatics Director Joe Costello at 943-0444 x 108, or jcostello@gpymca.org		Preschool Youth + Adult		
Trainings					
<i>First Aid</i>	Students will learn to recognize and cope with life-threatening emergencies. First Aid is a two-year certification, awarded upon successful completion of the course.			Summer A \$62 Summer B \$62	Summer A \$88 Summer B \$88
<i>CPR</i>	The American Safety & Health Institute CPR Program for the Professional Rescuer is designed to teach CPR skills for victims of all ages. Skills include ventilation with barrier and bag-mask devices, use of an automated external defibrillator (AED), and relief of foreign body airway obstruction. This class is intended for participants who provide healthcare to potential victims in a variety of settings. Proficiency in skills will be required for certification.			Summer A \$62 Summer B \$62	Summer A \$88 Summer B \$88
<i>Emergency Oxygen</i>	Emergency Oxygen Administration is a critical step in treating a severe or life-threatening illness or injury. This program focuses on administering emergency oxygen, rescue breathing and oxygen delivery devices.			Summer A \$62 Summer B \$62	Summer A \$88 Summer B \$88
Swim Team					
<i>Stroke Clinic</i>	Continue your progress throughout the summer! A stroke development clinic, meant for swim team level swimmers or children who have advanced through the Shark level.	Tuesday	4:10-5:10P.M	Spring 1 \$35	Spring 1 \$70
		Thursday	4:10-5:10P.M	Spring 2 \$35	Spring 2 \$70
<i>Spring Swim Team</i>	For our current swim team members who are looking to continue their progress or for new swimmers looking for a fun atmosphere to receive the best training around. Led by U.S. trials qualifier Louis Arruda, our staff will design a program that will maximize your Potential.	Monday Wednesday Friday	6:00-7:00 6:00-7:00 6:00-7:00	Spring 1 TBA Spring 2 TBA	Spring 1 TBA Spring 2 TBA



Swim Lessons Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
Water fitness					
<i>Aquafit</i>	This low-impact class is held in the shallow end of the pool and is led by our staff with over 20 years of experience. The focus is on developing strength and flexibility. Classes are held multiple times during the week for your convenience.	Monday	9:00-9:55 AM, 7:00-8:00 PM	Spring 1	Free
		Tuesday	9:00-9:55 AM	Spring 2	Free
		Wednesday	9:00-9:55 AM, 7:00-8:00 PM		
		Thursday	9:00-9:55 AM		
		Friday	9:00-9:55 AM, 7:00-8:00 PM		
					Spring 1 See desk for pricing
					Spring 2 See desk for pricing
<i>Deep Water</i>	This low-impact class is held in the deep end of the pool and is led by our staff with over 20 years of experience. The focus is on developing strength and flexibility. Classes are held multiple times during the week for your convenience.	Monday	9:00-9:55 AM, 7:00-8:00 PM	Spring 1	Free
		Wednesday	9:00-9:55 AM, 7:00-8:00 PM	Spring 2	Free
		Friday	9:00-9:55 AM, 7:00-8:00 PM		
					Spring 1 See desk for pricing
					Spring 2 See desk for pricing
<i>Arthritis</i>	This class is designed for our members who are looking for exercises that will help there are designed to increase the circulation through range of motion with low intensity exercises. Classes are held in our warm pool at multiple times.	Monday	10:00-11:00 A.M.	Spring 1	Free
		Tuesday	10:00-11:00 A.M.	Spring 2	Free
		Wednesday	10:00-11:00 A.M.		
		Friday	10:00-11:00 A.M.		
					Spring 1 See desk for pricing
					Spring 2 See desk for pricing

Child Care

Program	Description	Day	Time	Member Fee	Program Member Fee
<i>Y's Owl Nursery School</i>	Held at Cranston YMCA for children ages 3-5, this program is licensed by the Department of Education. The educational activities are based on the YMCA's learn through play model. For more information please contact the branch at 943-0444.	Mon-Fri.	9:00-11:30	5 Day: \$ 170/ Month 3 Day: \$ 139/ Month 2 Day: \$ 110/Month * Registration begins August 1st. Spots are limited so sign up today. Call the YMCA at 943-0444 for more info.	5 Day: \$ 278/ Month 3 Day: \$214/ Month 2 Day: \$ 194/Month
<i>Schools Out Before School Care</i>	Program is licensed by the DCYF. Our curriculum includes Arts & Humanities, Health & Wellness, Homework Assistance, and Character Development. This 42-week program also includes our three vacation weeks. Services: Arlington, Stadium, Eden Park, Oaklawn, Glen Hills, Garden City, Dutemple, Woodridge, Waterman, Bain, Gladstone, George J. Peters Transportation is included to Some Sites	Mon-Fri.	6:30-9:00	5 Day: \$53 3 Day: \$ 40 2 Day: \$27 * Registration begins August 1st. Spots are limited so sign up today. Call the YMCA at 943-0444 for more info.	5 days: \$74
<i>After Kindergarten Care</i>	For children enrolled in morning Kindergarten. Variety of activities including arts and crafts, recreational swimming and educational opportunities Services: Oaklawn, Duetemple, Peters, Eden Park, Woodridge, Waterman, Stadium, and Gladstone Transportation is included to Some Sites	Mon-Fri.	11:30-6:00 pm	5 Day: \$158 3 Day: \$ 105 2 Day: \$ 70 * Registration begins August 1st. Spots are limited so sign up today. Call the YMCA at 943-0444 for more info.	5 day: \$179
<i>School's Out After School Care</i>	Our Schools Out program is for parents who need child care after school but work at times that prevent them from being at school to pick up and watch their children. Our program is licensed by DCYF and has a curriculum that includes Arts and Humanities, Health and wellness, Homework Help and Character Development After School Care Sites: Eden Park: Services: Eden Park and Waterman George J Peters: Services: Peters, Stone Hill Orchard Farms Rhodes Services: Rhodes, Edgewood Highlands, Chester Barrows PPYC School Out: Bain, Park View, Western Hills YMCA Site: Services: Arlington, Gladstone, St. Matthew, CJCR, Woodridge, Garden City, Glen Hills, Oaklawn, Hope Highlands Duetemple, Stadium Transportation is included to Some Sites	Mon-Fri	2:30-6:00 pm	5 day: \$ 89 3 day: \$ 67 2 day: \$ 45 AM/PM Care 5 day: \$ 142 3 day: \$ 107 2 day: \$ 71 * Registration begins August 1st. Spots are limited so sign up today. Call the YMCA at 943-0444 for more info.	5 day: \$105 5 day: \$163

“The YMCA of Cranston offers the following value-added program at no cost”

CHILD CARE EVENTS
Yoga • Swim Time • Martial Arts
End of school Celebrations

Y'S OWL
Swimming • Apple Picking
Circus Trip • Winter Holiday Party



Family

Program	Description	Day	Time	Member Fee	Program Member Fee
Family/ Membership <i>Held both Spring 1 & 2</i>					
<i>Babysitting (6months to 4 year olds)</i>	This wonderful program allows parents to workout while their child engages with our certified Babysitting staff. We have a monthly calander filled with different activites and events that your child will enjoy.	Mon-Sat.	9:00am - 1:00pm 5:00pm - 8:30pm	FREE	Members only
<i>Prime Time (5-12 year olds)</i>	This program enhances your childs imagination while engaging in a wide verity of activities including; arts and crafts, gym play,swimming and more.	Mon- Thur	5:00pm-8:30pm	FREE	Members only
<i>Parent's Night Out (5-12 year olds)</i>	Finally a safe place with certified staff! Parents can enjoy a night out while their children run, swim, laugh and play at the YMCA!	Last Fri. of every month	5:00pm - 8:30pm	1st child \$10 Add. Child \$5	Members only
<i>Culture Appreciation Day</i>	Every other month the lobby area will be decorated according to the culture we will be celebrating. Members are encouraged to bring in pictures,food, traditions, and more.	Jul 8th	5am - 9:30pm	FREE	FREE

Birthday Parties

<i>Pool Party</i>	Be cool in our pool. Our party is 1 hour in party room and 1 hour in our pool. Host family is responsible for decorations, cake and refreshments. Room, tables, and chairs provided by the YMCA..	Saturdays	2:00-3:00 P.M.(pool) 3:00-4:00 P.M.(room)	\$100	\$150
<i>Tea Party</i>	For your little one. Bring your best dress along with your favorite doll or teddy as we celebrate your birthday in style. Tea sets, music and a thank you party picture mailed to your house are included.	Saturdays	2:00-3:00 P.M.(activity) 3:00-4:00 P.M.(room)	\$150	\$200
<i>Hip hop party</i>	This party will get you moving and grooving with today's hottest moves. Bring your best moves, stage presence and favorite cd's as our "Marvelous Marvin" creates a routine for you and your friends. A thank you DVD for b-day child will be mailed to your home.	Saturdays	2:00-3:00 P.M.(activity) 3:00-4:00 P.M.(room)	\$150	\$200
<i>Bounce House Party</i>	Your child will enjoy an active day with the use of our bounce house and soft play area. Bring a fresh pair of socks and a high energy level for a day of fun.	Saturdays	2:00-3:00 P.M.(activity) 3:00-4:00 P.M.(room)	\$150	\$200

* Three hour parties including the pool are available. Call for more information.

Sports and Recreation

Program	Description	Day	Time	Member Fee	Program Member Fee
Gymnastics					
<i>Held both Spring 1 & 2</i>					
<i>Tumblers (2-3 year olds)</i>	This beginner class starts your child off on a rolling and tumbling good time. Working with parents, your toddler will work on somersaults, jumps and more as our staff leads your child with fun and games that will have your little one ready for more.	Sunday	10:00-10:30 A.M.	Summer 1 \$32 Summer 2 \$30	Summer 1 \$64 Summer 2 \$60
<i>Flippers (4-5 year olds)</i>	This infant/toddler program is designed to work on a child's tumbling and balance skills while introducing them to beginners gymnastic skills such as jumping. The session concludes with a routine in the last week.	Sunday	10:35-11:05 A.M.	Summer 1 \$32 Summer 2 \$30	Summer 1 \$64 Summer 2 \$60
<i>Twisters (6-9 year olds)</i>	A youth class designed for beginners who are looking to establish confidence in basic gymnastic functions such as tumbling, jumps and routines. All classes begin with a fun warm-up of aerobics, stretching, and body positions and enhance social skills, gross motor skills, and coordination.	Sunday	11:10-11:55 A.M.	Summer 1 \$32 Summer 2 \$30	Summer 1 \$64 Summer 2 \$60
Youth Sports					
<i>Track & Field (Ages 9-12)</i>	Our experienced staff will introduce your child to proper techniques, practice dos & don'ts, nutrition tips and more. Our session will focus on sprint and distance runners long and triple jump, and the shot put.	Saturdays	11:00-12:30 P.M.	Summer 1 \$32 Summer 2 \$30	Summer 1 \$64 Summer 2 \$60
<i>Flag Football (6-9 yr olds & 10-12 yr olds)</i>	Get ready for the fall football season by sharpening your skills in our instructional summer flag football league. Our staff, led by Chris Love, will lead your child through passing, catching, running and blocking skills that will have your child ready for Sundays.	NCAA Saturday NFL Saturday	9:00-9:55 A.M. 6-9 yr. olds 10:00-10:55 A.M. 10-12 yr. olds	Summer 1 \$32 Summer 2 \$30	Summer 1 \$64 Summer 2 \$60
Teen Sports					
<i>Teen Basketball League (Ages 13-17 yr olds)</i>	Join us this summer for our outdoor b-ball league. Our 9-week league includes game play and play-offs. 8 player maximum and players must be pre-registered. Held at Camp Massasoit.	Tuesdays	6:00-8:30 P.M.	Summer A & B \$60	Summer A & B \$120
<i>Adult Basketball League (Ages 18+)</i>	Join us this summer for our outdoor b-ball league. Our 9-week league includes game play and play-offs. 8 player maximum and players must be pre-registered. Held at Camp Massasoit.	Thursdays	6:00-8:30 P.M.	Summer A & B \$60	Summer A & B \$120

Teen Programs

Program	Description	Day	Time	Member Fee	Program Member Fee
Teen Programming					
<i>Ages :11-17</i>	Teen Center-Drop In Membership Make new friends, or bring your own crew to the teen center. Activities include internet and computer access, sports, arts&crafts board games, and specialty programs & Clubs Financial Assistance Available	Mon-Fri	2:00-6:00pm	Summer 1 Free	Summer 2 \$60.00yearly
				Summer 1 Free	Summer 2 \$60.00yearly
Power Zone & Quiet Zone					
<i>Computers Ages 11-17</i>	Internet access is offered to teens. Quiet Zone: Teens have a quiet area in which they can get help with homework , play board games, or read their favorite book.	Mon-Fri	2:00-6:00pm		
Media Zone: (Games&Movies)					
<i>On selected days teens are able to view</i>	On selected days teens are able to view movies, and play video games for speciied amounts of time	Fri	3:00-5:00pm 4:00-6:00pm		
Sport Zone					
<i>Gym</i>	Mixed variety of sports and team building activities	Mon-Fri	2:00-6:00		
<i>Swim Zone</i>	Free swim for teens	Fri	3:30-4:45pm		
Teen Fitness Programs					
<i>Cardio Training</i>	Come burn claories while working out on our new cardio machines, strength and endurance training. Supervised by a Health and Wellness Fitness staff person.	Tues-Thur & Fri	4:15-5:00pm		
<i>Cycle Fit</i>	Ride to the music at your own pace. Come try a fun way to burn calories while challenging your endurance and cardio vascular fitness on these new Keiser Spin Bike.	Wed	4:15-5:00pm		
<i>PEP (Performance Enhancer)</i>	Sports oriented training , Personal training by Health & Wellness staff	Tue			
Specialty Programs					
<i>YMCA Leaders Club Ages11-17</i>	For teens who are interested in positively impacting their world. Participation in this program includes opportunities for community service. Teens who sign up will be involved with many YMCA events and programs such as Healthy kids Days, Teen Center Student Government, dnaces, and their own planned events. Strategies for leadership development will be discussed as well as work shops enforcing leadership and team work styles	Fri	4:00-5:00pm		
<i>Special Events</i>	Selected Fri Nights Dances, Field Trips, Performances, Contest	FRI Dates TBA		Fees TBA	Fees TBA
<i>Babysitting/First Aid Certification Classes Ages 11-17</i>	In each set of classes, teens will be trained in dealing with real-life situations and behavior of children. They will also be able to get hands-on experience working in the baby-sitting room at the YMCA with supervision	2 Sat June 20-27 July 18-25		Summer 1 \$20 Summer 1 \$20	Summer 2 \$20 Summer 2 \$20

Financial assistance is available.

Teen Programs Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
YMCA Teen Nights					
<i>GYM Ages 11-17</i>	Teens use 1/2 of the YMCA gym to play pick up basketball games with YMCA staff supervision. *Teen Members and Drop-Ins can sign themselves in and out of the program.	Mon&Wed	6:00-7:15pm		
<i>Teen Lounge Ages 11-17</i>	Hang out with friends listen to music, play video games, arts&crafts, contest, and movies	Mon-Wed	6:00-8:00pm		
<i>Teen Swim</i>					
<i>Family Open Swim Without an Ault 13 and over</i>		Tues,Thur Fri.	7:30pm-9:30		
<i>Weekend Teen Swim Without and Adult 13 and over</i>		Sat Sun	12:00-2:00pm 12:00-3:30pm		

*Summer camps available
the Peter Pastore
Youth Center for
Teens
June 22- August 28*


Check camp broucher for details

Health and Wellness

Program	Description	Day	Time	Member Fee	Program Member Fee
Adult Group Exercise					
<i>Power Pump Aerobics(I/A)</i>	Progressive program Warm-up, low impact aerobics, light weight training, cool-down	Monday Wednesday	9:30-10:25 AM 9:30-10:25 AM	Free	\$80 (1x/wk) \$120(2x/wk)
<i>Aero Dance(B/I)</i>	Simple, but challenging dances moves to burn calories, improve cardiovascular endurance and flexibility	Tuesday Thursday Friday	6:30-7:25 PM 6:30-7:25 PM 6:30-7:25 PM	Free Free Free	\$80 (1x/wk) \$120(2x/wk) \$160(3x/wk)
<i>Boot Camp</i>	A high energy workout consisting of a series of athletic conditioning drills and and calisthenics, this class is sure to challenge your strength, cardiovascular fitness and endurance.	Monday	5:30-6:30 PM	Free	\$80 (1x/wk.)
<i>Cardio Mix</i>	Variety of aerobic exercises, such as step low impact and muscle sculpting.	Tuesday Thursday	5:30-6:30 PM 5:30-6:30 PM	Free Free	\$80 (1x/wk) \$120(2x/wk)
<i>Cardio</i>	This cardio class is designed to build endurance for future cardio classes.	Saturday	9:00-10:00 AM	Free	\$80 (1x/wk.)
<i>Cardio Core</i>	A fun class that uses a variety of training techniques targeting core muscles through the use of free weights, bars, stability balls and other gym equipment	Tuesday Thursday	9:15-10:15AM 9:15-10:15AM	Free Free	\$80 (1x/wk) \$120(2x/wk)
<i>Crunch Time</i>	A 30-minute class that focuses on strengthening and toning the mid-section of the body, which includes the abdominal and lower back muscles.	Monday Tuesday Wednesday Thursday Friday Friday Saturday Saturday	11:45-12:15 PM 8:35-9:05 AM 6:30-7:15 PM 8:35-9:05 AM 8:35-9:05 AM 10:30-11:00 AM 8:30-9:00 AM 10:30-11:00 AM	Free	\$40 (1x/wk) \$60 (2x/wk) \$80 (3x/wk)


Financial assistance is available.

Health and Wellness Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
Kickboxing	High impact, total-body workout! Includes stretching, punching, elbow strikes kicking, defensive & foot drills	Mondays	4:15-5:15PM	Free	\$80 (1x/wk)
				Free	\$120(2x/wk)
				Free	\$160(3x/wk)
Latin Rhythms	Is a sizzling south of the border workout. Merengue, Cha-Cha & Mambo are just some of the moves you will learn to hot latin music.	Wednesdays	9:30-10:25 AM	Free	\$80 (1x/wk)
				Free	\$120(2x/wk)
				Free	\$160(3x/wk)
Power Pump	A low impact, high intensity aerobics class sure to elevate your heart rate and keep you moving.	Mondays	9:30-10:25 AM	Free	\$80 (1x/wk)
				Free	\$120(2x/wk)
				Free	\$160(3x/wk)
Rockin' with Robin	High impact, high intensity cardio workout. Incorporates stability ball, body bars and handheld weights	Thursday	5:15-6:00 AM	Free	\$80 (1x/wk.)
Sports Conditioning	A high-impact, high intensity workout utilizing sports-specific exercises and drills	Friday	9:30-10:25 AM	Free	\$80 (1x/wk.)
Step	Get a cardiovascular workout using a step platform - perfect for toning buns and thighs.			Free	\$80 (1x/wk.)
Turbo Kick™:	Turbo Kick™ is a workout that combines shadow boxing, kickboxing, sports drills, dancing,yoga, and simple dance moves in a party atmosphere. It is an interval based class that allows participants of any fitness level to join and custom tailor their workout.	Wednesdays	5:30-6:30PM	Free	\$80 (1x/wk.)
		Fridays	5:30-6:30PM	Free	\$120(2x/wk)
Pilates	Traditional Pilates exercises performed on a mat Focus on breathing, body awareness and core strength	Tuesday	7:30-8:30 PM	Free	\$80 (1x/wk.)
		Thursday			\$120(2x/wk)
Yoga I (Hatha)	Many yoga beginners start with this gentle practice that focuses on finding balance between mind,body and spirit. Hatha yoga teaches basic poses (known as "asanas") and breathing exercises (known as "pranayama") with an emphasis on relaxation and meditation. This practice, which is the foundation of most types of yoga.	Monday	8:00-9:25 AM	Free	\$80 (1x/wk.)
		Monday	7:00-8:00 PM		\$120(2x/wk)
		Wednesday	8:00-9:25 AM		\$160(3x/wk)
		Wednesday	7:00-8:00 PM		
		Friday	7:00-8:00 AM		
		Saturday	8:00-9:00 AM		
		Sunday	9:15-10:15 AM		
Yoga II (Ashtanga)	A faster-paced, sculpting, form intensive, athletic workout, Ashtanga yoga, commonly (referred to as "power or core yoga," may be best for you. This vigorous, physically style moves smoothly through poses with very little stopping.	Tuesday	7:15-8:30 AM	Free	\$80 (1x/wk.)
		Thursday	7:15-8:30 AM		\$120(2x/wk)
Active Older Adults					
					
Silver Sneakers® MS ROM	Combine our fun and fitness to improve cardiovascular health and increase your muscle endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and ball are alternated with non impact aerobic choreography	Monday	10:35-11:35 AM	Free	\$80
		Fridays	10:35-11:35 AM		
Silver Sneakers® Yoga Stretch	Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.	Wednesdays	10:35-11:35 AM	Free	\$80
Gym & Swim	45 mins. of cardiovascular fitness & 45 mins of Water Aerobics. Helps strengthen your heart, lungs, muscles and soothe joints.	Tuesday	12:10-2:00 PM	Free	\$80 (1x/wk.)
		Friday	12:45-2:15 PM		\$120 (2x/wk.)

Financial assistance is available.

Health and Wellness Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
Special Populations					
					
WALKSTRONG	Moderate-intensity exercise like walking has been proven to reduce fatigue, increase endurance and improve overall feelings of well-being. Walks will begin with a inspirational thought and end with stretch and meditation	Saturday	10:00-11:00 AM	\$10	\$20
LIVESTRONG	This 12-week program is designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the changes, and improving energy levels and selfesteem. Finally, participants will develop their own physical fitness programs so they can continue to build a healthy lifestyle.	Tuesday Thursday	11:00-12:15PM 11:00-12:15PM	Free	Free
Specialty Services					
Fitness Evaluation	This service is conducted by a Health and wellness coach or Personal Trainer. It will encompass a complete evaluation including resting heart rate, blood pressure, body composition, and flexibility. You will walk away with a complete report with the results and with recommendations	By Appointment		\$35	\$70
Body Composition Testing	Learn what percentage of your total bodyweight is fat versus lean body weight. The scale can be misleading. To assess body composition we do it privately on four site skin-fold.	By Appointment		\$20	\$40
Personal Training	Is an individualize approached to fitness designed to provide members of all fitness levels with time efficient, safe and result oriented exercise program.	By Appointment	1 - 1 hr session 3 - 1 hr session 6 - 1 hr session 12 - 1 hr session 15 - 1 hr session	\$50 \$135 \$240 \$420 \$450	\$100 \$270 \$480 \$840 \$900
Buddy Training	Designed for two people buddy training offers an option for those who want a partner with similar goals interested in personal training and saving money. By buddying-up you will not only have a great workout partner but can be trained for half the price!	By Appointment	Per 1 hr session Max. 2 people	\$20 per person	\$40 per person
Small Group Training	Our Group Training is progressive, personal and affordable and fun. Progressive workouts allow you to learn and build upon new skills and techniques each week. These personal groups allow the trainer to focus on individuals' strengths, weaknesses and fitness level. Specialty Group training allows you to have a personalized class in your favorite class format or have your workout designed for you. Group training provides you with an affordable way to reach your goals.	By Appointment	Per 1 hr session Max. 6 people	\$15 per person	\$30 per person
Y-Tri Training	Designed for athletes at all levels (beginner to professional). Sessions, taking into account individual needs and goals. Technique drills and strength training routine (plus core stability exercises). Performance analysis, feedback and workshops are offered for a additional fee at various times throughout the season.	Sunday	8:00-10:00 AM	Free	\$99
Muscle Up	The Muscle-Up package is for those who are interested in adding power to their perform poundage to their lifts, or simply muscle to their frame. Whether you want to gain a size or a strength advantage in sports, let our professionals assist you.	Saturday	8:00-9:00 AM	\$58	\$116

Financial assistance is available.

Health and Wellness Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
<i>Y-Life Biggest Winner</i>	If you would like to get motivated to exercise and learn how to make healthier lifestyle choices within a fun, team oriented environment, then this popular 12-week program is for you. Participants will be teamed with other individuals and receive 24 group training sessions (over \$500 value!), fun group challenges and a thorough initial and final fitness assessment. Sign up today to become the next biggest winner.	Saturdays	Training Session are by appt.	\$280 payment plans available	\$280 payment plans available
<i>Wedding Day Bootcamp 8-Week Training Program</i>	Calling all Brides & Grooms a group fitness approach to help facilitate self-empowerment for your wedding day and the rest of your life. A structured step-by step plan that will change your current lifestyle to a more active and satisfying and healthy life. We focus on how wellness makes one feel instead of the "Ideal Look" which is something you can share for a lifetime.	By Appointment	Buddy/Group rates apply Great Gift for Bride & Groom	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Kettle Bell Training</i>	A kettle bell is a traditional cast-iron weight that resembles a cannonball with a handle. A kettle bell workout can produce particularly impressive results in the legs, hips and shoulders, and help you use your body as a unit instead of individual parts for a complete work.	By Appointment	Buddy/Group rates apply	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Box Fit</i>	If you are looking for a good workout, our as boxing program will provide it. In our boxing program, a typical workout includes calisthenics, strength and agility as well endurance training	By Appointment	Buddy/Group rates apply	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Stroller Strength</i>	Being a parent is hard enough Getting a workout in just got easier. Moms and Dads get strong, lean and energized with this group exercise program that includes your children. Come learn new exercise techniques that are designed to increase cardiovascular, muscular strength & endurance.	Mondays Wednesdays Saturdays	10:00 AM 10:00 AM 8:00 AM Buddy/Group rates apply	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Women on Weights I</i>	Strength training - including weight lifting and the use of resistance equipment offers women a host of positive health benefits from increasing bone density and building strength to fighting heart disease. Plus, women can see results by strength training as little as twice a week.	Fridays Saturdays	9:30-10:30AM 8:00-9:00AM	\$58	\$116
<i>Women on Weight II</i>	Stuck in a rut with your strength workout? This is a class designed to educate and challenge. In this group style class, you will learn advanced techniques to enhance and challenge your current routine.	Saturdays	9:00-10:00AM	\$58	\$116
Group Cycling Classes					
NOTE:	Due to the popularity and to accomodate all of the members of the YMCA, must register for classes in order to reserve a bike. Newcomers please come to class 5 minutes prior to class time for a brief bike orientation.				
<i>Cycle 101</i>	Learn how to set up your bike and take a short journey to help you prepare for a cycling class.	Tuesdays	9:15-10:15AM	Free	\$80 (1x/wk)
<i>Cycle Fit</i>	A dynamic, stationary, group cycling experience led by a specially trained instructor. For beginners and seasoned athletes. Cycle Fit classes will help strengthen and tone both body and mind.	Mondays Mondays Wednesdays	9:15-10:15AM 6:30-7:30PM 9:15-10:15AM 6:30-7:30PM	Free	\$80 (1x/wk) \$120(2x/wk)

Health and Wellness Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
<i>King of the Mountain:</i>	Speed training and Climbing intervals Course is meant for athletes or people in good physical fitness to increase their cycling or running overturn speed. This course is meant to push people to move quicker on a bike, whether it's a finishing kick or a burst of energy to catch someone.	Tuesdays Thursdays	6:00-7:00AM 6:00-7:00AM	Free	\$80 (1x/wk.) \$120(2x/wk)
<i>Lunch Ride</i>	Lunch time classes are shortened to 40-45 minutes.	M,W,F	12:00-12:45PM	Free	\$35(1x/wk.) \$50(2x/wk.) \$60(3x/wk.)
<i>S.T.A.R Treatment</i>	Everyone's a star with cycling, toning, abs and relaxation. Start off with 20 minutes of heart-pumping cycling, followed by a total body sculpt session. Then 15 minutes of intense abs and end with a relaxing stretch segment.		9:15-10:15AM	Free	\$80 (1x/wk.)
<i>Power Ride</i>	This class focus is on improving your speed agility and endurance.	Mondays Wednesdays Saturdays	5:15-6:15PM 5:15-6:15PM 9:15-10:15AM	Free	\$80 (1x/wk.) \$120(2x/wk) \$160(3x/wk)
<i>Race Day</i>	A 60-minute class that involves cardio challenges, hills, varying speeds, resistance and for the road..		9:15-10:15AM	Free	\$80 (1x/wk.)
<i>1500 Mile Club</i>	Attention Cyclist! Do you keep track of the miles that you cycle? If so, fill-out our monthly log sheet and return it to your instructor. Your miles along with everyone else's miles will be compiled and sent out in a monthly e-mail. Members that achieve 1500 miles or more in 2009 will qualify for the 1500 Mile Club and earn an award at the end of the year. We hope that this program encourages you to cycle more and more often!			Free	Members Only
Youth Fitness					
<i>Reading Rangers</i>	Children partake in story hour. Each session is theme based. Craft will follow activity.	Mondays Fridays	11:45-12:30PM 11:45-12:30PM	Free	\$10
Ages 4-7					
<i>Mighty Mites</i>	Structured gym activities based on fitness concepts. Activities include obstacle courses, games, etc. to encourage movement	Mondays Wednesdays	5:00-5:45PM 5:00-5:45PM	\$25	\$50
<i>Little Chefs</i>	Child and parent work together to create healthy snacks that are fun to make and eat Requires no actual cooking.	Tuesdays Wednesdays	11:45-12:30PM 5:30-6:30PM	\$25	\$50
Ages 8-10					
<i>Junior Builders</i>	More advanced gym class; children are introduced to muscle groups, basic strength training and functions for the body. Introduction to Basic Nutrition included.	Mondays Wednesdays	5:00-5:45PM 5:00-5:45PM	\$25 \$25	\$50 \$50
Ages 11-16					
<i>Teens of Steel</i>	A personalized training program designed specifically for your teen! A program of cardio and weights individually set to meet the needs of a growing body. Fitness development on the track, a get pumped work out. Instruction on fitness development included. This program is geared for youth who want to get fit!	Tuesdays	5:30-6:30PM	\$25	\$50

Health and Wellness Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
<i>Teen Bootcamp</i>	A high energy workout consisting of athletic conditioning drills and calisthenics, this class will sure to challenge your strength, cardiovascular fitness and endurance.	Tuesdays	5:30-6:30PM	Free	\$40 (1x/wk.)
<i>Teen Cycle Fit</i>	Ride to the music at your own pace! Come try a fun way to burn calories while challenging your endurance and cardiovascular fitness on these new Keiser Cycling Bikes.	Wednesdays	4:15-5:15 PM	Free	\$40 (1x/wk.)
<i>P.E.P.</i>	Performance Enhancement Program is designed for the recreational sports person, team players, endurance athletes and those who want to achieve or maintain a high level of fitness. It is designed to train the three energy systems using sprints, agility work and muscle conditioning. Additionally, it will help prevent sport related injuries and may provide you with a source of inspiration and motivation, keeping you focused on your training goals.	TBA	TBA	\$58	\$116.00
<i>Kid's Karate Mastery Martial Arts 6-Week Program</i>	If that seems too easy, it's not! You see, by teaching children self-discipline and self-defense children become empowered with the two most most important tools they need to build confidence. With confidence, children will succeed and find happiness in life.	Saturdays	10:15-11:00AM	\$20	\$40

SAVE THE DATE



Saturday August 29th is our cultural appreciation day. Celebrate your history with food, dances, and exhibits. For more information call Sonia at 943-0444

We are always looking for volunteers for our programs. See Shawn for a Volunteer Application today.

Join us for our Christmas in July activities. Special games, swims, trips, and more. More info to follow



To Be Announced This Fall:

National Family Week

America on the Move Week

Our Staff directory: 943-0444

Michael Norklun
Executive Director x110

Shawn Barnes
Operations Director x111

Sonia Thomas
Membership Director x112

Teri Chatterley
Finance Director x107

Rob Houston
Youth & Family Director x109

Gail Bolden
Health & Wellness Director x106

Joe Costello
Aquatics Director x108



We build strong kids, strong families,
and strong communities.

Visit us on the web!
www.cranstonymca.org



Open Door Policy

Did You Know?

The Cranston YMCA offers financial assistance. Families in need can receive up to 50% off the price of membership and programs. For more information please call 401-943-0444 or stop by the desk to pick up our easy to complete, one page application. Supporting documentation required. All information is confidential.

Volunteers

The Cranston YMCA is a great place to volunteer your time. We offer a variety of experiences for individuals and groups of all ages. Consider helping us out while you volunteer in a fun and friendly environment.

Some volunteer opportunities include:

- Volunteering to be a Financial Assistance Fund Campaigner.
- Provide input and expertise as a member of various committees, such as Membership, Facilities, Program and Camp.
- Help time swimmers at swim meets.
- Coach in our youth sports programs including basketball, soccer, and tee-ball.

Many other opportunities are available. Please call (401) 943-0444 for more information, or complete a volunteer application at the Reception Desk.

Directions to the Cranston YMCA:

Cranston YMCA
1225 Park Avenue
Cranston, RI 02910
(401) 943-0444

- 1.) From Interstate 95 North or South, take exit 16 onto Route 10 West.
- 2.) Take exit off Route 10 West onto Route 2 South (Reservoir Avenue).
- 3.) Take Route 2 South (Reservoir Avenue) to the 3rd traffic light and make a right turn onto Route 12 (Park Avenue).
- 4.) Take Route 12 (Park Avenue) to 1st traffic light. The Cranston YMCA is the large building diagonally across from this traffic light on your right, behind the bank.
- 5.) Entrance to YMCA parking lot is on right just before the playground.

