



YMCA OF GREATER PROVIDENCE – CALENDAR OF EVENTS: JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p style="text-align: center;"> HAPPY NEWYEAR</p> <p><u>9:00 am</u> Polar Plunge West Bay @ North Kingstown Town Beach</p> <p><u>12:00 pm</u> Open House East Side</p>				<p><u>10:00 am</u> Open House Newman</p>
6	7	8	9	10 Member Appreciation Day Kent County, West Bay	11 <u>5:30 pm</u> Kids Night Out East Side	12 <u>10:00 am</u> Open House Cranston
13	14 <u>5:15 pm</u> Branch Council Mtg Kent County	15	16 Member Appreciation Day Cranston	17	18 <u>4:00 pm</u> Kids Night Out South County	19 <u>TBA</u> Family Fun Night Kent County
20	<p style="text-align: center;"> <i>I have a dream</i></p> <p>Day of Service Kent County</p>	22 Branch Council Mtg Cranston: <u>3:00 pm</u> Newman: <u>6:00 pm</u>	23 <u>11:00 am</u> "Dance Around the World" Kids Workshop West Bay	24 Branch Council Mtg Camp Fuller: <u>6:00 pm</u> West Bay: <u>6:00 pm</u>	25 <u>5:30 pm</u> Kids Night Out East Side	26
27	28	29 <u>5:30 pm</u> Branch Council Mtg East Side @ MHCC	30 <u>5:00 pm</u> Branch Council Mtg South County @ Peacedale Elementary	31		

MISCELLANEOUS EVENTS and ACTIVITIES:

NEWMAN:

Les Mills Launch Week

January 5 – 12

SOUTH COUNTY:

Member Appreciation Month
New Year's Theme
Community CPR/First Aid

New member acquisition: "Give the Gift of Health"
January 5 – 12
Second Saturday of every month

WEST BAY:

Polar Plunge (see flyer)
Gregg's Restaurant
BBBS Christmas Cleanup

January 1
January 23 (fundraiser; 11:30 am – close)
January 25



TAKE THE PLUNGE

WEST BAY FAMILY YMCA POLAR SWIM

Join us on New Years Day as we take the plunge to support our community!

- DATE:** January, 1 2019
- LOCATION:** North Kingstown Town Beach
1 Beach Street
- TIME:** 9:00 AM
- REGISTRATION:** \$25/swimmer registration fee and jars of peanut butter and jelly to support the NK Food Pantry. All registered swimmers receive a pair of YMCA sunglasses and a long-sleeve event T-Shirt!

Raise \$50 and we'll waive the registration fee.

PLUS you get a free pair of YMCA shades and a long-sleeve T-shirt!

All proceeds from this event go to support the West Bay Family YMCA Financial Assistance Campaign.



Join us on New Years Day and start 2019 off right!

We will be open from 8am-12pm on New Years Day. Bring your friends and families and even your friends families - **all families are welcome to play for free!**

GROUP EXERCISE SCHEDULE

- 8:15-8:45 am Cycle with Janette- Studio
- 9:00-10:00 H.I.I.T. with Janette- Studio
- 10:15-11:15 am Yoga with Kim- Studio
- 10:30 am-12:00 pm Zumba with Dawn & Kristie- gym

The sports gymnasium will be open for Open Gym from 8:00-10:15 am.

POOL SCHEDULE

- 8:00-11:45 am Lap Swim
- 8:00-11:45 am Family Swim

Babysitting will be available from 8:00am-12:00pm