



Cranston YMCA AQUATICS PROGRAMS

September 10th – October 30, 2022

Registration Members: 8/15/2022 · Non-members: 8/22/22

Parent/Child Swim

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Water diapers must be worn if not potty trained.

Stage A/Water Discovery/Exploration: 6–18 mos

Sunday 8:00 – 8:30 am · M: \$72 NM: \$144

Monday 1:00 – 1:30 pm · M: \$63 NM: \$126

Saturday 8:00 – 8:30 am · M: \$72 NM: \$144

Stage B/Water Exploration: 18 mos–3 yrs

Sunday 8:35 – 9:05 am · M: \$72 NM: \$144

Saturday 8:35 – 9:05 am · M: \$72 NM: \$144

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Preschool

Stage 1/Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Sunday 9:05 – 9:35 am · M: \$72 NM: \$144

Wednesday 10:00 – 10:30 am 4:35 – 5:05 pm · M: \$63 NM: \$126

Thursday 4:35 – 5:05 pm · M: \$63 NM: \$126

Saturday 9:05 – 9:35 am 10:50 – 11:20 am · M: \$72 NM: \$144

Stage 3/Water Stamina

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Sunday 9:40 – 10:10 am · M: \$72 NM: \$144

Tuesday 4:00 – 4:30 pm · M: \$63 NM: \$126

Wednesday 5:10 – 5:40 pm · M: \$63 NM: \$126

Saturday 11:25 – 11:55 am · M: \$72 NM: \$144

Stage 2/Water Movement

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Sunday 9:05 – 9:35 am · M: \$72 NM: \$144

Tuesday 4:35 – 5:05 pm · M: \$63 NM: \$126

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Saturday 9:05 – 9:35 am 10:50 – 11:20 am 11:25 – 11:55 am

M: \$72 NM: \$144

Stage 4/Stroke Introduction

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Wednesday 4:00 – 4:30 pm · M: \$63 NM: \$126

Saturday 11:25 – 11:55 am · M: \$72 NM: \$144

Teen

Teen Beginner: 13+ years

Saturday 12:00 – 12:45 pm

M: \$72 NM: \$144

Teen Intermediate: 13+ years

Thursday 5:45 – 6:30 pm

M: \$63 NM: \$126

Adult

Adult Beginner

Wednesday 5:45 – 6:30 pm · M: \$63 NM: \$126

Saturday 8:00 – 8:45 am · M: \$72 NM: \$144

Adult Intermediate

Sunday 8:00 – 8:45 am · M: \$72 NM: \$144

Tuesday 5:45 – 6:30 pm · M: \$63 NM: \$126



Scan to register
for aquatics programming
or visit gymca.org



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School Age

Stage 1/Water Acclimation

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M: \$72 NM: \$144

Stage 5/Stroke Development

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Tuesday 5:45 – 6:30 pm

M: \$63 NM: \$126

Wednesday 5:45 – 6:30 pm

M: \$63 NM: \$126

Saturday 12:00 – 12:45 pm

M: \$72 NM: \$144

Stage 6/Stroke Mechanics

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Thursday 5:45 – 6:30 pm

M: \$63 NM: \$126

Saturday 12:00 – 12:45 pm

M: \$72 NM: \$144



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Marlins Swim Team

The Cranston YMCA Marlins Swim Team offers children and teens ages 5-18 an opportunity to work with coaches to improve swimming skills, endurance, build confidence, team-spirit, and promote a healthy lifestyle. Contact Coach Steve Johnson at sjohnson@gpymca.org for more information.

Masters Swim

This swim program is designed for the intermediate to advanced swimmer who wants to improve on endurance and improve stroke technique. Meet your personal training needs while learning to swim smarter and more efficiently. The hour-long workouts include stroke instruction, drills and interval training sets to improve your cardiovascular endurance and are conducted by Coach Eric Lau. Each workout is modified for your level of ability and swimmers are grouped together according to level of proficiency. For information contact Eric Lau at elau@gpymca.org.

Wednesdays · 8:00 – 9:00 pm

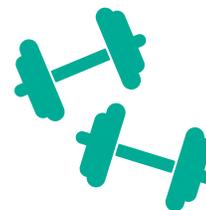
M: \$27 NM: \$54 Program is monthly so prices may change

Swim Whispers Swim Lessons

These lessons are specifically designed to help children overcome the 14 most commonly seen roadblocks in teaching children with Autism, sensory and motor coordination issues how to become safe independent swimmers. The instructors are trained to integrate strategies into a typical swim lesson so the child learns to swim faster and with less discomfort than traditional swim methods. The Angelfish Methodology encompasses areas of focus and strategies for overcoming roadblocks for swimmers with Autism, Anxiety, Motor issues, Physical, Sensory, Delays, Discomfort and Trauma.

Sundays starting at 1:15 pm

For more information please contact Erica Beauregard at ebeauregard@gpymca.org



Water Exercise Classes

Aqua Fit with Erica

This low-impact high intensity class is performed in deeper water, with a few exercises in the shallow end and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells, flotation belts and MUSIC. This is a 60 minute class with 40 minutes of cardio and 20 minutes of strength training, abs and stretching.

Fridays 5:30 – 6:30 pm

Deep Water Aerobics with Erica

Participants will use flotation belts and styrofoam barbells to perform a variety of motions including water walking and running, abdominal work and toning exercises. This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. This is a 60 minute class with 40 minutes of cardio and 20 minutes of abs and stretching.

Thursday 6:30 – 7:30 pm

Water Fitness with Tracy

Water Fitness is an all inclusive, full body workout. This class is so much fun and we all work together and help each other out. No one gets left behind. It is great for those who need some physical therapy or maybe you have some arthritis and just need to move those joints in a non-impact, gentle way or just need a little more social time. We begin with stretches and soft movements from head to toe and go into cardio and strength training. On Tuesdays we focus more on the upper body strength and on Thursdays we focus more on the lower body strength. Then there is a cool down of more soft joint movements, balance exercises and head to toe stretches once more with a final namaste mind cool down. Come join the fun!
Tuesday & Thursday 9-10 am



Cranston YMCA

PROGRAMS & ACTIVITIES

September 6th – October 30, 2022

Registration: Members: 8/15/2022 · Non-Members: 8/22/22

Basketball

September 10th – October 29, 2022

From building stronger skills to gaining self-confidence, our youth basketball program is about more than just the game. It is about building the whole child from the inside out. Our coaches focus on the youth basketball players' development of building core skills such as ball handling, defense, offense, rebounding, shooting, conditioning and more. We're creating team players and future leaders through team sports. Kids will learn good sportsmanship and teamwork, develop positive friendships.

Youth Basketball · Saturdays

Division 1 (K-1st grade) · 9 – 9:45 am
Division 2 (2-3 grades) · 10 – 10:45 am
Division 3 (4-8 grades) · 11 – 11:45 am
\$80 members · \$100 non members

Fundamentals Basketball

Mondays

Preschool (ages 3-5) · 5:15 – 5:45 pm
Kindergarten-1st Grade (ages 6-7) · 6:00 – 6:45 pm
\$70 members · \$90 non members

Saturdays

Grade 2-3 (ages 7-10) · 12:00 – 12:45 pm
\$80 members · \$100 non members

Box-Fit

This pads and gloves class is a high-energy, all level circuit, and drill style class that utilizes boxing skills and drills alongside with strength training technique. Boxing gloves and catching pads are required.

4-week session starts Friday, September 2, 2022

Fridays 10 – 11 am

Members: \$36 · Non-members \$72

Women on Weights · WOW

This class teaches women how to properly use free weight equipment. This progressive class focuses on form, technique, and designing a unique program to meet your fitness needs. WOW is coached by Ashley, an AFAA certified Personal Trainer and is appropriate for all fitness levels. She will challenge your body as well as your mind while putting you through this fitness challenge.

4-week session starts Monday, September 12, 2022

Mondays 10 – 11 am

Members: \$36 · Non-members \$72

Soccer

September 7th – October 26, 2022

Our soccer programs help kids become not only better soccer players, but better people as well. With an emphasis on fair play and safety, our program is progressive with age-appropriate rules to help teach soccer for kids and keep it fun. We build winners in life, emphasizing good sportsmanship, fitness, fair play, fundamentals and fun.

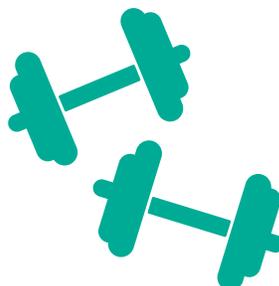
*Programs will start outdoors and then be brought indoors once it gets dark out.

Youth Soccer · Ages 6 – 10 years

Wednesdays 6 – 7 pm
\$80 members · \$100 non members

Skills and Drills Soccer · Ages 3 – 5 years

Wednesdays 5 – 6 pm
\$80 members · \$100 non members



Science = FUN²

September 7th – October 26, 2022

Kids will learn about science through different experiments and activities.

Ages 5-12

Wednesdays 5 – 6 pm

\$50 members · \$100 non members

Creative Arts

September 8th – October 27, 2022

Join us as we stretch our creative bones and learn through art.

Ages 5-12

Thursdays 5 – 6 pm

\$50 members · \$100 non members



Special Events

Kids Night Out

Friday, September 2, 2022

Parents can drop off their children for a night of fun! Children ages 3 – 6 will get the opportunity to play, while kids ages 7 to 10 swim in the pool! Everyone will watch a movie, enjoy a fun craft, eat pizza, and meet new friends! Those 7 and up: don't forget to bring your bathing suit and a towel!

5:15 – 8:15 pm

\$14 members · \$20 non members

Community Yard Sale

Saturday, September 17, 2022 · 8 am – 2 pm

Donate items to the Y or purchase a table and sell your stuff. Table is \$25, each additional is \$15. You need to bring your own table and chairs. Food cannot be sold. For more information, contact Melissa Carvalho at mcarvalho@gpymca.org or 401.943.0444.



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or visit gpymca.org