



Cranston YMCA AQUATICS PROGRAMS

October 31st – December 23, 2022

Registration: Members: 10/17/2022 · Non-Members: 10/24/22

Monday, Tuesday, Wednesday/Friday Member: \$72/Non-Member: \$144 (8 weeks)

Thursday Member: \$63/Non-Member: \$126 (7 weeks)

Saturday Member: \$45/Non-Member: \$90 classes start on November 12, 2022

Sunday Member: \$54/Non-Member: \$108



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. Parent/guardian must be at least 18 years of age.

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

Sunday 8:00 – 8:30 am

Saturday 8:00 – 8:30 am

Stage B/Water Exploration: 18 mos-3 yrs

Sunday 8:35 – 9:05 am

Monday 1:00 – 1:30 pm

Saturday 8:35 – 9:05 am

* 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. Must be 18 years or older to go into the water with the child.

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 9:40 – 10:10 am 10:15 – 10:45 am

10:50 – 11:20 am

Monday 10:00 – 10:30 am

Wednesday 10:00 – 10:30 am 10:35 – 11:05 am 4:35 – 5:05 pm

Thursday 4:35 – 5:05 pm

Friday 3:00 – 3:30 pm

Saturday 9:05 – 9:35 am 10:15 – 10:45 am 10:50 – 11:20 am

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

Tuesday 4:00 – 4:30 pm

Wednesday 10:35 – 11:05 am 5:10 – 5:40 pm

Friday 4:10 – 4:40 pm

Saturday 9:40 – 10:10 am 11:25 – 11:55 am

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 10:50 – 11:20 am

Monday 10:35 – 11:05 am

Tuesday 4:35 – 5:05 pm

Wednesday 10:00 – 10:30 am

Thursday 4:00 – 4:30 pm

Friday 3:00 – 3:30 pm 3:35 – 4:05 pm

Saturday 9:05 – 9:35 am 9:40 – 10:10 am 10:50 – 11:20 am 11:25 – 11:55 am

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.

Saturday 11:25 – 11:55 am

Wednesday 4:00 – 4:30 pm

Friday 3:35 – 4:05 pm

Sunday 11:25 – 11:55 am



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School Age

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Sunday 10:15 – 10:45 am 11:25 – 11:55 am

Tuesday 4:00 – 4:30 pm

Wednesday 4:00 – 4:30 pm

Thursday 4:35 – 5:05 pm

Friday 4:10 – 4:40 pm

Saturday 9:40 – 10:10 am 10:15 – 10:45 am

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Sunday 9:40 – 10:10 am 10:15 – 10:45 am 10:50 – 11:20 am

Tuesday 4:35 – 5:05 pm

Wednesday 4:35 – 5:05 pm

Thursday 4:00 – 4:30 pm

Friday 4:45 – 5:15 pm

Saturday 9:05 – 9:35 am 10:15 – 10:45 am 10:50 – 11:20 am

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Tuesday 5:10 – 5:40 pm

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Thursday 5:10 – 5:40 pm

Saturday 9:05 – 9:35 am 10:15 – 10:45 am 10:50 – 11:20 am

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Tuesday 5:10 – 5:40 pm

Thursday 5:10 – 5:40 pm

Friday 4:45 – 5:15 pm

Saturday 9:40 – 10:10 am 10:15 – 10:45 am 11:25 – 11:55 am

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.

Sunday 12:00 – 12:45 pm

Wednesday 5:45 – 6:30 pm

Saturday 12:00 – 12:45 pm

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.

Sunday 12:00 – 12:45 pm

Thursday 5:45 – 6:30 pm

Saturday 12:00 – 12:45 pm

Teen

Teen Beginner: 13+ years

Tuesday 5:45 – 6:30 pm

Saturday 12:00 – 12:45 pm

Sunday 8:00 – 8:45 am

Teen Intermediate: 13+ years

Tuesday 5:45 – 6:30 pm

Saturday 8:00 – 8:45 am

Sunday 12:00 – 12:45 pm

Adult

Adult Beginner

Monday 2:15 – 3:00 pm

Saturday 8:00 – 8:45 am

Sunday 12:00 – 12:45 pm

Adult Intermediate

Tuesday 5:45 – 6:30 pm

Saturday 12:00 – 12:45 pm

Sunday 8:00 – 8:45 am





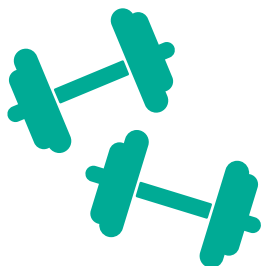
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Marlins Swim Team

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. For more information contact Coach Steve Johnson at sjohnson@gpymca.org.



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: \$72 NM: \$144

Water Exercise Classes

Aqua Fit

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

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.

Monday, Tuesday, Thursday, Friday 3:00 – 4:00 pm

Wednesday 9:00 – 10:00 am

Water Fitness

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!

Monday, Tuesday, & Thursday 3:00 – 4:00 pm

Friday 2:00 – 3:00 pm



Cranston YMCA

PROGRAMS & ACTIVITIES

October 31st – December 23, 2022

Registration: Members: 10/17/2022 · Non-Members: 10/24/22

Basketball

November 5th – December 17, 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 – 11:45am
\$80 members · \$100 non members

Fundamentals Basketball

Mondays · October 31st- December 17, 2022

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

Saturdays · November 5th- December 17, 2022

Grade 2-3 (ages 7-10) · 12 – 12:45 pm
\$70 members · \$90 non members

Tuesdays · November 1st- December 20, 2022

Grade 4-8 (ages 10-13) · 5 – 6 pm
\$80 members · \$100 non members

Soccer

November 2th – December 21, 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 is indoors

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

November 2nd – December 21, 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

November 3rd – December 22, 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

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, November 4, 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, November 7, 2022
Mondays 10 – 11 am

Members: \$36 · Non -members \$72

Special Events

Halloween Spooktakular

Friday, October 14, 2022

Swimming with the Pumpkins: 5:30-6:00 pm and 6:30-7:00 pm

Truck or Treat 6-8 pm in the parking lot. Register your car to take part in the lineup up spooktakular cars.

Kids Night Out

Friday, November 4, 2022 & December 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 a swim suit and towel!

5:15 – 8:15 pm

\$14 members · \$20 non members

Birthday Parties

Bouncy House Party 2 hours

\$250 members · \$300 non members

LegoParty 2 hours

\$250 members · \$300 non members

Pool Party 2 hours

\$300 members · \$350 non members

Gym & Swim Party 3 hours

\$350 members · \$400 non members

For more information, contact KristenRyer at 401.943.0444 or kryer@gpymca.org



Scan to register or visit gpymca.org

