



Newman YMCA

# AQUATICS PROGRAMS

October 31<sup>st</sup> - December 23, 2022

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

## Preschool

Stage Rates: M \$ 72 NM \$144

### 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.  
Saturday 9:00 - 9:30 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.  
Saturday 9:35 - 10:05 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.  
Saturday 10:10 - 10:40 am

## Youth

Stage Rates: 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.  
Saturday 10:45 - 11:15 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 11:20 - 11:50 am



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Register

Register  
QR Code



Newman YMCA

# PROGRAMS & ACTIVITIES

October 31<sup>st</sup> – December 23, 2022

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

## Newman YMCA Shooting Stars Dance

600 Taunton Ave. Seekonk, MA (behind Leonard's Antiques)

Our school provides quality dance training for beginner through advanced students of all ages in a fun and safe environment. The program has been designed to teach children dance with the values of the YMCA in mind. The focus of the program is to help children build confidence, establish good dance technique, and maintain a healthy lifestyle through physical movement while focusing on the YMCA values; CARING, HONESTY, RESPECT and RESPONSIBILITY. All of our staff are qualified to teach a variety of abilities and ages and have years of experience. Our staff have danced collegiately, pre/professionally and have taught and trained at other local schools. Dance Director, Ashlee Bourque-Tinkham, holds a B.A. in Dance. For more information contact: [shootingstars@gpymca.org](mailto:shootingstars@gpymca.org)

## Kids Care • Ages 2 – 10 years old

Free to members with Family or Individual Plus memberships. Drop off your children for fun, crafts and play while you work out. Care is limited to a maximum of 2 hours. Parents must remain in the building. Sign up on [bookaspot.org](http://bookaspot.org) or at the Welcome Center desk.

Monday, Wednesday, Friday  
8:30 am – 12:00 pm

## Out of School Time School Age Child Care

Our OST program serves Seekonk and East Providence schools. The curriculum includes Arts & Humanities, Health & Wellness, Homework Assistance, and Character Development. Our MA OST Program operates out of the YMCA and serves George R. Martin and Mildred Aitken Elementary schools. Our RI OST program offers care at the Silver Spring, Whiteknact and MJ Francis Elementary Schools with transportation provided to and from Kent Heights, Waddington and Orlo Elementary Schools.

For more information on our programs contact Dawn Dyer at [ddyer@gpymca.org](mailto:ddyer@gpymca.org) or 508.336.7103 x 50517.

## Kids World • Licensed Preschool Child Care

### Preschool • Ages 2.9–5 years

Licensed through the MA Department of Early Education and Care, children have the opportunity to grow at their own pace while having fun, learning social skills and making friends. This program offers fun and stimulating learning opportunities in art, math, literacy, music and creative growth with 5-Day, 3-Day and 2-Day weekly options, Monday – Friday from 7:00 am – 5:30 pm.

### Preschool at Martin Middle • Pre-K

New this year, we will be offering after school care for the Pre-K program located at the Martin Middle School in East Providence. Licensed through the RI Department of Human Services, children have the opportunity to grow at their own pace while having fun, learning social skills and making friends. This program offers fun and stimulating learning opportunities in art, math, literacy, music and creative growth with 5-Day, 3-Day and 2-Day weekly options, Monday – Friday from school dismissal – 6 pm.

For more information on our preschool programs contact Dawn Dyer at [ddyer@gpymca.org](mailto:ddyer@gpymca.org) or 508.336.7103 x 50517

2 + 2 = 4



To learn more about our child care programs, scan the QR code or visit [gpymca.org](http://gpymca.org)

## Adult Co-Ed Volleyball

Tuesdays 6:00 pm – 9:00 om

This adult co-ed volleyball program runs for 12-weeks with playoffs. All skill sets welcome.

Members: \$50 Non-Members: \$80



## Newman YMCA

472 Taunton Avenue • Seekonk, MA 02771

508.336.7103 • gpymca.org

# Newman YMCA TURKEY TROT '22

Thanksgiving Day • November 24, 2022 • 8 am



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Now – September 30, 2022: 5K Race: \$25 • 10K Race: \$35  
October 1<sup>st</sup> – November 23, 2022: 5K Race: \$30 • 10K Race: \$40  
Race Day: 5K Race: \$35 • 10K Race: \$45