**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
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

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 bookasspot.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 or 508.336.7103 x 50517.

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
TURKEY TROT ’22
Thanksgiving Day · November 24, 2022 · 8 am

October 1st – November 23, 2022: 5K Race: $30 · 10K Race: $40
Race Day: 5K Race: $35 · 10K Race: $45