



SMITHFIELD YMCA

15 Deerfield Drive - PO Box 363
Greenville, RI 02828
P. 401.949.2480 W. www.YMCA1.org



Summer Session Dates

July 8 - August 24

*Registration Begins Monday, June 10th
Call the Courtesy Desk Today!*



CHANGING LIVES, STRENGTHENING OUR COMMUNITY

ABOUT THE YMCA

OUR CAUSE

At the Y, strengthening community is our cause. Everyday we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive at the Smithfield YMCA.

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

WHAT WE DO

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. With focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's well-being, and provides opportunities to give back and support neighbors.

HOW WE DO IT

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across America, we have the presence and partnerships to not just promise but deliver positive change.



HOURS OF OPERATIONS

Sunday	CLOSED
Monday	5:00 am - 8:00 pm
Tuesday	5:00 am - 8:00 pm
Wednesday	5:00 am - 8:00 pm
Thursday	5:00 am - 8:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 2:00 pm

GUEST PASSES

The purpose of our guest pass policy is to enhance member service to current members who are encouraging a friend to join or have an out of town visitor. Each membership is allotted 3 guest passes per year. Guests are limited to 3 visits per year. After that, we encourage guests to take out their own Y membership.

PROGRAM CREDITS & REFUNDS

There are no refunds on programs unless the YMCA cancels the program. Voluntary withdrawal from a program will result in a program credit ONLY. There are no refunds or program credits for swim lessons that are cancelled due to poor weather (thunder and lightning). If possible, contact the AD to schedule a make-up class.

PROGRAM PARTICIPANT ENTRY

Program Participants and spectators MUST check in at the Courtesy Deck upon arrival. Thank You!

YMCA MEMBERSHIP POLICY

There are NO refunds on YMCA memberships. If you would like to cancel your bank draft membership the Y requires 10 days written notice. You can simply complete a bank draft cancellation form at the Courtesy Desk or mail or fax a letter, requesting your cancellation. We MUST have your signature with a bank draft cancellation form.



VOLUNTEER OPPORTUNITIES

As a volunteer-based organization, the YMCA thrives on people helping people. The act of sharing, teaching, giving and working with others can bring new meaning to your life. For more information on volunteering please contact Shauna at 401-949-2480 x102.

NATIONWIDE MEMBERSHIP

As a member of the Smithfield Y, you are able to utilize any YMCA in the country, as long as you are using your **home** Y at least 50% of the time. Your **home** Y is the YMCA that you took your membership out at (in this case the Smithfield YMCA is your home Y).

Nationwide Membership is valid for YMCA facility usage ONLY. Y Programs are not included in reciprocal usage and visiting members pay the non-member rate for programs. Each Y has the right to restrict usage so please call ahead based on your needs.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA MEMBERSHIP RATES

<u>Membership</u>	<u>Joiners Fee</u>	<u>Monthly Bank Draft</u>
Youth (0-17)	\$25	\$22.00
Young Adult (18-25)	\$25	\$33.00
Adult	\$25	\$38.00
Couple	\$25	\$54.00
Senior (62+)	\$25	\$33.00
Senior Couple	\$25	\$47.00
One Adult Family	\$25	\$50.00
Family Membership	\$25	\$60.00

*One Adult Family is 1 adult and any children under the age of 18 that *live in the same household*

*A Family Membership is 2 Adults and any children under the age of 18 that *live in the same household*

MY Y IS EVERY Y

Your Smithfield Y membership can be used anywhere in the country from Rhode Island to Colorado. On your first visit to a reciprocal Y just bring your photo ID and your YMCA membership scan card. Some Ys may have restrictions, please call ahead!

CHILD WATCH/BABYSITTING

Babysitting is FREE for Smithfield Y Members. Babysitting is not open to Reciprocal members at this time. Pre-registration is required at least 24 hours in advance. Please visit www.ymca1.org to register.

MEMBERSHIP with HEALTH INSURANCE

Do you have BCBS or United Health, Medicare Plan B Insurance? If you answered yes, inquire at the Courtesy Desk about discounted rates for Seniors. Simply bring in your health care card, and a Staff Member will take care of the rest!



GENERAL INFORMATION

SPRING SESSION

YMCA INFORMATION

Smithfield YMCA
15 Deerfield Drive
PO Box 363
Greenville, RI 02828

Ph. 401.949.2480
F. 401.949.2622
www.ymca1.org

HOURS OF OPERATION

Sunday	CLOSED
Monday	5:00 AM - 8:00 PM
Tuesday	5:00 AM - 8:00 PM
Wednesday	5:00 AM - 8:00 PM
Thursday	5:00 AM - 8:00 PM
Friday	5:00 AM - 8:00 PM
Saturday	7:00 AM - 2:00 PM

HOLIDAY CLOSURES

Thursday, July 4, 2024
Friday, July 5, 2024 (NO CAMP - Facility is OPEN)

HOLIDAY REDUCED SCHEDULE

Monday, August 12, 2024

****Reduced Hours 5:00 AM to 10:00 AM****

CHILD WATCH HOURS

Monday 9:00 AM - 12:00 PM
Wednesday 9:00 AM - 12:00 PM
Friday 9:00 AM - 12:00 PM

Visit www.ymca1.org -
Pre-registration is required!

SUMMER SESSION

July 8 - August 22

**Enrollment begins
Monday, June 10th**





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXCEL AFTER THE BELL

BEFORE & AFTER SCHOOL AT THE Y

School Year 2024 / 2025
Registration begins 3/1/2024



PLEASANT VIEW ELEMENTARY STUDENTS

The **Before School Program** is for Smithfield Elementary children in grades K-5. Pleasant View Elementary School is the host site for all Pleasant View Elementary students. The Before School Program begins at 6:45 AM and runs until the start of the school day. Students are served breakfast every morning until 7:45 AM. Breakfast rotates between waffles, cereal, toast, pancakes, etc. Morning care activities include board games, arts and crafts, extra homework assistance, outside play and time in the gymnasium.

The **After School Program** for all PVES students is at PVES. Students will be dismissed directly to YMCA staff, in the cafeteria. The Y will provide an afternoon snack, homework assistance, free play, board games, gym games, sports, playground time and more! Stay tuned for our monthly special event days!

OLD COUNTY ROAD SCHOOL & LAPERCHE STUDENTS

The **Before School Program** is for Smithfield Elementary children in grades K-5. The Smithfield YMCA is the host site for all OCRS & Laperche students. The Before School Program begins at 6:45 AM. Students are bused to their respective schools by Dattco bus company. Students are served breakfast every morning until 7:20 AM. Breakfast rotates between waffles, cereal, toast, pancakes, etc. Morning care activities include board games, arts and crafts, extra homework assistance & outside play.

The **After School Program** for OCRS and Laperche students is held at the Smithfield YMCA. Children will be picked up at school via Dattco bus company and will be transported the YMCA. The Y will provide an afternoon snack, homework assistance, free play, board games, team building activities, sports, playground time and more! Stay tuned for our monthly special event days!

PROGRAM FEES

Before School Care:	3 days per week \$179.00/month	5 days per week \$275.00/month
After School Care:	3 days per week \$280.00/month	5 days per week \$450.00/month
Before & After Care:	3 days per week \$415.00/month	5 days per week \$630.00/month

PRE-SCHOOL & PARENT/CHILD SWIM LESSONS

SUMMER SESSION

Pre-school swim lessons are for children alone. There are a maximum of 6 children per 1 swim instructor in each class. Children will progress through lessons at their own rate. Children will not pass or fail a level, however; they will move up when the instructor feels that they are ready. Parent Child Classes require a parent or guardian attend class too. Each session of swim lessons runs for 7 weeks.

Members/Non-Members: \$70/\$100

PIKE (beginner) & EEL (intermediate)

Ages 3 - 5 years

Using a bubble children will explore the aquatic setting as we focus on confidence. Children will learn the basic of freestyle, breaststroke & floating on their backs. Bubbles will be reduced as the session progresses.

Monday	4:45 - 5:15 PM
Tuesday	9:30 - 10:00 AM 5:30 - 6:00 PM
Wednesday	5:30 - 6:00 PM
Thursday	9:00 - 9:30 AM 5:00 - 5:30 PM
Saturday	9:00 - 9:30 AM 9:40 - 10:10 AM 11:00 - 11:30 AM 11:30 - 12:00 PM

WATERBABIES - Ages 6 months - 24 months

Waterbabies helps parents and infants feel comfortable in the water while providing fun such as singing, water toys and interaction with other children. Parent/s must accompany child in the water. Depending on the age and size of the participant, bubbles are provided.

Monday	6:00 - 6:30 PM
Tuesday	9:00 - 9:30 AM
Saturday	9:00 - 9:30 AM 10:20 - 10:50 AM

RAY (advanced Intermediate) &

STARFISH (advanced) Ages 3 - 5 yrs

Children in Ray/Starfish levels should be wearing a maximum of 1 bubble or no bubble. Children will develop stroke technique and diving skills, as well as work on diving and water safety.

Monday	4:45 - 5:15 PM
Tuesday	9:30 - 10:00 AM 5:30 - 6:00 PM
Wednesday	5:30 - 6:00 PM
Thursday	9:00 - 9:30 PM 5:00 - 5:30 PM
Saturday	9:40 - 10:10 AM

PIKE WITH PARENT

Ages 24 months - 36 months

Further your child's enthusiasm for the water. Almost all children will wear a bubble during this class and learn to float and swim independently of their parent. Toys and songs are incorporated for child & parent interaction and fun!

Monday	6:00 - 6:30 PM
Tuesday	9:00 - 9:30 AM
Saturday	9:00 - 9:30 AM 10:20 - 10:50 AM



AQUATIC YOUTH SWIM LESSONS

SUMMER SESSION

Youth swim lessons are a child alone class for ages 6 - 14 years. Each level of swim lessons builds upon the preceding level. Children will progress through lessons at their own rate, and it is important to understand that children will not pass or fail a level, however they will move up when the instructor feels that they are ready.

Members/Non-Members: \$70/\$100

POLLIWOG I & POLLIWOG II

(beginner & advanced beginner)

Ages 6 - 14 years

Using a bubble to help children focus on stroke development, children will learn 3 of the 4 main strokes of swimming while practicing floating, flutter kicks, gliding and gaining confidence in the water.

Monday	4:00 - 4:45 PM 5:15 - 6:00 PM
Tuesday	10:00 - 10:45 AM 6:00 - 6:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	9:30 - 10:15 AM 4:15 - 5:00 PM
Saturday	10:20 - 11:05 AM 11:10 - 11:55 AM

GUPPY, MINNOW & FISH

(intermediate & advanced intermediate)

Ages 6 - 14 years

Children in these levels should not wear any floatation device. Children will build endurance and must be able to swim 25 - 50 yards unassisted, consecutively. Children will perfect their freestyle stroke and begin dives & treading water.

Monday	4:00 - 4:45 PM 5:15 - 6:00 PM
Tuesday	10:00 - 10:45 AM 6:00 - 6:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	9:30 - 10:15 PM 4:15 - 5:00 PM
Saturday	10:20 - 11:05 AM

INTRODUCTION TO SWIM TEAM

Monday	5:15 - 6:00 PM
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AQUATIC PRIVATE LESSONS & PARTY RENTALS

Private Swim Lessons

Private swim lessons are designed to help children swim one-on-one with a qualified instructor. Semi-Private lessons are for up to two swimmers. All lessons are a half an hour each. Private Lessons must be paid for at the time of booking. All lessons must be scheduled through the Aquatic Director at ext 16.

Private Lesson Fee

Member/Non \$25/\$40

Semi - Private Lesson Fee

Member/Non \$45/\$65

Create Your Own Lesson

The Smithfield YMCA is offering a brand new opportunity for swim participants. It's simple and rewarding!

Have you ever wanted to put your child in swim lessons but wished they could be with their friends, or do you wish you could socialize with your friends while your children enjoy lessons together? If so, this is the program for you!

Gather a group of friends/relatives and call the Aquatic Director. We will schedule a group lesson during a time that YOU PICK! You can have a minimum of 3 children and a maximum of 6 children in a lesson!

Member/Non \$85 per child / \$125 per child

Adult Lessons

All levels are welcome. Our instructors are prepared to help avid swimmers looking to refine strokes, as well as teach new swimmers that may be nervous in the water, how to swim! Register Today!

Saturday 8:15 - 9:00 AM

Make-Up Lessons

There are no make-up lessons for missed classes!

CELEBRATE WITH US

Birthday Parties

Host your next birthday party at the Y!



Birthday Party Rentals

Let the Smithfield YMCA host your next Birthday Party to keep the fun the same but the mess out of your house! Each party rental is provided with a Party Hostess and 1 lifeguard for up to 25 children (additional children will receive a 2nd lifeguard for an additional fee). The Party Hostess will set-up all the tables, chairs, food, refreshments and cater to any special requests that you may have.

Parties are held only on Saturdays from 2:00 - 4:00 PM on Saturdays. Children will swim, eat, play any games you request and open gifts! All rentals must be paid in full at the time of reservation. Up to 1 Birthday Child may be added for a fee of \$50.

All parties will spend the first hour in the Pool swimming and the second hour of the party in the Party Room or Pavilion (weather pending) for food, cake and presents.

For children ages 5 and below, there must be at least 1 adult per every 5 children in the pool. No outside floatation allowed. The Y will provide floatation for children.

Members: \$250 (up to 25 children)

Members: \$285 (over 25 children)

Non-Member: \$335 (up to 25 children)

Non-Member: \$375 (over 25 children)



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP & OPEN SWIM AVAILABILITY

July 8 - August 24

LAP SWIM AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	7:00 - 8:15 AM 5 Lap Lanes
7:30 - 8:15 AM 3 Lap Lanes	7:30 - 9:00 AM 3 Lap Lanes	7:30 - 8:15 AM 3 Lap Lanes	7:30 - 9:00 AM 3 Lap Lanes	7:30 - 8:15 AM 3 Lap Lanes	12:15 - 1:45 2 Lap Lanes
11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	
3:15 - 4:00 PM 2 Lap Lanes	3:15 - 4:00 PM 2 Lap Lanes	3:15 - 4:00 PM 2 Lap Lanes	3:15 - 4:00 PM 2 Lap Lanes	3:15 - 6:30 PM 2 Lap Lanes	
6:30 - 7:45 PM 2 Lap Lanes	6:45 - 7:45 PM 2 Lap Lanes	6:45 - 7:45 PM 2 Lap Lanes	6:30 - 7:45 PM 2 Lap Lanes		

FAMILY SWIM / OPEN AREA AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 - 8:15 AM 2 Open Lanes	7:30 - 9:00 AM 2 Open Lanes	7:30 - 8:15 AM 2 Open Lanes	7:30 - 9:00 AM 2 Open Lanes	7:30 - 8:15 AM 2 Open Lanes	
11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	12:15 - 1:45 PM 2 Open Lanes
3:15 - 4:00 PM 2 Open Lanes	3:15 - 4:00 PM 2 Open Lanes	3:15 - 4:00 PM 2 Open Lanes	3:15 - 4:00 PM 2 Open Lanes	3:15 - 4:00 PM 2 Open Lanes	
6:30 - 7:45 PM 2 Open Lanes	6:45 - 7:45 PM 2 Open Lanes	6:45 - 7:45 PM 2 Open Lanes	6:30 - 7:45 PM 2 Open Lanes	3:15 - 6:30 PM 2 Open Lanes	

Lane sharing may/will be required based on availability

SMITHFIELD YMCA

GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00- 9:00 AM Burn Your Buns Off with Toni	7:00 - 8:00 AM Strength and Stretch (Zoom)	8:00 - 8:45 AM Burn Your Buns Off with Toni (Meeting Room)	7:00 - 8:00 AM Strength and Stretch (Zoom)	8:00 - 9:00 AM Total Body Strength with Kim	9:00 - 10:00 AM Essentrics with Nancy (Meeting Room)
8:20 - 9:05 AM Fluid Fitness with Torie	8:00 - 9:00 AM Hatha Yoga with Anita <i>(Yoga in the Park begins 6/9/24)</i>	8:20 - 9:05 AM Fluid Fitness with Torie	8:00 - 9:00 AM Hatha Yoga with Anita <i>(Yoga in the Park begins 6/9/24)</i>	8:20 - 9:05 AM Fluid Fitness with Torie	10:15 - 11:15 AM Essentrics with Nancy (Meeting Room)
9:15 - 10:00 AM Fluid Fitness with Jean	10:45 - 11:30 AM Senior Splash with Nicole	9:00 - 9:50 AM Chair Yoga with Teri (Meeting Room)	10:45 - 11:30 AM Senior Splash With Nicole	9:15 - 10:00 AM Fluid Fitness with Jean	
10:15 - 11:15 AM Essentrics with Pam (Meeting Room)		9:15 - 10:00 AM Fluid Fitness with Jean		10:15 - 11:15 AM Essentrics with Pam (Meeting Room)	
10:45 - 11:30 AM Senior Splash with Jean	6:15 - 7:15PM Pilates with Sheila (Meeting Room)	10:15 - 11:15 AM Learn to Belly Dance with Erika	6:15 - 7:15 PM Essentrics with Pam (Meeting Room)	10:45 - 11:30 AM Senior Splash with Jean	
6:15 - 7:15 PM Kripalu Yoga with Diane		10:45 - 11:30 AM Senior Splash			
		6:15 - 7:15 PM Total Body Tabata with Kim (Meeting Room)			



Pre-Registration is **REQUIRED** for ALL Fitness Classes, except water aerobics, due to space limitations. Visit www.ymca1.org to register or call the Courtesy Desk 949-2480 ext.100. Registration begins 48 hours before the start of class time.

SMITHFIELD YMCA GROUP FITNESS CLASS DESCRIPTIONS

Strengthen & Stretch for Older Active Adults Join Nancy (via ZOOM) in this moderate cardio class that focuses on stretching, combined with light weights, for a complete body workout for all ability levels. Get your morning started right and meet new friends! **This class is great for older active adults and seniors!*

Fluid Fitness This low impact, high intensity water aerobics class is perfect for all fitness levels. Water barbells are combined with cardio exercises in this class held in the shallow end. Torie, Jen, Jean and Lisa will get you moving and get your mornings started on the right foot! **Smithfield YMCA Member Favorite*

Hatha Yoga Hatha Yoga is appropriate for all student levels. Participants warm up with gentle breathing, stretching and centering exercises, followed by flowing postures. Class ends with a final relaxation and meditation. This class is great for your mind, body and soul! Join Anita today for a wonderful Yoga experience.

Chair Yoga Chair yoga is a gentle practice in which postures are performed sitting and standing with the aid of a chair for balance and support. This class is for any fitness level from beginner to experienced! Let Teri strengthen your body and relax your brain while enjoying Chair Yoga!

Burn your Buns Off Get your blood flowing, burn calories and gain muscle! Burn your Buns sculpts your body by using various hand weights throughout this cardio and strength training class that will burn your buns off! Join Instructor Toni and start your Monday off right!

Senior Splash This class offers low to no impact and is great for rehabbing injuries, meeting new friends and feeling strong. Water aerobic classes improve cardio fitness & are great for circulation, while building bone density and improving balance.

Total Body Strength Kim will guide you through this Total Body Strength workout using cardio and strength training skills and incorporating them into a group fitness setting. Lunge, lift, squat, crunch and kick your way to a leaner and fitter you!

Essentrics is a **no impact** class that strengthens and stretches the body for lean, strong and flexible muscles. Essentrics is for all ability levels and improves posture, body toning, shaping, assists with chronic pain relief and increases mobility. Chairs are used in class to assist with balance! Nancy and Pam will welcome you to this amazing class for all ability levels.

Total Body Tabata This fast-paced class includes high and low cardio intervals combined with kick boxing moves to tone, and maximize burning fat and calories. TBT works all of the major muscle groups to effectively burn calories and build muscle. Join Kim today for this upbeat and intense workout - All levels welcome, Kim will provide modifications as needed.

Kripalu Yoga Classes begin with warm-up movements and breath awareness to prepare for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class will end with deep relaxation and meditation. Class level is gentle.

Pilates/Pilates on the Ball Join Sheila on Tuesday nights for a low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. When adding an exercise ball you will feel muscles burn, increase flexibility, and better your balance.

Learn to Belly Dance Join Erika for a core workout that teaches individuals how to belly dance in a FUN environment. This class is for the beginner and beyond and is sure to surprise you with a GREAT workout!

5NP Accupuncture An Ancient Chinese practice where 5 sterile needles are placed in specific points in the ear. Recipients will sit for 15-45 minutes in a relaxing group setting. Decreases stress, anxiety, insomnia, depression, cravings, blood pressure and trauma symptoms. Runs bi-weekly beginning 5/1/2024

E G Y M

SMARTER =
STRONGER



E G Y M

MAKING
FITNESS
FUN

What is eGym? eGym takes the guesswork out of strength training and helps you keep a routine and reach your goals! eGym consists of 10 fully electronic stations that cover all the major muscle groups and have been developed according to the latest exercise science research. To use these machines, each member completes an orientation which allows the machines to recognize you, adjust for height, weight and strength, and tracks your progress. eGym machines feature touchscreens with an interface like a video game that shows you how many reps to do, at what speed and with what range of motion. The eGym machines are arranged in a circuit and a timer tells you when to change machines to ensure a full workout in under 45 minutes.

These machines are incredibly easy to use because they are personalized to you. eGym works for everyone, from the beginner to the more advanced athlete – you can train based on your individual strengths, weaknesses and fitness goals. Gain confidence that you're doing the right workouts the right way!

eGym is offered to Smithfield YMCA members completely FREE! eGym will help you achieve your fitness goals. eGym provides a very efficient and versatile workout for all training objectives such as muscle building, muscle toning, athletic performance, general fitness and weight loss. Through regular strength measurements, the machines adapt your training weight automatically. You will always work out with the optimum resistance to achieve your goals.

Your machine settings will be automatic. After a one-time complimentary introduction, the eGym machines will adjust to your settings automatically at every training session. Train smarter NOT harder!

