



SMITHFIELD YMCA

EARLY SPRING BROCHURE 2026

SESSION DATES

March 2nd - April 18th

*Registration begins
Tuesday, February 17th*



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.

SERVICE FEE

There is a 3% fee on all credit card purchases and auto-debits. There is no fee for EFT and debit card transactions.

WELCOME IN
EVERY COMMUNITY



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.

Please Note: Memberships paid through Medicare and Medicaid are NOT eligible for reciprocity!

YMCA MEMBERSHIP RATES

RATES EFFECTIVE 04/01/2026

<u>Membership</u>	<u>Joiners Fee</u>	<u>Monthly Bank Draft</u>
Youth (0-17)	\$30	\$22.00
Young Adult (18-25)	\$30	\$33.00
Adult	\$30	\$42.00
Couple	\$30	\$58.00
Senior (62+)	\$30	\$34.00
Senior Couple	\$30	\$52.00
One Adult Family	\$30	\$54.00
Family Membership	\$30	\$65.00

*A **One Adult Family** is 1 adult & 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*

*There is a 3% service fee on all Credit Cards. There is NO fee for EFT and Debit Card purchases/auto-drafts.

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! ***Memberships paid through Medicare & Medicaid are not eligible for reciprocity.***

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, ask at the Courtesy Desk about discounted rates for Seniors. Simply bring in your health care card, and a Staff Member will guide you through the process.

DON'T JUST JOIN A GYM. JOIN A **COMMUNITY**

GENERAL INFORMATION **EARLY 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

Monday, May 25, 2026

HOLIDAY REDUCED SCHEDULE

Monday, August 10, 2026

****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!

EARLY SPRING SESSION

March 2nd - April 18th

Enrollment begins
Tuesday, February 17th





SMITHFIELD YMCA SUMMER DAY CAMP 2026



Registration Opens at 7:00AM

Monday, March 2nd

ONLINE ONLY

Visit our website, www.ymca1.org

Member Rates

Regular Hours

\$235 per child

Extended Hours

\$285 per child

Non-Member Rates

Regular Hours

\$265 per child

Extended Hours

\$315 per child

Weekly Tuition Includes:

Pizza, ice cream, field trips, arts & crafts, sports, team building activities, weekly swim lessons and more!

WEEK	DATE	
1	6/22-6/26	Rainforest Reptile Show
2	6/29-7/3	Tommy James Magic Show
3	7/6-7/10	Circus Dynamics
4	7/13-7/17	CT Sun @ Mohegan Sun/Barn Babies
5	7/20-7/24	Southwick Zoo
6	7/27-7/31	Launch Trampoline Park
7	8/3-8/7	Lang's Bowling
8	8/10-8/14	Color Run @ Deerfield Park
9	8/17-8/21	BBQ/Waterslide

Week 4

CT Sun for campers entering 2nd-6th

Barn Babies for campers entering K-1st

All field trips are subject to change.

Camp Information

- For campers entering K - 6th grade
- Register for only the week/s you need
- Sibling discount after the 1st camper
- A \$20 NON-REFUNDABLE deposit due at the time of registration to hold a spot for each interested week.

Regular Hours

9:00 a.m. - 3:30 p.m.

Extended Hours

7:00 a.m. - 6:00 p.m.



QUESTIONS?

Abby Kempster

Childcare and Summer Day Camp Director

abby@ymca1.org

**FUN
HAPPENS
HERE**

Smithfield YMCA
15 Deerfield Drive, Greenville, RI 02828



SMITHFIELD YMCA

SCHOOL'S OUT

BEFORE AND AFTER SCHOOL CARE

SMITHFIELD ELEMENTARY PUBLIC SCHOOLS

2026/2027

Before School Care

The Before School Program: Pleasant View

Elementary School is the host site for all Smithfield Elementary Schools, PVE, LAP & OCRS. The program begins at 6:45 AM. Students attending OCRS & LAP will be bussed from PVE to their home schools.

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, and extra homework assistance.

After School Care

The After School Program: Students attending Pleasant View Elementary will be dismissed directly to the Y staff at the end of the school day. Students attending Old County Road School will be dismissed directly to the Y staff at the end of the school day. Raymond LaPerche Elementary will be bussed to Old County Road School upon school dismissal. The program runs until 6:00 PM. The Y will provide afternoon snack, activities include board games, arts and crafts, extra homework assistance, and outside play!

**Registration
Opens March 31st
@ 7:00AM**

Visit our website to register, www.ymca1.org

Before School Fees

3 days per week \$220.00/month

5 days per week \$330.00/month

After School Fees

3 days per week \$315.00/month

5 days per week \$470.00/month

Before/After School Fees

3 days per week \$430.00/month

5 days per week \$650.00/month

\$30 REGISTRATION FEE PER FAMILY

*All School's Out Participants **MUST** be a Smithfield YMCA Member at time of registration and pay a monthly auto-debit to hold a spot in the program.*

Questions?

Abby Kempski, Childcare and Summer Day

Camp Director

abby@ymca1.org

401-949-2480 ext. 101

The Smithfield YMCA offers Financial Assistance through the YMCA Youth Scholarship Fund for any family that demonstrates a need. We are happy to assist children/families that would benefit from before and/or after school childcare but are currently unable to afford the full amount. For more information, please contact Director.

PRE-SCHOOL & PARENT/CHILD LESSONS

STRONG SWIMMERS CONFIDENT KIDS



7 - Week Session

Members/Non-Members: \$70/\$110

Waterbabies - Ages 6 months - 24 months & Pike with Parent Ages 24 months - 36 months

Waterbabies & Pike with Parent are designed to further your child's enthusiasm for the water, while helping both the parent and child feel comfortable in the aquatic environment. Children will interact with water toys, sing songs, use a water play mat to assist with balance and go down a small slide. Parent/s must accompany child in the water. Most Pike with Parent aged children will wear a bubble in the water. Bubbles are provided depending on the age and size of the participant.

Monday 5:45 - 6:15 PM * **Tuesday** 9:00 - 9:30 AM & 10:20 - 10:50 * **Saturday** 9:10 - 9:40AM

Little Pike - Ages 2.5 - 5 years old

This class mixes parent/Child and the pike class. Parents enter the water for first three weeks only. The remaining four weeks swimmers adapt to going in the water with just the instructor.

Wednesday 5:30 - 6:00PM * **Saturday** 11:00 - 11:30AM

Pike (beginner) & Eel (intermediate) Ages 3 - 5 years

Using a bubble children will explore the aquatic setting to gain confidence. Swimmers will learn the basics of freestyle, breaststroke & floating on their backs. Bubbles will be reduced as the session progresses.

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

Tuesday 9:30 - 10:00 AM **Thursday** 5:00 - 5:30 PM (4 weeks only) 11:30 - 12:00 PM
5:30 - 6:00 PM 5:30 - 6:00 PM 12:00 - 12:30 PM

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 freestyle, backstroke and breaststroke techniques.

Monday 4:45 - 5:15 PM **Thursday** 5:00 - 5:30 PM (4 weeks only)
5:15 - 5:45 PM 5:30 - 6:00 PM

Tuesday 9:30 - 10:00 AM **Saturday** 9:10 - 9:40 AM
5:30 - 6:00 PM 9:45 - 10:15 AM
12:00 - 12:30 PM

Wednesday 5:30 - 6:00 PM

YOUTH SWIM LESSONS

7 - Week Session
Members/Non-Members: \$70/\$110

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
Tuesday	6:00 - 6:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	4:15 - 5:00 PM (4 weeks only) 6:00 - 6:45 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
Tuesday	6:00 - 6:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	4:15 - 5:00 PM (4 weeks only) 6:00 - 6:45 PM
Saturday	10:20 - 11:05 AM

Introduction to Swim Team

Stroke development, stroke technique, endurance, and understanding the sport of swimming is the focus of our Intro to Swim Team Program. Swimmers must be able to complete 50 yards consecutively, without resting.

Monday	5:15 - 6:00 PM
Saturday	11:10 - 11:55 AM



SAFE SWIMMERS START AT THE YMCA

- Build Confidence
- Prevent Drowning
- Make Friends, Be Safe & Have Fun!



CELEBRATE WITH US

BIRTHDAY PARTIES AT THE Y



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.

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 \$90 per child / \$130 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!

Saturday 8:15 - 9:00 AM

Make-Up Lessons

There are no make-up lessons for missed classes!

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 Host 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: \$260 (up to 25 children)

Members: \$295 (over 25 children)

Non-Member: \$345 (up to 25 children)

Non-Member: \$400 (over 25 children)

LAP & FAMILY SWIM AVAILABILITY

March 3rd - April 19th

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	12:30 - 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	
3:00 - 4:00 PM 2 Lap Lanes	3:00 - 4:00 PM 2 Lap Lanes 4:00 - 5:30	3:00 - 4:00 PM 2 Lap Lanes 4:00 - 5:00 Starting on 3/25	3:00 - 4:00 PM 2 Lap Lanes	3:00 - 5:00 PM 2 Lap Lanes	
6:30 - 7:45 2 Lap Lanes Starting 3/23	6:45 - 7:45 2 Lap Lanes	6:45 - 7:45 2 Lap Lanes	6:45 - 7:45 2 Lap Lanes	7:00 - 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	12:30 - 1:45 PM 2 Open Lanes
3:00 - 4:00 PM 2 Open Lanes	3:00 - 4:00 PM 2 Open Lanes	3:00 - 4:00 PM 2 Open Lanes	3:00 - 4:00 PM 2 Open Lanes	3:00 - 5:00 PM 2 Open Lanes	
6:30 - 7:45 2 Open Lanes Starting 3/23	6:45 - 7:45 2 Open Lanes	6:45 - 7:45 2 Open Lanes	6:45 - 7:45 2 Open Lanes	7:00 - 7:45 PM 2 Open Lanes	

Lane sharing may/will be required based on availability

GROUP EXERCISE SCHEDULE - Pre-registration required for all land classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00 AM		Strength & Stretch <i>(Zoom Class)</i>		Strength & Stretch <i>(Zoom Class)</i>		
8:00 - 8:45 AM			Burn Your Buns Off <i>with Toni</i>			
8:00 - 9:00 AM	Burn Your Buns Off <i>with Toni</i>	Hatha Yoga <i>(Taught by the YMCA's Anita at the Senior Center)</i>		Hatha Yoga <i>(Taught by the YMCA's Anita at the Senior Center)</i>	Total Body Strength <i>with Kim</i>	
8:20 - 9:05 AM	Fluid Fitness		Fluid Fitness		Fluid Fitness	
9:00 - 9:50 AM			Chair Yoga <i>with Teri</i>			
9:00 - 10:00 AM				<i>*Balance Class*</i> Fluid Foundations <i>9:15 - 10:00 am</i>		Essentrics <i>with Nancy</i>
9:15 - 10:00 AM	Fluid Fitness		Fluid Fitness		Fluid Fitness	
9:15 - 10:15 AM					Essentrics <i>with Pam</i>	
10:00 - 11:00 AM	Essentrics <i>with Pam</i>		Chair Yoga <i>with Teri</i>			
10:15 - 11:15 AM						Essentrics <i>with Nancy</i>
10:45 - 11:30 AM	Senior Splash	Senior Splash	Senior Splash		Senior Splash	
5:00 - 6:00 PM	Belly Dance <i>With Erica</i>			GPS - Group Power Stations <i>Begins 3/19</i>	GPS on Thurs. <i>5:00 - 5:45</i>	
6:15 - 7:15 PM	Essentrics <i>with Pam</i> <i>*6:00 - 7:00 PM</i>	Essentrics <i>with Pam</i>	Total Tabata <i>with Kim</i>	Pilates <i>6:00 - 7:00 pm</i> <i>Begins 3/12</i>	Pre-Registration is REQUIRED for ALL Fitness Classes, except water aerobics. 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.	
6:30 - 7:30 PM	<i>*Monday Essentrics March & April Only*</i>					

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.

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***

Fluid Foundations Join Torie in this is a low-impact, water-based workout designed to enhance core strength, stability, and overall body balance. Conducted in the pool, with calming meditative music, this class combines the resistance of water with targeted exercises that engage the abdominal muscles, back, and lower body.

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. ****Smithfield YMCA Member Favorite***

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. ****Essentrics Class subs for Yoga in March & April***

Pilates a low impact exercise and body conditioning method designed to improve physical fitness, core stability, balance, flexibility and mental focus. Pilates focuses on strength, alignment, and coordination, rather than cardiovascular endurance. ****Must wear Grippy socks***

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!

GPS – Group Power Stations is a station-based strength workout designed to build total-body power, endurance, and performance. Move through timed intervals combining slam-balls, kettlebells, dumbbells, bodyweight drills, and dynamic conditioning circuits that keep your heart rate up and muscles challenged.

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!

