



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMITHFIELD YMCA

FUN. FRIENDS. FUTURE.

SMITHFIELD YMCA PROGRAM GUIDE
SUMMER 2026 7/6 - 8/24

Registration Begins: Monday, June 8th



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).

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 a letter, requesting your cancellation. We **MUST** have your signature to cancel a bank draft membership.

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: Most memberships paid through Medicare and Medicaid are NOT eligible for reciprocity!

YMCA MEMBERSHIP RATES

Membership	Joiners Fee	Monthly Bank Draft
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 & debit cards 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!

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 guide you through the process.

DON'T JUST JOIN A GYM. JOIN A COMMUNITY

GENERAL INFORMATION SUMMER SESSION

YMCA INFORMATION

Smithfield YMCA Ph. 401.949.2480
15 Deerfield Drive F. 401.949.2622
PO Box 363 www.ymca1.org
Greenville, RI 02828

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

Saturday, July 4th - Independence Day

HOLIDAY REDUCED SCHEDULE

***Wednesday, July 1st at 3:00 PM**

(*road closure due to Town fireworks, rain date is July 2nd*)

Monday, August 11, 2025 - VJ Day

****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 6 - August 24

**Enrollment begins:
Monday, June 8th**





SMITHFIELD YMCA SUMMER DAY CAMP 2026



Camp is currently full for the summer!
Please join our waiting list!

ONLINE ONLY

Visit our website, www.ymca1.org

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.

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!

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.





SMITHFIELD YMCA

SCHOOL'S OUT

BEFORE AND AFTER SCHOOL CARE

SMITHFIELD ELEMENTARY PUBLIC SCHOOLS

Before School Care 2026/2027

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.

Register Today!

Visit our website to
register,
www.ymca1.org

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!

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

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 6:00 - 6:30 PM

Tuesday 9:00 - 9:30 AM

Saturday 9:10 - 9:40 AM

9:50 - 10:20 AM

11:50 - 12:20 PM

Little Pikes

Wednesday: 5:30 - 6:00 PM

Saturday: 11:00 - 11:30 AM

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

6:00 - 6:30 PM

Wednesday 5:30 - 6:00 PM

Saturday 9:00 - 9:30 AM

9:35 - 10:05 AM

Tuesday 9:30 - 10:00 AM

5:30 - 6:00 PM

Thursday 9:30 - 10:00 AM

5:45 - 6:15 PM

11:30 - 12:00 PM

11:50 - 12:20 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

Wednesday 5:30 - 6:00

Saturday 9:00 - 9:30 AM

9:35 - 10:05 AM

10:25 - 10:55 AM

Tuesday 9:30 - 10:00 AM

5:30 - 6:00 PM

Thursday 9:30 - 10:00 AM

5:45 - 6:15 PM

11:50 - 12:20 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 5:15 - 6:00 PM
Tuesday	10:00 - 10:45 AM 6:00 - 6:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	8:45 - 9:30 AM 5:00 - 5:45 PM
Saturday	10:10 - 10:55 AM 11:00 - 11:45 AM

Introduction to Swim Team

Monday	4:00 - 4:45 PM
Saturday	11:00 - 11:45 AM

Swim Team Conditioning Program

Take advantage of the off-season summer months to stay in shape for the Long-Course Season. This conditioning program will offer a variety of workouts, designed to progressively challenge swimmers. All four stroke will be covered, including starts and turns.

For more information contact Coach, Jen at Jennifer@ymca1.org or 401.949.2480 ext. 106.

*Monday & Tuesday at various times
according to each swimmers' age group.
Please email Jen to register!*

Guppy, Minnow, Fish Ages 6 - 14 years

(intermediate & advanced intermediate)

Children in these levels should not wear any floatation device. Swimmers 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	8:45 - 9:30 AM 5:00 - 5:45 PM
Saturday	10:10 - 10:55 AM



**SAFE SWIMMERS
START AT THE YMCA**



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!

Wednesday 6:45 - 7:30 PM

Make-Up Lessons

There are no make-up lessons for missed classes!

CELEBRATE WITH US

BIRTHDAY PARTIES 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 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)

SMITHFIELD YMCA

WWW.YMCA1.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP & FAMILY SWIM AVAILABILITY

July 6 - August 24

LAP SWIM AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:45 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	7:00 - 8:50 AM 5 Lap Lanes
7:30 - 8:15 AM 3 Lap Lanes		7:30 - 8:15 AM 3 Lap Lanes	7:30 - 9:00 AM 2 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	12:30 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	
3:15 - 4:00 PM 2 Lap Lanes	3:15 - 4:45 PM 2 Lap Lanes	3:15 - 4:00 PM 2 Lap Lanes	3:15 - 4:15 PM 2 Lap Lanes	3:15 - 6:30 PM 2 Lap Lanes	
	7:00 - 7:45 PM 2 Lap Lanes	6:45 - 7:45 PM 2 Lap Lanes	6:30 - 7:45 2 Lap Lane		

FAMILY SWIM / OPEN AREA AVAILABILITY

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

Lane sharing may/will be required based on availability

GROUP EXERCISE SCHEDULE - Land Based Classes

Pre-registration required for all land classes

DAYS & HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00 AM		Strength & Stretch (Zoom Class)		Strength & Stretch (Zoom Class)		
8:00 - 8:45 AM			Burn Your Buns Off with Toni			
8:00 - 9:00 AM	Burn Your Buns Off with Toni	Yoga in the Park with Anita		Yoga in the Park with Anita	Total Body Strength with Kim	
9:00 - 9:50 AM			Chair Yoga with Teri			
9:00 - 10:00 AM						Essentrics with Nancy
9:15 - 10:15 AM					Essentrics with Pam	
10:00 - 11:00 AM	Essentrics with Pam					
10:15 - 11:15 AM						Essentrics with Nancy
5:15 - 6:15 PM	Belly Dancing with Erica			Group Power Stations - GPS (5:00 - 5:45 pm)		
6:00 - 7:00 PM				Pilates with Leslie		
6:15 - 7:15 PM		Essentrics with Pam	Total Tabata with Kim		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	Kripalu Yoga with Diane					

Group Exercise Descriptions - Land Based Classes

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!*

Hatha Yoga in the Park 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!

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!

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!



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.

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***

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!

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.

GROUP EXERCISE SCHEDULE - Water Aerobic Classes

Pre-registration required for all land classes

DAYS & HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:45 AM		Aqua Trampoline			
8:20 - 9:05 AM	Fluid Fitness		Fluid Fitness		Fluid Fitness
9:15 - 10:00 AM	Fluid Fitness		Fluid Fitness		Fluid Fitness
10:15 - 11:00 AM				Aqua Trampoline	
10:45 - 11:30 AM	Senior Splash	Fluid Foundations Balance Class	Senior Splash		Senior Splash
11:30 - 12:15 PM					
6:45 - 7:30 PM	AquaBoard				

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. Start your morning on the right foot and feel refreshed for the day ahead. ***Y Member Favorite**

Fluid Foundations Balance Class This is a **low-impact** workout designed to enhance core strength, stability, and overall body balance. Conducted in the pool, this class combines the resistance of water with targeted exercises that engage the abdominal muscles, back, back and lower body.

Senior Splash This is a no low to no impact and is great for rehabbing injuries, meeting new friends and feeling strong. Improve cardio fitness & are great for circulation, while building bone density and

****NEW** Aqua Trampoline** - See page 15 for class description

****NEW** AquaBoard** - See page 15 for class description

NEW * NEW * NEW * NEW

AQUATIC FITNESS CLASSES

Choose from a per class fee or buy a Punch Card and SAVE!

AQUA TRAMPOLINE

Bounce Into Fitness - Without The Impact!

Elevate your workout with our exciting new **Aqua Trampoline** class! This unique low-impact fitness experience combines the fun and energy of bouncing on an aqua trampoline with the strength-building benefits of barre-inspired movements and targeted core training.

Whether you're looking to increase strength, improve balance, enhance core stability, or simply try something new and fun, this class delivers a full-body workout in a low impact, aquatic environment.

Tuesdays 8:00 - 8:45 AM & Thursdays 10:15 - 11:00 AM

Members: \$5/class Non-Members: \$10/class



AQUABOARD

Float - Balance - Burn

Aqua Board workouts transform bodies, improve health & make participants feel strong & empowered.

This innovative aqua fitness class, performed on tethered Aqua Body Strong® boards, combines ten invigorating blocks of work that incorporate yoga, Pilates, and HIIT – challenging participant's core, cardio, strength, balance, and stability while keeping them focused, centered, and fully engaged.

Monday 6:45 - 7:30 PM

Members: \$5/class Non-Members: \$10/class



AquaTrampoline & AquaBoard Punch Pass

Members can purchase a punch pass for 10 classes per month for \$40 (\$10 savings). Punch passes expire 30 days from the date of issue!

Members - Pre-register 7 days in advance

Non-Members - Pre-register 3 days in advance

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!

