THE SMITHFIELD YMCA

BUILDING OUR COMMUNITY.
BUILDING OUR FUTURE.

FALL I & FALL II PROGRAM GUIDE





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 AND FACILITY POLICIES — www.ymca1.org

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 cancelation form at the Courtesy Desk or mail or fax a letter, requesting your cancelation. We MUST have your signature with a bank draft cancelation 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.



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 Medicaide 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 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 & Medicaide 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 though the process.

For youth development
For healthy living
For social responsibility

GENERAL INFORMATION

FALL I & II SESSIONS

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, September 7 - Labor Day
Thursday, November 26 - Thanksgiving Day
Friday, December 25 - Christmas Day
Friday, January 1 - New Year's Day

HOLIDAY REDUCED SCHEDULE

Monday, October 12 - Columbus Day
Wednesday, November 11- Veteran's Day
Thursday, December 24 - Christmas Eve
Thursday, December 31 - New Year's Eve

****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!

FALL I SESSION

September 8th - October 26th

Enrollment begins
Monday, August 17th

FALL II SESSION

November 2nd - December 19th

Enrollment begins
Monday, October 19th

TO REGISTER, CALL THE YMCA WELCOME CENTER AT 401-949-2480!

Please make sure to have your form of payment ready upon registering!

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.

Registration Opens March 31st @ 7:00AM

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 Camp Director
abby@ymca1.org
401-949-2480 ext. 101

The Smithfield YMCA offers Finanical 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.



7 - Week Swim Lesson Session

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.

Tuesday 9:00 - 9:30 AM * **Saturday** 9:10 - 9:40 AM & 9:50 - 10:20 AM

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.

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**	5:30 - 6:00 PM	**Saturday**	9:00- 9:30 AM 9:35- 10:05 AM
Tuesday	9:30 - 10:00 AM	**Thursday**	5:15 - 5:45 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	**Thursday**	5:15 - 5:45 PM
Tuesday	10:00 - 10:30 AM	**Saturday**	9:00 - 9:30 AM 9:35 - 10:05 AM 10:25 - 10:55 AM 11:50 - 12:20 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
Wednesday	6:00 - 6:45 PM
Thursday	5:45 - 6:30 PM
Saturday	10:10 - 10:55 AM 11:00 - 11:45 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
Wednesday	6:00 - 6:45 PM
Thursday	5:45 - 6:30 PM
Saturday	10:10 - 10:55 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.

Saturday	11:00 - 11:45 AM



SAFE SWIMMERS START AT THE YMCA

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



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!

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. 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

November 3 - December 19

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 - 7:30AM ***4 Lap Lanes*** ***1 Open Exercise***	5:15 - 7:30 AM ***4 Lap Lanes*** ***1 Open Exercise***	7:00 - 8:10 AM ***5 Lap Lanes***
7:30 - 8:15 AM ***3 Lap Lanes***		7:30 - 8:15 AM ***3 Lap Lanes***	7:30 - 9:45 AM ***3 Lap Lanes***	7:30 - 8:15 AM ***3 Lap Lanes***	8:10 - 8:50 AM ***3 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***	12:30 - 1:45 ***2 Lap Lanes***
3:00 - 4:00 PM ***2 Lap Lanes***	3:00 - 4:10 PM ***2 Lap Lanes***	3:00 - 4:00 PM ***2 Lap Lanes***	3:00 - 4:00 PM ***2 Lap Lanes***	*3:00 - 4:10 PM* ***2 Lap Lanes***	
	6:45 - 7:45 ***1 Lap Lane***			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 - 8:15 AM ***2 Open Lanes***	7:30 - 9:45 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***	11:30 - 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 - 4:10 PM ***2 Open Lanes***	*3:00 - 4:00 PM* ***2 Open Lanes***	3:00 - 4:00 PM ***2 Open Lanes***	3:00 - 4:10 PM ***2 Open Lanes***	
	5:45 - 6:45 ***2 Open Lanes***			6:45 - 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

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*	Hatha Yoga *with Anita at Senior Center*		Hatha Yoga *with Anita at Senior Center*	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*
4:30 - 5:30 PM	Mezze Mix *with Erica*					
6:15 - 7:15 PM		Essentrics *with Pam*	**HIIT to be Fit** (6:00 - 7:00pm)			
6:30 - 7:30 PM	Kripalu Yoga *with Diane*					

Pre-Registration is REQUIRED for ALL Fitness Classes, except water aerobics. Visit www.ymca1.org to register or call the Welcome at 949-2480.
Registration begins 48 hours before the start of class time.

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 is held at the Smithfield Senior Center 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!

Mezze Mix: A combo of RAQ THE BARRE®, followed by BELLY DANCE CHOREOGRAPHY! This 60 minute class will begin with the signature body weight only, full body barre workout for 30 minutes, followed by 30 minutes of a step by step breakdown of choreography with rehearsal time! This is the ultimate MEZZE MIX to experience hips, heart, and health!



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***

HITT to be Fit Get fit, get strong and have fun! This energizing interval class combines strength, power, cardio and core with kickboxing, dumbbells and bodyweight exercises. With new moves each week, you will challenge yourself, build confidence, and keep moving toward your fitness goals.

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.



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
7:00 - 7:45 PM			*NEW TIME* Aqua Trampoline		

AQUA FITNESS CLASS DESCRIPTIONS

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 14 for a detailed class description



the YMCA

SMITHFIELD YMCA

AQUA TRAMPOLINE

BOUNCE • BALANCE • BUILD STRENGTH

A fun, low-impact, full-body workout in the water that improves strength, balance, flexibility and cardiovascular fitness!

NEW!

TRAMPOLINE NIGHT CLASS
WEDNESDAYS 7:10 – 7:55 PM
STARTING OCTOBER 21

CLASS TIMES

TUESDAY	WEDNESDAY	THURSDAY
8:00 – 8:45 AM	7:10 – 7:55 PM NEW NIGHT CLASS STARTING OCTOBER 21	10:15 – 11:00 AM

$5.00 MEMBERS

$10.00 NON-MEMBERS

- BOOST CARDIO
- BUILD STRENGTH
- IMPROVE BALANCE
- GENTLE ON JOINTS

TO REGISTER, CALL OR STOP BY THE FRONT DESK

401-949-2480

EGYM

SMARTER = STRONGER

the Y

EGYM

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!

