

School Age

Ages 5 - 12

Aquatics

RED CROSS SWIM LESSONS

For ages 5 & above. All swim classes are by pre-registration only. Classes run 45 minutes.

Level I (Intro to Water Skills)

Tue (5) 3/4 - 4/1 1:45pm - 2:30pm
Tue (5) 4/8 - 5/6 1:45pm - 2:30pm
Tue (6) 5/13 - 6/17 1:45pm - 2:30pm

Tue (5) 3/4 - 4/1 4:45pm - 5:30pm
Tue (5) 4/8 - 5/6 4:45pm - 5:30pm
Tue (6) 5/13 - 6/17 4:45pm - 5:30pm

Thu (5) 3/6 - 4/3 4:45pm - 5:30pm
Thu (5) 4/10 - 5/8 4:45pm - 5:30pm
Thu (6) 5/15 - 6/19 4:45pm - 5:30pm

Sat (5) 3/8 - 4/5 9:00am - 9:45am
Sat (6) 4/12 - 5/17 9:00am - 9:45am

Sat (5) 3/8 - 4/5 11:15am - 12:00pm
Sat (6) 4/12 - 5/17 11:15am - 12:00pm

Level II (Fundamental Water Skills)

Classes are Deep Water

Mon (5) 3/3 - 3/31 4:00pm - 4:45pm
Mon (5) 4/7 - 5/5 4:00pm - 4:45pm
Mon (5) 5/12 - 6/16 4:00pm - 4:45pm

Tue (5) 3/4 - 4/1 1:00pm - 1:45pm
Tue (5) 4/8 - 5/6 1:00pm - 1:45pm
Tue (6) 5/13 - 6/17 1:00pm - 1:45pm

Thu (5) 3/6 - 4/3 4:00pm - 4:45pm
Thu (5) 4/10 - 5/8 4:00pm - 4:45pm
Thu (6) 5/15 - 6/19 4:00pm - 4:45pm

Sat (5) 3/8 - 4/5 10:30am - 11:15am
Sat (6) 4/12 - 5/17 10:30am - 11:15am

Level III (Stroke Development)

Mon (5) 3/3 - 3/31 4:45pm - 5:30pm
Mon (5) 4/7 - 5/5 4:45pm - 5:30pm
Mon (5) 5/12 - 6/16 4:45pm - 5:30pm

Tue (5) 3/4 - 4/1 4:00pm - 4:45pm
Tue (5) 4/8 - 5/6 4:00pm - 4:45pm
Tue (6) 5/13 - 6/17 4:00pm - 4:45pm

Sat (5) 3/8 - 4/5 9:45am - 10:30am
Sat (6) 4/12 - 5/17 9:45am - 10:30am

Level IV (Stroke Improvement)

Mon (15) 3/3 - 6/16 5:30pm - 6:15pm
Sat (11) 3/8 - 5/17 9:00am - 9:45am

Level V (Stroke Refinement)

Wed (16) 3/5 - 6/18 4:00pm - 4:45pm
Sat (11) 3/8 - 5/17 8:15am - 9:00am

Level VI (Swim & Skill Proficiency)

Wed (16) 3/5 - 6/18 4:45pm - 5:30pm

Course fees payable upon registration

#Weeks	Full Mbr	Non-Mbr
5	\$20.00	\$45.00
6	\$24.00	\$54.00
11	\$44.00	\$99.00
15	\$60.00	\$135.00
16	\$64.00	\$144.00

Grandfathered Youth Associate member's swim lesson price is the same as for Full Members, however, no other Full member benefits apply. Check with our receptionist to see how easy and affordable it is to convert to a Full Youth membership today!

PRIVATE SWIM LESSONS

Contact the Aquatics Director, Deb Moore, at x316 or Debra.Moore@OurGym.org for more information.

OPEN RECREATION SWIM

Open Rec Swim - Competition Pool

Mon & Wed 5:00pm - 7:00pm
Tue & Thu 2:30pm - 4:00pm
Tues, Thu, & Fri 6:00pm - 8:30pm
Sat 9:30am - 11:30am
2:00pm - 3:30pm
Sun 1:00pm - 4:00pm
Full Members FREE Non-Members \$6.00

** Competition Pool is unavailable 6/8-6/22 **
See schedule on pg 3 for hours in Original Pool

BLUE DOLPHINS SWIM TEAM

For children ages 6 - 18. Swimmers must have completed Level III of the Red Cross swim lessons or have comparable ability. The Blue Dolphins are members of the U.S. Swim Association & Worcester County Swim League. For more information, visit online at www.wbdswim.org or e-mail Head Coach Denise Foster at swimdiva97@charter.net.

Gymnasium

AFTERNOON GYMNASIUM PROGRAMS

All programs are walk-in classes. Come and go as many times as you like. Come play Dodgeball, Indoor Soccer, Wiffleball, Matball and other great games after school. Ages 7-13.

No Programs During Northbridge Public School Vacations Or Holidays

Mon, Wed, Thu 4:15pm - 5:00pm

Full Members FREE Non-Members \$6.00

FRIDAY NIGHT FAMILY ROLLER SKATE

Come join the fun - Dust off your old skates or use ours. In order to maintain the atmosphere of a Family Skate, children CANNOT come without at least one adult accompanying them. It is not a requirement for adults to skate. Roller skates included for those who need them. Last Skate Night will be May 23rd.

Fri 5:45pm - 7:15pm Grade 5 & under

**Full Members FREE Non-Members \$5.00
No Charge for Adults**

FRIDAY NIGHT FAMILY SKATE & SWIM

Extend your evening of Friday night fun - After roller skating, stay for family swimming in our beautiful competition pool. Open recreation swim is offered from 6:00pm - 8:30pm.

Fri 6:00pm - 8:30pm

**Full Members Free Non-Members \$7.00
(This fee includes roller skating)**

CO-ED TENNIS LESSONS

Get a chance to learn the game of tennis or brush up on your skills. The courts are located in Whitin Park. (Parking accessible from Hill Street) Ages 7 & up - YES, Adults are welcome too! You must pre-register for this 6 week program.

Beginners

Wed 5/21 - 6/25 5:30pm - 6:30pm

Advanced Beginners

Wed 5/21 - 6/25 6:30pm - 7:30pm

Full Members \$36.00 Non-Members \$72.00

BLACKSTONE VALLEY CHAOS AAU BASKETBALL

The Whitin Community Center is the practice host for BVC Youth Basketball Program. Chaos' goal is to help athletes in the Blackstone Valley area develop as basketball players and represent the area competing at the highest levels. Chaos has Fall & Spring AAU programs as well as a Summer program. In the BVC program, fundamental drill work is the primary emphasis to allow for players to have a solid foundation to extend their games. For more information or questions please contact Dennis Richey at 508-736-8349 or dennisrichey@bvchaos.com.

OUTREACH AFTERNOON

Our FREE Saturday afternoon program for all children ages 8-13 offers supervised arts & crafts and games in the gym simultaneously. Those activities are followed by a dunk in the pool. It is a great chance to spend time with friends. Come join us for an afternoon of fun! The last Saturday Outreach Afternoon Program for the Spring will be on May 17.

Activity/Gym Time
Recreation Swim

12:30pm - 2:00pm
2:00pm - 3:15pm

Programs

JUNIOR JAZZERCISE!Ò

The strong exercise habits developed now can go a long way in shaping their future. That's why Junior JazzerciseÒ teaches things like coordination, strength and endurance, nutrition and the importance of physical fitness. Kids ages 6-11 experience the joy of physical movement as they dance their way through specially choreographed age-appropriate routines to today's popular music. Pre-registration required.

Wed 3/5 - 4/16 3:30pm - 4:15pm

Full Members \$35.00 Non-Members \$70.00

COLOR ME YOGA®

Color Me Yoga®, for children ages 6-10, combines a sense of play while introducing yoga postures in a gentle and fun way. Children derive enormous benefit for yoga. Physically, it enhances their flexibility, strength, coordination and body awareness. It also improves their concentration and sense of calmness and relaxation. Classes are held in the Aerobics Studio. Pre-registration is required.

Fri 3/7 - 4/18 3:30pm - 4:15pm

Fri 5/2 - 6/13 3:30pm - 4:15pm

Full Members \$35.00 Non-Members \$70.00

Childcare

The Whitin Community Center is the largest provider of childcare services in the Blackstone Valley.

School-Age Program

This program provides supervision of children from the end of the school day until 6:00pm Monday - Friday. Before-school care is also available. The program can be extended to full day sessions for school holidays and vacation weeks. For boys and girls in grades K-4.

Two Locations:

Whitin Community Center
60 Main Street, Whitinsville
Douglas Elementary School
Gleason Court, Douglas

SUMMER REGISTRATON BEGINS

3/15/08 for Members

4/15/08 for General Public

Transportation from Northbridge elementary schools to the Whitin Community Center is available. Children in the Douglas school system are also transported to the school-age program from the various schools. Call for current openings. All programs licensed by the Massachusetts Department of Early Education and Care. We would welcome your visit to our facilities. Contact our Child Care Director, Sandra Phillips, for complete details: (508) 234-8184 ext.304 or e-mail her at Sandra.Phillips@OurGym.org.

Youth Outreach

The Whitin Community Center's Youth Outreach Program was created in 1995 to provide opportunities for all youth in our area to do activities together and take advantage of the facilities at the Whitin Community Center. Through the Outreach Program we hope to foster such qualities as fair play, sportsmanship, courtesy, and respect. Participation is open to all children, regardless of membership status.

Outreach Afternoon

Our FREE Saturday afternoon program for all children ages 8-13 offers supervised arts & crafts and games in the gym simultaneously. Those activities are followed by a dunk in the pool. It is a great chance to spend time with friends. Come join us for an afternoon of fun! The last Saturday Outreach Afternoon Program for the Spring will be on May 17.

Arts & Crafts/Gym	12:30 - 2:00 P.M.
Swim Time	2:00 - 3:15 P.M.

Rockdale Youth Center

The Rockdale Youth Center (RYC) is located at 2219 Providence Road in Northbridge. It is open from 2:30 - 6:00 P.M. Monday - Friday on school days. On School Vacation Days (April 21-25) the Youth Center will be open from 12:00-5:00 P.M.

The RYC offers homework help, many board and card games, computer/internet access, Wii, XBOX 360, and many table games! Every Friday is "Fun Friday." Come join a tournament, watch a movie on our big screen, do an arts & crafts project, or just hang out with friends. The Youth Center is intended for boys and girls ages 8-13. Participants sign themselves in and out.

Youth Center Birthday Parties

The Rockdale Youth Center is available for Birthday Parties. Call (508) 234-0272 for more information, availability, and pricing.

Summer Youth Theater Program

The Theater program is FREE and open to all children ages 8 and up. Theater experience is not required. Auditions will be held at the RYC on Monday June 9, 2008 from 6-8:00 P.M. Rehearsals will take place on Mondays, Tuesdays and Wednesdays from 6:00-8:30 PM. The performances will take place July 25 and 26, 2008.

Mentoring

Would you like to make a positive difference in a child's life? Be a mentor. It can be as simple as 1 hour a month or 1 hour a week. Help an at-risk child make the right choices. For more information, contact Brett at x305 or at Brett.MacGowan@OurGym.org