

Pre-School

Ages Infant - Age 5

Aquatics

BABIES & TOTS SWIM LESSONS

BABIES (6 months-2 years)

Classes run 45 minutes, once per week, for 5 or 6 weeks. A parent or responsible adult is needed to participate in the water during the entire class with the child.

Mon (5)	3/3 - 3/31	10:00am - 10:45am
Mon (5)	4/7 - 5/5	10:00am - 10:45am
Mon (5)	5/12 - 6/16	10:00am - 10:45am
Tue (5)	3/4 - 4/1	6:15pm - 7:00pm
Tue (5)	4/8 - 5/6	6:15pm - 7:00pm
Tue (6)	5/13 - 6/17	6:15pm - 7:00pm
Wed (5)	3/5 - 4/2	10:45am - 11:30am
Wed (5)	4/9 - 5/7	10:45am - 11:30am
Wed (6)	5/14 - 6/18	10:45am - 11:30am
Thu (5)	3/6 - 4/3	5:30pm - 6:15pm
Thu (5)	4/10 - 5/8	5:30pm - 6:15pm
Thu (6)	5/15 - 6/19	5:30pm - 6:15pm

TOTS (3-5 years)

Classes run 45 minutes, once per week, for five or 6 weeks. The child should be able to hold onto the sidewall of the pool by him/herself. A parent or responsible adult is required to be on the pool deck during the class and will be invited into the water for the last 15 minutes of class time. (It is not mandatory for the parent to participate in the swim time).

Mon (5)	3/3 - 3/31	10:45am - 11:30am
Mon (5)	4/7 - 5/5	10:45am - 11:30am
Mon (5)	5/12 - 6/16	10:45am - 11:30am
Tue (5)	3/4 - 4/1	5:30pm - 6:15pm
Tue (5)	4/8 - 5/6	5:30pm - 6:15pm
Tue (6)	5/13 - 6/17	5:30pm - 6:15pm
Wed (5)	3/5 - 4/2	10:00am - 10:45am
Wed (5)	4/9 - 5/7	10:00am - 10:45am
Wed (6)	5/14 - 6/18	10:00am - 10:45am
Thu (5)	3/6 - 4/3	6:15pm - 7:00pm
Thu (5)	4/10 - 5/8	6:15pm - 7:00pm
Thu (6)	5/15 - 6/19	6:15pm - 7:00pm
Sat (5)	3/8 - 4/5	12:00pm - 12:45pm
Sat (6)	4/12 - 5/17	12:00pm - 12:45pm

Course fees payable in advance upon registration

#Weeks	Full Mbr	Non-Mbr
5	\$20.00	\$45.00
6	\$24.00	\$54.00

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!

OPEN RECREATION SWIM

This is a chance for parents and children to enjoy our pool together.

Family Open Rec Swim - Original Pool

Fri	10:00am-11:30am
Full Members FREE Non-Members \$6.00	

Open Rec Swim - Competition Pool

Mon & Wed	5:00pm - 7:00pm
Tue & Thu	2:30pm - 4:00pm
Tue, 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

Gymnasium

AFTERNOON GYMNASIUM PROGRAMS

No Programs During Northbridge Public School Vacations Or Holidays

All programs are walk-in classes. Come and go as many times as you like and join us for games like Indoor Soccer, Pillo Polo, Fun & Games to name a few. Ages 4-6.

Mon, Wed, Thurs	3:30pm - 4:15pm
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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	Grade 5 & under	5:45pm - 7:15pm
Full Members FREE Non-Members \$5.00		
No Charge for Adults		

Programs

BABY ITSY BITSY YOGA

This class is just for children ages 3 weeks to crawling, and their caregiver. It is a calming and nurturing yoga class where parents learn to help their babies unfold their motor skills, sleep better, be happier, and digest with ease. Baby Itsy Bitsy Yoga is a great way to bond with your baby and meet like-minded parents with babies in your community. Pre-registration is required.

SESSION A

Wed	3/5 - 4/16	11:30am - 12:15pm
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SESSION B

Wed	4/30 - 5/14	11:30am - 12:15pm
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Full Members \$42.00 Non-Members \$84.00
For the adult and child per session

CHILDREN'S BALLET & TAP

Children ages 3 - 6 will learn the basics of ballet in these special six-week courses. Improved posture, balance and body awareness will develop as we learn three basic positions and primary skills. Comfortable clothes are a must; ballet slippers or bare feet are fine for the ballet portion (1st 25 min) and tap shoes are preferred for the tap portion (final 25 min). Classes are held in the Aerobics Studio. Pre-registration is required. No class 3/20.

SESSION A&B - FOR AGES 3-5

Thu A 3/6 - 4/17 3:30pm - 4:25pm

Thu B 5/1 - 6/5 3:30pm - 4:25pm

SESSION C&D - FOR AGES 4-6

Thu C 3/6 - 4/17 4:30pm - 5:25pm

Thu D 5/1 - 6/5 4:30pm - 5:25pm

Full Members \$30.00 Non-Members \$60.00

INFANT MASSAGE

In this class, parents learn to massage their babies and have the opportunity to meet other parents within the community. Benefits of massage for babies include improved sleep, a decrease in discomfort from gas, improved digestion, special bonding time with parents, improved body awareness, decreased stress, and enjoying the soothing and relaxing touch of loved ones. This class is for one or two parents/caregivers and their babies from birth up to pre-crawling or 8 months. Participants are asked to bring a waterproof changing mat for their baby, two or more infant blankets or towels, and a yoga mat/blanket or comfortable cushion to sit on. A bottle of massage oil will be available to borrow (and if desired, families can purchase the bottle of oil for \$2). Reading materials and handouts will be provided. Class is five weeks.

Sat 5/3-5/31 10:00am -11:15am

Full Members \$50.00 per family

Non-Members \$100.00 per family

ITSY BITSY YOGA FOR TOTS

This class is for children almost crawling to age 22 months and their caregiver. It is a fun loving, supportive and active yoga practice filled with dozens of Itsy Bitsy poses just for tots. In a time when children naturally become busier, Itsy Bitsy Yoga continues to build the parent/child bond, helps our tots feel happier and more confident in their moving bodies and encourages the creative spirit. Itsy Bitsy Yoga incorporates many proven techniques, which playfully teach tots yoga postures while they are standing, sitting up, walking, and jumping. Parents get to do a little yoga too (no yoga experience required)! Experience the shared joy when tots move into yoga poses on their own! Pre-registration is required.

SESSION A

Wed 3/5 - 4/16 10:30am - 11:15am

SESSION B

Wed 4/30 - 5/11 10:30am - 11:15am

Full Members \$42.00 Non-Members \$84.00

For the adult and child per session

ITSY BITSY YOGA FOR TYKES/LITTLE FAMILIES

Children attending this class for children ages 22 months - 4 years of age, with a caregiver, will experience the fascinating flow of yoga poses, songs, stories, and games, through which parent and child can deepen their bond. This 45-minute class helps children and their parents discover and enhance their physical and social development, while encouraging their creative spirit. Younger siblings can come, too! Pre-registration is required.

SESSION A

Wed 3/5 - 4/16 9:30am - 10:15am

SESSION B

Wed 4/30 - 5/11 9:30am - 10:15am

Full Members \$42.00 Non-Members \$84.00

For the adult and child per session

Note: The second child is free if under 12 months, or ½ price if the 2nd child is >1 yr.

PRESCHOOL SING & SWING

This seven-week specialty program is just for preschool age children (18 months to five years) and their parents or grandparents. Each half-hour class will include guitar music, singing, stories, dancing, playing rhythm instruments and more. Classes are held in the gymnasium.

SESSION A

Fri 3/7-4/18 10:00am -10:30am

SESSION B - no class 5/30

Fri 5/2-6/20 10:00am -10:30am

Full Members \$28.00 Non-Members \$56.00

(50% discount for second child)

ROCK & RHYTHM MOMMY & ME

This specialty program is just for children ages 18 - 36 months and their Moms, Dads, and/or Grandparents! Each 40-minute class is action-packed with fun stuff like hula hooping, tunnel-traveling, scarf-juggling, beanbag-tossing, trampoline-bouncing, and parachute partying! Please join us in the Aerobics Studio for a very special time. Pre-registration is required.

Thu 3/6 - 4/17 11:00am - 11:40am

Thu 5/1 - 6/12 11:00am - 11:40am

Full Members \$28.00 Non-Members \$56.00

Childcare

The Whitin Community Center is the largest provider of childcare services in the Blackstone Valley. Please contact Sandra Phillips, Childcare Director at 234-8184, ext. 304 or e-mail her at Sandra.Phillips@OurGym.org for complete information.

Whitin Community Center Pre-Kindergarten

A fully licensed school for 3 & 4 year olds. The school year runs from September to the first week of June. Lead Teacher is Ms. Rita Martel. Registration for 2008-2009 school year is ongoing.

Class Schedule:

Mon/Wed/Fri	4 yrs	8:30am - 11:30am
Mon/Wed/Fri	4 yrs	12:00pm - 2:30pm
Tue/Thu	3 yrs	8:30am - 11:30am
Tue/Thu	4 yrs	12:00pm - 2:30pm

Group Child Care

Extended services are provided in a pleasant and productive environment for children ages 2 years 9 months to 5 years (having not gone to kindergarten). Half-day or full-day enrollments possible.

Hours: Mon - Fri 6:30am - 6:00pm

Two Locations:

Whitin Community Center
Douglas Early Childhood Center

BABYSITTING SERVICES

We offer babysitting services so that parents can participate in programs at our facility. This is a walk-in service that does not require pre-registration. This service is available Mon - Fri 8:30am - 11:00am for walking children ages 1 - 6.

\$3.50 per child or \$3.00 per child for multiple children

A block of 10 passes available for \$30.00