

Welcome to the **Whitin Community Center**



Fitness. Family. Community.

June 17 - Sept 8

2019

**SUMMER
Schedule**



Registration Dates

Members: June 3, 2019

Non-Members: June 10, 2019

60 Main Street, Whitinsville, MA 01588 | www.WhitinCommunityCenter.com | 508.234.8184

Hours of Operation

Monday-Friday 5:00am - 9:30pm
Saturday 6:00am - 2:00pm
Sunday 6:00am - 2:00pm*

*Fitness Center open 6:00-2:00pm
 *All other programs open 9:00-2:00pm

Facility Closures

.....
July 4th
September 2nd

Contact Us

60 Main Street, Whitinsville MA 01588
 508.234.8184 | info@OurGym.org
 www.WhitinCommunityCenter.com

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Mission Statement

The Whitin Community Center is committed to enhancing the health and well-being of individuals and families and to building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together.

The Whitin Community Center is a 501(c)(3) non-profit organization.

Gary Moyer Architect, Inc.

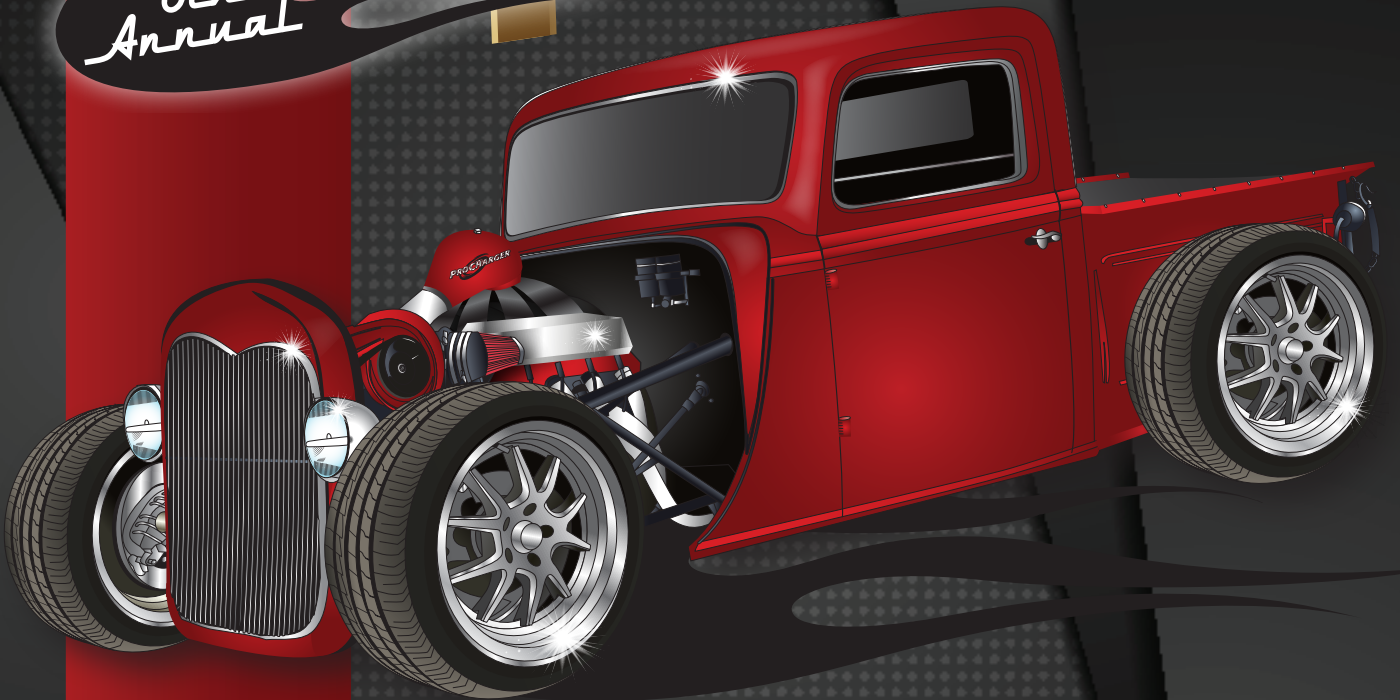


Custom Residential + Commercial Additions, Renovations + New Construction
 www.GaryMoyerArchitect.net 508 278 3707

2019

CARS IN THE PARK

6th Annual



\$10

DONATION
BEFORE 7.17

\$15

DONATION
AS OF 7.17

AUGUST 17TH

10:00AM - 4:00PM (RAIN DATE 8.18.19)

WHITIN PARK

60 MAIN ST. WHITINSVILLE, MA 01588

FOOD TRUCKS • ENTERTAINMENT • VENDORS
25 TROPHIES • KIDS ACTIVITIES • RAFFLES

PROCEEDS BENEFIT THE WHITIN COMMUNITY CENTER
A 501(C)(3) NON-PROFIT ORGANIZATION



508.234.8184 | CARSINTHEPARK@HOTMAIL.COM





Fun. Community Engagement. Friendships.
(June 24th - August 23rd)

Sneak Preview of Weeks!

- | | |
|----------------------|-------------------|
| Take Flight | Animal EDventures |
| Design It! Build It! | Music Jamboree |
| Summer Splash | |

For a complete listing please visit our website



www.WhitinCommunityCenter.com | 508.234.8184

An affiliate of the Whitin Community Center

All programs are licensed by the Massachusetts Department of Early Education and Care



Discounts Available



SUMMER
Fun Has Begun

June 24th - August 23rd

Sneak Preview of New Camps!

- NEW! Critters Great & Small (4-6)**
- NEW! CSI: Forensics (7-13)**
- NEW! Wizarding World (7-13)**
- NEW! Counselors In Training (14 & 15)**

For a complete listing please visit our website



Activity



Full Day



Sport



Mini



Educational

Whitin Community Center

60 Main St. Whitinsville, MA 01588 | 508.234.8184

www.WhitinCommunityCenter.com



WCC

Fitness. Family. Community.

Summer Fitness Membership

May 15th-August 31st

Full time high school and college students (ages 14-26) can take advantage of this sizzling deal that allows full access to the Whitin Community Center!

Proof of age is required at time of registration

Per Student
\$100

Providing Personal, Affordable Home Care
with compassion



A client's home doesn't have to be in a traditional residential environment. We'll be there to help wherever home may be. Every case is supervised by registered clinicians and nurses to certify absolute quality and safety.

Elderwood Home Care *Services*

Private Duty Caregiving

- Personal care
- Companionship
- Light housekeeping
- Running errands
- Laundry
- Meal preparation
- Hospice support
- Respite care
- Private Nursing Services
- Overnight care
- Certified Care Management
- Assessment and coordination of client's health care needs
- Support for caregivers
- Medication Management
- Alzheimer's and Dementia Care

Our Goal is to ensure clients always receive the right care in an environment they feel most comfortable in, as we help them maintain independence for as long as possible.



508-865-2170 | elderwoodhomecare.com

Become a Member / Rates

Membership to the WCC is an exceptional value! We offer memberships ranging from Youths to Seniors. Health insurance reimbursements are available to those who have Tufts, Fallon, Blue Cross Blue Shield & Harvard Pilgrim. For more information please contact **Director of Member Services, Karen Boyle** at 508.234.8184 ext. 119 or Karen. Boyle@OurGym.org.

Youth

- * **FREE** After School Activities (for ages 4-13)
- * **FREE** Roller Skating (Fall-Spring)
- * **FREE** Open Recreational Basketball & Swim
- * **FREE** Outreach Programs (for ages 5-17)
- * **FREE** Mini Basketball Instruction (Fall-Spring)
- * **FREE** Babysitting Services (for ages 1-5)
- * **FREE** Kidz Club (for ages 1-10, Fall-Spring)
- * **FREE** Toddler Time (Fall-Spring)
- * Substantial discounts on specialty classes, swim lessons, and co-ed youth basketball leagues

High School

- * **FREE** Orientation and access to our Fitness Center
- * **FREE** Access to all Aerobic classes when accompanied by an adult (excludes Spin®/TRX®)
- * **FREE** Racquetball
- * **FREE** Open Recreational Basketball & Swim
- * Substantial discounts on specialty classes & swim lessons

Adult/Senior

- * **FREE** Orientation and access to our Fitness Center
- * **Over 75 FREE** Aerobic & Aqua classes weekly including Yoga, Pilates, Yoqua, Yogalates, Zumba & more!
- * **FREE** Unlimited access to our Fitness Center
- * **FREE** Spin®/TRX®/Barre Fusion Classes
- * **FREE** Racquetball
- * **FREE** Open Recreational Swim and Adult Lap swim
- * **FREE** Open Recreational Basketball
- * **FREE** Pickleball
- * **FREE** Babysitting Services (for ages 1-5)
- * **FREE** Access to our seasonal outdoor Tennis Courts
- * Substantial discounts on specialty classes, Adult swim lessons, basketball leagues
- * Access to Personal Training

Family

- * **FREE** Daily Open Recreational Swim
- * **FREE** Daily Open Recreational Basketball
- * **FREE** Family Time Gym & Swim (Fall-Spring)
- * **FREE** Babysitting Services (for ages 1-5)
- * **FREE** Toddler Time (Fall-Spring)
- * **FREE** Friday Night Family Rollerskating (Fall-Spring)
- * **FREE** Racquetball/Wallyball
- * **FREE** Kidz Club (for ages 1-10, Fall-Spring)

FREE 14 Day Trial

Try us out first for 2 weeks! Take a tour of the Center, bring the whole family!

**Monthly Unlimited Spin
\$75 Non-Members (per month)**

**Aerobics Coupon Booklet
\$100 Non-Members (10 classes)**

**Adult Lap Swim Coupon Booklet
\$80 Non-Members (10 lap swims)**

2019 Membership Rates

| MEMBERSHIP CATEGORIES | ANNUAL RATE | MONTHLY RATE |
|--|----------------|-----------------|
| Youth (6mo.-13 years) | \$114 | \$9.50 |
| High School (14-17 years) | \$323 | \$27.00 |
| Young Adult (18-22 years) | \$597 | \$49.75 |
| Military/First Responder (25% with ID) | \$597 | \$49.75 |
| Adult (23-61 years) | \$795 | \$66.25 |
| Adult Couple (23-61 years) | \$1,185 | \$98.75 |
| Senior (62 and older) | \$576 | \$48.00 |
| Senior Couple (62 and older) | \$867 | \$72.25 |
| 1 Adult Family (with children) | \$1,065 | \$88.75 |
| 2 Adult Family (with children) | \$1,374 | \$114.50 |

Joining Fees

All new members of the Whitin Community Center are subject to this one-time joining fee as long as the membership remains active, and/or does not lapse for more than 30 days. The fee is not part of the annual yearly membership dues, and must be paid in full at time of joining.

| | |
|--|-------------|
| Youth, High School, Senior/Senior Couple | \$25 |
| Young Adult/ Military | \$50 |
| Adult/Adult Couple/1 Adult/2 Adult Family | \$75 |

Hypnotherapy of New England

- Anxiety, Stress & Depression
- Weight Loss
- Smoking Cessation
- Healing from Trauma
- Concentration, Motivation & more!

FREE
15 min.
consultation

Endless Possibilities Await You!

800 Providence Road, Whitinsville MA 01588
508.902.7882
www.HypnotherapyOfNewEngland.com

Summer Pool/Tennis Membership

Back by popular demand, non-members may purchase a seasonal pass to our Competition Pool and Tennis Courts. This pass will allow families to enjoy scheduled open recreational and adult lap swim times. In addition to this, they will have the use of the tennis courts for recreational tennis and receive the *special* discount on summer tennis lessons. (See pg. 6 for Recreational Tennis)

Membership valid from June 17-August 31
\$150 per Family

Babysitting

Moving to original Babysitting Room, located downstairs for the Summer

Babysitting is available to offer parents the opportunity to attend aerobics classes, lap or recreational swimming, or to use the fitness center. This program is offered on a first come, first serve basis. Management reserves the right to limit the number of children allowed in the room to ensure the safety and care of everyone. **Children aged one to five are welcome. Must be walking. Please- no infants, or School Age Children.**

Monday-Friday **8:15 - 11:15am**
FREE Members **\$9 Non-Members**

Kidz Club

Will be back in the Fall of 2019! Thank you for your patronage. We look forward to seeing you then!

Basketball

Men's 30+ Basketball League

Our competitive Wednesday night league features players of all abilities and backgrounds. Teams are created via a draft prior to the first game by captains. Games are played at 7pm, 8pm, or 9pm and every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game.

Wednesday **7pm, 8pm, or 9pm**
Begins June 12
\$70 Members **\$120 Non-Members**

Men's 40+ Basketball League

Our competitive Thursday night league features players of all abilities and backgrounds. Teams are created via a draft prior to the first game by captains. Every game features two certified IABBO referees, & team shirts and schedules are handed out at the first game.

Thursday **7pm, 8pm or 9pm**
Begins June 13
\$70 Members **\$120 Non-Members**



Looking for Summer Camps? See our full Camp Whitin Brochure online at **www.WhitinCommunityCenter.com**. Registration began in March so hurry in, camps are filling fast! You do not want to miss your opportunity to attend Camp Whitin where fun, fitness, and friendships begin!

Full Day (Ages 7-13)

- 5-D Dodgeball
- NEW! Destination Aviation
- NEW! Camp Whitin Cadets
- NEW! Celebrate America
- All Sports
- Design, Build & Destroy
- Splash 'N Dash
- Michelangelo's Masterpieces
- NEW! K.M.G.S.
- NEW! CSI: Forensics
- Hoop Star Basketball
- NEW! Wizarding World
- WCC Olympics
- Got Games?
- Homerun Hitters
- NEW! Music Makers
- Football/Floor Hockey Faceoff
- Step Up Dance & Cheer

NEW! Counselors In Training (CIT) (Ages 14 & 15)

Half-Day (Ages 4-6)

- Superheroes-In-Training
- Under Construction Camp
- NEW! Science Magic
- NEW! You're It!
- NEW! Mini Maestros
- End Of Summer Blowout!

Full-Day (Ages 4-6)

- NEW! Hooray USA!
- Mini DaVinci
- NEW! Critters Great & Small

Extended care available for Full Day (7-13) camps 6

Co-Ed Tennis Lessons

Lessons are offered over the summer months. Lessons are priced in four week blocks, and are twice a week. If class is postponed due to inclement weather, all attempts will be made to make up any missed classes.

NO CLASS JULY 4TH

Tots Tennis (Ages 4-6)

Session I:
Tuesday & Thursday June 25-July 25 11:00 - 11:30am

Session II:
Tuesday & Thursday July 30-August 22 11:00 - 11:30am

\$40 Members \$80 Non-Members
\$50 Summer Pool/Tennis Members

Youth Beginner Tennis (Ages 7-10)

Session I:
Monday & Wednesday June 24-July 24 9:00 - 10:00am

Session II:
Monday & Wednesday July 29-August 21 9:00 - 10:00am

\$45 Members \$90 Non-Members
\$60 Summer Pool/Tennis Members

Youth Beginner Tennis (Ages 11-14)

Session I:
Monday & Wednesday June 24-July 24 10:00 - 11:00am

Session II:
Monday & Wednesday July 29-August 21 10:00 - 11:00am

\$45 Members \$90 Non-Members
\$60 Summer Pool/Tennis Members

Youth Advanced Tennis (Ages 7-10)

Session I:
Tuesday & Thursday June 25-July 25 9:00 - 10:00am

Session II:
Tuesday & Thursday July 30-August 22 9:00 - 10:00am

\$45 Members \$90 Non-Members
\$60 Summer Pool/Tennis Members

Youth Advanced & Adult Beginner Tennis (Ages 11 & Up)

Session I:
Tuesday & Thursday June 25-July 25 10:00 - 11:00am

Session II:
Tuesday & Thursday July 30-August 22 10:00 - 11:00am

\$45 Members \$90 Non-Members
\$60 Summer Pool/Tennis Members

Racquetball

Our court is available in hour blocks for racquetball or Wally Ball. To check time and availability, please contact the **Member Services Desk, at 508.234.8184 ext. 100.**

Members-FREE

Members can make their reservation up to two weeks in advance.

Non-Members-\$9

Non-Members now have the opportunity to use the court on a walk-in basis and may call ahead on that day to secure their hour block.

Pickleball

Come join us for our exciting Pickleball program. This program includes up to 2 Pickleball courts, accommodating 8 players. All equipment will be provided by the WCC or you can bring your own paddle. Practice your skills and play games with your friends in the newest sports trend. Pre-registration is required (**See Registration Policy below for details**).

Tuesday 5:30-6:30pm

\$FREE Members \$11 Non-Members

Registration Policy for Pickleball

Members/Non-Members

May sign up on the Sunday before every week beginning at 7am.



"The Common Sense Approach to Good Health"

Summer Special for WCC Members:

\$20 Off Your Initial Consultation!

Offer Good Until Aug. 31, 2019! Call Dr. Barry, Mention this Ad, Get started on the path to good health, **naturally!**

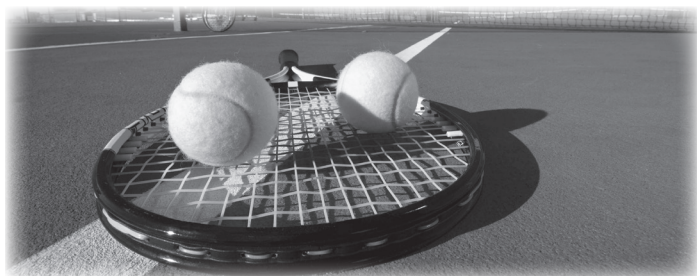
Theolinda Barry, ND ~ Doctor of Naturopathic Medicine

800 Providence Rd. ~ Whitinsville, MA 01588

508 - 234 - 5655

drtbarry@verizon.net www.healthbynaturend.com

Recreational Tennis



Whitin Community Center Members and Summer Pool/Tennis Members have unlimited access to our Tennis Courts. Non-Members (up to 3) may play on the same courts with their Member host. Members may use one court for 1.5 hours at a time, unless no one is waiting to use a court. Members are responsible for the proper use and conduct of his/her guests on the courts. **Members are asked to report any violations.**

FREE Members

\$9 Non-Members

Monday-Friday

6:00 - 9:00 am
11:30 - 9:00 pm

Saturday & Sunday

6:00am - 9:00 pm

We're Hiring!

Openings In

- Athletics
- Aquatics
- Blackstone Valley Children's Place
- Custodial Staff

APPLY TODAY!

*Weekdays, Evenings & Weekend Hours Available. Must be 16 or older to apply.

Whitin Community Center
60 Main St. Whitinsville MA 01588 | 508.234.8184
www.WhitinCommunityCenter.com

Gymnasium Unavailable

June 21

PreSchool Step Up Day
4:30pm-6:00pm

August 20

Countdown To Kindergarten
6:00pm-7:30pm

Gymnasium Closed

July 4, 2019 September 2, 2019

Gymnasium

Monday

| | |
|----------------|------------------------------|
| 5:00 - 8:00 am | Open Recreation |
| 8:00 - 9:00 am | Reserved for BVCP |
| 9:00 - 3:00 pm | Reserved for Summer Camps |
| 3:15 - 4:00 pm | Reserved for BVCP |
| 4:00 - 5:00 pm | Open Recreation |
| 5:00 - 7:30 pm | Gym Rental/Open Recreation* |
| | Call for availability |
| 7:30 - 9:30 pm | Open Recreation |

Tuesday

| | |
|----------------|------------------------------------|
| 5:00 - 8:00 am | Open Recreation |
| 8:00 - 9:00 am | Reserved for BVCP |
| 9:00 - 3:00 pm | Reserved for Summer Camps |
| 3:15 - 4:00 pm | Reserved for BVCP |
| 4:00 - 5:15 pm | Open Recreation |
| 5:30 - 6:30 pm | Pickleball^ |
| 7:00 - 8:30 pm | Reserved For Private Rental |
| 8:30 - 9:30 pm | Open Recreation |

Wednesday

| | |
|----------------|------------------------------|
| 5:30 - 6:30 am | Cardio Cross |
| 7:00 - 8:00 am | Open Recreation |
| 8:00 - 9:00 am | Reserved for BVCP |
| 9:00 - 3:00 pm | Reserved for Summer Camps |
| 3:15 - 5:00 pm | Reserved for BVCP |
| 5:00 - 6:00 pm | Open Recreation |
| 6:00 - 7:00 pm | Gym Rental |
| 7:00 - 9:30 pm | Men's 30+ Basketball League^ |

Thursday

| | |
|----------------|------------------------------|
| 5:00 - 8:00 am | Open Recreation |
| 8:00 - 9:00 am | Reserved for BVCP |
| 9:00 - 3:00 pm | Reserved for Summer Camps |
| 3:15 - 4:00 pm | Reserved for BVCP |
| 4:00 - 5:30 pm | Gym Rental |
| 5:30 - 6:30 pm | Open Recreation |
| 7:00 - 9:30 pm | Men's 40+ Basketball League^ |

Friday

| | |
|----------------|------------------------------|
| 5:00 - 8:00 am | Open Recreation |
| 8:00 - 9:00 am | Reserved for BVCP |
| 9:00 - 3:00 pm | Reserved for Summer Camps |
| 3:15 - 5:00 pm | Reserved for BVCP |
| 5:00 - 7:30 pm | Gym Rental/Open Recreation* |
| | Call for availability |
| 7:30 - 9:30 pm | Open Recreation |

Saturday

| | |
|-----------------|-------------------------------------|
| 7:00 - 8:00 am | Cardio Cross |
| 8:15 - 10:00 am | Open Recreation |
| 10:30 - 1:00 pm | Gym Rental/Open Recreation*/Parties |
| | Call for availability |
| 1:00 - 2:00 pm | Open Recreation |

Sunday

| | |
|-----------------|-------------------------------------|
| 6:00 - 10:00 am | Open Recreation |
| 10:30 - 1:00 pm | Gym Rental/Open Recreation*/Parties |
| | Call for availability |
| 1:00 - 2:00 pm | Open Recreation |

Open Recreational Gym

FREE Members

\$9 Non-Members

* Denotes Open Recreation Available If No Gym Rentals/Parties

^ Denotes Pre-Registration Required

Aerobics

Monday

| | |
|------------------|-------------------------------|
| 6:30 - 7:15 am | Morning Fitness |
| 8:00 - 8:50 am | Power Pump |
| 9:00 - 10:00 am | Core Step* |
| 9:15 - 10:00 am | Metafit (Racquetball Court)*^ |
| 10:15 - 11:15 am | Fitness Yoga* |
| 11:30 - 12:15 pm | Zumba Gold |
| 3:30 - 4:30 pm | HEAT |
| 5:45 - 6:45 pm | Cardio Intervals§ |
| 7:00 - 8:00 pm | Hatha Yoga§ |

Tuesday

| | |
|------------------|---------------------|
| 5:15 - 6:00 am | Metafit^ |
| 8:00 - 8:30 am | Power Yoga |
| 8:40 - 9:30 am | Power Pump* |
| 9:40 - 10:30 am | Cardio Kick* |
| 11:00 - 11:45 am | Senior Yoga Stretch |
| 5:45 - 6:45 pm | Hard Core Circuits§ |
| 7:00 - 8:00 pm | Cardio Pump§ |

Wednesday

| | |
|------------------|-----------------------------------|
| 5:30 - 6:30 am | Cardio Cross (Gym) |
| 6:30 - 7:15 am | Morning Fitness |
| 8:00 - 8:45 am | Power Pilates* |
| 9:00 - 10:00 am | Tabata Circuit* |
| 10:15 - 11:15 am | Mind Body Fusion* |
| 11:30 - 12:15 pm | Silver Sneakers®Muscular Strength |
| 3:30 - 4:30 pm | HCC |
| 5:45 - 6:45 pm | Muscle Mix§ |
| 7:00 - 8:00 pm | Pilates§ |

Thursday

| | |
|------------------|------------------------------|
| 5:10 - 6:00 am | HEAT/HIIT |
| 8:45 - 9:45 am | Sculpt & Tone* |
| 11:15 - 12:00 pm | Senior Yoga Stretch |
| 4:45 - 5:30 pm | Zumba |
| 5:45 - 6:45 pm | Hatha Yoga§ |
| 6:00 - 6:45 pm | Metafit (Racquetball Court)^ |
| 7:00 - 8:00 pm | Power Pump |
| 7:00 - 8:00 pm | POUND (June 20 & 27 ONLY)^ |

Friday

| | |
|------------------|--------------------------------|
| 6:30 - 7:15 am | Morning Fitness |
| 8:00 - 8:35 am | Power Express |
| 8:45 - 9:45 am | Step Intervals* |
| 10:00 - 11:00 am | Yogalates* |
| 11:15 - 12:00 pm | Silver Sneakers®Cardio Circuit |

Saturday

| | |
|------------------|--------------------|
| 7:00 - 8:00 am | Cardio Cross (Gym) |
| 8:00 - 9:00 am | Triple Play |
| 9:15 - 10:15 am | Power Pump |
| 10:30 - 11:30 am | Restorative Yoga |

Sunday

| | |
|-----------------|----------------|
| 8:15 - 9:15 am | Step Intervals |
| 9:30 - 10:20 am | Zumba Spicy |

Aerobics Classes

FREE Members \$11 Non-Members

Silver Sneakers®/Senior Classes

FREE Members \$5 Non-Members

Spin/TRX/Barre Fusion

Monday

| | |
|-----------------|-----------------|
| 5:15 - 6:00 am | Spin^ |
| 8:15 - 9:00 am | TRX^ |
| 9:15 - 10:00 am | Spin*^ |
| 5:30 - 6:15 pm | Spin\$^ |
| 6:45 - 7:45 pm | Barre Fusion\$^ |

Tuesday

| | |
|-----------------|--------------------|
| 5:15 - 6:00 am | Spin^ |
| 8:30 - 9:15 am | Spin*^ |
| 9:30 - 10:15 am | Barre Fusion/TRX*^ |
| 5:30 - 6:30 pm | Endurance Spin\$^ |
| 6:45 - 7:30 pm | TRX\$^ |

Wednesday

| | |
|----------------|---------|
| 5:15 - 6:00 am | Spin^ |
| 8:45 - 9:30 am | Spin*^ |
| 5:30 - 6:15 pm | Spin\$^ |

Thursday

| | |
|----------------|---------|
| 5:15 - 6:00 am | Spin^ |
| 8:30 - 9:15 am | Spin*^ |
| 5:45 - 6:30 pm | Spin\$^ |
| 6:45 - 7:30 pm | TRX\$^ |

Friday

| | |
|----------------|------------|
| 5:15 - 6:00 am | Spin^ |
| 8:30 - 9:30 am | Spin/Abs*^ |

Saturday

| | |
|----------------|-----------------|
| 6:15 - 7:15 am | Ripped Ride^ |
| 7:30 - 8:30 am | Endurance Spin^ |

Sunday

| | |
|-----------------|-------|
| 7:15 - 8:00 am | Spin^ |
| 8:15 - 9:00 am | Spin^ |
| 9:15 - 10:00 am | TRX^ |

Spin/TRX/Barre Fusion

FREE Members \$11 Non-Members

Please visit our website for complete reservation policies

Registration Policy for Spin/TRX/Barre Fusion

Members/Monthly Unlimited Spin

May sign up M-F beginning at 6am and Sat & Sun at 7:00am.

Non-Members:

May not reserve space. Available on a walk-in basis only.

* Denotes Babysitting Available

^ Denotes Pre-Registration Required

§ Denotes Kidz Club Available

Aerobics/Spin/TRX/Barre Fusion Descriptions

Barre Fusion

This class combines elements of Pilates, Ballet, strength & flexibility training. Total body workout. All fitness level welcome.

Barre Fusion/TRX

This class combines elements of Pilates, Ballet, strength & flexibility training. Total body workout. All fitness level welcome.

Cardio Cross

High intensity workout that combines cardio moves, with core, leg & arm strengthening. Using a variety of Tabata, cardio & strength challenges to get your heart rate up while you build muscle.

Cardio Intervals

Combining intervals of aerobics and strength training to improve your strength and endurance of your core muscles.

Cardio Kick

Fun, fast paced, aerobic workout combining elements of boxing and martial arts.

Cardio Pump

1 hour choreographed cardio/strength interval class using power pump barbell and bursts of cardiovascular training to maximize aerobics conditioning.

Core Step

Full step segment followed by core strength and abdominal work.

Endurance Spin

A 60 minute challenging Spin class designed to increase your cardiovascular endurance through challenging drills and exercises.

Fitness Yoga

This class emphasizes the physical aspects of Yoga. A toning element will often be incorporated into balance, flexibility, and traditional poses.

Hatha Yoga

Suitable for all levels of fitness and will include breathing exercises, yoga postures and relaxation to stretch and strengthen the entire body as well as to help focus and calm the mind.

HCC (Hard Core Circuits)

This challenging class offers a fast moving circuit experience by taking you through stations that may include weights, body weight exercises, stability ball, etc. Perfect for all fitness levels.

HEAT (High Energy Athletic Training)

This class combines speed/agility drills, calisthenics, aerobics, strength training and more.

HEAT/HIIT (High Energy Athletic Training/High Intensity Interval Training)

This class combines speed/agility drills, calisthenics, aerobics, strength training with high intensity interval training and more!

Metafit

A non-choreographed high intensity workout that uses body weight exercises, no equipment is required. This class although challenging, is meant for all fitness levels, it will increase your metabolism while building muscle and burning fat.

Mind Body Fusion

This workout utilizes breath coordinated movements from Pilates, Yoga and Qi Gong to increase flexibility, strength, balance and overall wellness.

Morning Fitness

A full body muscle class using a variety of weights, bands, and balls while also incorporating cardiovascular exercise. Challenging, but set to a slower pace to ensure a safe experience for all ages.

Muscle Mix

This class offers a challenging combination of muscle-toning techniques using Spri bands, tubes and weights.

Power Pilates

"Next Level" Pilates, strength endurance and flexibility. Suitable for all levels who have had Pilates experience. Modifications available to new Pilates students.

Pilates

This class builds strength without excess bulk, creating a sleek, toned body. It teaches body awareness, good posture and easy graceful movement to improve flexibility, agility, and economy of motion.

Power Express

A quick 35 minute version of Power Pump.

Power Pump

A 50-minute barbell program for all fitness levels which strengthens all your major muscles in an inspiring, motivating group environment with great music & choreographed moves. Using, simple athletic movements such as squats, lunges, presses & curls.

Restorative Yoga

This class seeks to achieve physical, mental & emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are exercising and relaxing your body.

Ripped Ride

This class will take your spin workout to the next level by maximizing caloric burn and toning your arms, shoulders, chest and back with training off the bike with a weighted bar.

Sculpt & Tone

A full body strength training class which will use a variety of fitness equipment to tone your whole body.

Senior Yoga Stretch

A complete series of seated & standing yoga poses using chair support to safely perform a variety of postures. Increase flexibility, balance, & range of movement with restorative breathing exercises will promote stress reduction & mental clarity.

Silver Sneakers® Cardio

Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. Chairs available.

Silver Sneakers® Muscular Strength

Increasing muscular strength, range of movement, & skills used for daily living. Hand held weights, elastic tubing, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Spin

This class is a high energy 45 minute indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music to pedal through hill climbs, sprints, and jumps.

Spin/Abs

45 minutes of intense cycling intervals followed by 15 minutes of mat core exercises and stretches.

Step Intervals

This class mixes Step Aerobics with cardio and/or strength training, followed by an abdominal workout.

Tabata Circuit

A high intensity type of interval workout. Typically one exercise will be performed for 20 seconds, then 10 seconds of rest, and then repeated. It delivers great benefits in a short amount of time.

Triple Play

Fun easy to follow calorie burning workout with a strength session, followed by a step session, then more strength and ending with an ab workout.

TRX

Challenges core and stabilizer muscles for better balance and rotational power. Increases metabolic activity and offers variable resistance for all fitness levels.

Yogalates

A class that combines core training of Pilates with the balance and flexibility of Yoga. Learn Yoga and Pilates breathing techniques to add quality to all your fitness programs.

Zumba

Easy to follow moves the combine Latin Salsa, Cha-cha, and Merengue. Principals of fitness intervals and resistance training maximize your workout.

Zumba Gold

Low impact, easy to follow choreography for all ages! This class will offer fun Salsa dance moves with exciting music.

Zumba Spicy

This Zumba class kicks it up a notch with high intensity cardio interval & strength based moves. Lift yourself up from the inside out & set your muscles on fire!

Aqua Descriptions

Arthritis Exercise

This class is designed to help people with Arthritis remain mobile. Warm water helps to take the stress off joints while exercising and strengthening the muscles.

Aqua Aerobics

High-energy activity combines with water resistance for an excellent well-rounded workout.

Aqua Intervals

Combines intervals of high-intensity aqua aerobics with muscle toning.

Deep Water Aerobics

Utilizes the buoyancy belts for deep water aerobics with intervals of resistance.

Liquid Z

This class gives new meaning to the idea of an invigorating fun workout. Splash, dance, laugh and holler in this music based workout that's cardio conditioning, body toning and most of all fun!

Power Aqua Aerobics

High energy aqua aerobics combined with strength training is fast, fun and challenging.

Silver Sneakers® Silver Splash

Improve agility, flexibility and cardiovascular endurance. Offers lots of fun in shallow water. Special kick boards are used to develop strength, balance and coordination.

Tabata H2O

High energy workout combining the benefits of Aqua Aerobics & Tabata.

Total Body Aqua

This class offers low impact routines specifically designed to challenge the whole body with combinations of dynamic movement using the water as resistance. Appropriate for all levels.

Water Fitness

A intermediate level water workout using weights and noodles.

Water Workout (Original Pool)

A full body workout in the warm water and on the wall that will help tone your entire body. Made easier by the water's support, does not stress the joints and lowers the chance of injury.

Swim Lessons

Pre-Registration Required



Babies (Ages 6 mos.-2 years)

Classes run 45 minutes (30 minutes of instruction and 15 minutes of play time with parent or responsible adult) once per week. A parent or responsible adult is required to participate in the water for Babies lessons.

Tots (Ages 3-5)

Classes run 45 minutes (30 minutes of instruction and 15 minutes of play time with parent or responsible adult) once per week. For the Tots lessons, the child should be able to hold onto the sidewall of the pool by him or herself. A parent or responsible adult is required to be on the pool deck during the class and in a bathing suit.

NO CLASSES JULY 4TH

Babies

Session I:

| | | | |
|----------|----------------|-----|---------------|
| Tuesday | Jun 18-July 16 | (5) | 6:15 - 7:00pm |
| Thursday | Jun 20-July 18 | (4) | 5:30 - 6:15pm |

Session II:

| | | | |
|----------|----------------|-----|---------------|
| Tuesday | July 23-Aug 27 | (6) | 6:15 - 7:00pm |
| Thursday | July 25-Aug 29 | (6) | 5:30 - 6:15pm |

Tots

Session I:

| | | | |
|----------|----------------|-----|---------------|
| Tuesday | Jun 18-July 16 | (5) | 5:30 - 6:15pm |
| Thursday | Jun 20-July 18 | (4) | 6:15 - 7:00pm |

Session II:

| | | | |
|----------|----------------|-----|---------------|
| Tuesday | July 23-Aug 27 | (6) | 5:30 - 6:15pm |
| Thursday | July 25-Aug 29 | (6) | 6:15 - 7:00pm |

| | | |
|----------|--------------|------------------|
| (4 Wks.) | \$28 Members | \$60 Non-Members |
| (5 Wks.) | \$35 Members | \$75 Non-Members |
| (6 Wks.) | \$42 Members | \$90 Non-Members |

Red Cross Swim Lessons (Ages 5 & above) Pre-Registration Required

All Red Cross Swim Lessons run 30 minutes, once per week. Parents are asked to sit in the pool balcony during class. Those joining a class already in session will pay the prorated rate for the classes remaining.

NO CLASSES JULY 4TH

Level 1 (Intro to Water Skills-Shallow Water)

| | | | |
|----------|---------------|------|---------------|
| Monday | Jun 17-Aug 26 | (11) | 6:30 - 7:00pm |
| Tuesday | Jun 18-Aug 27 | (11) | 5:00 - 5:30pm |
| Thursday | Jun 20-Aug 29 | (10) | 5:00 - 5:30pm |

Level 2 (Fundamental Water Skills-Deep Water)

| | | | |
|----------|---------------|------|---------------|
| Monday | Jun 17-Aug 26 | (11) | 6:00 - 6:30pm |
| Tuesday | Jun 18-Aug 27 | (11) | 4:30 - 5:00pm |
| Thursday | Jun 20-Aug 29 | (10) | 4:30 - 5:00pm |

Level 3 (Stroke Development)

| | | | |
|---------|---------------|------|---------------|
| Monday | Jun 17-Aug 26 | (11) | 5:30 - 6:00pm |
| Tuesday | Jun 18-Aug 27 | (11) | 4:00 - 4:30pm |

Level 4 (Stroke Improvement)

| | | | |
|--------|---------------|------|---------------|
| Monday | Jun 17-Aug 26 | (11) | 5:00 - 5:30pm |
|--------|---------------|------|---------------|

| | | |
|-----------|--------------|-------------------|
| (10 Wks.) | \$70 Members | \$150 Non-Members |
| (11 Wks.) | \$77 Members | \$165 Non-Members |



NEW! Morning Lessons (Twice A Week)

Morning Swim Lessons will meet 2 days a week for a total of 5 weeks on Mondays & Wednesday ONLY.

NO CLASSES JULY 4TH

Session I: June 17,19,24,26 & July 1,3,8,10,15,17 Monday & Wednesday

| | |
|----------------|-----------------|
| Level 2 & 3 | 8:30 - 9:00am |
| Level 4, 5, 6 | 9:00 - 9:30am |
| Babies | 10:00 - 10:45am |
| Tots & Level 1 | 10:45 - 11:30am |

Session II: July 22,24,29,31 & August 5,7,12,14,19,21 Monday & Wednesday

| | |
|----------------|-----------------|
| Level 2 & 3 | 8:30 - 9:00am |
| Level 4, 5, 6 | 9:00 - 9:30am |
| Babies | 10:00 - 10:45am |
| Tots & Level 1 | 10:45 - 11:30am |

| | | |
|----------|--------------|-------------------|
| (5 Wks.) | \$70 Members | \$150 Non-Members |
|----------|--------------|-------------------|

Aqua Specialty Classes

BraveAngel Fish

BraveAngel Fish is a small swimming class for your child, who may feel overwhelmed with several children in the pool. This class is for children who may have anxiety, ADHD, or fear of the water. This class will help build confidence while teaching basic swim skills and safety. Aides/Helpers are welcome to accompany the child in the pool.

Pre-registration is required.

Ages 4-8

Wednesdays, Jun 19 - July 24 1:00pm-1:30pm

Ages 9-16

Wednesdays, Jun 19 - July 24 1:30pm-2:00pm

\$60 Members

\$135 Non-Members

Whitin Waves Swim Club

Love to keep swimming, build up your endurance, learn new drills or just want to keep swimming then come join us!

This group is for swimmers who have passed Level 4 & above.

Pre-Registration is required.

SESSION I:

Mondays

4:00-5:00pm

June 17- July 15 (5 wks.)

SESSION II:

Mondays

4:00-5:00pm

July 22- August 19 (5 wks.)

\$70 Members

\$100 Non-Members



Private Swim Lessons (Adults & Children)

Come learn how to swim, improve your strokes and learn new swimming skills with our Private Swim Lessons. The Private Swim Lessons are run by our fully trained, and professional WSI Instructors. For more information or to book a Private Swim Lesson please contact, Aquatics Director, Denise Foster at 508.234.8184 ext 116 or Denise.Foster@OurGym.org.

Pre-registration is required. Held in Original Pool.

Wednesdays

3:00- 4:00pm

Thursdays

4:00- 4:30pm

Fridays

1:00- 3:00pm

\$40 per person/lesson Members

\$50 per person/lesson Non-Members

Bundle Options

3 Sessions:

\$120 Members

\$150 Non-Members

6 Sessions:

\$240 Members

\$300 Non-Members

Vander Zicht Real Estate, Inc.



119 North Main St. Uxbridge, Ma 01569
508-234-5804 - vanderzichtrealestate.com

Aqua Specialty Cont.



American Red Cross

American Red Cross Classes

As part of our commitment to the community, the Whitin Community Center is pleased to offer the following Red Cross certified courses this Fall, for ages 15 and older. Certification will be valid for 2 years.

Pre-registration is required.

First Aid, CPR & AED for Adult & Child

Tuesday 5:30-9:30pm
August 6

\$65 Members

\$80 Non-Members

Lifeguard Training

Must be 15 years old with swimming ability. Includes training and certification in First Aid, CPR for the Professional & Lifeguarding. Please bring one-piece bathing suit, towel, paper & pen. **Pre-registration is required.**

Pre-requisites: Must be able to swim 500 yds. continuously. Must be able to swim 20 yds. and retrieve a brick from the deep end of pool. Must be able to tread water for 15 minutes (legs only).

If working at a beach front or lake front, sign up for Waterfront Training too!

Please bring extra one-piece bathing suit, extra towel, lunch, snacks & drink to these following day sessions.

August 7, 8 & 9

8:00-5:00pm

\$285 Members

\$335 Non-Members

Lifeguard Recertification

Must hold a current Lifeguard Certification which needs to be recertified within the next 30 days. Please bring your Lifeguard Certificate, bathing suit and towel. **Waterfront Training is NOT included in this class. See Waterfront Training section for description and additional fees if needed.**

Pre-registration is required.

August 9

8:00am-5:00pm

\$125 Members

\$175 Non-Members



Waterfront Training

If you will be working at a Lake, Camp or Open Water this certificate is needed along with your Lifeguard Certificate. This can be an additional course with the Lifeguard Training or if you just need Waterfront please bring your Lifeguard Certificate to class.

Must register for Lifeguard Training at time of registration. Pre-registration is required.

August 9

12:00pm-5:00pm

\$60 Members

\$70 Non-Members

BVPTS

Aquatic Physical Therapy

<http://bvpts.com/aquatic-therapy/>



The WCC is partnering with Blackstone Valley Physical Therapy Services, Inc. to offer an aquatic physical therapy program at the WCC. APT includes but is not limited to rehab, treatment, prevention, health, wellness and fitness of patient populations. APT can benefit people of all ages with arthritis, chronic pain, joint replacements, neuromuscular and cardiovascular/pulmonary disorders, athletic injuries, and recovery from surgery. Please contact BVPT directly for more information at (508) 234-7544 or at office@bvpts.com.

Crimson Aquatics

www.teamunify.com/necawcc



Swim Team

Crimson Aquatics is a competitive swim team with a Junior National Focus. The team has established itself as one of the top teams in New England since 2002. We compete in meets within the New England area as well as nationally.

Pre-Comp is the introductory level of the Crimson Aquatics Swim Team. Swimmers will be taught the four competitive strokes, turns, and diving. The goal is a gentle introduction to racing with the completion of 1-2 swim meets per season. Pre-Comp meets twice a week for a total of three 13 week sessions per year.

For additional information and placement contact: whitneyzeiger@gmail.com



What's Next?

What's next after swim lessons?

Is your child finished with swim lessons and excited to continue having fun in the water while developing their strokes? Are they ready to become more confident and build strength? Our swim team, Crimson Aquatics, has the next step for your swimmer! We offer year-round classes taught by USA Swimming certified coaches.



There are three levels:



Bronze: *an introduction to swim team skills that are necessary to take your swimming to the next level.*



Silver: *strength & stroke building. At the Silver level, we focus on freestyle & backstroke.*



Gold: *first level of swimming competition. In this level all four strokes are taught.*

Crimson is an exciting opportunity to build strength in and out of the pool, make new friends, and have fun in the water learning new skills! These programs are 10 & under. 11 & older swimmers will be placed based on experience and space in higher level groups.

We offer free evaluations to place your child.



Interested?

Contact us at bezeiger@gmail.com

Original Pool

Monday

| | |
|------------------|---------------------------------|
| 6:30 - 8:30 am | Adult Exercise Swim |
| 8:30 - 9:00 am | Morning Lessons Level 2 & 3^ |
| 9:00 - 9:30 am | Morning Lessons Level 4,5 & 6^ |
| 9:30 - 10:00 am | BVCP |
| 10:00 - 10:45 am | Morning Lessons Babies^ |
| 10:45 - 11:30 am | Morning Lessons Tots & Level 1^ |
| 11:30 - 1:00 pm | Adult Exercise Swim |
| 1:00 - 2:00 pm | Northbridge Seniors |
| 2:15 - 3:15 pm | Water Workout |
| 4:00 - 5:00 pm | Whitin Waves^ |
| 5:00 - 5:30 pm | Level 4 Instruction^ |
| 5:30 - 6:00 pm | Level 3 Instruction^ |
| 6:00 - 6:30 pm | Level 2 Instruction^ |
| 6:30 - 7:00 pm | Level 1 Instruction^ |
| 7:00 - 8:00 pm | Total Body Aqua |

Tuesday

| | |
|------------------|---------------------------------|
| 6:30 - 8:30 am | Adult Exercise Swim |
| 8:30 - 9:15 am | Silver Sneakers® Silver Splash* |
| 9:40 - 10:40 am | BVCP |
| 10:45 - 11:30 am | Water Workout |
| 11:30 - 12:30 pm | Adult Exercise Swim |
| 12:30 - 4:00 pm | BV Physical Therapy |
| 4:00 - 4:30 pm | Level 3 Instruction^ |
| 4:30 - 5:00 pm | Level 2 Instruction^ |
| 5:00 - 5:30 pm | Level 1 Instruction^ |
| 5:30 - 6:15 pm | Tots Instruction \$^ |
| 6:15 - 7:00 pm | Babies Instruction \$^ |
| 7:00 - 8:00 pm | Aqua Intervals |

Wednesday

| | |
|------------------|---------------------------------|
| 6:30 - 8:30 am | Adult Exercise Swim |
| 8:30 - 9:00 am | Morning Lessons Level 2 & 3^ |
| 9:00 - 9:30 am | Morning Lessons Level 4,5 & 6^ |
| 10:00 - 10:45 am | Morning Lessons Babies^ |
| 10:45 - 11:15 am | Morning Lessons Tots & Level 1^ |
| 11:30 - 1:00 pm | Adult Exercise Swim |
| 1:00 - 1:30 pm | Brave Angel Fish (Age 4-8)^ |
| 1:30 - 2:00 pm | Brave Angel Fish (Age 9-16)^ |
| 2:00 - 3:00 pm | Flexible Fundamentals |
| 3:00 - 4:00 pm | Private Swim Lessons^ |
| 6:00 - 7:00 pm | Swim Team |
| 7:00 - 8:00 pm | Liquid Z |

Thursday

| | |
|------------------|--------------------------|
| 6:30 - 8:30 am | Adult Exercise Swim |
| 10:00 - 10:45 am | Arthritis Exercise* |
| 10:45 - 11:30 am | Water Workout |
| 11:30 - 12:30 pm | Adult Exercise Swim |
| 12:30 - 4:00 pm | BV Physical Therapy |
| 1:15 - 3:15 pm | Children's Rehab |
| 4:00 - 4:30 pm | Private Swim Lessons^ |
| 4:30 - 5:00 pm | Level 2 Instruction^ |
| 5:00 - 5:30 pm | Level 1 Instruction^ |
| 5:30 - 6:15 pm | Babies Instruction\$^ |
| 6:15 - 7:00 pm | Tots Instruction\$^ |
| 7:15 - 8:15 pm | Deep Water Aqua Aerobics |

Friday

| | |
|------------------|---------------------------------|
| 6:30 - 8:15 am | Adult Exercise Swim |
| 8:15 - 9:00 am | Silver Sneakers® Silver Splash* |
| 9:00 - 10:00 am | Aqua Intervals* |
| 10:00 - 11:30 am | Family Time Swim |
| 11:30 - 1:00 pm | Adult Exercise Swim |
| 1:00 - 3:00 pm | Private Swim Lessons^ |
| 4:00 - 5:00 pm | Swim Team |
| 5:00 - 6:00 pm | Adult Exercise Swim & Open Rec |
| 7:00 - 9:00 pm | Available For Rent |

Saturday

| | |
|------------------|---------------------|
| 9:00 - 11:30 am | Adult Exercise Swim |
| 11:30 - 12:45 pm | Splash Party^ |

Sunday

| | |
|------------------|---------------------|
| 8:00 - 9:00 am | Liquid Z |
| 9:00 - 11:30 am | Adult Exercise Swim |
| 11:30 - 12:45 pm | Splash Party^ |

Adult Lap/Exercise

FREE Members

\$9 Non-Members

Adult Arthritis Class/Water Workout

FREE Members

\$7 Non-Members

Silver Sneakers® Silver Splash

FREE Members

\$5 Non-Members

All other Aqua Aerobics Classes

FREE Members

\$11 Non-Members

Original Pool Closed

July 4, 2019 September 2, 2019

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Competition Pool

Monday

| | |
|------------------|--------------------------|
| 5:00 - 6:30 am | Swim Team (2 Lanes) |
| 5:30 - 6:30 am | Adult Lap Swim (4 Lanes) |
| 6:30 - 9:30 am | Adult Lap Swim |
| 9:30 - 10:30 am | Aqua Aerobics* (3 Lanes) |
| 11:15 - 12:00 pm | Camp Whitin Swim |
| 12:00 - 4:00 pm | Adult Lap/Open Rec Swim |
| 4:00 - 7:15 pm | Swim Team |
| 7:15 - 7:45 pm | Swim Team (3 Lanes) |
| 7:15 - 9:00 pm | Open Rec Swim (3 Lanes) |
| 7:45 - 9:00 pm | Adult Lap Swim (3 Lanes) |

Tuesday

| | |
|------------------|--------------------------|
| 5:30 - 9:30 am | Adult Lap Swim |
| 9:30 - 10:30 am | Water Fitness* (3 Lanes) |
| 9:30 - 10:15 am | BVPT (1 Lane) |
| 10:30 - 11:15 am | Tabata H2O (3 Lanes) |
| 11:15 - 12:00 pm | Camp Whitin Swim |
| 12:00 - 4:00 pm | Adult Lap/Open Rec Swim |
| 4:00 - 9:00 pm | Swim Team |

Wednesday

| | |
|------------------|--------------------------|
| 5:30 - 9:30 am | Adult Lap Swim |
| 9:30 - 10:30 am | Aqua Aerobics* (3 Lanes) |
| 11:15 - 12:00 pm | Camp Whitin Swim |
| 12:00 - 4:00 pm | Adult Lap/Open Rec Swim |
| 4:00 - 6:30 pm | Swim Team |
| 6:30 - 7:15 pm | Swim Team (4 Lanes) |
| 6:30 - 7:15 pm | Open Rec Swim (2 Lanes) |
| 7:15 - 9:00 pm | Adult Lap Swim (3 Lanes) |
| 7:15 - 9:00 pm | Open Rec Swim (3 Lanes) |

Thursday

| | |
|------------------|--------------------------|
| 5:30 - 9:30 am | Adult Lap Swim |
| 9:30 - 10:30 am | Aqua Interval* (3 Lanes) |
| 10:30 - 11:15 am | Tabata H2O (3 Lane) |
| 11:15 - 12:00 pm | Camp Whitin Swim |
| 12:00 - 4:00 pm | Adult Lap/Open Rec Swim |
| 4:00 - 7:30 pm | Swim Team |
| 7:30 - 9:00 pm | Open Rec Swim (3 Lanes) |
| 7:30 - 9:00 pm | Adult Lap Swim (3 Lanes) |

Friday

| | |
|------------------|--------------------------|
| 5:00 - 6:30 am | Swim Team (2 Lanes) |
| 5:30 - 6:30 am | Adult Lap Swim (4 Lanes) |
| 6:30 - 9:30 am | Adult Lap Swim |
| 11:15 - 12:00 pm | Camp Whitin Swim |
| 12:00 - 4:00 pm | Adult Lap/Open Rec Swim |
| 4:00 - 6:30 pm | Swim Team |
| 6:30 - 6:45 pm | Swim Team (3 Lanes) |
| 6:30 - 9:00 pm | Open Rec Swim (3 Lanes) |
| 6:45 - 9:00 pm | Adult Lap Swim (3 Lanes) |

Saturday

| | |
|-----------------|-----------------------------------|
| 6:00 - 8:30 am | Swim Team |
| 8:30 - 9:30 am | Swim Team (3 Lanes) |
| 8:30 - 9:30 am | Adult Lap Swim (3 Lanes) |
| 9:30 - 10:30 am | Swim Team (1 Lane) |
| 9:30 - 12:30 pm | Adult Lap/Open Rec Swim (5 Lanes) |
| 12:30 - 1:30 pm | Adult Lap Swim |

Sunday

| | |
|-----------------|---------------------------------------|
| 6:00 - 10:00 am | Swim Team |
| 10:00 - 1:30 pm | Adult Lap/Open Rec Swim (3 Lanes ea.) |

Adult Lap Swim/Open Rec Swim
FREE Members \$9 Non-Members

* Denotes Babysitting Available
 ^ Denotes Pre-Registration Required
 § Denotes Kidz Club Available

Competition Pool Unavailable
July 15-19 Splash 'N Dash Camp
9:00-12:00pm & 12:30-3:00pm
July 22-26 Vacation Bible School
1:00-2:00pm

.....
Competition Pool Closed
July 4, 2019 September 2, 2019

Lifeguard Training (1 Lane)
August 9 1:00-4:00pm

Experienced OB/GYN for the Blackstone Valley



Bailoo Rohatgi, MD, FACOG

Blackstone Valley Obstetrics & Gynecology is pleased to welcome **Bailoo Rohatgi, MD** to their team. A board certified OB/GYN physician with over 20 years of experience, Dr. Rohatgi provides general OB/GYN care. Rely on her for routine exams and screening, care during pregnancy and delivery, and treatment for gynecological issues. Dr. Rohatgi works alongside our long-standing nurse practitioner, Brenda Zylstra. This expert team is dedicated to providing compassionate women's health care for patients of all ages.

For an appointment, please call 508-234-6260

**Milford Regional
Physician Group**

Blackstone Valley Obstetrics & Gynecology

200 Commerce Drive • Northbridge, MA
 508-234-6260 • milfordregionalphysicians.org

A member of the Milford Regional Healthcare System

Fitness Center



Did You Know?

We are open all hours of operation!

| | |
|----------------------|------------------------|
| Monday-Friday | 5:00am - 9:30pm |
| Saturday | 6:00am - 2:00pm |
| Sunday | 6:00am - 2:00pm |

As part of our mission to encourage a health lifestyle, we offer a comprehensive fitness program, complete with the latest cardio and strength equipment from Cybex, Startrac, Octane & LIFE FITNESS. This past Winter, we upgraded the following:

- 7 **NEW** Treadmills
- 4 **NEW** Stationary Bikes (2 Recumbent, 2 Upright)

In addition we have:

- 3 Ellipticals
- 1 Arc Trainer
- 1 Stair Climber
- 2 Rowers
- 8 Upper Body Exercise Machines
- 14 LIFE FITNESS Pro Series Strength Machines
- A variety of free weights, dumbbells, benches, Olympic Bars, and strength specialty items.

All new members are entitled to a **FREE** orientation on the fitness equipment machine and their proper use by appointment **ONLY**. Please contact **Karen Boyle, Director of Member Services, 508.234.8184 ext. 119** to schedule your appointment.

Our Fitness Center is:

- A positive mix of ages, in various stages of fitness training.
- Staffed with people committed to helping you succeed in reaching your fitness goals.
- Climate controlled for year round comfort.
- Equipped with pleasant background music and television viewing from all cardio machines.
- A non-inhibiting atmosphere to begin or continue a fitness program.
- A welcoming environment for all ages starting at 14 years of age. (**14 & 15 year olds MUST COMPLETE the FREE Fitness Orientation before using the equipment.**)

Personal Training

We have a team of Certified Personal Trainers that will provide the expertise and guidance you are looking for to attain your goals. Regardless of your existing fitness level we are ready to be your partner in your fitness goals. Available for ages 16 and older. Please contact **Director of Member Services, Karen Boyle 508.234.8184 ext. 119** to schedule your appointment with one of our trainers.

Individual Personal Training Sessions

Personalized one on one training session.

1 Session:

\$45 (1 hour) Members

\$65 (1 hour) Non-Members

Bundle Options (Individual Sessions Only)

NOTE: Must be paid in full before first session. Bundles expire 60 days from purchase.

4 Sessions:

\$160 Members

\$245 Non-Members

8 Sessions:

\$305 Members

\$475 Non-Members

Semi-Group Personal Training Sessions

Have some fun and have a friend or family member join you. Semi-Group training consists of 2-3 people.

4 Sessions:

\$35 per person/session (1 hour) Member

\$55 per person/session (1 hour) Non-Members

Small Group Personal Training Sessions

Save some more money and get a group together to meet your fitness needs. Small Group training must consist of at least 5 but no more than 6 people.

4 Sessions:

\$32 per person/session (1 hour) Members

\$52 per person/session (1 hour) Non-Members

Programming

Interested in written programming from one of our trainers? Programs are given in 4-6 week increments and vary in detail depending on your needs.

\$50-\$90 depending on program



Specialty Classes



NEW! POUND

Sweat, sculpt, rock with pound -rockout, workout. Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music! **Class size is limited- sign ups required. Held in Aerobics Studio.**

June 20 & 27

7:00pm-8:00pm

FREE Members

\$11 Non-Members



NEW! Babysitting Training (Ages 11-15)

American Red Cross Babysitting Training will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. **Held at the Rockdale Youth Center, 57 Church Avenue, Northbridge MA 01534.**

Please bring a lunch to training.

June 28

9:00am-4:30pm

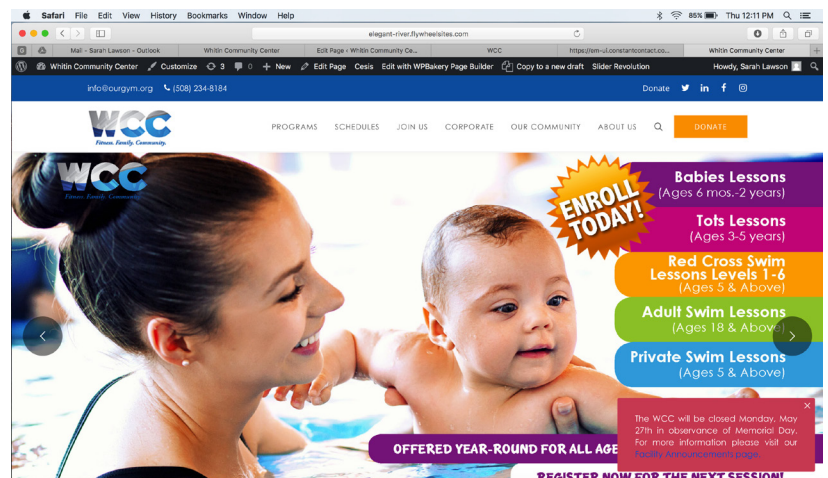
\$95 Members

\$135 Non-Members

Returning Fall 2019! Children's Ballet & Tap

Back by popular demand Children's Ballet & Tap will be back in the Fall of 2019! We look forward to seeing you then!

NEW WEBSITE COMING SOON!



- Register for classes, programs and events
- View current information in schedules, day-by-days & more
- Keep up to date with facility announcements & highlights
- Membership information
- Corporate benefits, advertising, sponsorship information & more
- Volunteer at the WCC
- Brush up on your WCC history
- See what the WCC is doing in the community & so much more!

3rd Annual

FALL Food Festival

SATURDAY

OCTOBER

12th

WHITIN PARK

60 MAIN ST.

WHITINSVILLE, MA

Rain or Shine

Gates Open 11am-3pm

\$5 Donation per person (Ages 5 & under FREE)

Food Trucks * Vendors * Entertainment

Kids Fall Activities * Pumpkin Patch

Beer Garden * Corn Hole & more!

Proceeds benefit the Whitin Community Center & Friends of Peace Of Bread, two local 501(c)(3) non-profit organizations

508.234.8184 | WhitinParkFallFoodFestival@hotmail.com

Party Rentals

Gymnasium Party

Price includes a staff member to greet your group and coordinate your visit, all sports equipment or roller skates, table and chairs. Refrigeration is available. No other party supplies are furnished. A variety of sports games are available, or your party can choose to roller skate. There will be one hour in the Gym and an hour in the party room. Please contact the **Member Services Desk at 508.234.8184 ext. 100** for more information.

\$110 Members

\$145 Non-Members

| DAY | GYM TIME | ROOM TIME |
|-------------------|---------------|---------------|
| Saturday & Sunday | 10:30-11:30am | 11:30-12:30pm |
| Saturday & Sunday | 11:45-12:45pm | 12:45-1:45pm |

Splash Party

Our Original Pool (60' x 20') is available on Saturday and Sunday for Splash Party Rentals. The rental fee includes an hour and 15 minutes of private swim time plus the Lifeguard on duty, followed by an hour in a party room. A refrigerator is available for your cake, soda, ice cream or pizza. The maximum number of guests allowed is 25 for the Original Pool. There is no additional charge for parents who would like to swim unless exceeds maximum number of guests. Please contact the **Member Services Desk at 508.234.8184 ext. 100** for more information.

Original Pool

\$170 Members

\$220 Non-Members

| DAY | SWIM TIME | ROOM TIME |
|----------|---------------|--------------|
| Saturday | 11:30-12:45pm | 12:45-1:45pm |
| Sunday | 11:30-12:45pm | 12:45-1:45pm |

Splash Party Rules: For safety of all children attending a party, the Lifeguard will be testing to see if they can swim across the pool and they will be required to wear a life jacket or an adult will have to accompany the child in the pool if they cannot or struggle to do so.

Private Pool Rental

Our Original and Competition Pools are available for private rental by groups, organizations, and businesses. Please contact **Aquatics Director Denise Foster at 508.234.8184 ext. 116** for more information about pricing and scheduling.

Did You Know? *We Have 11 Spaces At WCC* *Available For Rent?*

Conference Room.....\$40 hr.

Great for a meeting space, seminar, workshop or team building.
Holds up to 35-40 people.

Multi-Purpose Room.....\$40 hr.

Great for a meeting space, seminar, workshop or team building.
Holds up to 25-30 people.

Members Lounge.....\$40 hr.

Great for a meeting space, seminar, workshop or team building.
Holds up to 45 people.

Gymnasium.....\$55 hr.

Perfect for any sport practices, leagues or tournaments.

Tennis Courts.....\$50 hr.

Perfect for school tennis practices, leagues or tournaments.

Racquetball Courts.....\$40 hr.

Perfect space for private parties, classes or events.

Aerobics Studio.....\$40 hr.

Great for team building, lessons or physical therapy.

Original Pool.....\$44 hr.

Great for all aquatic activities, school swim, physical therapy, kayak training, scuba training and more!

Need a lifeguard? ADD \$25 hr.

Competition Pool.....\$55 hr.

Great for all aquatic activities, school swim, physical therapy, kayak training, scuba training and more!

Need a lifeguard? ADD \$25 hr.

Pavilion.....\$150-2 hrs.

The Pavilion located in our 7.5 acre Whitin Park is a beautiful location for company outings, family reunions, bridal showers, baby showers, parties, conferences, team building and more! The Pavilion has electricity, and access to bathrooms. Includes staff member.

Whitin Park.....Call For Quote

Our beautiful 7.5 acre Whitin Park is the perfect location for weddings, private parties, corporate outings or cookouts. Electricity is available, in addition to access to bathrooms. Please call for pricing, rules and regulations.

Please contact the **Member Services Desk** at 508.234.8184 ext. 100 for more information.

Whitin Community Center
60 Main St. Whitinsville, MA 01588
508.234.8184 | www.WhitinCommunityCenter.com





4 FREE Programs Benefit Youth In The Blackstone Valley

Educational, Recreational, and Cultural Programming

Youth Outreach 4 FREE Programs

The **mission** of the Youth Outreach Program is to encourage children, ages 5-17, from all socio-economic backgrounds to play together, develop friendships, build self-worth, develop a sense of fair play, team spirit and cooperation in a safe and supervised environment through 4 free programs including RYC, The Mentoring Partnership, Saturday Afternoon Fitness & Fun & Summer Youth Theatre. For more information about any of these programs or to register, please contact **Outreach Director Monique Boucher-Adams at 508-234-8184 ext 121 or Monique.Boucher@ourgym.org**.



The Rockdale Youth Center

The RYC, located at 57 Church Avenue in our new location, is open to youth ages 8-14 Monday through Friday from 2:30 pm until 6:00 pm during the school year. The RYC provides youth access to a structured program where the focus is on promoting a safe & healthy social, academic and recreational environment. **Half-days, vacation, and snow days follow an adjusted schedule.**

Saturday Afternoon Fitness & Fun

Our FREE Saturday afternoon program offered Fall through Spring includes open recreational swim for children of all ages and their families each week. Supervised arts & crafts and organized games are also offered monthly.

The Mentoring Partnership

The Mentoring Partnership assists to empower youth as they navigate their way through the many life challenges and choices presented to them. We are seeking High School student and Adult Volunteers interested in becoming mentors, to assist and support elementary and middle school youth develop skills that are useful for personal achievement and goal setting in the classroom, at home, and with athletic or scholarly pursuits.

This program will only be offered to potential 'mentees' already attending the RYC. Potential Mentors from surrounding and neighboring high schools are encouraged to apply, as are volunteers who wish to serve the community.

This commitment does serve as community service and a letter will be provided if needed.

MENTORS NEEDED for the school year 2019-2020.

If you are interested in becoming a mentor, please contact, Outreach Director Monique Boucher-Adams for more information.



Summer Youth Theatre

The WCC's Summer Youth Theatre program will be presenting their annual production on Friday, July 19th at 7pm and Saturday, July 20th at 2pm at Alternatives' Singh Performance Center in Whitinsville. All proceeds from this production will benefit the Youth Outreach Program. Complete details will be available on our website. Tickets will be available in July at the Whitin Community Center.

The WCC's Summer Youth Theatre program is an 8 week program providing youth with the exciting opportunity to learn about the theatre arts. The Registration period to participate in this summer program ends each year in early April.

For more information contact Monique.Boucher@OurGym.org



**ENROLL
TODAY!**

PRESCHOOL & KINDERGARTEN PREP

OPEN 6:30am-6:00pm

- **FREE** WCC Youth Membership
- **FREE** WCC Swim Lessons
- **FREE** Apple Tree Arts/Music Classes
- **FREE** Kid Fit Classes
- **FREE** Second Step Curriculum
- **PLUS** Literacy & STEAM
- **PLUS** Community Engagement
- EEC Qualified, Professional, Caring Staff
- Fun Weekly Themes
- NEW! Themed Family Events

BEFORE & AFTER SCHOOL PROGRAMS DOUGLAS K-8 & WHITINSVILLE K-4

OPEN 6:30am-6:00pm

- **FREE** WCC Youth Membership
- **FREE** Kid Fit Classes
- **PLUS** Literacy & STEAM
- **PLUS** Community Engagement
- EEC Qualified, Professional, Caring Staff
- Fun Weekly Themes
- Daily Homework Assistance
- Breakfast/Afternoon Snack

Offered year-round
(Including non-school and vacation days)

www.BVChildrensPlace.com | 508.234.8184



An affiliate of the Whittin Community Center
All programs are licensed by the Massachusetts Department of Early Education and Care.



UNIBANK
BLACKSTONE RIVER VALLEY
greenway
CHALLENGE



SAVE THE DATE

September 28th

Rain Date: October 5th

Register Online Beginning July 1st
www.GreenwayChallenge.org



60 Main St. Whitinsville, MA 01588 | 508.234.8184 ext 132 | GreenwayChallenge@OurGym.org



Fitness. Family. Community.

Advertise With Us!

In Our Quarterly Program Schedules

When you advertise with the Whitin Community Center, your AD will be seen by our 5,000+ membership base and equally as large non-member base, seen on our website, trade shows, events & more! For a minimal cost you can increase the visibility of your business in our quarterly programs!

Dimensions for ADs are listed in inches, measured by height and width. Measurements are exact outside dimensions, which include the border. The AD sizes shown are non-bleed image areas. ADs must be submitted exactly as the size indicates. ADs that are submitted and need re-formatting may incur an additional charge to correct the document or will be sent back to be corrected. You must double check your spelling before submitting your AD. We will not be responsible for spelling errors and/or typos. No credits will be given for submitting ADs that do not meet the Whitin Community Center's required specifications. Please reference the measurements provided below for correct sizes & pricing.

The Whitin Community Center uses Mac-based programs for our Schedule Design:

We use Adobe CS4 to generate graphic files. ADs may be sent in Black & White (grayscale), RGB or CYMK formatting.

Print-Ready AD Specs:

Preferred file formats are flattened with no crop marks, or bleeds and 25MB or less. Acceptable file formats include, TIFF, EPS, Ai, PDF or JPG.

ADs:

ADs should be 300 dpi or higher, B&W, RGB, or CYMK, flattened, text converted to outlines or curved based and scaled to size.

Transfer Process:

We accept print-ready file through e-mail to Sarah.Lawson@OurGym.org or if time permits, you can send us a Mac or PC based CD ROM with your AD.

Custom AD Design:

WCC will design your AD, for an additional minimal fee of \$50. You supply the information and graphics and we will provide the service.

***We reserved the right to decline any advertisement.**

PRICING PER QUARTER:

| | | |
|---------------------|----------------|-------|
| 1/8 page horizontal | 3.75in x 2.5in | \$50 |
| 1/4 page vertical | 3.75in x 5in | \$80 |
| 1/2 page vertical | 3.75in x 10in | \$140 |
| 1/2 page horizontal | 7.5in x 5in | \$140 |
| Full page | 7.5in x 10in | \$260 |

**FULL
PAGE**

**1/2 PAGE
HORIZONTAL**

**1/2 PAGE
VERTICAL**

**1/4 PAGE
VERT.**

**1/8 PAGE
HORIZ.**

DEADLINES:

October 25
January 25
April 25
July 25

Winter Schedule
Spring Schedule
Summer Schedule
Fall Schedule

For more information, or to reserve your AD space please contact, Sarah Lawson, Director of Marketing & Events at Sarah.Lawson@OurGym.org or 508.234.8184 ext 122.

Whitin Community Center

60 Main Street
Whitinsville MA. 01588
508.234.8184
www.WhitinCommunityCenter.com

BOTTLE & CAN DRIVE

For Youth Outreach
May 27th - September 2nd

Partnering with HMEA's Redemption Center

**\$\$ Your donation will
be matched! \$\$**

Please drop off bottles & cans to the WCC or RYC



Thank You!



*For being a Community Hero of the
Whitin Community Center*