

Welcome to the Whitin Community Center



Fitness. Family. Community.

Sept 9 - Nov 24

2019

Fall

Schedule



Registration Dates

Members: August 19, 2019

Non-Members: August 26, 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 - 6:00pm
Sunday 6:00am - 5:00pm*

*Fitness Center open 6:00-5:00pm
 *All other programs open 9:00-5:00pm

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Facility Closures

November 28, 2019

In observance of Thanksgiving

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❄️Inclement Weather❄️

In case of inclement weather: thunder & lightning, snow storms, natural disasters, etc., please check our website or call the Center for information about cancelled programs/classes or Whitin Community Center closings.

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.

Fall For Savings

MEMBERSHIP DRIVE

1 DAY
ONLY!

August 19th ONLY

Pay for a **NEW** membership by monthly automatic withdrawal, receive a **25% discount** off the 2019 rates and no **Joining fee!**

GIVE
BACK!

August 20th - August 31st

No **Joining fee** for every **NEW Paid in Full Youth, High School and Adult membership** & the WCC will donate \$\$ to be used towards 2020 Camp & Membership Scholarships for children in need in our community.

- \$5 - Youth
- \$20 - High School
- \$35 - Adult

14 DAY
FREE
TRIAL!

& 25%
OFF!

September 1st - September 30th

Calling all adults! Fall is a great time to start living a healthier lifestyle. Come in and sign up for our 14 Day FREE Trial Membership during the month of September. That's 14 FREE days for you to try out our classes, pools, fitness room, basketball, racquetball and tennis courts before making a decision. After completing your trial, **purchase any Young Adult, Adult, Senior or Couple Membership by September 30th** & receive a **25% discount** off the 2019 rates and no **Joining fee!**

25%
OFF!

October 1st - October 31st

Every **NEW Family membership** paid in full or by monthly automatic withdrawal during October will receive a **25% discount** and no **Joining fee!**

GIVE
BACK!

November 1st - November 30th

In the spirit of "it takes a village", November is Giving Back month. For every **NEW membership** that is taken out during November, we will donate the value of one month to be used towards the **Support Our Troops** drive for mailing & supplies. This year do something good for yourself and the community!

NOTE: The membership promotions listed above cannot be combined with any other discount or promotion. Corporate rates, all Health insurance discounts and Black Friday Gift Certificates are not eligible for these membership promotions. Other exclusions may apply.



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





UNIBANK

BLACKSTONE RIVER VALLEY

greenway

CHALLENGE



AN ADVENTURE RACE...LIKE NO OTHER!

September 28th

Rain Date: October 5th

Start

Whitin Community Center
60 Main Street
Whitinsville, MA 01588

Finish

Lincoln Woods State Park
Twin River Road Exit, Rt. 146 South
Lincoln, RI 02865

- | | |
|------------------|-------------|
| 1. Street Run | 3.60 miles |
| 2. Mountain Bike | 5.50 miles |
| 3. Paddle | 2.50 miles |
| 4. Street Bike | 13.80 miles |
| 5. Trail Run | 3.70 miles |
| 6. Paddle | 3.00 miles |
| 7. Street Bike | 25.00 miles |
| 8. Street Run | 2.50 miles |

COURSE TOTAL
59.80 miles

NOTE: Course & mileage subject to change

Did you know that teams can be comprised of 1-8 people with team members doing just 1 or 2 segments each?

Register Yourself Or Your Team At
www.GreenwayChallenge.org



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



UNIBANK



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



HALLOWEEN

Roller Skating
October 18th
5:30-7:00pm
7:15-8:45pm

Children ages 12 and under are invited to skate with us in their Halloween Costumes in our gymnasium! This event is always very well attended and again this year we are offering 2 skate times to give everyone a chance to roll around the gym to some Halloween tunes!

**Concessions/Novelties will be sold.
SPACE IS LIMITED!**

\$5.00

per child,
per event

parents FREE

Haunted Swim
October 18th
5:30-7:00pm
7:15-8:45pm

All ages are invited to our Haunted Swim Party in the Competition Pool! Swim to some fun Halloween tunes, play with inflatable pool toys, & experience a howling good time! **SPACE IS LIMITED!**

Held at the Whitin Community Center
for more information please visit our website
www.WhitinCommunityCenter.com



GH

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November 29th

BLACK FRIDAY

Blowout!

You don't want to miss this! Big reveal coming soon!



**FREE
EVENT**

Santa's Coming!

December 14th
WCC Gymnasium
10:00am - 1:00pm

Enjoy activities in the gym & a visit with Santa
 Games, crafts and cheek art
 Santa will have a surprise for every child!

Don't forget your camera!

This event is provided by the Blackstone Valley Children's Place



Dave Sampson
 Mortgage Consultant
 David.Sampson@unibank.com
 508.849.4323 • NMLS# 688948



Michael Stone
 VP, Area Relationship
 Branch Manager
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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 (Grades 5 & Under) (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
\$108 Non-Members (10 classes)

Adult Lap Swim Coupon Booklet
\$90 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 Whittin 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

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Gym Activities

Afternoon Gym Activities

When school ends, the WCC is the place to be! Our walk-in programs offer fun and games in a safe, positive environment. Bring your friends and get in the game! All activities are subject to change depending on class size. See you there! **No Afternoon Gym Activities during Northbridge Public School vacations and weather related closures.**

4:00-4:45pm (Ages 5-6)

Monday-Ball Games

Come play basketball, soccer, polo and more! Fundamentals will be taught, but fun will be emphasized.

Wednesday-Silly Play

Anything & everything! We take out hula hoops, floor mats, basketball hoops and more! You get to choose what you want to do!

4:45-5:30pm (Ages 7-13)

Monday-Dodgeball/Poison Ball

Are you ready to dodge, dip, duck & dive? The school classic with all kinds of twists and poison ball with variations including one vs. all, last one standing wins!

Wednesday-Mat Ball/GaGa

The game that combines kickball, dodgeball and others is always a crowd favorite. GaGa is a growing game that requires skills. It's you vs. everyone!

FREE Members \$10 Non-Members

Rollerskating

Children will learn coordination, balance, and strength while listening to music as we rollerskate around the gymnasium! Rollerskates available for those who need them.

Thursday 4:00-4:45pm (Ages 5-8) 4:45-5:30pm (Ages 9-13)

FREE Members \$10 Non-Members

Toddler Time

This is a wonderful opportunity to play all kinds of gym games with your toddler. **This is not a drop off program.**

Monday & Wednesday 10:15-11:00am

FREE Members \$10 Non-Members

Family Time Gym & Swim

Friday mornings just got better! Moms, Dads, Grandparents! Bring your child to our gym for a half hour of ball tossing or just stretching your legs, then follow it up with a dip in our very warm Original Pool! **No charge for adults.**

Friday

Gym: 10:00-10:30am Pool: 10:00-11:30am

FREE Members \$10 Non-Members

Middle School Gym & Pool Activity

Students of area middle schools & also home schooled boys and girls are invited to an afternoon of swimming in the Competition Pool and open recreation in the Gym.

Tuesday

Gym: 2:45-4:30pm

FREE Members

Pool: 2:30-4:00pm

\$5 Non-Members

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. Keep watch for our theme nights! **Grade 5 & under. No charge for adults.** Roller skating will begin for the season September 13th.

Friday

FREE Members

5:45-7:15pm

\$10 Non-Members

Babysitting

Held in Room 2, Child Care Wing

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

FREE Members

8:15 - 10:15am

\$10 Non-Members

Kidz Club

Held in Room 1, Child Care Wing

Why sit at home and wish you could work out when you can bring the kids with you! Join us for a variety of crafts, activities and games. You supply the kids and we'll supply the fun while you get fit. **Parent must be on site - this is not a drop off program. Children ages 1-10 are welcome.**

Monday-Thursday

FREE Members

5:30 - 8:00pm

\$10 Non-Members



Basketball

Mini Basketball Instruction (Ages 4-6)

This walk in program is just what your mighty mite needs to learn the fundamentals of basketball! Every Saturday we will teach dribbling, passing, and shooting in a high excitement, low stress environment! All abilities welcome. Season begins September 28th.

Saturday 10:30-11:00am
FREE Members **\$10 Non-Members**

Co-ed Youth Basketball League (Ages 7-10)

Part instruction, part games, all fun! Join us this fall in our basketball league where boys and girls will play on 8 foot hoops with games every Wednesday. This is a 7 week season intended to teach the basics, but get you ready for game play. Schedules will be available Sept 14th.

Wednesday
Sept 11 5:30pm for team placement
Sept 18-Oct 30 5:30pm - 6:30pm
\$65 Members **\$95 Non-Members**

Thank You To Our Youth Basketball Sponsors

Allcare Medical Supply
Gaudette Insurance Agency
Koopman Lumber & Hardware
Osterman Propane
UniBank

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. Every game features two certified IABBO referees, & team shirts and schedules are handed out at the first game.

Wednesday 7pm, 8pm or 9pm
Sept 4-Dec 4
\$75 Members **\$125 Non-Members**



Photography by High Octane Image

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
Sept 5-Dec 5

\$75 Members **\$125 Non-Members**

Thank You To Our Men's Basketball Sponsors

Copeland Toyota
Gray Barn
Harry's Pizza, Whitinsville
M. Fields Trucking
Pace Automotive Service
The Riel Estate Team



Racquetball / Wally Ball

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-\$10

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. This is a drop-in program and pre-registration is required (See Registration Policy below for details).

Tuesday 5:30-7:30pm
FREE Members **\$12 Non-Members**

Registration Policy for Pickleball

Members/Non-Members

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

Gymnasium

Monday

5:15 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP PreSchool Kid Fit
10:15 - 11:00 am	Toddler Time
11:00 - 1:15 pm	Open Recreation
2:30 - 4:00 pm	BVCP
4:00 - 4:45 pm	Ball Games (Ages 5-6)
4:45 - 5:30 pm	Dodgeball/ Poison Ball (Ages 7-13)
5:30 - 9:30 pm	Reserved For Rental

Tuesday

5:15 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP
11:00 - 11:45 am	Senior Yoga Stretch
12:00 - 1:15 pm	Men's Open Rec Basketball
2:45 - 4:30 pm	Middle School Open Rec
4:30 - 5:15 pm	BVCP
5:30 - 7:30 pm	Pickleball (Adults)^
7:30 - 9:30 pm	Reserved For Rental

Wednesday

5:30 - 6:30 am	Cardio Cross
7:00 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP PreSchool Kid Fit
10:15 - 11:00 am	Toddler Time
11:30 - 12:15 pm	Silver Sneakers® Muscular Strength
12:15 - 1:15 pm	Open Recreation
2:30 - 4:00 pm	BVCP
4:00 - 4:45 pm	Silly Play (Ages 5-6)
4:45 - 5:30 pm	Mat Ball/GaGa (Ages 7-13)
5:30 - 6:30 pm	Co-Ed Youth Basketball League^
7:00 - 9:30 pm	Men's 30+ Basketball League^

Thursday

5:15 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP
10:00 - 10:45 am	WCC Jamboree^
11:15 - 12:00 pm	Senior Yoga Stretch
12:00 - 1:15 pm	Men's Open Rec Basketball
3:00 - 4:00 pm	BVCP
4:00 - 4:45 pm	Rollerskating (Ages 5-8)
4:45 - 5:30 pm	Rollerskating (Ages 9-13)
5:30 - 6:30 pm	Open Recreation
7:00 - 9:30 pm	Men's 40+ Basketball League^

Friday

5:15 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP PreSchool Kid Fit
10:00 - 10:30 am	Family Time Gym*
11:15 - 12:00 pm	Silver Sneakers® Cardio
12:00 - 1:15 pm	Open Recreation
3:30 - 4:15 pm	BVCP
4:15 - 5:00 pm	BVCP
5:45 - 7:15 pm	Family Roller Skating (Grade 5 & Under)
7:30 - 9:30 pm	Open Rec (Middle & High School)

Saturday

7:00 - 8:00 am	Cardio Cross
8:00 - 10:30 am	Open Recreation
10:30 - 11:00 am	Mini Basketball Instruction
11:00 - 1:00 pm	Men's Open Rec Basketball
1:00 - 2:00 pm	Outreach Afternoon
2:00 - 5:30 pm	Available For Rent/Parties

Sunday

9:00 - 11:30 am	Open Recreation
12:00 - 3:30 pm	Available For Rent/Parties
3:30 - 5:00 pm	Open Recreation

Open Recreational Gym
FREE Members \$10 Non-Members

Gymnasium Unavailable

Sept 27	Pre-Race Event for Greenway Challenge 3:00pm-9:30pm
Oct 18	Halloween Roller Skating 5:00pm-9:30pm
Nov 27	Thanksgiving Day Race Packet Pickup 3:00pm-9:30pm
Nov 28	Thanksgiving All Day

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



Aerobics

Monday

6:30 - 7:15 am	Morning Fitness
8:00 - 8:30 am	BODYFIT
8:45 - 9:45 am	Core Step*
9:00 - 9:45 am	Metafit (Racquetball Court)*
10:00 - 11:00 am	Fitness Yoga
11:15 - 12:00 pm	Zumba Gold
3:30 - 4:30 pm	Boot Camp
5:45 - 6:45 pm	Cardio Intervals§
7:00 - 8:00 pm	Hatha Yoga§

Tuesday

5:15 - 6:00 am	STRONG
8:00 - 8:50 am	Power Pump*
9:00 - 9:30 am	Cardio Kick
9:40 - 10:30 am	Power Pump*
11:00 - 11:45 am	Senior Yoga Stretch (Gym)
3:30 - 4:15 pm	Children's Ballet & Tap^ (Ages 3-6)
5:45 - 6:45 pm	HCC (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	Music Movement^ (Ages 2-4)
11:30 - 12:15 pm	Silver Sneakers@Muscular Strength (Gym)
3:30 - 4:30 pm	Cardio Intervals
5:45 - 6:45 pm	Muscle Mix§
7:00 - 8:00 pm	Pilates§

Thursday

5:15 - 6:00 am	HEAT/HIIT
8:45 - 9:45 am	Sculpt & Tone*
11:15 - 12:00 pm	Senior Yoga Stretch (Gym)
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	POUND§

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 (Gym)
3:30 - 4:30 pm	HEAT/HIIT

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	PiYo

Sunday

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

Aerobics Classes

FREE Members \$12 Non-Members

Silver Sneakers@/Senior Classes

FREE Members \$6 Non-Members

Spin/TRX/Barre Fusion

Monday

5:15 - 6:00 am	Spin^
8:00 - 8:45 am	TRX^
9:00 - 9:45 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 \$12 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

Boot Camp

Experience a total body sculpting class with partner drills, core-ab exercises, squats to tone the lower body and more!

Barre Fusion

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

BODYFIT

BodyFit call offers a fun easy to follow cardio circuit for 10 min followed by 5 min abs and then repeat followed by 5 min of stretching.

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 Bosu, 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/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.

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.

PIYo

PIYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

POUND

In this class each participant gets a set of drumsticks. They're specially made for the workout and they are called Ripsticks. This high-intensity interval workout incorporates rhythmic movements to get the class literally pounding the floor as they sweat. This class is a full body workout.

Power Express

A quick 35 minute version of Power Pump.

Power Pilates

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

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.

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 with some cardio intervals 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.

STRONG

Strong is effectively a high intensity workout that has put a unique spin on challenging HIIT exercises by syncing the moves to music.

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 15 min of Strength followed by 15 min of Step, then 15 min of Strength, then 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 HIIT

This class is high intensity training in the water. Consisting of 30 minutes of the highest intensity you can do and 30 minutes of slower aerobatics. This class is designed to give all experience levels a great work out.

Aqua Intervals

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

Aqua Tai Chi

A total body strengthening and relaxation progression performed in shoulder deep water using a combination of deep breathing and slow broad movements of arm, legs and torso.

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!

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.

Yoqua

A user-friendly aqua fusion of Yoga, Pilates and Tai Chi. This class strengthens core muscles, enhance flexibility, and increase range of motion and circulation.

Swim Lessons



Pre-Registration Required

If your child is new to swim lessons or the WCC, a swim test may be helpful to place your child in the correct level. Please contact **Aquatics Director, Denise Foster** at 508.234.8184 ext 116 or Denise.Foster@OurGym.org to schedule a test.

Babies (Ages 6 mos.-2 years)

Classes run 45 minutes (30 minutes of instruction and 15 minutes of play time with parent) 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.

Babies

Session I:

Monday	Sept 9-Oct 14	(6)	10:00 - 10:45am
Tuesday	Sept 10-Oct 15	(6)	6:15 - 7:00pm
Thursday	Sept 12-Oct 17	(6)	5:30 - 6:15pm
Saturday	Sept 14-Oct 19	(6)	11:15 - 12:00pm

Session II:

Monday	Oct 21-Nov 18	(5)	10:00 - 10:45am
Tuesday	Oct 22-Nov 19	(5)	6:15 - 7:00pm
Thursday	Oct 24-Nov 21	(5)	5:30 - 6:15pm
Saturday	Oct 26-Nov 23	(5)	11:15 - 12:00pm

Tots

Session I:

Monday	Sept 9-Oct 14	(6)	10:45 - 11:30am
Tuesday	Sept 10-Oct 15	(6)	5:30 - 6:15pm
Thursday	Sept 12-Oct 17	(6)	6:15 - 7:00pm
Saturday	Sept 14-Oct 19	(6)	10:30 - 11:15am

Session II:

Monday	Oct 21-Nov 18	(5)	10:45 - 11:30am
Tuesday	Oct 22-Nov 19	(5)	5:30 - 6:15pm
Thursday	Oct 24-Nov 21	(5)	6:15 - 7:00pm
Saturday	Oct 26-Nov 23	(5)	10:30 - 11:15am

(5 Wks.)	\$35 Members	\$75 Non-Members
(6 Wks.)	\$42 Members	\$90 Non-Members

Red Cross Swim Lessons (Ages 5 & above)

All Swim lessons are by pre-registration only. Those joining a class session already in progress will pay a prorated fee for the remainder of the session. Classes run 30 minutes, once per week. Parents are asked to sit in the pool balcony during class.

Level 1 (Intro to Water Skills-Shallow Water)

Monday	Sept 9-Nov 18	(11)	6:30 - 7:00pm
Tuesday	Sept 10-Nov 19	(11)	5:00 - 5:30pm
Wednesday	Sept 11-Nov 20	(11)	4:30 - 5:00pm
Thursday	Sept 12-Nov 21	(11)	5:00 - 5:30pm
Saturday	Sept 14-Nov 23	(11)	10:00 - 10:30am

Level 2 (Fundamental Water Skills-Deep Water)

Monday	Sept 9-Nov 18	(11)	6:00 - 6:30pm
Tuesday	Sept 10-Nov 19	(11)	4:30 - 5:00pm
Thursday	Sept 12-Nov 21	(11)	4:30 - 5:00pm
Saturday	Sept 14-Nov 23	(11)	9:30 - 10:00am

Level 3 (Stroke Development)

Monday	Sept 9-Nov 18	(11)	5:30 - 6:00pm
Tuesday	Sept 10-Nov 19	(11)	4:00 - 4:30pm
Saturday	Sept 14-Nov 23	(11)	9:00 - 9:30am

Level 4 (Stroke Improvement)

Monday	Sept 9-Nov 18	(11)	5:00 - 5:30pm
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Level 5 & 6 (Stroke Refinement)

Wednesday	Sept 11-Nov 20	(11)	4:00 - 4:30pm
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Level 4, 5 & 6 (Stroke Improvement & Refinement)

Saturday	Sept 14-Nov 23	(11)	8:30 - 9:00am
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(11 Wks.) \$77 Members \$165 Non-Members

Hypnotherapy of New England

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

Endless Possibilities Await You!

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

Competition Pool

Monday

5:00 - 6:30 am	Swim Team (2 Lanes)
5:30 - 9:30 am	Adult Lap Swim
9:30 - 10:30 am	Aqua Aerobics* (3 Lanes)
11:30 - 1:00 pm	Adult Lap Swim
1:00 - 4:00 pm	Adult Lap Swim (3 Lanes)
1:00 - 4:00 pm	Open Rec Swim (3 Lanes)
4:00 - 7:30 pm	Swim Team
7:30 - 9:00 pm	Adult Lap Swim

Tuesday

5:30 - 9:30 am	Adult Lap Swim
9:30 - 10:30 am	BV Physical Therapy (1 Lane)
9:30 - 10:30 am	Water Fitness (3 Lanes)
10:30 - 11:15 am	Tabata H2O
11:30 - 1:00 pm	Adult Lap Swim
1:00 - 4:00 pm	Adult Lap Swim (3 Lanes)
1:00 - 4:00 pm	Open Rec Swim (3 Lanes)
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)
9:45 - 10:45 am	Millbury Life Skills
11:30 - 1:00 pm	Adult Lap Swim
1:00 - 4:00 pm	Adult Lap Swim (3 Lanes)
1:00 - 4:00 pm	Open Rec Swim (3 Lanes)
4:00 - 7:00 pm	Swim Team
7:00 - 9:00 pm	Open Rec Swim (3 Lanes)
7:00 - 9:00 pm	Adult Lap 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
11:30 - 1:00 pm	Adult Lap Swim
1:00 - 4:00 pm	Adult Lap Swim (3 Lanes)
1:00 - 4:00 pm	Open Rec Swim (3 Lanes)
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 - 9:30 am	Adult Lap Swim
11:30 - 1:00 pm	Adult Lap Swim
1:00 - 4:00 pm	Adult Lap Swim (3 Lanes)
1:00 - 4:00 pm	Open Rec Swim (3 Lanes)
4:00 - 6:30 pm	Swim Team
6:30 - 9:00 pm	Open Rec Swim (3 Lanes)
6:30 - 9:00 pm	Adult Lap Swim (3 Lanes)

Saturday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim (5 Lanes)
9:00 - 10:00 am	Swim Team (1 Lane)
10:00 - 11:30 am	Open Rec Swim (3 Lanes)
10:00 - 11:30 am	Adult Lap Swim (3 Lanes)

11:30 - 12:30 pm	Adult Lap Swim
12:30 - 1:45 pm	Splash Party^
2:00 - 3:30 pm	Outreach /Open Rec/Adult Lap
3:30 - 4:45 pm	Splash Party^

Sunday

6:00 - 9:00 am	Swim Team
9:15 - 10:00 am	Hydro Running^
10:00 - 12:00 pm	Adult Lap Swim
12:00 - 4:00 pm	Open Rec Swim (3 Lanes)
12:00 - 4:00 pm	Adult Lap Swim (3 Lanes)

Adult Lap Swim/Open Rec Swim
FREE Members \$10 Non-Members

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

Competition Pool Unavailable

Oct 18 **Haunted Swim (5:30-8:45pm)**
Nov 28 **Thanksgiving Day**

IT PAYS TO GO GUARD

**100% TUITION & FEES
WAIVED TO ANY MA STATE
COLLEGE OR UNIVERSITY**

BERKSHIRE COMMUNITY COLLEGE
 BRIDGEWATER STATE UNIVERSITY
 BRISTOL COMMUNITY COLLEGE
 BUNKER HILL COMMUNITY COLLEGE
 CAPE COD COMMUNITY COLLEGE
 FITCHBURG STATE UNIVERSITY
 FRAMINGHAM STATE UNIVERSITY
 GREENFIELD COMMUNITY COLLEGE
 HOLYOKE COMMUNITY COLLEGE
 MASS BAY COMMUNITY COLLEGE
 MASS COLLEGE OF ART AND DESIGN
 MASS COLLEGE OF LIBERAL ARTS
 MASS MARITIME ACADEMY
 MASSASOIT COMMUNITY COLLEGE
 MIDDLESEX COMMUNITY COLLEGE
 MOUNT WACHUSETT COMMUNITY COLLEGE
 NORTH SHORE COMMUNITY COLLEGE
 NORTHERN ESSEX COMMUNITY COLLEGE
 QUINSIGAMOND COMMUNITY COLLEGE
 ROXBURY COMMUNITY COLLEGE
 SALEM STATE UNIVERSITY
 SPRINGFIELD TECHNICAL COMMUNITY COLLEGE
 UMASS AMHERST
 UMASS BOSTON
 UMASS DARTMOUTH
 UMASS LOWELL
 UMASS MEDICAL SCHOOL
 WESTFIELD STATE UNIVERSITY
 WORCESTER STATE UNIVERSITY

\$20,000
ENLISTMENT BONUS

\$375/
MONTH + **\$350/**
MONTH
 G.I. BILL (SELECT RESERVE) G.I. BILL KICKER

UP TO
\$50,000
**FEDERAL STUDENT LOAN
 REPAYMENT**

FOR MORE INFORMATION CONTACT:

SGT ADAM COUTURE 413-246-3816
ADAM.D.COUTURE2.MIL@MAIL.MIL

MASSACHUSETTS
NATIONAL GUARD
 NATIONALGUARD.com/MA

Original Pool

Monday

6:30 - 8:30 am	Adult Exercise Swim
9:30 - 10:00 am	BVCP
10:00 - 10:45 am	Babies Instruction*^
10:45 - 11:30 am	Tots Instruction^
11:30 - 1:00 pm	Adult Exercise Swim
1:00 - 2:00 pm	Northbridge Seniors
2:15 - 3:15 pm	Water Workout/Arthritis Exercise
3:30 - 4:00 pm	BraveAngel Fish^ (Ages 4-8)
4:00 - 5:00 pm	Whitin Waves Swim Club^
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
9:00 - 9:45 am	Sutton School
10:00 - 10:45 am	Aqua Tai Chi
10:45 - 11:30 am	Water Workout
11:30 - 1:00 pm	Adult Exercise Swim
2:00 - 3:00 pm	Home School Open Rec
3:30 - 4:00 pm	BraveAngel Fish^ (Ages 9-16)
4:00 - 4:30 pm	Level 5 & 6 Instruction^
4:30 - 5:00 pm	Level 1 Instruction^
5:00 - 7:00 pm	Swim Team
7:00 - 8:00 pm	Liquid Z

Thursday

6:30 - 8:30 am	Adult Exercise Swim
9:00 - 9:45 am	Sutton School
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^
7:00 - 8:00 pm	Aqua HIIT

Friday

6:30 - 8:15 am	Adult Exercise Swim
8:15 - 9:00 am	Silver Sneakers® Silver Splash*
9:00 - 10:00 am	Aqua Interval*

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 - 6:00 pm	Adult Exercise Swim/Open Rec
6:00 - 7:00 pm	Yoqua
7:00 - 9:00 pm	Rental Available

Saturday

8:30 - 9:00 am	Level 4, 5 & 6 Instruction^
9:00 - 9:30 am	Level 3 Instruction^
9:30 - 10:00 am	Level 2 Instruction^
10:00 - 10:30 am	Level 1 Instruction^
10:30 - 11:15 am	Tots Instruction^
11:15 - 12:00 pm	Babies Instruction^
12:00 - 1:30 pm	Adult Exercise Swim
1:30 - 4:15 pm	Splash Parties^

Sunday

8:00 - 9:00 am	Liquid Z
9:00 - 1:00 pm	Adult Exercise Swim
1:00 - 3:45 pm	Splash Parties^

Lap/Exercise

FREE Members	\$10 Non-Members
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Adult Arthritis Class/Water Workout

FREE Members	\$8 Non-Members
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Silver Sneakers® Silver Splash

FREE Members	\$6 Non-Members
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All other Aqua Aerobics Classes

FREE Members	\$12 Non-Members
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* Denotes Babysitting Available

^ Denotes Pre-Registration Required

§ Denotes Kidz Club Available

Original Pool Unavailable

Nov 9	Lifeguard Training (2-5pm)
Nov 28	Thanksgiving Day



Aqua Specialty Classes



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. **All lessons must be paid in advance. Pre-registration is required. Held in Original Pool.**

Thursdays 4:00 - 4:30pm
Fridays 1:00 - 3:00pm

Individual Private Swim Lesson

Personalized one on one swim lesson.

1 Lesson (1 person/1 lesson):

\$40 (30 min) Members

\$50 (30 min) Non-Members

Bundle Options

3 Lessons (per person):

\$120 Members

\$150 Non-Members

6 Lessons (per person):

\$240 Members

\$300 Non-Members



American Red Cross

American Red Cross Classes

As part of our commitment to the community, the Whiting 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

Sept 24th

-or-

Nov 19th

\$70 Members

\$85 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).

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

Nov 8, 9 & 10

8:00-5:00pm

\$290 Members

\$340 Non-Members



Lifeguard Recertification

Must hold a current Lifeguard Certification which needs to be recertified within the next 30 days. Please bring bathing suit and towel. **Pre-registration is required.**

Nov 10

8:00am-5:00pm

\$125 Members

\$180 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.

Nov 8

8:00am-11:00am

\$65 Members

\$75 Non-Members



Aqua Specialty Cont.

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. Held in Original Pool.**

Mondays 4:00-5:00pm
Sept 9- Nov 18 (11 wks.)

\$170 Members \$200 Non-Members

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. Held in Original Pool.**

Ages 4-8
Mondays, Sept 9 - Oct 14 (6 wks.) 3:30pm-4:00pm

Ages 9-16
Wednesdays, Sept 11 - Oct 16 (6 wks.) 3:30pm-4:00pm

\$70 Members \$145 Non-Members



Home School Open Rec

Home schooled boys and girls, take a break from your class work and come for a swim. **Held in Original Pool.**

Wednesdays 2:00-3:00pm
FREE Members \$5 Non-Members



Hydro Running

Hydro Running offers you all the benefits of running, but with less impact on your body. Hydro Running classes are 45 min long. Be prepared to use your arms, hips, and legs continuously as you jog in the deep area of the pool. **Held in Competition Pool.**

Water shoes: These are key to getting the most out of your workout. Bare feet can work, but won't give you the necessary resistance and motion.

Flotation belt: If you are deep water aqua jogging then you will need a flotation belt to keep your torso partially above the water while you run. These will be provided.

So if you want a different kind of water workout give Hydro Running a try!

Sundays 9:15-10:00am
Sept 15- Nov 10 (8 wks.)

\$75 Members \$110 Non-Members

VanderZicht Real Estate, Inc.



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



FREE Saturday Afternoon Fitness & Fun

The FREE Activities/Organized Games
below are for children age 12 & under!
1:00pm-2:00pm

September 14 (Back To School Craft)

September 21 (Frisbee In The Park)

September 28 (Apple Stamping)

October 5 (Leaf Printing)

October 19 (Dodgeball In The Gym)

October 26 (Spooky Craft)

November 2 (Volleyball In Racquetball Ct.)

November 9 (Thanksgiving Craft)

November 16 (Dodgeball In The Gym)

November 23 (Scarecrow Craft)

**FREE Outreach Swim is every Saturday
from 2:00-3:30pm for the whole family!**

Specialty Classes



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



Music & Movement (Ages 2-4)

Children can come sing, dance, roll and wiggle their way to improved coordination and body awareness. We'll also discover the basics of music, such as rhythm. Caregivers are encouraged to join in the fun!

Pre-registration required. Held in Aerobics Studio.

Wednesdays 11:30-12:15pm

Sept 11-Oct 16 (6 wks.)

\$36 Members

\$72 Non-Members

Children's Ballet & Tap (Ages 3-6)

Your child will learn the basics of ballet and tap in this special course. Improved posture, balance, and body awareness will develop as we learn 3 basic positions and primary skills. Comfortable clothes are a must: ballet slippers or bare feet are fine.

Pre-registration required. Held in Aerobics Studio.

Tuesdays 3:30-4:15pm

Sept 10-Oct 29 (8 wks.)

\$48 Members

\$96 Non-Members



WCC Jamboree (Ages 1-5)

Kids will run, jump, skip and play with mats, tunnels, a variety of balls, scooters, and a whole lot more while listening to kid appropriate music. WCC JAMBOREE will be led by our Athletic Director Erik Consigli. He will be directing the activities and teaching kids the fundamentals of different sports. Kids will have fun, get some energy out, and also make new friends! **Pre-registration is required. Held in Gymnasium.**

Thursdays 10:00-10:45am

Sept 12-Oct 17 (6 wks.)

\$36 Members

\$72 Non-Members



Pre-Natal Yoga

Work on staying strong and flexible during pregnancy in a yoga class designed especially for soon to be moms to maintain a healthy mind and body. Pre-Natal Yoga focuses on poses for pregnant women, in order to increase strength and flexibility. It also helps pregnant women to develop proper breathing and relaxation techniques for easier and more comfortable labor.

Pre-registration required. Held in Conference Room.

Thursdays 6:30-7:15pm

Sept 12-Oct 17 (6 wks.)

\$60 Members

\$90 Non-Members



STEAM

NEW! Mighty Makers (Ages 7-9)

Mighty Makers is an 8 week beginner level class introduction to STEAM activities including: low level chemistry experiments, slime and sensory creations, make and take art, balloon hovercraft, wigglebots and more. Each week features a new project or challenge with a focus on science, technology, engineering, arts, and math.

Pre-registration required. Held in Conference Room.

Wednesdays 4:00-5:00pm

Sept 11-Oct 30 (8 wks.)

\$72 Members \$144 Non-Members

NEW! Middle School Makerspace (Ages 10-14)

Middle School Makerspace is an 8 week series of STEAM activities including: low level chemistry experiments, bristle bots, balloon car challenge, snap circuits, slime and sensory creations, make and take art, and more! Each week features a new project or challenge with a focus on science, technology, engineering, arts, and math.

Pre-registration required. Held in Conference Room.

Tuesdays 4:00-5:00pm

Sept 10-Oct 29 (8 wks.)

\$72 Members \$144 Non-Members

NEW! Tai Chi for Beginners

This class will cover the basic concepts of Tai Chi, posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This is a great class to improve body awareness and balance. Tai Chi's physical movements serve as effective sensitivity and awareness exercises that keep the body flexible, reduce stress, and tone and strengthen muscles. In terms of health and longevity, Tai Chi is a non-impact, physical exercise.

Pre-registration required. Held in Conference Room.

SPACE IS LIMITED!

**Mondays
Sept 9-Oct 28 (8 wks.)**

7:00-8:00pm

\$75 Members

\$110 Non-Members

NEW! Spicy Moves!

This Spicy Moves workshop blends dance fitness with sassy moves to give you a heart pumping exotic workout. Taught by Melanie Sartori, you'll get your sweat on and learn 3 Spicy routines to take home and share with that someone special. Routines are easy to follow with medium to high cardio intensity. Guaranteed to give you confidence, a little spice in your life, and a few good laughs.

Pre-registration required. Held in Aerobics Room.

**Fridays
Oct 4th, 6:00pm-7:00pm
&**

Nov 8th, 6:00pm-7:00pm

\$25 Members

\$50 Non-Members

*thirty-one*TM
independent
consultant

**Talia
Berkowitz**

CONSULTANT

tberkowitz@charter.net

508-932-1047

www.mythirtyone.com/1989097

590 Church St. Whitinsville MA 01588





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 build. 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

WHAT IS CRIMSON AQUATICS?

Crimson Aquatics is a US Swimming competitive swim club with 10 locations throughout MA and RI. There are approximately 850 swimmers with a ranking of 25th in the country by USA Swimming Virtual Age Group rankings. Programs are available to athletes from the ages of 6 through 19. The team practices year-round and competes primarily throughout New England. However, our nationally ranked athletes regularly compete across the US at various meets. Most of our high school seniors move on to collegiate swimming after they graduate.

We practice here at the community center 6 days a week and run a beginner program for children who have completed lessons and are interested in competitive swimming. In addition to swimming we have a triathlon program, synchronized swimming and water polo program.

Our coaches have multiple years experience and all have competed Division 1 in college. In addition our strength coaches are CSCS certified and have BS degrees or better in exercise related sciences.

If you are interested in learning more please contact the head coach Peter Zeiger at:

pzcrimsonaquatics@gmail.com



Fitness Center



Did You Know?

We are open all hours of operation!

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

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



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

Conference Room.....\$41 hr.

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

Multi-Purpose Room.....\$41 hr.

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

Members Lounge.....\$41 hr.

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

Gymnasium.....\$57 hr.

Perfect for any sport practices, leagues or tournaments.

Tennis Courts.....\$52 hr.

Perfect for school tennis practices, leagues or tournaments.

Racquetball Courts.....\$41 hr.

Perfect space for private parties, classes or events.

Aerobics Studio.....\$41 hr.

Great for team building, lessons or physical therapy.

Original Pool.....\$45 hr.

Great for all aquatic activities, school swim, physical therapy,
kayak training, scuba training and more!
Need a lifeguard? ADD \$25 hr.

Competition Pool.....\$57 hr.

Great for all aquatic activities, school swim, physical therapy,
kayak training, scuba training and more!
Need a lifeguard? ADD \$25 hr.

Pavilion.....\$155-2 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



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.

\$115 Members

\$150 Non-Members

DAY	GYM TIME	ROOM TIME
Saturday	2:00-3:00pm	3:00-4:00pm
	3:15-4:15pm	4:15-5:15pm
Sunday	12:00-1:00pm	1:00-2:00pm
	1:15-2:15pm	2:15-3:15pm
	2:30-3:30pm	3:30-4:30pm

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 & Competition Pools are available for private. Please contact the **Member Services Desk at 508.234.8184 ext. 100** for more information.

Splash Party

Our Original Pool (60' x 20') and Competition Pool (75' x 40') are 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 and 35 for the Competition Pool. There is no additional charge for parents who would like to swim unless it exceeds the maximum number of guests. Please contact the **Member Services Desk at 508.234.8184 ext. 100** for more information.

Original Pool

\$175 Members

\$225 Non-Members

DAY	SWIM TIME	ROOM TIME
Saturday	1:30-2:45pm	3:00-4:00pm
	3:00-4:15pm	4:30-5:30pm
Sunday	1:00-2:15pm	2:30-3:30pm
	2:30-3:45pm	4:00-5:00pm

Competition Pool

\$220 Members

\$275 Non-Members

DAY	SWIM TIME	ROOM TIME
Saturday	12:30-1:45pm	2:00-3:00pm
	3:30-4:45pm	5:00-6:00pm



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 or Assistant Outreach Director, Jennifer Castro at 508.234.8184 ext 128 or Jennifer.Castro@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. 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.**

The Mentoring Partnership

The Mentoring Partnership assists youth as they navigate their way through the many life challenges and choices presented to them, and to offer a sense of empowerment with each success they achieve. **HIGH SCHOOL MENTORS NEEDED** for the Fall of 2019: If you are a high school sophomore, junior or senior with proven academic skills and character references, and are interested in becoming a mentor, please contact **Outreach Director Monique Boucher-Adams or Assistant Outreach Director Jennifer Castro** for more information. **Parents and High School students please take note: this is an excellent opportunity to acquire much needed volunteer hours and to demonstrate leadership within our community.**

Summer Youth Theatre

The WCC's Summer Youth Theatre program is an 8 week program providing youth with the exciting opportunity to learn about the theatre arts. Our annual production was presented on July 19th & July 20th at Open Sky G.B. & Lexi Singh Performance Center in Whitinsville. This year's production was "Dr. Jekyll & Mr. Hyde" and showcased the many talents of several young actors from Sutton, Grafton, Douglas, Northbridge & Uxbridge.

Saturday Afternoon Fitness & Fun

Our FREE Saturday Afternoon program offers open recreational swim for children of all ages and their families each week. Supervised arts and crafts or organized games/physical activities are also offered each week.

September 14	1:00-2:00pm	Back to School Craft
September 21	1:00-2:00pm	Frisbee in the Park
September 28	1:00-2:00pm	Apple Stamping
October 5	1:00-2:00pm	Leaf Printing
October 12	-----	NO OUTREACH
October 19	1:00-2:00pm	Dodgeball in the Gym
October 26	1:00-2:00pm	Spooky Craft
November 2	1:00-2:00pm	Volleyball in Racquetball Ct.
November 9	1:00-2:00pm	Thanksgiving Craft
November 16	1:00-2:00pm	Dodgeball in the Gym
November 23	1:00-2:00pm	Scarecrow Craft

Outreach Swim is every Saturday 2:00-3:30pm



Blackstone Valley
Children's Place
Early Learning Centers

**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 Whitin Community Center
All programs are licensed by the Massachusetts Department of Early Education and Care.



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 CMYK 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 CMYK, 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

DEADLINES:

October 25
January 25
April 25
July 25

Winter Schedule
Spring Schedule
Summer Schedule
Fall Schedule

**FULL
PAGE**

**1/2 PAGE
HORIZONTAL**

**1/2 PAGE
VERTICAL**

**1/4 PAGE
VERT.**

**1/8 PAGE
HORIZ.**

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 Funds2Orgs Shoe Drive

Collecting Now Until November 23rd!

Please donate your gently worn, used and new shoes!
The funds made from this shoe drive will go directly to
support the Gymnasium Project - The Heart Of The WCC!



Help Us Reach Our Goal Of 100 Bags!

Help us reach our goal of 100 bags
filled with 25 pairs of shoes each!



ACCEPTED

- Flip Flops
- Crocs
- Sandals
- High Heels
- Slippers
- Boots
- Sneakers
- Water Shoes
- Cleats
- Dance Shoes
- Ballet Shoes, etc.



NOT ACCEPTED

- Singles (not a pair)
- Ice Skates
- Roller Blades
- Roller Skates
- Heelys, etc.
- (Anything with a blade or a wheel)**



Fitness. Family. Community.

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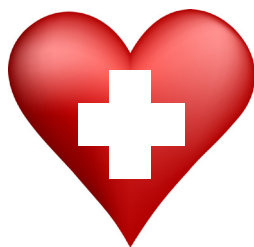
WCC GYM
DECEMBER

17

2:00pm-7:00pm

GIVE
THE GIFT
OF

life



BLOOD DRIVE

1 PINT OF BLOOD SAVES
3 LIVES!



American
Red Cross

WCC
Fitness. Family. Community.

Please schedule an appointment at:
1.800.RED.CROSS | RedCrossBlood.org

60 Main St. Whitinsville, MA 01588

Whitin Community Center

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

Thank You!



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