

Welcome to the Whitin Community Center



Nov 25 - Mar 1
2019-20
Winter
Schedule



Registration Dates
Members: November 11, 2019
Guests: November 18, 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 CLOSED
December 24 Early Closure at 1pm
December 25 CLOSED
December 31 Early Closure at 1pm
January 1 CLOSED

❄️Inclement Weather❄️

In case of inclement weather, please check our website or call the Center for information about cancelled classes or Community Center closings.

Contact Us

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

Executive Director, Heather Elster
 ext. 112 Heather.Elster@OurGym.org

Aquatics Director, Denise Foster
 ext. 116 Denise.Foster@OurGym.org

Aerobics Coordinator, Tina Bohaboy
 ext. 103 gsboj@msn.com

Assistant Director Of Outreach, Jennifer Castro
 ext. 128 Jennifer.Castro@OurGym.org

Assistant Finance Director, Tammy Bodwell
 ext. 118 Tammy.Bodwell@OurGym.org

Athletic Director, Erik Consigli
 ext. 126 Erik.Consigli@OurGym.org

BVCP Director, Ginny Alicea
 ext. 105 Ginny.Alicea@OurGym.org

Director of Finance, Alice Benson
 ext. 111 Alice.Benson@OurGym.org

Director of Marketing & Events, Sarah Lawson
 ext. 122 Sarah.Lawson@OurGym.org

Director of Member Services, Karen Boyle
 ext. 119 Karen.Boyle@OurGym.org

Director Of Outreach, Monique Boucher-Adams
 ext. 121 Monique.Boucher@OurGym.org

Head of Maintenance, Tom Clarke
 ext. 123 Tom.Clarke@OurGym.org

School Age Administrator, Michelle Benoit
 ext. 104 Michelle.Benoit@OurGym.org

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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.



Reveal Date
NOV 1st!

November 29th

BLACK FRIDAY

Blowout!

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



A Gift For You!

Gift Cards

Looking for the perfect gift?
Not sure what they want?
Give a WCC Gift Card!
They can be used toward any program!

WCC
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Discounts Available

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REGISTRATION
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See website for details!



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Become a Member / Rates

Membership to the WCC is an exceptional value! We offer memberships ranging from Youth 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)

**NEW
RATES
2020!**

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)	\$1065	\$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

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 Guests (per month)

Aerobics Coupon Booklet
\$108 Guests(10 classes)

Adult Lap Swim Coupon Booklet
\$90 Guests (10 lap swims)





Fitness. Family. Community.

Winter Meltdown **OPEN HOUSE**

FREE Guided Tours Available!

**Save
25%**

ONE DAY ONLY, JAN 2nd

When you *pay for a new membership in full*, receive 25% off the 2019 rates in addition to no joining fee!

****SPECIAL OFFER**** Pay for a new membership in full on Jan 2nd and register for our New Year, New You program and get \$25 OFF this program!

**Save
UP TO \$75**

JAN 3rd-10th

When you *pay for a new membership by monthly automatic withdrawal*, save up to \$75 on joining fee!

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

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

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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. During Northbridge Public School Vacations, Holidays or Cancellations, babysitting will be temporarily moved downstairs to the original "Babysitting Room". Please check website for more information.**

Monday-Friday 8:15 - 10:15am
FREE Members \$10 Guests

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 through age 10 are welcome.**

Monday-Thursday 5:30 - 8:00pm
FREE Members \$10 Guests

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! **During Northbridge Public School Vacations, Holidays or Cancellations, Afternoon Gym Activities will not be available.**

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

Monday-Ball Games

Come play basketball, soccer, pilo 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!

FREE Members \$10 Guests

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.

Wednesday-Mat Ball

The game that combines kickball, dodgeball and others is always a crowd favorite.

7 FREE Members \$10 Guests

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 **Pool: 2:30-4:00pm**
FREE Members \$5 Guests

After School 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 Guests



Family Time Bike & Swim

Friday mornings just got better! Moms, Dads, Grandparents! Bring your child and their bike to our gym for a half hour of practice time to learn to ride their bike, then follow it up with a dip in our very warm Original Pool! **No charge for adults.**

Friday

Bike: 10:00-10:30am **Pool: 10:00-11:30am**
FREE Members \$10 Guests

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.**

Friday

5:45-7:15pm
FREE Members \$10 Guests

Toddler Time

This is a wonderful opportunity to play all kinds of gym games with your toddler. These games will assist with fine & gross motor development and self-exploration when children can freely choose from a number of activities. This will be a parent-led activity. **This is not a drop off program.**

Monday & Wednesday 10:15-11:00am
FREE Members \$10 Guests



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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. **NO CLASS Dec 7, Dec 21 & Dec 28.**

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

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

Part instruction, part games, all fun! Join us this Winter in our basketball league where boys and girls will play on 8 foot hoops with games every Tuesday. This is a 9 week season intended to teach the basics, and get you ready for game play. **Schedules will be available as of Dec 9th. NO CLASS December 25 or January 1.**

***Please see back page for special promotional offer!**

Wednesday
Dec 4 6pm for team placement
Dec 11-Feb 12 5:30pm-6:30pm
\$85 Members \$125 Guests

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
Dec 11-Mar 4
\$75 Members \$125 Guests

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 or 8pm
Dec 12-Mar 5
\$75 Members \$125 Guests

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

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. Please see registration policy below.

Tuesday 5:30-6:30pm
FREE Members \$12 Guests

Registration Policy for Pickleball

Members/Guests

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

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.

FREE Members

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

\$10 Guests

Guests 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.

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Baseball



Erik Consigli, our Athletic Director is continuing our exciting Baseball/Softball program. Proper technique, rules, and sportsmanship will be taught by our great coaches. Hitting, pitching, fielding, and base running will be covered.

No classes Dec 26 & Feb 20.

Mighty Mounders (Ages 4-7)

- Fundamental throwing, catching & hitting skills
- Structured setting
- Catching with two hands
- Confidence and self-esteem building
- Learning to be a team player
- Valuable playing experience
- Learn position names
- Ready position on defense
- Base running

Thursday 5:30-6:00pm

Dec 5 - Feb 27

\$110 Members \$160 Guests

Gold Glovers (Ages 8-12)

- Throwing from an "L" position
- Becoming more comfortable with the ball
- Understanding the concept of being tagged out
- Sportsmanship
- Game situation: Where's the play?
- Handling defeat, victory, and adversity
- Learn to play all positions
- Learn baseball terminology and strategy
- Playing longtoss

Thursday 6:00-6:30pm

Dec 5-Feb 27

\$110 Members \$160 Guests



Beginning Bridges CFCE, Family Continuity & The Whitin Community Center invite you to:

Donuts With Dad

Dates: **Saturdays: 1/11, 2/8, 3/14, 4/11, 5/9 & 6/6**

Time: **9:15 to 10:15 am**

Location: **Members Lounge/Gymnasium
Whitin Community Center,
60 Main St., Whitinsville, MA 01588**

This is a FREE drop-in event for up to 18 families, first come, first serve. Light refreshments will be served compliments of Jumbo Donuts.

Funded in part by a Coordinated Family & Community Engagement (CFCE) Grant through the MA Dept. of Early Education & Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC)




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Gymnasium

Monday

6:00 - 8:30 am	Open Recreation
8:30 - 10:15 am	BVCP
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 - 8:30 pm	Reserved for private rental
8:30 - 9:30 pm	Available for private rental

Tuesday

6:00 - 8:30 am	Open Recreation
8:30 - 10:15 am	BVCP Kid Fit
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 - 6:30 pm	Pickleball^ §
7:30 - 9:30 pm	Reserved for private rental

Wednesday

5:30 - 6:30 am	Cardio Cross
7:00 - 8:30 am	Open Recreation
8:30 - 10:15 am	BVCP
10:15 - 11:00 am	Toddler Time
11:30 - 12:15pm	Silver Sneakers® Muscular Strength
12:15 - 1:15 pm	Open Recreation
3:00 - 4:00 pm	BVCP
4:00 - 4:45 pm	Silly Play (ages 5-6)
4:45 - 5:30 pm	Mat Ball (ages 7-13)
5:30 - 6:30 pm	Co-Ed Youth Basketball League^ §
7:00 - 10:00 pm	Men's 30+ Basketball League^

Thursday

6:00 - 8:30 am	Open Recreation
8:30 - 11:00 am	BVCP
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	After School Rollerskating (Ages 5-8)
4:45 - 5:30 pm	After School Rollerskating (Ages 9-13)
5:30 - 6:00 pm	Mighty Mounders (Ages 4-7)^
6:00 - 6:30 pm	Gold Glovers (Ages 8-12)^
7:00 - 10:00 pm	Men's 40+ Basketball League^

Friday

6:00 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP
10:00 - 10:30 am	Family Time Bike* <small>NEW!</small>
11:15 - 12:00pm	Silver Sneakers® Cardio
12:00 - 1:15 pm	Open Recreation
2:30 - 5:00 pm	BVCP
5:45 - 7:15 pm	Family Roller Skating
7:30 - 9:15 pm	Open Rec (Middle & High School)

Saturday

7:00 - 8:00 am	Cardio Cross
8:00 - 10:00 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 Saturday Afternoon Fitness & Fun
2:00 - 4:30 pm	Reserved for Gym Parties/Rental
4:30 - 5:30 pm	Open Recreation

Sunday

6:00 - 9:00 am	Open Recreation
10:00 - 12:00 pm	Open Rec/ Available for rent
12:00 - 3:30 pm	Reserved for Gym Parties
3:30 - 5:00 pm	Open Recreation

Open Recreational Gym

FREE Members \$10 Guests

Gymnasium Unavailable

Nov 27	Thanksgiving Day Road Race Packet Pickup 3:00pm-9:30pm
Nov 28	Thanksgiving Day
Nov 29	Black Friday Blowout 5:00am-8:30am
Dec 14	Santa Claus 8:00am-2:00pm
Dec 25	Christmas Day
Jan 1	New Year's Day
Jan 11 & Feb 8	Donuts With Dad 9:15am-10:15am

Early Gym Closings

Dec 24	Christmas Eve at 1:00pm
Dec 31	New Year's Eve at 1:00pm

* 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	Power Yoga
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)
12:00 - 12:45 pm	Music & Movement^ (Ages 2-4)
1:00 - 1:45 pm	Children's Ballet & Tap^ (Ages 3-6)
4:45 - 5:30 pm	Zumba
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	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
8:30 - 9:30 am	Sculpt & Tone*
9:45 - 10:30 am	Power Pump
11:15 - 12:00 pm	Senior Yoga Stretch (Gym)
4:45 - 5:30 pm	Zumba
5:45 - 6:45 pm	Hatha Yoga\$
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	POUND
9:15 - 10:15 am	Power Pump
10:30 - 11:30 am	PiYo

Sunday

8:30 - 9:30 am	Triple Play
9:30 - 10:15 am	New To Exercising (1/12,2/2,2/9,2/16,2/23)

Aerobics Classes

FREE Members \$12 Guests

Silver Sneakers®/Senior Classes

FREE Members \$6 Guests

Spin/TRX/Barre Fusion

Monday

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

Thursday

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

6:30 - 7:30 am	Ripped Ride^
7:45 - 8:45 am	Endurance Spin^

Sunday

7:15 - 8:00 am	Spin^
8:15 - 9:00 am	Spin^
9:15 - 10:00 am	TRX^
10:15 - 11:00am	New To Exercising (1/19,1,26)

Spin/TRX/Barre Fusion

FREE Members \$12 Guests

Please visit our website for complete reservation policies

Registration Policy for Spin/TRX/Barre Fusion & Metafit



Members/Monthly Unlimited Spin

As of November 25th, Members may sign up 48 hours in advance by calling our Member Services Desk, or by accessing our NEW online registration tool, Supersaas. Please see our website for details or call Karen Boyle, Director of Member Services at 508.234.8184 ext 119.

Guests:

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.

Boot Camp

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

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 Yoga

This class will be a faster paced version of fitness yoga. Although the emphasis will be on strength, we will also work on balance and flexibility. Come prepared to move!!

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.

Spin/Stretch

Is a 45 minute intense cardio workout in Spin, followed by 15 minutes of Yoga based stretching.

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.

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.

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!

Moderate Pace Aqua Aerobics

This moderate-intensity aqua aerobics class is perfect for all levels.

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

All Swim Lessons are held in the Original Pool with an average temperature of 88 degrees.

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 LESSONS on Dec 24, 25, Dec 31 & Jan 1

Babies

Session I:

Monday	Dec 2-Jan 13	(7)	10:00 - 10:45am
Tuesday	Dec 3-Jan 14	(5)	6:15 - 7:00pm
Thursday	Dec 5-Jan 16	(7)	5:30 - 6:15pm
Saturday	Dec 7- Jan 18	(7)	11:15 - 12:00pm

Session II:

Monday	Jan 20-Feb 24	(6)	10:00 - 10:45am
Tuesday	Jan 21-Feb 25	(6)	6:15 - 7:00pm
Thursday	Jan 23-Feb 27	(6)	5:30 - 6:15pm
Saturday	Jan 25-Feb 29	(6)	11:15 - 12:00pm

Tots

Session I:

Monday	Dec 2-Jan 13	(7)	10:45 - 11:30am
Tuesday	Dec 3-Jan 14	(5)	5:30 - 6:15pm
Thursday	Dec 5-Jan 16	(7)	6:15 - 7:00pm
Saturday	Dec 7-Jan 18	(7)	10:30 - 11:15am

Session II:

Monday	Jan 20-Feb 24	(6)	10:45 - 11:30am
Tuesday	Jan 21-Feb 25	(6)	5:30 - 6:15pm
Thursday	Jan 23-Feb 27	(6)	6:15 - 7:00pm
Saturday	Jan 25-Feb 29	(6)	10:30 - 11:15am

(5 Wks.)	\$35 Members	\$75 Guests
(6 Wks.)	\$42 Members	\$90 Guests
(7 Wks.)	\$49 Members	\$105 Guests

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.

Level 1 (Intro to Water Skills-Shallow Water)

Monday	Dec 2-Feb 24	(13)	6:30 - 7:00pm
Tuesday	Dec 3-Feb 25	(11)	5:00 - 5:30pm
Wednesday	Dec 4-Feb 26	(11)	4:30 - 5:00pm
Thursday	Dec 5-Feb 27	(13)	5:00 - 5:30pm
Saturday	Dec 7-Feb 29	(13)	10:00 - 10:30am

Level 2 (Fundamental Water Skills-Deep Water)

Monday	Dec 2-Feb 24	(13)	6:00 - 6:30pm
Tuesday	Dec 3-Feb 25	(11)	4:30 - 5:00pm
Thursday	Dec 5-Feb 27	(13)	4:30 - 5:00pm
Saturday	Dec 7-Dec 29	(13)	9:30 - 10:00am

Level 3 (Stroke Development)

Monday	Dec 2-Feb 24	(13)	5:30 - 6:00pm
Tuesday	Dec 3-Feb 25	(11)	4:00 - 4:30pm
Saturday	Dec 7-Feb 29	(13)	9:00 - 9:30am

Level 4 (Stroke Improvement)

Monday	Dec 2-Feb 24	(13)	5:00 - 5:30pm
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Level 5 & 6 (Stroke Refinement)

Wednesday	Dec 4-Feb 26	(11)	4:00 - 4:30pm
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Level 4, 5 & 6 (Stroke Refinement)

Saturday	Dec 7-Feb 29	(13)	8:30 - 9:00am
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(11 Wks.)	\$77 Members	\$165 Guests
(13 Wks.)	\$91 Members	\$195 Guests

Hypnotherapy of New England

- Anxiety, Stress & Depression
- Weight Loss
- Smoking Cessation
- Healing from Trauma
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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) Guests

Bundle Options

3 Lessons (per person):

\$120 Members

\$150 Guests

6 Lessons (per person):

\$240 Members

\$300 Guests

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
Dec 2- Feb 24 (13 wks.)

\$200 Members \$235 Guests

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.**

Mondays 3:30pm-4:00pm

1 Lesson (1 person/1 lesson):

\$40 (30 min) Members

\$50 (30 min) Guests

Bundle Options

3 Lessons (per person):

\$120 Members

\$150 Guests

6 Lessons (per person):

\$240 Members

\$300 Guests

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 Winter, for ages 15 and older. **Pre-registration is required.**

First Aid, CPR & AED for Adult & Child

Tuesday 5:30-9:30pm
Feb 25

\$70 Members

\$85 Guests

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 contact Aquatics Director, Denise Foster at 508.234.8184 ext 116 or Denise.Foster@OurGym.org.

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

Dec 28 -or- Feb 21 8:00-11:00am

\$65 Members

\$75 Guests

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. **Waterfront Training is NOT included in this class. Pre-registration is required.**

Session 1

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

Dec 26, 27 & 28 8:00am-5:00pm

Session 2

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

Feb 19, 20 & 21 8:00am-5:00pm

\$290 Members

\$340 Guests

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. Pre-registration is required.**

Dec 28 or Feb 21 8:00am-5:00pm

\$125 Members

\$180 Guests



Aqua Specialty Cont.



American Red Cross

Red Cross Adult Swim Lessons (Ages 15 & Above)

With varying levels of skill in the water. Held in the Competition Pool.

Adult Swim Learning The Basics

No prerequisites, class ratio 1:6

Saturday, Jan 4-Jan 25 (4 wks.) 11:30am-12:00pm

\$40 Members \$80 Guests

Adult Swim Stroke & Fitness

Should be able to swim 25 yards freestyle, 25 yards backstroke, 15 yards breaststroke, class ratio 1:6

Saturday, Jan 4-Jan 25 (4 wks.) 12:00pm-12:30pm

\$40 Members \$80 Guests

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 Guests

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

SESSION I:

Dec 8-Jan 12 (6 wks.)

SESSION II:

Jan 19-Feb 23 (6 wks.)

\$55 Members \$85 Guests

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

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ShaynaAshton@kw.com

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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



We're Hiring!

APPLY TODAY!

Openings In

- Aquatics
- Blackstone Valley Children's Place
- Fitness Room

*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



Learn to Curl!

Yes, curling right here in Blackstone Valley! You've seen it on TV—now try it yourself at one of our Learn to Curl events.

Visit www.bvcurlingclub.com/LTC for more information, including available dates. All Learn to Curl events are held at the Blackstone Valley IcePlex in Hopedale, MA.



Blackstone Valley Curling Club
www.bvcurlingclub.com

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MAKE AN APPOINTMENT TODAY!
LET'S TALK HAIR!

Wed & Thurs 10:00am - 8:00pm
 Friday 10:00am - 6:00pm
 Saturday 8:00am - Last Appt.

FREE Hair Cut w/ First Time Color
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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^
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
10:00 - 10:45 am	Millbury Life Skills
10:45 - 11:30 am	Water Workout
11:30 - 1:00 pm	Adult Exercise Swim
2:00 - 3:00 pm	Home School Open Rec
3:00 - 4:00 pm	Open Rec Swim
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 ^{NEW!}
11:30 - 1:00 pm	Adult Exercise Swim
1:00 - 3:00 pm	Private Swim Lessons^
3:00 - 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^
3:45 - 4:45 pm	Moderate Pace Aqua Aerobics

Adult Exercise Swim
FREE Members \$10 Guests

Arthritis Exercise Class/Water Workout
FREE Members \$8 Guests

Silver Sneakers® Silver Splash
FREE Members \$6 Guests

All other Aqua Aerobics Classes
FREE Members \$12 Guests

* Denotes Babysitting Available
^ Denotes Pre-Registration Required
\$ Denotes Kidz Club Available

Original Pool Unavailable

Nov 28 Thanksgiving Day
Dec 25 Christmas Day
Jan 1 New Year's Day

Early Pool Closings

Dec 24 Christmas Eve at 1:00pm
Dec 31 New Year's Eve at 1:00pm



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 - 2:30 pm	Adult Lap Swim
2:30 - 4:00 pm	GHS Swim Team (4 Lanes)
2:30 - 4:00 pm	Open Rec Swim (2 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 - 2:30 pm	Adult Lap Swim
2:30 - 4:00 pm	GHS Swim Team (4 Lanes)
2:30 - 4:00 pm	Open Rec Swim (2 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 - 2:30 pm	Adult Lap Swim
2:30 - 4:00 pm	GHS Swim Team
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 - 2:30 pm	Adult Lap Swim
2:30 - 4:00 pm	GHS Swim Team (4 Lanes)
2:30 - 4:00 pm	Open Rec Swim (2 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 - 2:30 pm	Adult Lap Swim
2:30 - 4:00 pm	GHS Swim Team
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 (5 Lanes)
11:30 - 12:30 pm	ARC Adult Swim Lessons^(1 Lane)
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 Guests

* Denotes Babysitting Available

^ Denotes Pre-Registration Required

§ Denotes Kidz Club Available

Competition Pool Unavailable

Nov 28	Thanksgiving Day
Dec 20	6:00-9:00pm HS Swim Meet
Dec 25	Christmas Day
Jan 1	New Year's Day
Jan 17	6:00-9:00pm HS Swim Meet

Early Pool Closings

Dec 24	Christmas Eve at 1:00pm
Dec 31	New Year's Eve at 1:00pm

School Vacation Weeks

Dec 23,26,27	1:00-4:00pm Open Rec Swim
Feb 17-21	1:00-4:00pm Open Rec Swim

SENATOR MIKE MOORE



SENATORMIKEMOORE.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.

We have the following:

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

**Let us learn
your needs and
we will do the
shopping for you!**



Gaudette
Insurance Agency

CONTACT US TODAY

800-922-8381

www.gaudette-insurance.com



Like “the Gym”, we’ve been making life better for families in the Blackstone Valley for 80 years!

- **Lumber & Hardware**
- **Doors & Windows**
- **Paint**
- **Grills**
- **Outdoor Power Equipment**
- **Kitchens**
- **& Much More!**

Whitinsville

665 Church St
(508) 234-4545

Uxbridge

12 Douglas St
(508) 278-5400

North Grafton

82 Worcester St
(508) 839-6526

KoopmanLumber.com

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) Guests

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 Guests

8 Sessions:

\$305 Members

\$475 Guests

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) Guests

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 4 but no more than 6 people.

4 Sessions:

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

\$52 per person/session (1 hour) Guests

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

Mighty Makers (Ages 7-9) NEW!

Mighty Makers is an 7 week beginner level class introduction to STEAM activities including: low level chemistry experiments, sensory creations, make and take art, and early engineering exploration. Each week features a new project or challenge with a focus on science, technology, engineering, arts, and math. **NO CLASS FEB 19.**

Pre-registration required. Held in Conference Room.

Wednesdays

4:00-5:00pm

Jan 8-Feb 26 (7 wks.)

\$63 Members

\$126 Guests



Home For The Holidays Membership

Dec 15th - January 31st

College Students & Family Members visiting for the holidays can take advantage of this cool discount that allows complete access to the Whitin Community Center!

Register at the Member Services Desk today!



Per Person

\$50

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



FREE Saturday Afternoon Fitness & Fun

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

- November 30** (Winter Themed Craft)
- December 7** (Paint Night Before Christmas)
- December 21** (Holiday Craft)
- January 4** (Volleyball In Racquetball Ct.)
- January 11** (Melted Snowman Craft)
- January 18** (Bird Feeder Craft)
- January 25** (Winter Window Mosaic)
- February 1** (Volleyball In Racquetball Ct.)
- February 8** (Valentine's Day Craft)
- February 15** (Beaded Necklace Craft)
- February 22** (Watercolor Painting)
- February 29** (Dodgeball In Gymnasium)

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

Specialty Classes Cont.

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! **Inclement weather make up Day Feb 25. Pre-registration required. Held in Aerobics Studio.**

Tuesdays 12:00-12:45pm
Dec 10 & 17, Jan 7, 14, 21 & 28, Feb 4 & 11

\$48 Members \$96 Guests

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. **Inclement weather make up Day Feb 25. Pre-registration required. Held in Aerobics Studio.**

Tuesdays 1:00-1:45pm
Dec 10 & 17, Jan 7, 14, 21 & 28, Feb 4 & 11

\$48 Members \$96 Guests

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. **Inclement weather make up Day Feb 23. Pre-registration required. Held in Conference Room.**

Sundays 11:30-12:30pm
Jan 12 - Feb 16 (6 wks.)

\$60 Members \$90 Guests

New To Exercising



Are you new to exercising? Well try one of our intro classes that will be offered on the following **Sundays at 9:30-10:15am.**
***January 19 & 26 will be held from 10:15-11:00am.**

January 12	Power Pump	Aerobics Studio
January 19*	Spin	Spin/TRX Studio
January 26*	TRX	Spin/TRX Studio
February 2	Zumba	Aerobics Studio
February 9	Step	Aerobics Studio
February 16	STRONG/POUND	Aerobics Studio
February 23	PiYo	Aerobics Studio

FREE Members \$12 Guests per class

NEW YEAR NEW YOU

Every Sunday
Jan 5-Mar 1
7:30-8:15am

- Weekly weigh-ins
- Nutritional information & recipes
- Workout on your own schedule
- We offer 86 classes to choose from
- Point values assigned by class length
- Reach 20-25 points each week by attending classes



A grand prize of 6 months free membership will be awarded to the participant with the most percentage of body weight lost and the second grand prize 6 month free membership will be awarded to the participant with the most total points. Participants may only win in one category.

Members : Guests
\$50 : \$125

****SPECIAL OFFER**** Pay for a new membership in full on Jan 2nd and register for our New Year, New You program and get \$25 OFF this program! More info on page 4.

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

INTRO to

CRIMSON AQUATICS



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



SPORTS

GAMES

ARTS &
CRAFTS

SWIMMING

ROLLER
SKATING

School Vacation Sports Weeks (Ages 7-12)

Join us for a fun filled week of gym sports, swimming in the Competition Pool, roller skating in the Gymnasium and themed arts & crafts! This supervised sports week will be run by our Athletic Director, Erik Consigli.

Pre-registration is required.

Sign up for both full School Vacation Weeks in December and February or simply choose the days you need at \$90 for Dec (3 Day Week), \$150 for Feb (5 Day Week) or \$35 per day! Extended Care is also available for an additional cost of \$10 per day. Sign your child up at the Members Services Desk today! See our website for details.

PLEASE NOTE: You must provide snacks and a lunch for your child for this camp. Snacks & lunch will not be provided by Camp Whitin.



December Vacation Week
December 23, 26 & 27
9:00am-4:00pm

\$90/weekly
\$35/daily

February Vacation Week
February 17-February 21
9:00am-4:00pm

\$150/weekly
\$35/daily

Extended Care
Early Morning Drop Off
8:00am-9:00am

\$10/daily

Extended Care
Afternoon Pick Up
4:00pm-6:00pm

Book Your Next Party With Us!

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.

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.

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.

\$115 Members

\$150 Guests

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

Original Pool

\$175 Members

\$225 Guests

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 Guests

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



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 \$26 hr.

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

Great for all aquatic activities, school swim, physical therapy, kayak training, scuba training and more!
Need a lifeguard? ADD \$26 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





**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.



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. 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 to empower youth as they navigate their way through the many life challenges and choices presented to them. We are seeking High School students interested in becoming mentors, to assist and support Elementary & 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. Potential Mentors from surrounding and neighboring High Schools are encouraged to apply. This commitment does serve as community service and a letter will be provided.

MENTORS NEEDED for Winter & Spring 2019-20: If you are a High School Student with proven academic skills and character references, and are interested in becoming a mentor, please contact Monique Boucher-Adams, Outreach Director for more information.

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. Registration ends in early April and the annual season begins in May and ends at the end of July. Annual productions are presented at Alternatives Singh Performance Center in Whitinsville and showcase the many talents of several young actors from Mendon, Douglas, Northbridge & Uxbridge. Registration for Summer theatre begins March 1st and ends April 10th.

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.

November 30	1:00-2:00pm	Winter Themed Craft
December 7	1:00-2:00pm	Paint Night Before Christmas
December 14	-----	NO OUTREACH -----
December 21	1:00-2:00pm	Holiday Craft
December 28	-----	NO OUTREACH -----
January 4	1:00-2:00pm	Volleyball in Racquetball Ct.
January 11	1:00-2:00pm	Melted Snowman Craft
January 18	1:00-2:00pm	Bird Feeder Craft
January 25	1:00-2:00pm	Winter Window Mosaic
February 1	1:00-2:00pm	Volleyball in Racquetball Ct.
February 8	1:00-2:00pm	Valentine's Day Craft
February 15	1:00-2:00pm	Beaded Necklace Craft
February 22	1:00-2:00pm	Watercolor Painting
February 29	1:00-2:00pm	Dodgeball in Gymnasium

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



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.**

DEADLINES:

October 25
January 25
April 25
July 25

Winter Schedule
Spring Schedule
Summer Schedule
Fall Schedule

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.**

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

Thank You!



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

**REGISTER NOW FOR OUR YOUTH CO-ED
BASKETBALL LEAGUE (AGES 7-10) & GET
THIS SPECIAL OFFER!**



**JANUARY 25TH
GAME - 12:05PM**

- Watch a Holy Cross Crusaders game
- Kids play a game on court at halftime
- Kids get their picture taken on the court

**SPECIAL
OFFER!**

**FREE ONLY for children participating
in our Youth Co-Ed Basketball League
(Ages 7-10)**