

# *Welcome to the* **Whitin Community Center**



Fitness. Family. Community.

July 6 - Sept 6

**2020**

**SUMMER  
Schedule**



## **Registration Dates**

**Members: June 29, 2020**

**Guests: July 6, 2020**

60 Main Street, Whitinsville, MA 01588 | [www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com) | 508.234.8184



## \*\*\*NOTICE\*\*\*

All classes, programs, events, times, max participants and schedules are subject change during the COVID-19 epidemic. We appreciate your patience & support!

## NEW! Hours of Operation

Monday-Friday 5:00am - 8:00pm  
Saturday 6:00am - 12:00pm  
Sunday 6:00am - 12:00pm\*

\*Fitness Center open 6:00-12:00pm  
\*All other programs open 9:00-12:00pm

## Facility Closures September 7th

## Contact Us

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

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## Mission Statement

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

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





*Fitness. Family. Community.*

60 Main Street  
Whitinsville, MA 01588  
508.234.8184

[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)  
[info@OurGym.org](mailto:info@OurGym.org)

Dear Members,

At the Whitin Community Center (WCC) our mission is to enhance the health and well-being of individuals and families and to build a strong community in the Blackstone Valley. During the COVID-19 pandemic we are doing everything we can to continue strengthening and supporting our surrounding communities. We know families and individuals depend on us, not only for health and wellness needs, but also for childcare services and summer camp so we are committed to providing those services in the safest possible manner available. During this dynamic and challenging time we ask for your patience and understanding as we are implementing changes that are necessary during this crisis, but which will also impact the services you have come to expect.

We are taking strict preventative measures to keep our locations clean and disinfected consistently to maintain a healthy environment. In addition to this, we are preparing and training our staff to follow the most recent regulations set forth by our guiding local, state, and federal institutions.

Safety measures are fluid and obviously will continue to change and evolve as we learn more about COVID-19. We feel a responsibility to impress upon you how important it is to continue to stay informed- read, listen, learn all you can by checking our emails, social media and our website, **[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)** for the most up to date specific safety measures you can expect as we reopen all parts of our organization.

The WCC continues to work closely with our local and state legislators, the Northbridge Board of Health, the Department of Early Education and Care, and the Massachusetts Department of Public Health, as well as adhering to federal guidelines and recommendations from the Centers for Disease Control, National Institutes of Health, and the World Health Organization to monitor the evolving pandemic and adjust accordingly when and where we can. The changes made within our organization are intended to ensure the safety of all, and by working together we will get through this challenge.

Thank you for your continued support of the WCC!

Be Well,  
Your WCC Family





SuperSaaS

# RESERVE YOURSEAT

## NEW RESERVATION POLICY DURING COVID-19

In anticipation of our reopening and with the COVID-19 regulations/guidelines from the Commonwealth of Massachusetts, all members will need to PRE-REGISTER for the following activities:

- AQUA AEROBICS
- AEROBICS
- PICKLEBALL
- RACQUETBALL
- FITNESS ROOM WORKOUT TIMES
- GYMNASIUM OPEN REC TIMES
- LAP SWIMMING & ADULT EXERCISE SWIM
- OPEN REC SWIMMING

Members may sign up 48 hours in advance by accessing our online reservation tool, Supersaas or calling our Member Services Desk. If you are currently using the online program, you are all set. However, ALL NEW user accounts need management approval so don't delay in setting up your account in order to attend your favorite activities when we re-open! Please see our website for details or call Karen Boyle at (508) 234-8184, ext 119 for assistance or email Sonja Coe at [Sonja.Coe@OurGym.org](mailto:Sonja.Coe@OurGym.org) or [info@OurGym.org](mailto:info@OurGym.org).

**NOTE:** Subject to change based on guidelines and space size restrictions.





# Getting Started

Here's what you need to do once you go to:

**<https://www.supersaas.com/schedule/WCC>**

- Log in to Supersaas using the **email address** you registered with us as the user name and your **WCC Swipe Card Number (i.e. WCC48026)** as your password.
  - If you don't have a WCC Swipe Card or do not know your swipe card number, you can call the Member Services Desk for assistance.
1. Each customer must have their own email address. If you share an email address with someone else please contact Karen Boyle or a Member Services Representative with a different one for your partner.
  2. You will then be able to view the schedule of activities on your phone or desktop. It will be in a calendar format.
    - Click on the date and activity you want to reserve. (Remember that you cannot reserve a slot more than 48 hours in advance.)
    - A box will open with a description of the activity. Click on "New Reservation".
    - Type in your Full Name and phone#.
    - Click "Create reservation".
    - You will receive an email confirmation.
    - Your reservation is now stored in the database.
    - If an activity is full, you will automatically be put on a Waitlist.
    - If a slot opens up, your name will automatically be put on the activity list and you will receive an email.
    - To cancel your reservation, click on the activity.
    - Find your name.
    - Click on "Edit" Feature to the right of your name.
    - Delete your slot by choosing the Trash bin.
    - You will receive an email confirming your cancellation.
    - Moving forward you will receive emails for any cancelled or changed activities.



# 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)(Fall-Spring)
- \* **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 (age 16 & older)
- \* **FREE** Racquetball
- \* **FREE** Open Recreational Basketball & Swim
- \* Substantial discounts on specialty classes & swim lessons

## Adult/Senior

- \* **FREE** Orientation and access to our Fitness Center
- \* **FREE** Aerobic & Aqua classes offered weekly, with more than 75 class options available including Yoga, Pilates, Yoqua, Yogalates, and Zumba just to name a few!
- \* **FREE** Unlimited access to our Fitness Center
- \* **FREE** Spin®/TRX®/Barre Fusion/Metafit Classes
- \* **FREE** Racquetball
- \* **FREE** Open Recreational Swim and Adult Lap swim
- \* **FREE** Open Recreational Basketball
- \* **FREE** Pickleball
- \* **FREE** Babysitting Services (for ages 1-5)(Fall-Spring)
- \* **FREE** Access to our seasonal outdoor Tennis Courts
- \* Substantial discounts on specialty classes, Adult swim lessons, basketball leagues
- \* Access to Personal Training
- \* Online registration for Spin®/TRX®/Barre Fusion/Metafit

## 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)(Fall-Spring)
- \* **FREE** Toddler Time (Fall-Spring)
- \* **FREE** Friday Night Family Rollerskating (Fall-Spring)
- \* **FREE** Racquetball/Wallyball
- \* **FREE** Kidz Club (for ages 1-10, Fall-Spring)



## 2020 Membership Rates

MEMBERSHIP CATEGORIES	ANNUAL RATE	MONTHLY RATE
<b>Youth</b> (6mo.-13 years)	<b>\$117</b>	<b>\$9.75</b>
<b>High School</b> (14-17 years)	<b>\$336</b>	<b>\$28.00</b>
<b>Young Adult</b> (18-26 years)	<b>\$468</b>	<b>\$39.00</b>
<b>Military/First Responder</b> (25% with ID)	<b>\$621</b>	<b>\$51.75</b>
<b>Adult</b> (27-61 years)	<b>\$828</b>	<b>\$69.00</b>
<b>Adult Couple</b> (27-61 years)	<b>\$1,233</b>	<b>\$102.75</b>
<b>Senior</b> (62 and older)	<b>\$600</b>	<b>\$50.00</b>
<b>Senior Couple</b> (62 and older)	<b>\$903</b>	<b>\$75.25</b>
<b>1 Adult Family</b> (with children)	<b>\$1,107</b>	<b>\$92.25</b>
<b>2 Adult Family</b> (with children)	<b>\$1,428</b>	<b>\$119.00</b>

## 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**

**Young Adult/ Military**

**Adult/Adult Couple/1 Adult/2 Adult Family**

### 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)**



## Summer Pool/Tennis Membership

Back by popular demand, non-members may purchase a seasonal pass to our Competition Pool and Tennis Courts. This pass will allow families to enjoy scheduled open recreational and adult lap swim times. In addition to this, they will have the use of the tennis courts for recreational tennis. (See pg. 7 for Recreational Tennis)

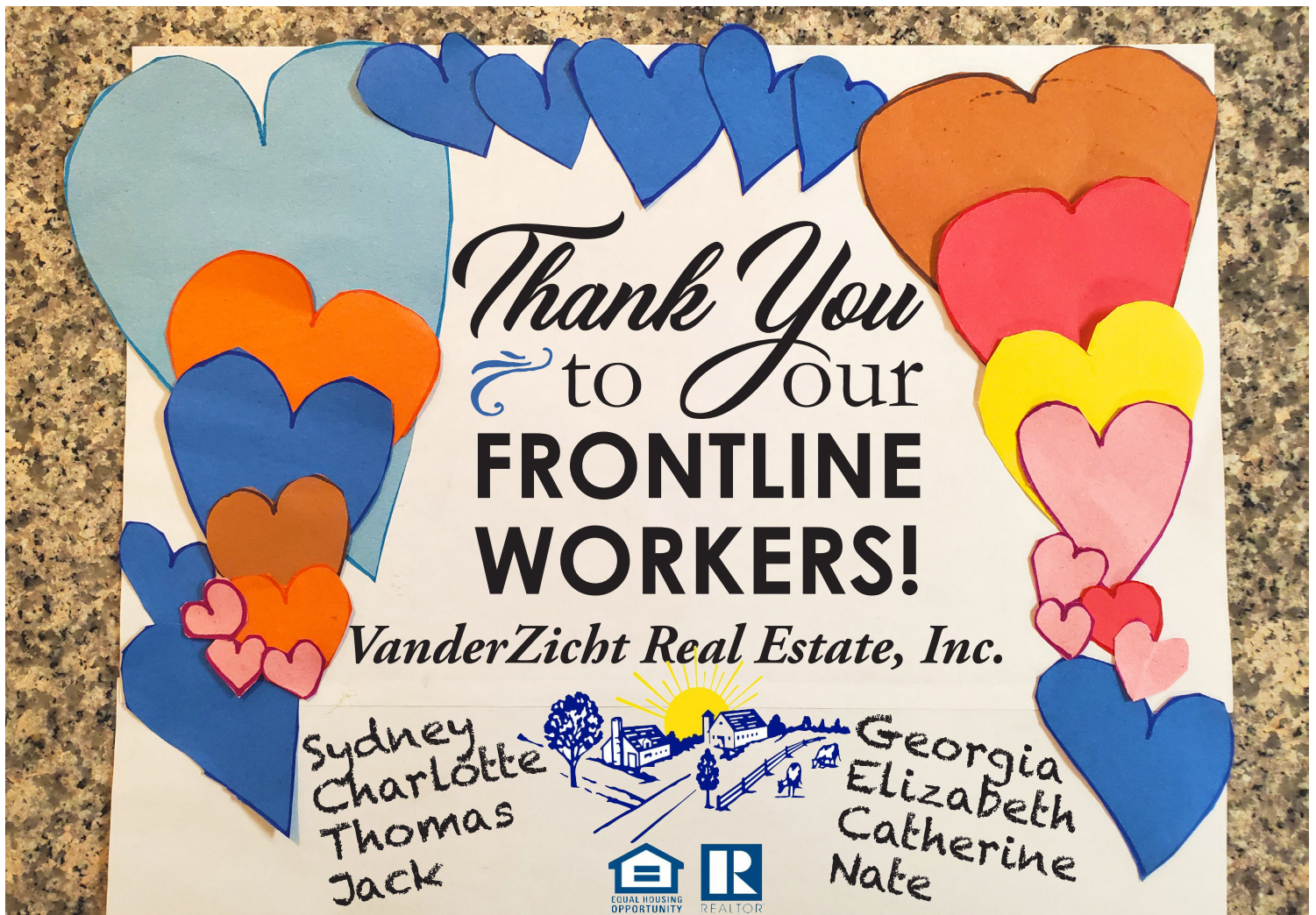
**Membership valid from July 6-September 6th**  
**\$100 per Family**

## Summer Fitness Membership

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

**Proof of age is required at time of registration.**

**Membership valid from July 6-September 6th**  
**\$50 per student**



Please see pages 3-4. to reserve your time.

ALL AEROBIC CLASSES WILL  
BEGIN JULY 8TH.

## Racquetball

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

### Members-FREE

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

### Guests-\$10

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.

## Pickleball

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

Tuesday

5:30-6:30pm

FREE Members

\$11 Guests

### Registration Policy for Pickleball

#### Members/Guests

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

## Recreational Tennis

Whitin Community Center Members and Summer Pool/Tennis Members have unlimited access to our Tennis Courts. Guests (up to 3) may play on the same courts with their Member host. Members may use one court for 1.5 hours at a time, unless no one is waiting to use a court. Members are responsible for the proper use and conduct of his/her guests on the courts. **Members are asked to report any violations. Tennis Courts Unavailable between 8:00am - 3:30pm for Camp Whitin.**

**NOTE: By entering the WCC's Tennis Courts you are agreeing to play at your own risk.**

FREE Members

\$10 Guests

Monday-Friday

Saturday & Sunday

6:00 - 8:00 am

6:00am - 9:00 pm

3:30 - 9:00 pm

### Gymnasium Unavailable

August 18

Countdown To Kindergarten

6:00pm-7:30pm

### Gymnasium Closed

September 7, 2020

\* Denotes Open Recreation Available If No Gym Rentals

^ Denotes Pre-Registration Required

## Gymnasium

### Monday

5:00 - 6:00 am	Open Recreation^
6:30 - 7:15 am	Tabata^
7:30 - 8:15 am	Step^
8:30 - 3:30 pm	Reserved for Summer Camps
2:45 - 3:30 pm	Reserved for BVCP
3:45 - 4:30 pm	Boot Camp^
5:30 - 6:15 pm	Cardio Intervals^

### Tuesday

5:15 - 6:00 am	HIIT/HEAT^
6:15 - 7:15 am	Open Recreation^
7:30 - 8:20 am	Power Pump^
8:30 - 3:30 pm	Reserved for Summer Camps
3:30 - 4:15 pm	Reserved for BVCP
4:30 - 5:15 pm	Zumba^
5:45 - 6:30 pm	HCC^ (Hard Core Circuits)
7:00 - 8:00 pm	Pickleball^

### Wednesday

6:30 - 7:15 am	Cardio Cross^
8:30 - 3:30 pm	Reserved for Summer Camps
3:00 - 3:30 am	Reserved for BVCP
3:45 - 4:30 pm	Boot Camp^
4:45 - 5:30 pm	Barre^
5:45 - 6:30 pm	Muscle Mix^

### Thursday

5:15 - 6:00 am	HIIT/HEAT^
7:30 - 8:20 am	Power Pump^
8:30 - 3:30 pm	Reserved for Summer Camps
3:30 - 4:15 pm	Reserved for BVCP
4:30 - 5:15 pm	Hatha Yoga^
5:45 - 6:30 pm	STRONG^
7:00 - 8:00 pm	Open Recreation^

### Friday

5:00 - 6:00 am	Open Recreation^
6:30 - 7:15 am	Sculpt & Tone^
7:30 - 8:15 pm	HIIT^
8:30 - 3:30 pm	Reserved for Summer Camps
3:30 - 5:00 pm	Reserved for BVCP
5:30 - 8:00 pm	Open Recreation^

### Saturday

7:00 - 7:45 am	Cardio Cross^
8:15 - 9:00 am	Power Pump^
9:30 - 12:00 pm	Open Recreation^

### Sunday

6:00 - 7:30 am	Open Recreation^
8:00 - 8:45 am	Step Intervals^
9:15 - 10:10 am	Core & More^
10:30 - 12:00 pm	Open Recreation^

### Open Recreational Gym

FREE Members

\$10 Guests



# Aerobics

## Monday

6:30 - 7:15 am	Tabata^ (Gymnasium)
7:30 - 8:15 am	Step^ (Gymnasium)
9:00 - 9:45 am	Fitness Yoga^ (Pavilion)
3:45 - 4:30 pm	Boot Camp^ (Gymnasium)
5:30 - 6:15 pm	Cardio Intervals^ (Gymnasium)
7:00 - 7:45 pm	Relaxation Yoga^ (Pavilion)

## Tuesday

5:15 - 6:00 am	HIIT/HEAT^ (Gymnasium)
7:30 - 8:20 am	Power Pump^ (Gymnasium)
9:00 - 9:45 am	Cardio Kick^ (Pavilion)
4:30 - 5:15 pm	Zumba^ (Gymnasium)
5:45 - 6:30 pm	HCC^ (Hard Core Circuits) (Gymnasium)
7:00 - 7:45 pm	T'ai Chi^ (Pavilion)

## Wednesday

6:30 - 7:15 am	Cardio Cross^ (Gymnasium)
9:00 - 9:45 am	Yogalates^ (Pavilion)
3:45 - 4:30 pm	Boot Camp^ (Gymnasium)
4:45 - 5:30 pm	Barre^ (Gymnasium)
4:30 - 5:15 pm	Mind Body Fusion^ (Pavilion)
5:45 - 6:30 pm	Muscle Mix^ (Gymnasium)
7:00 - 7:45 pm	Pilates^ (Pavilion)

## Thursday

5:15 - 6:00 am	HEAT/HIIT^ (Gymnasium)
7:30 - 8:20 am	Power Pump^ (Gymnasium)
9:00 - 9:45 am	Yoga^ (Pavilion)
4:30 - 5:15 pm	Hatha Yoga^ (Gymnasium)
5:45 - 6:30 pm	STRONG^ (Gymnasium)

## Friday

6:30 - 7:15 am	Sculpt & Tone^ (Gymnasium)
7:30 - 8:15 am	HIIT^ (Gymnasium)
9:00 - 9:45 am	Zumba^ (Pavilion)

## Saturday

7:00 - 7:45 am	Cardio Cross^ (Gymnasium)
8:15 - 9:00 am	Power Pump^ (Gymnasium)
9:30 - 10:15 am	Yoga^ (Pavilion)

## Sunday

8:00 - 8:45 am	Step Intervals^ (Gymnasium)
9:15 - 10:00 am	Core & More^ (Gymnasium)

Please see pages 3-4. to reserve your time.

**ALL AEROBIC CLASSES WILL BEGIN JULY 8TH.**

**NOTE: Classes are subject to change/cancellation due to weather and shared spaces.**

## Silver Sneakers® Zoom Classes

**ALL ZOOM CLASSES WILL BEGIN JULY 15TH.**

<https://zoom.us/join>

## Monday

Silver Sneakers® Muscular Strength w/Judy^  
10:30-11:15am  
ID 851 2274 7878  
Password 2348184

## Tuesday

Chair Zumba w/Mel^  
11:15-12:00pm  
ID 847 0401 9003  
Password 2348184

## Wednesday

Yoga w/ Donna^  
10:30-11:15am  
ID 897 4877 9155  
Password 2348184

## Thursday

Zumba Gold w/Lena  
11:15-12:00pm^  
ID 882 3968 0740  
Password 2348184

## Friday

Silver Sneakers® Muscular Strength w/Donna^  
10:30-11:15am  
ID 867 1792 4680  
Password 2348184

*The following classes will also be available to access beginning July 19th at anytime after the scheduled class is offered. Please sign up through Supersaas to obtain the Meeting ID and Password. See page 3-4 for more information.*

Step w/ Judy  
Zumba w/ Tracy  
Boot Camp w/ Kristine  
T'ai Chi w/ Ron  
Yoga w/ Donna

### Aerobics Classes

**FREE Members \$12 Guests**

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

### Silver Sneakers®/Senior Classes

**FREE Members \$6 Guests**

# ***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.

## **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 needed.

## **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 combining the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

## **POUND**

This class uses Ripsticks (special drumsticks) for a high intensity cardio interval workout which incorporated rhythmic movements for 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.

## **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 series of seated & standing yoga poses using chair support to perform a variety of postures to increase flexibility, balance, & range of movement.

## **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.

## **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.

## **T'ai Chi**

T'ai Chi will improve posture using deep breathing, flowing movement, and a understanding of mind, body connection. T'ai Chi offers flexibility, stress reduction, and muscle toning.

## **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 Barre**

Using a blend between Yoga-Pilates and Ballet, this class will challenge your balance and strengthen your core while having a low impact on your bones and joints. Suitable for all levels.

## **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.

## **Hydro Running**

This class offers the benefits of running with less impact on your body. Be prepared to use your arms, hips, legs continuously as you jog in the deep area of the pool.

## **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 T'ai Chi. This class strengthens core muscles, enhance flexibility, and increase range of motion and circulation.



# Swim Lessons

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



## Babies & Tots Lessons Returning Fall 2020

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

**To maintain social distancing guidelines all classes will be capped at 10 children.**

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 (Level 1 Intro to Water Skills-Shallow Water)

Wednesday July 22-Aug 26 (6) 4:30 - 5:00pm

#### Level 1 & 2 (Level 1 Intro to Water Skills-Shallow Water) & Level 2 Fundamental Water Skills-Deep Water)

Wednesday July 15-Aug 26 (7) 3:00 - 3:30pm

#### Level 3 (Stroke Development)

Wednesday July 15-Aug 26 (7) 3:45 - 4:15pm

#### Level 4,5 & 6 (Stroke Improvement & Refinement)

Monday July 13-Aug 24 (7) 4:00 - 4:30pm

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



### Private Swim Lessons (Adults & Children)

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

**Pre-registration is required. Held in Original Pool.**

Fridays

1:30 - 2:30pm

**\$40 per person/lesson Members**  
**\$50 per person/lesson Guests**

### Bundle Options

**3 Sessions:**  
**\$120 Members**  
**\$150 Guests**

**6 Sessions:**  
**\$240 Members**  
**\$300 Guests**

# Aqua Specialty Classes

## 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.**

**Mondays** 2:45-3:45pm  
**July 13- Aug 24 (7 wks.)**

**(7 Wks.) \$105 Members \$140 Guests**



## American Red Cross

## American Red Cross Classes

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

## First Aid, CPR & AED for Adult & Child

**Tuesday** 4:00-8:00pm  
**August 25**

**\$65 Members \$80 Guests**

## Lifeguard Training

Must be 15 years old with swimming ability. Includes training and certification in First Aid, CPR for the Professional & Lifeguarding. **Pre-registration is required.**

**Pre-requisites: Must be able to swim 300-500 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 2 minutes (legs only).**

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

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

**July 8, 9 & 10** 8:00am-5:00pm

**\$285 Members \$335 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. See Waterfront Training section for description and additional fees if needed.** **Pre-registration is required.**

**July 10** 8:00am-5:00pm  
**\$125 Members \$175 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 bring your Lifeguard Certificate to class.

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

**July 10** 12:00pm-5:00pm  
**\$60 Members \$70 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](mailto:office@bvpts.com).

## Crimson Aquatics

[www.teamunify.com/necawcc](http://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](mailto:whitneyzeiger@gmail.com)





# What's Next?

## ***What's next after swim lessons?***

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



### **There are three levels:**



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



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



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

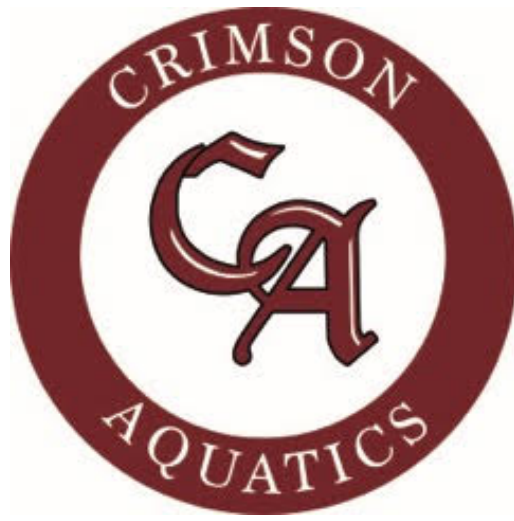
Crimson is an exciting opportunity to build strength in and out of the pool, make new friends, and have fun in the water learning new skills! These programs are 10 & under. 11 & older swimmers will be placed based on experience and space in higher level groups.

We offer free evaluations to place your child.



## ***Interested?***

Contact us at [bezeiger@gmail.com](mailto:bezeiger@gmail.com)



## What you might not know about Crimson Aquatics!

- We are currently ranked 23<sup>rd</sup> in the nation by USA Swimming. We have over a dozen athletes who train and compete at the national level.
- We have the #1 non draft legal Triathlete in the country who is going to represent Team USA at Worlds in 2021. We also have 4 other athletes who have qualified for nationals (By the way we have nationally ranked triathlon team)
- We have a transition program from swim lessons to swim team if you and your child are interested.
- We have a progressive strength and development program for our athletes. The program starts around age 11 with body weight exercise and progresses up to Olympic lifting at the high school level. All instruction with a focus on proper form, technique and safety.
- We have a club water polo program that meets and practices seasonally.
- Our athletes have fun, create friendships, travel, develop character, compete and grow. Over 90% of the athletes who start with us continue on until they attend college! Come find out why!

For more information contact Peter at [pzcrimsonaquatics@gmail.com](mailto:pzcrimsonaquatics@gmail.com)



# Original Pool

## Monday

6:30 - 8:30 am	Adult Exercise Swim^
9:30 - 10:00 am	BVCP (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim^
1:45 - 2:30 pm	Water Workout^ (CAP 10)
2:45 - 3:45 pm	Whitin Waves Swim Club ^ (CAP 10)
4:00 - 4:30 pm	Level 4,5 & 6 Instruction^ (CAP 10)

## Tuesday

6:30 - 8:30 am	Adult Exercise Swim^
8:45 - 9:25 am	Silver Sneakers® Silver Splash^
9:30 - 10:30 am	BVCP (CAP 10)
10:45 - 11:30 am	Water Workout^ (CAP 10)
11:45 - 12:15 pm	Adult Exercise Swim^
12:30 - 4:00 pm	BV Physical Therapy
7:00 - 7:45 pm	Total Body Aqua^

## Wednesday

6:30 - 8:30 am	Adult Exercise Swim^
9:45 - 10:30 am	Water Workout^ (CAP 10)
10:45 - 11:30 am	Water Workout^ (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim^
2:00 - 2:45 pm	Home School/Open Rec Swim^
3:00 - 3:30 pm	Level 1 & 2 Instruction^ (CAP 10)
3:45 - 4:15 pm	Level 3 Instruction^ (CAP 10)
4:30 - 5:00 pm	Level 1 Instruction^ (CAP 10)
5:15 - 6:45 pm	Swim Team

## Thursday

6:30 - 8:30 am	Adult Exercise Swim^
10:00 - 10:45 am	Arthritis Exercise^
11:00 - 11:45 am	Water Workout^ (CAP 10)
12:00 - 12:45 pm	Adult Exercise Swim^
1:15 - 3:15 pm	Children's Rehab
7:00 - 7:45 pm	Aqua Intervals^

## Friday

6:30 - 8:00 am	Adult Exercise Swim^
8:15 - 9:00 am	Silver Sneakers® Silver Splash^
9:15 - 10:00 am	Aqua Intervals^
10:15 - 11:15 am	Family Time Swim^
11:45 - 1:15 pm	Adult Exercise Swim^
1:30 - 2:30 pm	Private Swim Lessons^
3:00 - 5:45 pm	Adult Exercise Swim & Open Rec^
6:00 - 6:45 pm	Yoqua^

## Saturday

9:00 - 11:45 am	Adult Exercise Swim^
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## Sunday

9:00 - 11:30 am	Adult Exercise Swim^
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Please see pages 3-4. to reserve your time.

## ALL AQUA AEROBIC CLASSES WILL BEGIN JULY 8TH.

**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 Closed  
September 7, 2020**



Thinking of buying a house or selling your home? Have questions about the current market? Contact me today for all of your real estate needs.



**CHRISTINE PEARCE, REALTOR**

- CUSTOM HOME REALTY
- 32 HASTINGS ST., SUITE 201, MENDON, MA 01756
- (978) 793-9129
- CHRISTINE@CUSTOMHOMEREALTY.COM
- WWW.CUSTOMHOMEREALTY.COM

# Competition Pool

## Monday

5:00 - 6:30 am	Swim Team (2 Lanes)
5:30 - 6:30 am	Adult Lap Swim^ (4 Lanes)
6:30 - 9:15 am	Adult Lap Swim^
9:30 - 10:10 am	Aqua Aerobics^ (3 Lanes)
9:30 - 10:30 am	Adult Lap Swim^ (3 Lanes)
11:15 - 12:00 pm	Camp Whitin Swim
12:15 - 1:45 pm	Adult Lap/Open Rec Swim^ (3 Lanes ea.)
2:00 - 2:45 pm	Camp Whitin Swim
3:00 - 3:45 pm	BVCP Swim
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Open Rec Swim^ (3 Lanes)
7:00 - 7:45 pm	Adult Lap Swim^ (3 Lanes)

## Tuesday

5:30 - 9:15 am	Adult Lap Swim^
9:30 - 10:30 am	Adult Lap Swim^ (2 Lanes)
9:30 - 10:10 am	Tabata H2O^ (3 Lanes)
11:15 - 12:00 pm	Camp Whitin Swim
12:15 - 1:45 pm	Adult Lap/Open Rec Swim^ (3 Lanes ea.)
2:00 - 2:45 pm	Camp Whitin Swim
3:00 - 3:45 pm	BVCP Swim
4:00 - 8:00 pm	Swim Team

## Wednesday

5:30 - 9:15 am	Adult Lap Swim^
9:30 - 10:10 am	Aqua Aerobics^ (3 Lanes)
9:30 - 10:30 am	Adult Lap Swim^ (3 Lanes)
11:15 - 12:00 pm	Camp Whitin Swim
12:15 - 1:45 pm	Adult Lap/Open Rec Swim^ (3 Lanes ea.)
2:00 - 2:45 pm	Camp Whitin Swim
3:00 - 3:45 pm	BVCP Swim
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Open Rec Swim^ (3 Lanes)
7:00 - 7:45 pm	Adult Lap Swim^ (3 Lanes)

## Thursday

5:30 - 9:15 am	Adult Lap Swim^
9:30 - 10:10 am	Aqua Intervals^ (3 Lanes)
9:30 - 10:30 am	Adult Lap Swim^ (3 Lanes)
10:30 - 11:10 am	Tabata H2O^ (3 Lane)
11:15 - 12:00 pm	Camp Whitin Swim
12:15 - 1:45 pm	Adult Lap/Open Rec Swim^ (3 Lanes ea.)
2:00 - 2:45 pm	Camp Whitin Swim
3:00 - 3:45 pm	BVCP Swim
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Open Rec Swim^ (3 Lanes)
7:00 - 7:45 pm	Adult Lap Swim^ (3 Lanes)

## Friday

5:00 - 6:30 am	Swim Team (2 Lanes)
5:30 - 6:30 am	Adult Lap Swim^ (4 Lanes)
6:30 - 10:30 am	Adult Lap Swim^
11:15 - 12:00 pm	Camp Whitin Swim
12:15 - 1:45 pm	Adult Lap/Open Rec Swim^ (3 Lanes ea.)
2:00 - 2:45 pm	Camp Whitin Swim
3:00 - 3:45 pm	BVCP Swim
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Open Rec Swim^ (3 Lanes)
7:00 - 7:45 pm	Adult Lap Swim^ (3 Lanes)

Please see pages 3-4. to reserve your time.

**ALL AQUA AEROBIC CLASSES  
WILL BEGIN JULY 8TH.**

## Saturday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Swim Team (1 Lane)
9:15 - 10:00 am	Youth Lap Swim^ (1 Lane)
9:15 - 10:00 am	Adult Lap Swim^ (4 Lanes)
10:00 - 11:45 am	Adult Lap/Open Rec Swim^ (3 Lanes ea.)

## Sunday

6:00 - 9:00 am	Swim Team
9:15 - 11:45 am	Adult Lap/Open Rec Swim^ (3 Lanes ea.)

**Adult Lap Swim/Open Rec Swim**  
**FREE Members \$10 Guests**

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

**Competition Pool Closed**  
**September 7, 2020**

**Lifeguard Training ( 1 Lane)**  
**July 10 1:00-4:00pm**





# Fitness Center

Please see pages 3-4. to reserve your time.

**Due to COVID 19 and social distancing requirements, all equipment may not be available for use at the same time. Please check our website for future updates or contact Karen Boyle at (508) 234-8184, ext 119 or Karen.Boyle@OurGym.org.**



## Did You Know?

**We are open all hours of operation!**

<b>Monday-Friday</b>	<b>5:00am - 8:00pm</b>
<b>Saturday</b>	<b>6:00am - 12:00pm</b>
<b>Sunday</b>	<b>6:00am - 12:00pm</b>

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.

Our Fitness Center is:

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.

- 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) 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**



# *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](http://www.WhitinCommunityCenter.com)**







# 4 FREE Programs Benefit Youth In The Blackstone Valley

*Educational, Recreational & Social 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](mailto:Monique.Boucher@ourgym.org)**.

## The Rockdale Youth Center

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

## Saturday Afternoon Fitness & Fun

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

## The Mentoring Partnership

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

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

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

**MENTORS NEEDED** for the school year 2020-2021. If you are interested in becoming a mentor, please contact, Outreach Director Monique Boucher-Adams for more information.

## Summer Youth Theatre

The WCC's Summer Youth Theatre Program is an 8 week program providing youth with the exciting opportunity to learn about theatre arts. **Our program this year is being postponed due to COVID19**, but we are currently creating a version of this very successful and beloved program that we hope can be held later this fall. Please stay connected to our social media and constant contact messaging for updates regarding new registrations periods and schedules. For more information or if you have any questions, please contact Monique Boucher-Adams at [Monique.Boucher@ourgym.org](mailto:Monique.Boucher@ourgym.org) or Jennifer Castro at [Jennifer.Castro@ourgym.org](mailto:Jennifer.Castro@ourgym.org).





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.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com) | 508.234.8184**



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



*Fitness. Family. Community.*

# Advertise With Us!

In Our Quarterly Program Schedules

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

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

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

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

### Print-Ready AD Specs:

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

### ADs:

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

### Transfer Process:

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

### Custom AD Design:

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

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

## PRICING PER QUARTER:

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

**FULL  
PAGE**

**1/2 PAGE  
HORIZONTAL**

**1/2 PAGE  
VERTICAL**

**1/4 PAGE  
VERT.**

**1/8 PAGE  
HORIZ.**

## DEADLINES:

October 25  
January 25  
April 25  
July 25

Winter Schedule  
Spring Schedule  
Summer Schedule  
Fall Schedule

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



## Whitin Community Center

60 Main Street  
Whitinsville MA. 01588  
508.234.8184  
[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)



*Fitness. Family. Community.*

*Thank You!*

**TO EVERYONE  
KEEPING OUR  
COMMUNITY SAFE!**

*Thank You!*



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