

# Welcome to the Whitin Community Center



Fitness. Family. Community.

Sept 7 - Nov 29

# 2020

# Fall

# Schedule



## Registration Dates

**Members: August 24, 2020**

**Guests: August 31, 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

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### Facility Closures

**September 7, 2020 - Labor Day**  
**November 26, 2020 - Thanksgiving**

### ❄️Inclement Weather❄️

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

## Contact Us

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

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**School Age Administrator, Michelle Benoit**  
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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.**

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# Fall For Savings Membership Drive



## LET'S GET HEALTHY TOGETHER September 1st - September 30th

Calling all Adults! Fall is a great time to begin new habits, including practicing healthier living. What better way to get started than to sign up for a **14 Day FREE Trial Membership**. You will have 14 consecutive days to try out everything; Aerobic Classes, Lap & Open Rec Swimming in our two pools, Fitness Center, Basketball Court, Racquetball Court & more! After completing your trial, purchase any NEW membership by September 30th and receive a **25% discount off** the 2020 rates & **no Joining Fee!**



## WE ARE FAMILY MONTH October 1st - October 31st

Every **NEW Family membership** purchased in October, **either in full or by monthly automatic withdrawal** will receive **25% discount off** the 2020 rates & **no Joining Fee!**



## "IT TAKES A VILLAGE" COMMUNITY MONTH November 1st - November 30th

For every **NEW membership** purchased in November, we will **donate the value of one month to the Rockdale Youth Center** to provide academic support to children in our community free of charge. Especially this year, let's do something good for the community and ourselves!

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

**Whitin Community Center**  
60 Main Street, Whitinsville MA 01588 | 508.234.8184

[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)

**WCC**  
Fitness. Family. Community.





## Coronavirus (COVID-19) Information **EVERY PERSON MUST READ BEFORE ENTERING THE WCC**



Please follow the strict safety guidelines for your safety and ours to enter:

- Complete one time COVID-19 Waiver
- Complete Daily Screening Test
- Wear a mask
- Follow new signage guidelines
- Follow new traffic patterns
- Practice 6ft social distancing
- Respect class/program sizes

Please be aware, **YOU ARE AT HIGHER RISK**, if you are:

- Age 65 or older
- Pregnant
- Have a chronic illness such as lung disease, moderate to severe asthma
- Heart disease
- Immunocompromised
- Undergoing cancer treatment
- Severe obesity
- Diabetes
- Renal failure or dialysis
- Liver disease

Anyone concerned about being high risk should consult their health professional.



To keep the staff, children, and the community safe, please **DO NOT ENTER** if:

You, someone in your household, or someone you have been in contact with has tested positive for COVID-19.

You are experiencing ANY of the following symptoms:

- Unusual Coughing
- Shortness of breath
- Difficulty breathing
- Headaches
- Fever of 100°F or higher
- Chills or shaking chills
- Sore Throat
- Muscle aches or pains
- New loss of taste or smell
- Felt Feverish
- Vomiting or diarrhea

If you have any of these symptoms listed above contact your health professional immediately.



# SAVE TIME!

## Fill Out Your Daily Prescreening Online

### OPTION 1

- Open your phone's camera app
- Point your camera at the QR Code  
- do not take a picture
- Tap the pop-up that appears at the top of your screen
- Enter the password: **timit**
- Fill out your Daily Prescreening



### OPTION 2

- Go to:  
[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)
- Under the Schedules Tab select COVID-19 Guidance & Reopening
- Scroll down until you see the QR Code
- Click the blue button labeled DAILY PRESCREENING TOOL
- Enter the password: **timit**
- Fill out your Daily Prescreening

*Add the Screening Tool to your smartphone to save even more time!*



SuperSaaS

# RESERVE YOURSEAT

## NEW RESERVATION POLICY DURING COVID-19

Due to 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
- PRIVATE SWIM LESSONS
- AFTERNOON GYM ACTIVITIES
- GYMNASIUM OPEN REC TIMES
- SPIN
- LAP SWIM & 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! 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.**





# How To Reserve Your Space For Daily Classes & Activities

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.
- Each Member must have their own email address. Contact Karen Boyle or a Member Services Representative with a different one for your partner.
- Once you are logged in, you can view the Menu of activities on your phone or desktop.
- Click on desired activity. It will appear in calendar format.
- Click on time & date of the 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".
- If you would like an email confirmation, click "send email".
- Your reservation is now stored in the database.
- If an activity is full, you will automatically be put on a Waitlist.
- If a slot becomes available, your name will automatically be put on the activity list and receive an email.

## To Cancel A Reservation

- 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 50 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 all activities

## 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)\*

\* **Currently unavailable due to the COVID-19 pandemic**



## 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 ... \$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)**



Please see pages 5-6 to reserve your time.

## Gym Activities

### Afternoon Gym Activities

When school ends, the WCC is the place to be! Our 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!

**Pre-registration is required through Supersaas.**

#### 4:00-4:45pm (Ages 7-13)

##### Monday - Net Games

Time to get out of the house! Meet up with your friends and have an all-around good time! Join us for Net Games every Monday where there will be a new activity located either in Whitin Park, The Tennis Courts, the Racquetball Court or the Gymnasium. We are offering Pickleball, Tennis, Soccer Tennis, Pillow Polo, Floor Hockey, Wallyball and so much more! Join the fun! **Net Games will be outside until mid-October, then continue in the Gymnasium.**

**FREE Members**

**\$10 Guests**

#### 4:00-4:45pm (Ages 7-13)

##### Wednesday - Ball Games

Get in the game! Join us for Ball Games every Wednesday where there will be different activities located either in Whitin Park, The Tennis Courts, the Racquetball Court or the Gymnasium. Grab your friends and make some new ones, while playing Kickball, Whiffle Ball, Soccer Golf, Handball, Floor Hockey and so much more. If you want to be a champion come play like one! Let's have a ball! **Ball Games will be outside until mid-October, then continue in the Gymnasium.**

**FREE Members**

**\$10 Guests**

## 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**).

**Thursday**

**6:45-7:45pm**

**FREE Members**

**\$11 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.

### Members-FREE

Members can make their reservation up to 48 hours 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.

## Tennis

Whitin Community Center 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 are available throughout the Fall Schedule, until the weather no longer permits. However, please be advised that we do not have lights from dusk on. Thank you.

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

**FREE Members**

**\$10 Guests**



**See page 28  
to learn how!**



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Please see pages 5-6 to reserve your time.

# Gymnasium

## Monday

5:15 - 6:15 am	Open Recreation^
6:30 - 7:15 am	Cardio Pump^
7:30 - 8:20 am	Core Step^
8:45 - 10:45 am	BVCP
11:00 - 11:45 am	Silver Sneakers® Silver Age Dance^
12:00 - 1:30 pm	Open Recreation^
1:45 - 3:45 pm	BVCP
4:00 - 4:45 pm	Net Games^ (Ages 7-13)
5:00 - 5:30 pm	BVCP
5:45 - 6:30 pm	Cardio Intervals^
7:00 - 9:00 pm	Men's 30+ Basketball League^

## Tuesday

5:15 - 7:15 am	Open Recreation^
7:30 - 8:20 am	Power Pump^
8:45 - 10:45 am	BVCP
11:00 - 1:30 pm	Open Recreation^
1:45 - 3:45 pm	BVCP
4:00 - 5:30 pm	BVCP
5:45 - 6:30 pm	HCC (Hard Core Circuits)^
6:45 - 8:00 pm	Open Recreation^/Avail. For Rental

## Wednesday

5:15 - 6:15 am	Open Recreation^
6:30 - 7:15 am	Cardio Cross^
7:30 - 8:20 am	MetaFit^
8:45 - 10:45 am	BVCP
11:00 - 11:45 am	Silver Sneakers® Yoga^
12:00 - 1:30 pm	Open Recreation^
1:45 - 3:45 pm	BVCP
4:00 - 4:45 pm	Ball Games^ (Ages 7-13)
5:00 - 5:30 pm	BVCP
5:45 - 6:30 pm	Muscle Mix^
7:00 - 9:00 pm	Men's 40+ Basketball League^

## Thursday

5:15 - 6:00 am	HEAT/HIIT^
7:30 - 8:20 am	Power Pump^
8:45 - 10:45 am	BVCP
11:00 - 1:30 pm	Open Recreation^
1:45 - 3:45 pm	BVCP
4:00 - 5:30 pm	BVCP
5:45 - 6:30 pm	STRONG^
6:45 - 7:45 pm	Pickleball^

## Friday

5:15 - 6:15 am	Open Recreation^
7:30 - 8:20 am	Triple Play^
8:45 - 10:45 am	BVCP
11:00 - 11:45 am	Silver Sneakers® Muscular Strength^

12:00 - 1:30 pm	Open Recreation^
1:45 - 3:45 pm	BVCP
4:00 - 5:30 pm	BVCP
5:45 - 7:45 pm	Open Recreation^

## Saturday

6:00 - 6:45 am	Open Recreation^
7:00 - 7:45 am	Cardio Cross^
8:15 - 9:10 am	Power Pump^
9:30 - 11:45 am	Open Recreation^

## Sunday

6:00 - 7:45 am	Open Recreation^
8:00 - 8:45 am	Step Intervals^
9:15 - 10:00 am	Core & More^
10:15 - 11:45 am	Open Recreation

**Open Recreational Gym**  
**FREE Members \$10 Guests**

## Gymnasium Unavailable

**Nov 26 Thanksgiving**  
**All Day**

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



# CARR

## Funeral Home

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Please see pages 5-6 to reserve your time.

**NOTE: All classes scheduled to be held in the Pavilion are subject to location change depending on weather. If inclement weather, these classes will be held in the Aerobics Studio.**

## Aerobics

### Monday

6:30 - 7:15 am	Cardio Pump^ (Gymnasium)
7:30 - 8:20 am	Core Step^ (Gymnasium)
9:00 - 9:45 am	Fitness Yoga^ (Pavilion/Aerobics Studio)
11:00 - 11:45 am	Silver Sneakers® Silver Age Dance^ (Gymnasium)
3:30 - 4:15 pm	Boot Camp^ (Pavilion/Aerobics Studio)
5:45 - 6:30 pm	Cardio Intervals^ (Gymnasium)
7:00 - 7:45 pm	Relaxation Yoga^ (Pavilion/Aerobics Studio)

### Tuesday

7:30 - 8:20 am	Power Pump^ (Gymnasium)
8:45 - 9:30 am	Cardio Kick^ (Pavilion/Aerobics Studio)
5:45 - 6:30 pm	HCC^ (Hard Core Circuits) (Gymnasium)

### Wednesday

6:30 - 7:15 am	Cardio Cross^ (Gymnasium)
7:30 - 8:20 am	MetaFit^ (Gymnasium)
9:00 - 9:45 am	Yogalates^ (Pavilion/Aerobics Studio)
11:00 - 11:45 am	Silver Sneakers® Yoga^ (Gymnasium)
3:30 - 4:15 pm	Boot Camp^ (Pavilion/Aerobics Studio)
5:45 - 6:30 pm	Muscle Mix^ (Gymnasium)

### Thursday

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

### Friday

7:30 - 8:20 am	Triple Play^ (Gymnasium)
9:00 - 9:45 am	PiYo^ (Pavilion/Aerobics Studio)
11:00 - 11:45 am	Silver Sneakers® Muscular Strength^ (Gymnasium)

### Saturday

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

### Sunday

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

#### Aerobics Classes

**FREE Members \$12 Guests**

#### Silver Sneakers®/Senior Classes

**FREE Members \$6 Guests**

# Spin



### Monday

5:15 - 6:00 am	Spin^ (Spin Room)
9:00 - 9:45 am	Spin^ (Spin Room)
5:45 - 6:30 pm	Spin^ (Spin Room)

### Tuesday

- NO CLASSES -

### Wednesday

5:15 - 6:00 am	Spin^ (Spin Room)
9:00 - 9:45 am	Spin^ (Spin Room)
5:45 - 6:30 pm	Spin^ (Spin Room)

### Thursday

- NO CLASSES -

### Friday

- NO CLASSES -

### Saturday

7:00 - 7:45 am	Spin^ (Spin Room)
----------------	-------------------

### Sunday

8:00 - 8:45 am	Spin^ (Spin Room)
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#### Spin/Barre

**FREE Members \$12 Guests**

Please visit our website for complete reservation policies

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

## ***Aerobics/Spin/TRX/Barre Fusion Descriptions***

### **Barre**

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.

### **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.

### **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.

### **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.

### **Relaxation Yoga**

A yoga class with slow flowing movements to get the body warm and the mind focused.

### **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® 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.

### **Step Intervals**

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

### **STRONG**

A class that combines body weight, muscle conditioning, cardio and plyometrics training with moves in coordination to music.

### **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.

### **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.

## ***Aqua Descriptions***

### **Arthritis Exercise**

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

### **Aqua Aerobics**

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

### **Aqua HIIT**

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

### **Aqua Intervals**

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

### **Aqua 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.

### **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.

### **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

## 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 30 minutes of instruction, once per week. A parent or responsible adult is required to participate in the water for Babies lessons.

#### Session I:

Monday	Sept 14-Oct 12	(5)	10:15 - 10:45am
Saturday	Sept 19-Oct 17	(5)	11:00 - 11:30am

#### Session II:

Monday	Oct 19-Nov 16	(5)	10:15 - 10:45am
Saturday	Oct 24-Nov 21	(5)	11:00 - 11:30am

### Tots (Ages 3-5)

Classes run 30 minutes of instruction, 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.

#### Session I:

Tuesday	Sept 15-Oct 13	(5)	5:40 - 6:10pm
Saturday	Sept 19-Oct 17	(5)	10:15 - 10:45am

#### Session II:

Tuesday	Oct 20-Nov 17	(5)	5:40 - 6:10pm
Saturday	Oct 24-Nov 21	(5)	10:15 - 10:45am

(5 Wks.) \$35 Members \$75 Guests

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

## Red Cross Swim Lessons (Ages 5 & above)

### Pre-Registration Required

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

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	Sept 14-Nov 23	(11)	6:15 - 6:45pm
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#### Level 1 & 2 (Shallow Water & Deep Water)

Saturday	Sept 19-Nov 21	(10)	9:30 - 10:00am
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#### Level 2 (Fundamental Water Skills-Deep Water)

Monday	Sept 14-Nov 23	(11)	5:30 - 6:00pm
Tuesday	Sept 15-Nov 24	(11)	4:15 - 4:45pm

#### Level 3 (Stroke Development)

Saturday	Sept 19-Nov 21	(10)	8:45 - 9:15am
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#### Level 3 & 4 (Stroke Development & Improvement)

Monday	Sept 14-Nov 23	(11)	4:45 - 5:15pm
Tuesday	Sept 15-Nov 24	(11)	6:20 - 6:50pm

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

Saturday	Sept 19-Nov 21	(10)	8:00 - 8:30am
----------	----------------	------	---------------

(10 Wks.) \$70 Members \$150 Guests

(11 Wks.) \$77 Members \$165 Guests

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Phone: 508-234-5804

[www.vanderzichtrealestate.com](http://www.vanderzichtrealestate.com)



Please see pages 5-6 to reserve your time.

# Competition Pool

## Monday

5:00 - 6:30 am	Swim Team (2 Lanes)
5:30 - 6:30 am	Adult Lap Swim^ (4 Lanes) (CAP 4)
6:30 - 9:15 am	Adult Lap Swim^ (CAP 6)
9:30 - 10:10 am	Aqua Aerobics^ (3 Lanes)
11:30 - 2:30 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
11:30 - 2:30 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
3:00 - 3:45 pm	BVCP
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)

## Tuesday

5:30 - 9:15 am	Adult Lap Swim^ (CAP 6)
9:30 - 10:10 am	Tabata H2O^ (3 Lanes)
9:30 - 10:30 am	BVPTS (1 Lane)
11:30 - 2:30 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
11:30 - 2:30 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
3:00 - 3:45 pm	BVCP
4:00 - 8:00 pm	Swim Team

## Wednesday

5:30 - 9:15 am	Adult Lap Swim^ (CAP 6)
9:30 - 10:30 am	Adult Lap Swim^ (6 Lanes) (CAP 6)
11:30 - 2:30 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
11:30 - 2:30 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
3:00 - 3:45 pm	BVCP
4:00 - 8:00 pm	Swim Team

## Thursday

5:30 - 9:15 am	Adult Lap Swim^ (CAP 6)
9:30 - 10:30 am	Adult Lap Swim^ (3 Lanes) (CAP 3)
9:30 - 10:10 am	Aqua Interval^ (3 Lanes)
10:30 - 11:10 am	Tabata H2O^ (3 Lanes)
11:30 - 2:30 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
11:30 - 2:30 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
3:00 - 3:45 pm	BVCP
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
7:00 - 7:45 pm	Open Rec Swim^ (2 Lanes) (CAP 20)

## Friday

5:00 - 6:30 am	Swim Team (2 Lanes)
5:30 - 6:30 am	Adult Lap Swim^ (4 Lanes) (CAP 4)
6:30 - 9:15 am	Adult Lap Swim^ (CAP 6)
9:30 - 10:30 am	Adult Lap Swim^ (CAP 6)
11:30 - 2:30 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
11:30 - 2:30 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
3:00 - 3:45 pm	BVCP
4:00 - 6:45 pm	Swim Team
7:00 - 7:45 pm	Adult Lap Swim^ (3 Lanes) (CAP 3)
7:00 - 7:45 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
7:00 - 7:45 pm	Youth Lap Swim^ (1 Lane) (CAP 1)

## Saturday

6:00 - 8:45 am	Swim Team
9:00 - 10:00 am	Swim Team (1 Lane)
9:00 - 10:00 am	Youth Lap Swim^ (1 Lane) (CAP 1)
9:00 - 10:00 am	Adult Lap Swim^ (4 Lanes) (CAP 4)
10:15 - 11:30 am	Outreach/Open Rec Swim^ (3 Lanes) (CAP 30)
10:15 - 11:45 am	Adult Lap Swim^ (3 Lanes) (CAP 3)

## Sunday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim^ (CAP 6)
10:00 - 11:45 am	Adult Lap Swim^ (3 Lanes) (CAP 3)
10:00 - 11:45 am	Open Rec Swim^ (2 Lanes) (CAP 20)
10:00 - 11:45 am	Youth Lap Swim^ (1 Lane) (CAP 1)

**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 26 Thanksgiving Day**



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Please see pages 5-6 to reserve your time.

# Original Pool

## Monday

6:30 - 8:15 am	Adult Exercise Swim^ (CAP 10)
9:30 - 10:00 am	BVCP (CAP 10)
10:15 - 10:45 am	Babies Instruction^ (CAP 10)
11:00 - 11:30 am	Tots Instruction^ (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim^ (CAP 10)
1:30 - 2:15 pm	Northbridge Seniors (CAP 10)
2:30 - 3:15 pm	Water Workout^ (CAP 10)
3:45 - 4:30 pm	Whitin Waves Swim Club^ (CAP 10)
4:45 - 5:15 pm	Level 3/4 Instruction^ (CAP 10)
5:30 - 6:00 pm	Level 2 Instruction^ (CAP 10)
6:15 - 6:45 pm	Level 1 Instruction^ (CAP 10)
7:00 - 7:45 pm	Aqua Intervals^ (CAP 10)

## Tuesday

6:30 - 8:15 am	Adult Exercise Swim^ (CAP 10)
8:45 - 9:25 am	Silver Sneakers® Silver Splash^ (CAP 10)
9:30 - 10:00 am	BVCP (CAP 10)
10:00 - 10:30 am	BVCP (CAP 10)
11:00 - 12:15 pm	Adult Exercise Swim^ (CAP 10)
12:30 - 4:00 pm	BVPTS
4:15 - 4:45 pm	Level 2 Instruction^ (CAP 10)
5:00 - 5:30 pm	Level 1 Instruction^ (CAP 10)
5:40 - 6:10 pm	Tots Instruction ^ (CAP 10)
6:20 - 6:50 pm	Babies Instruction ^ (CAP 10)
7:00 - 7:45 pm	Total Body Aqua^ (CAP 10)

## Wednesday

6:30 - 8:15 am	Adult Exercise Swim^ (CAP 10)
9:30 - 10:10 am	Aqua T'ai Chi^ (CAP 10)
10:15 - 11:00 am	Water Workout^ (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim^ (CAP 10)
2:00 - 2:45 pm	Home School Open Rec^ (CAP 10)
3:00 - 4:00 pm	Private Swim Lessons^
4:45 - 6:45 pm	Swim Team (CAP 10)
7:00 - 7:45 pm	Aqua Intervals^ (CAP 10)

## Thursday

6:30 - 8:15 am	Adult Exercise Swim^ (CAP 10)
10:00 - 10:45 am	Arthritis Exercise^ (CAP 10)
11:00 - 12:15 pm	Adult Exercise Swim^ (CAP 10)
12:30 - 4:00 pm	BVPTS (CAP 10)
7:00 - 7:45 pm	Aqua Intervals^ (CAP 10)

## Friday

6:30 - 8:15 am	Adult Exercise Swim^ (CAP 10)
8:15 - 9:00 am	Silver Sneakers® Silver Splash^ (CAP 10)
9:15 - 10:00 am	Aqua Interval^ (CAP 10)
10:15 - 11:30 am	Family Time Swim^ (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim^ (CAP 10)
1:30 - 3:30 pm	Private Swim Lessons^
4:00 - 5:45 pm	Adult Exercise Swim/Open Rec^ (CAP 10)
6:00 - 6:45 pm	Yoqua^ (CAP 10)

## Saturday

7:00 - 7:45 am	Adult Exercise Swim^ (CAP 10)
8:00 - 8:30 am	Level 4,5,6 Instruction^ (CAP 10)
8:45 - 9:15 am	Level 3 Instruction^ (CAP 10)
9:30 - 10:00 am	Level 1& 2 Instruction^ (CAP 10)
10:15 - 10:45 am	Tots Instruction^ (CAP 10)
11:00 - 11:30 am	Babies Instruction^ (CAP 10)

## Sunday

8:00 - 8:45 am	Hydro Running^ (CAP 10)
9:00 - 11:45 am	Adult Exercise Swim^ (CAP 10)

### Lap/Exercise

**FREE Members      \$10 Guests**

### Adult Arthritis 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 26**

**Thanksgiving Day**





# Aqua Specialty Classes



## Private Swim Lessons (Adults & Children)

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

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

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

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

## Bundle Options

<b>3 Sessions:</b>	<b>6 Sessions:</b>
<b>\$120 Members</b>	<b>\$240 Members</b>
<b>\$150 Guests</b>	<b>\$300 Guests</b>



# American Red Cross

## American Red Cross Classes

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

**Pre-registration is required.**

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

Please register one week before class to take the online portion first.

Tuesday 6:00pm-8:00pm (in person skills)

Sept 29th

-or-

Nov 17th

**\$70 Members**

**\$85 Guests**

## Lifeguard Training & Waterfront

### Online and Classroom Style

**Sign up two days prior to class to watch videos**

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

**Prerequisites: Minimum age: 15 years; Swim 300/500 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.**

Participants who successfully complete the Lifeguarding and Waterfront course receive an American Red Cross certificate for Lifeguarding/Waterfront First Aid/CPR for the Professional Rescuer/AED. **Valid for 2 years.**

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

Nov 12 & 13 3:00-8:00pm &  
Nov 14 & 15 7:00am-12:00pm

**\$320 Members**

**\$370 Guests**

## Lifeguard Training ONLY

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

**Pre-requisites: Must be able to swim 300 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).**

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

Nov 12 & 13 3:00-8:00pm &  
Nov 14 & 15 7:00am-12:00pm

**\$290 Members**

**\$340 Guests**

## Waterfront Training ONLY

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.

**Pre-registration is required.**

Nov 15 8:00am-11:00am

**\$70 Members**

**\$75 Guests**

# Aqua Specialty Cont.

## Lifeguard Recertification

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

Nov 15 8:00am-11:00am

**Lifeguard Recert. ONLY**

**\$125 Members**

**\$180 Guests**

**Lifeguard Recert. & Waterfront ONLY**

**\$155 Members**

**\$210 Guests**

## WSI Instructor Course (Ages 16 & Up)

Looking to be a swim instructor? The WSI certification course trains WSI candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants progress. Classroom will be online at home & swim skills will be at the pool. WSI Certificate is good for 2 years.

**Pre-Registration is required.**

Nov 30-Dec 4

3:00pm-8:00pm

**\$450 Members**

**\$500 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 3 & above. Pre-Registration is required.**

**Mondays - Original Pool**

**3:45-4:30pm**

**Sept 14- Nov 23 (11 wks.)**

**\$170 Members**

**\$200 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.**

**Pre-Registration is required. (CAP 10)**

**Wednesdays**

**2:00-2:45pm**

**FREE Members**

**\$5 Guests**

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# SPARETIME RECREATION

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What's Next?



What's Next?

## WHAT'S NEXT AFTER SWIM LESSONS?

### *Crimson Aquatics Is The Next Step For Your Swimmer!*



#### 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 Aquatics is an exciting opportunity for your swimmer to build strength in and out of the pool, make new friends, and have fun in the water learning new skills! We offer year-round classes taught by USA Swimming certified coaches. These programs are for swimmers ages 10 & under. Swimmers 11 & older will be placed based on experience and space in higher level groups.*

*We offer FREE evaluations to place your child.*

For more information, please contact us:

**[pzcrimsonaquatics@gmail.com](mailto:pzcrimsonaquatics@gmail.com)**





*Representing  
Team USA  
at Worlds in  
2021!*

## DID YOU KNOW?



## *Crimson Aquatics Is Ranked Top 30 In The Nation By USA Swimming!*

- 2020 13-19 New England Age Group Champions
- 2020 11-14 New England Age Group Champions
- 2020 10 and Under New England Age Group Champions
- 2020 Region 1 Champions

*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 about our team, please visit:  
[www.teamunify.com/team/necawcc](http://www.teamunify.com/team/necawcc)



# BVPTS



## Aquatic Physical Therapy (APT)

<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 BVPTS directly for more information at (508) 234-7544 or at [office@bvpts.com](mailto:office@bvpts.com).



# Crimson Aquatics

[www.teamunify.com/necaw/](http://www.teamunify.com/necaw/)

## 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)



Please see pages 5-6 to reserve your time.



# FREE Saturday Morning Fitness & Fun

The FREE Activities/Organized Games below are for children age 12 & under!

## 9:15-10:15am

September 12 (Back To School Craft)

September 19 (Soccer In The Park)

September 26 (Apple Stamping)

October 3 (Leaf Printing)

October 10 (Friendship Bracelets)

October 17 (Nature Scavenger Hunt In The Park)

October 24 (Pumpkin Slime)

November 7 (Hula Hoop Competition In The Gym)

November 14 (Scarecrow Craft)

November 21 (Thanksgiving Craft)

FREE Outreach Swim is every Saturday from 10:15-11:30am for the whole family!



Youth Outreach is a program of the Whitin Community Center, a 501(c)(3) non-profit organization.

508.234.8184 ext 121  
60 Main St. Whitinsville, MA 01588  
[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)





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The Whitin Community Center (WCC) has been dedicated to building a strong community for nearly 100 years by providing critical programming, community support, free outreach programs, and comprehensive fitness and recreational services to the Blackstone Valley. The WCC is home to the Blackstone Valley Children's Place, Youth Outreach, and Camp Whitin, and as a 501(c)(3) private non-profit organization, does not receive government, state or town funding. We rely heavily on fundraising events, membership and childcare payments, and donations every year to operate. The COVID-19 pandemic has had a significant effect on the WCC as a whole as guidelines and restrictions continue to mount new, unbudgeted expenses that are needed to operate and keep our doors open.

In regards to the families within our community who are likewise struggling financially and in need of affordable childcare, the WCC's Youth Outreach Rockdale Youth Center (RYC) could have the potential to provide students with a safe, healthy, as well as socially, physically, and academically connected during this ongoing pandemic. In order to accomplish this goal, we would require the increased staffing and technological funds necessary to operate the RYC from 8:00am-6:00pm Monday-Friday. Additional computers and tablets would make it possible for all students in our care, who may come from low-income backgrounds and would not otherwise have the tools at home, to complete their virtual learning that has become so prominent in this day and age.

***We need your help! Please use the links below  
for more information and to donate***



**SCAN ME**

### **Support Youth In Our Community**

<https://charity.gofundme.com/o/en/campaign/support-youth-in-our-community-rockdale-youth-center-full-day-program>

### **Support The WCC, A Gift To The Community**

<https://charity.gofundme.com/o/en/campaign/support-the-wcc-a-gift-to-the-community>



**SCAN ME**

# Fitness Center

Please see pages 5-6 to reserve your time.

To comply with the Dept. of Public Health guidelines, all fitness times must be reserved in advance using our online reservation tool, Supersaas. Times are booked in one hour slots, with 30 minutes of cleaning in between.

Please make sure there is 14ft between you & the next Member. Please ask WCC Staff for assistance.



## Did You Know?

We are open all hours of operation!

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

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.

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 from same household.

**4 Sessions:**

**\$35 per person/session (1 hour) Members**

**\$55 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**







*Fitness. Family. Community.*



**AVAILABLE  
YEAR  
ROUND!**

**Did You Know?**

**We Have 11 Spaces  
At WCC Available  
For Rent!**

Please contact the Member Services Desk  
for more information & pricing

**508.234.8184 ext 100**

**60 Main St. Whitinsville, MA 01588**

**www.WhitinCommunityCenter.com**

***We Offer 11 Diverse  
Spaces Available  
For Rent Year Round!***

Whether you are in need of a space to host a meeting, seminar, workshop, company outing, sport practice, tournament, bridal shower, wedding or private party, the WCC can accommodate your needs!

- Conference Room
- Multi-Purpose Room
- Members Lounge
- Gymnasium
- Tennis Courts
- Racquetball Courts
- Aerobics Studio
- Original Pool
- Competition Pool
- Pavilion (seasonal)
- Whitin Park (seasonal)



***Call today to check  
out our competitive  
pricing & to reserve  
your space!***

Please contact the Member Services Desk  
for more information & pricing

**508.234.8184 ext 100**

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## 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 **Assistant Outreach Director Jennifer Castro** at 508-234-8184 ext 128 or [Jennifer.Castro@OurGym.org](mailto:Jennifer.Castro@OurGym.org).

### The Rockdale Youth Center

The RYC, located at 57 Church Avenue in our new location, is open to youth ages 8-14 Monday through Friday from 2:00pm until 6:00pm 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, school vacations, and snow days will follow an adjusted schedule.

### Saturday Morning Fitness & Fun

Our FREE Saturday morning 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.

**Activities/Organized Games - 9:15-10:15am**

**FREE Outreach Swim - 10:15am-11:30am**

**Please see page 20 for more information!**

### 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, Jennifer Castro for more information.

### Summer Youth Theatre

The WCC Summer Youth Theater Program is an 8 week program providing youth with the exciting opportunity to learn about theater arts! **Due to COVID-19, we had to postpone our production, but we are currently creating a version of this very successful and beloved program that we hope can be held in the winter/spring season.** Please stay connected to our social media and constant contact messaging for updates regarding new registrations and schedules. For more information, or if you have any questions, please contact Jennifer Castro at [Jennifer.Castro@ourgym.org](mailto:Jennifer.Castro@ourgym.org).



**November 27th**

# **BLACK FRIDAY**

*Blowout!*

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





Blackstone Valley  
**Children's Place**  
Early Learning Centers

**ENROLL  
TODAY!**

### **PRESCHOOL & KINDERGARTEN PREP**

OPEN 6:30am-6:00pm

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

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

OPEN 6:30am-6:00pm

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

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

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



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





*Fitness. Family. Community.*

# Advertise With Us!

In Our Quarterly Program Schedules

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

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

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

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

## Print-Ready AD Specs:

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

## ADs:

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

## Transfer Process:

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

## Custom AD Design:

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

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

## PRICING PER QUARTER:

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

## DEADLINES:

October 25  
January 25  
April 25  
July 25

Winter Schedule  
Spring Schedule  
Summer Schedule  
Fall Schedule

**FULL  
PAGE**

**1/2 PAGE  
HORIZONTAL**

**1/2 PAGE  
VERTICAL**

**1/4 PAGE  
VERT.**

**1/8 PAGE  
HORIZ.**

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

## Whitin Community Center

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*