

# Welcome To The Whitin Community Center



**WCC**  
Fitness. Family. Community.  
Mar 1 - June 13  
**2021**  
**Spring**  
**Schedule**



## Registration Dates

**Members: February 15, 2021**

**Guests: February 22, 2021**



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

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

## Spring Hours of Operation

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

## Table of Contents

Contact Us/Hours/Closures .....	Page 1
Sprint Into Spring .....	Page 2
COVID-19 Guidance & Reopening ...	Page 3-4
Supersaas Reservations .....	Page 5-6
Become A Member/Rates .....	Page 7
Basketball/Racquetball/Pickleball..	Page 8
FREE Saturday Morning Fitness & Fun	Page 8
Gymnasium .....	Page 9
April School Vacation Week .....	Page 10
Aerobics/Spin .....	Page 11-12
Swim Lessons .....	Page 13
Aqua Specialty Classes .....	Page 16-17
Original Pool .....	Page 18
Competition Pool .....	Page 19
Fitness Center/Personal Training ..	Page 20
Summer Camp Teasers .....	Page 21
Youth Outreach .....	Page 22
Mentoring Partnership .....	Page 23
Blackstone Valley Children's Place	Page 24
Did You Know? .....	Page 25
Advertise With Us! .....	Page 26
Adding Prescreening Tool .....	Page 28
Upcoming Events .....	Back Page

## Facility Closures April 4 & May 31

❄️Inclement Weather❄️

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

## Contact Us

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

**Executive Director, Heather Elster**  
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**Head of Maintenance, Tom Clarke**  
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**School Age Administrator, Michelle Benoit**  
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## Gary Moyer Architect, Inc.



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

## 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.**



OPEN HOUSE

# Sprint Into Spring

The Blackstone Valley's Most Complete  
Fitness & Recreation Center

**ONE DAY ONLY - APRIL 19, 2021**  
(In Person or Online)

Save  
25%

When you pay for a membership In Full or by  
Monthly Automatic Withdrawal, receive 25% off  
the 2021 rates in addition to no joining fee!

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

NOTE: The membership promotion listed above cannot be combined with any other discount or promotion. Based on a annual commitment and subject to a termination fee if not completed. Corporate rates, Tufts Health insurance discounts and Black Friday Gift Certificates are not eligible for this membership promotion. Other exclusions may apply.

FIVE GENERATIONS. FIVE HUNDRED ACRES.  
ONE LASTING COMMITMENT.



## Farm Store Open Year-Round & Online!

OUR OWN BEEF - LOCAL MILK & ICE CREAM - PRODUCE  
HOMEMADE MEALS, SOUPS, & BAKED GOODS - OUR OWN HONEY

WHITTIER FARMS - SUTTON, MA - [WWW.WHITTIERFARMS.COM](http://WWW.WHITTIERFARMS.COM)





## 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 screening test
- Wear a mask
- Follow new signage guidelines
- Follow new traffic patterns
- Practice 6ft/14ft 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!  
See page 28 for details!*

*For help, please contact the Member Services Desk at 508.234.8184*





## 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
- FREE SATURDAY MORNING FITNESS & FUN

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.**

### Please remember the following:

1. There is a possibility that class could be cancelled if only 1 person signs up or if instructor is unavailable or in case of inclement weather.
2. Classes will be cancelled 1 hour prior to class time unless there is an emergency. You will receive a cancellation email if the class is cancelled as long as we have your email address.
3. We have a very strict no-show policy. Three no-shows without notice and you can lose the ability to register online for one month. We understand that sometimes things happen, but please be considerate of all our members.
4. Please note that you can only go to your class 10 minutes before the class starts to meet the health and safety guidelines of the Commonwealth of Massachusetts.





# 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 Wait list.
- 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.

**For help, please contact the Member Services Desk at 508.234.8184**



# 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. Silver Sneakers® & Renew Active® members are eligible for a FREE membership! 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 7-13)
- \* **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 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**

**Aerobics Coupon Booklet**  
**\$108 Guests(10 classes)**

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

## 2021 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)**

## Gym Activity

### Friday Night Family Roller Skate

IT'S BACK! Come join the fun, dust off your old skates or use ours. In order to maintain the atmosphere of a Family Skate, children CANNOT come without at least one adult accompanying them. It is not a requirement for adults to skate. Keep watch for our theme nights! **Grade 5 & under. No charge for adults. We follow COVID-19 Guidelines. Maximum cap of 50. Pre-registration is required. Beginning 4/9.**

**Friday**  
**FREE Members**

**5:45-6:45pm**  
**\$10 Guests**

**Please see pages 5-6 to reserve your time.**

# Basketball

**NOTE: Basketball Leagues are subject to change based on Massachusetts COVID-19 Guidance & Restrictions. For more information please contact, Monique Boucher-Adams at Monique.Boucher@OurGym.org or 508.234.8184.**

## Men's 30+ Basketball League

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

**Monday 7pm or 8pm**  
**Begins March 22**  
**\$85 Members \$135 Guests**

## Men's 40+ Basketball League

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

**Wednesday 7pm or 8pm**  
**Begins March 24**  
**\$85 Members \$135 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 through Supersaas.** (See Registration Policy below for details).

**Thursday 6:45-7:45pm**  
**FREE Members \$11 Guests**

## Registration Policy for Pickleball

### Members/Guests

Must sign up through Supersaas. See pages 5 & 6 for details.

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

## 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.



# FREE Saturday Morning Fitness & Fun

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

## 9:15-10:15am

**March 6 (Soccer In The Gym)**

**March 13 (St. Patrick's Day STEM)**

**March 20 (Capture The Flag In Whitin Park)**

**March 27 (DIY Easter Egg Painting)**

**April 10 (Recycled Bird Feeder)**

**April 17 (Earth Day Robots)**

**April 24 (Basketball In The Gym)**

**May 1 (DIY Paper Kites)**

**May 8 (Mother's Day Collage)**

**May 15 (Frisbee In Whitin Park)**

**May 22 (Splash Art In Whitin Park)**

**May 29 (Capture The Flag In Whitin Park)**

**June 5 (Bubbles & Hula Hoops In Whitin Park)**

**June 12 (Father's Day Collage)**

**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 128**  
**60 Main St. Whitinsville, MA 01588**  
**www.WhitinCommunityCenter.com**



Please see pages 5-6 to reserve your time.

**NOTE: The schedule listed reflects overall timeframes for gym activities. Please visit Supersaas for breakdown of specific time slots available.**

# Gymnasium

## Monday

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

## Tuesday

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

## Wednesday

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

## Thursday

5:15 - 7:15 am	Open Recreation <sup>^</sup> (CAP 20)
7:30 - 8:20 am	Power Pump <sup>^</sup> (CAP 20)
8:45 - 10:45 am	BVCP
11:00 - 1:30 pm	Open Recreation <sup>^</sup> (CAP 20)
1:45 - 3:45 pm	BVCP
4:00 - 5:30 pm	BVCP
5:45 - 6:30 pm	STRONG <sup>^</sup> (CAP 20)
6:45 - 7:45 pm	Pickleball <sup>^</sup> (CAP 8)

## Friday

5:15 - 6:15 am	Open Recreation <sup>^</sup> (CAP 20)
7:30 - 8:20 am	Triple Play <sup>^</sup> (CAP 20)
8:45 - 10:45 am	BVCP
11:00 - 11:45 am	Silver Sneakers® Muscular Strength <sup>^</sup> (CAP 20)

12:00 - 1:30 pm	Open Recreation <sup>^</sup> (CAP 20)
1:45 - 3:45 pm	BVCP
4:00 - 5:30 pm	BVCP
5:45 - 6:45 pm	Roller Skating <sup>^</sup> (CAP 50 - Begins 4/9)
7:00 - 8:00 pm	Open Recreation <sup>^</sup> (CAP 20)

## Saturday

6:00 - 6:45 am	Open Recreation <sup>^</sup> (CAP 20)
7:00 - 7:45 am	Cardio Cross <sup>^</sup> (CAP 20)
8:00 - 9:00 am	Power Pump <sup>^</sup> (CAP 20)
9:30 - 11:45 am	Open Recreation <sup>^</sup> (CAP 20)

## Sunday

6:00 - 7:45 am	Open Recreation <sup>^</sup> (CAP 20)
8:00 - 8:45 am	Step Intervals <sup>^</sup> (CAP 20)
9:15 - 10:00 am	Core & More <sup>^</sup> (CAP 20)
10:15 - 11:45 am	Open Recreation <sup>^</sup> (CAP 20)

### Open Recreational Gym

**FREE Members     \$10 Guests**

### Gymnasium Unavailable


**April 4  
May 31**

**Easter Day  
Memorial Day**

\* Denotes Babysitting Available

<sup>^</sup> Denotes Pre-Registration Required

\$ Denotes Kidz Club Available



# CARR

## Funeral Home

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# April School Vacation Week

## April 19th-23rd

### Youth Open Rec Swim/Open Rec Swim - Original Pool

April 21	Youth Open Rec Swim	2:00-3:30pm
April 23	Family Time Swim	10:45-11:30am
April 23	Open Rec Swim	5:00-5:55pm

### Open Rec Swim - Competition Pool

April 20 & 21	Open Rec Swim	12:15-1:00pm
April 23	Open Rec Swim	6:45-7:45pm

### Open Rec Gym - Gymnasium

April 20 & 22	Open Rec Gym	5:15-7:15am
April 19, 21 & 23	Open Rec Gym	12:00-1:30pm
April 20 & 22	Open Rec Gym	11:00-1:30pm
April 19 & 21	Open Rec Gym	4:00-4:45pm
April 23	Open Rec Gym	5:45-7:45pm

**FREE Members**

**\$10 per day,  
per session Guests**

**Please see pages 5-6 to reserve your time.**





Gadoury Homes, LLC

### *We Rent Homes, Not Houses*

At Gadoury Homes, LLC, we pride ourselves in helping every family find a house that perfectly fits their needs, turning every house into a home. We have properties located in Northbridge, Whitinsville, Uxbridge and Manchaug. Give us a call today!

P.O. Box 495, Manchaug, MA 01526 | 774.200.7891  
[www.GadouryHomes.com](http://www.GadouryHomes.com)



Please see pages 5-6 to reserve your time.

# Spin

## Aerobics

### Monday

7:30 - 8:20 am	Core Step^ (Gymnasium) (CAP 20)
9:00 - 9:45 am	SOUL Fusion^ (Aerobics Studio) (CAP 10)
11:00 - 11:45 am	Silver Sneakers® Silver Age Dance^ (Gymnasium) (CAP 20)
3:30 - 4:15 pm	Boot Camp^ (Aerobics Studio) (CAP 10)
5:45 - 6:30 pm	Cardio Intervals^ (Gymnasium) (CAP 20)
7:00 - 7:45 pm	Relaxation Yoga^ (Aerobics Studio) (CAP 10)

### Tuesday

7:30 - 8:20 am	Power Pump^ (Gymnasium) (CAP 20)
8:45 - 9:30 am	Cardio Kick^ (Aerobics Studio) (CAP 10)
5:45 - 6:30 pm	HCC^ (Hard Core Circuits) (Gymnasium) (CAP 20)
6:45 - 7:30 pm	Barre^ (Aerobics Studio) (CAP 10)

### Wednesday

6:30 - 7:15 am	Cardio Cross^ (Gymnasium) (CAP 20)
7:30 - 8:20 am	MetaFit^ (Gymnasium) (CAP 20)
9:00 - 9:45 am	Yogalates^ (Aerobics Studio) (CAP 10)
11:00 - 11:45 am	Silver Sneakers® Yoga^ (Gymnasium) (CAP 20)
3:30 - 4:15 pm	Boot Camp^ (Aerobics Studio) (CAP 10)
5:45 - 6:30 pm	Muscle Mix^ (Gymnasium) (CAP 20)
6:45 - 7:30 pm	Pilates^ (Aerobics Studio) (CAP 10)

### Thursday

7:30 - 8:20 am	Power Pump^ (Gymnasium) (CAP 20)
9:00 - 9:45 am	Yoga^ (Aerobics Studio) (CAP 10)
5:45 - 6:30 pm	STRONG^ (Gymnasium) (CAP 20)
7:00 - 7:45 pm	Hatha Yoga^ (Aerobics Studio) (CAP 10)

### Friday

7:30 - 8:20 am	Triple Play^ (Gymnasium) (CAP 20)
9:00 - 9:45 am	Power PiYo^ (Aerobics Studio) (CAP 10)
11:00 - 11:45 am	Silver Sneakers® Muscular Strength^ (Gymnasium) (CAP 20)
3:30 - 4:15 pm	Boot Camp^ (Aerobics Studio) (CAP 10)

### Saturday

7:00 - 7:45 am	Cardio Cross^ (Gymnasium) (CAP 20)
8:00 - 9:00 am	Power Pump^ (Gymnasium) (CAP 20)
9:30 - 10:15 am	Fitness Yoga^ (Aerobics Studio) (CAP 10)

### Sunday

8:00 - 8:45 am	Step Intervals^ (Gymnasium) (CAP 20)
9:15 - 10:00 am	Core 'N More^ (Gymnasium) (CAP 20)

#### Aerobics Classes

**FREE Members \$12 Guests**

#### Silver Sneakers®/ Senior Classes

**FREE Members \$6 Guests**

### Monday

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

### Tuesday

8:30 - 9:15 am	Spin^ (Spin Room) (CAP 9)
5:45 - 6:30 pm	Spin^ (Spin Room) (CAP 9)

### Wednesday

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

### Thursday

- NO CLASSES -

### Friday

5:15 - 6:00 am	Spin^ (Spin Room) (CAP 9)
8:30 - 9:15 am	Spin^ (Spin Room) (CAP 9)

### Saturday

7:00 - 7:45 am	Spin^ (Spin Room) (CAP 9)
8:15 - 9:00 am	Spin^ (Spin Room) (CAP 9)

### Sunday

7:30 - 8:15 am	Spin^ (Spin Room) (CAP 9)
8:45 - 9:30 am	Spin^ (Spin Room) (CAP 9)

## Spin

**FREE Members \$12 Guests**

Please visit our website for complete reservation policies

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



Elizabeth A. Finch, Au.D.  
Audiologist

1044 Smithfield Avenue  
Lincoln, RI 02865  
401-725-5798

40 Douglas Street, Suite 3  
Uxbridge, MA 01569  
508-779-7701

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



# Aerobics/Spin 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.

## Core 'N More

Core 'N More is designed to work the whole core with added body weighted strengthening, stabilization, static and dynamic balance, plus flexibility. This class is for all levels and will incorporate standing and mat work exercises without equipment.

## 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.

## Metafit

A non-choreographed high intensity workout that uses body weight exercises. No equipment needed.

## 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.

## 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.

## Power PiYo

Power PiYo is a workout inspired by Pilates and Yoga, but also includes bursts of cardio. All designed to improve your stability, flexibility, mobility and endurance.

## Relaxation Yoga

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

## 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.

## Silver Sneakers® Silver Age Dance

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

## Silver Sneakers® Yoga

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

## SOUL Fusion

This class is a creative blend of yoga-inspired flows, balance sequences, and strength training exercises all set to fun music. SOUL Fusion improves strength, balance, and flexibility and appropriate for all fitness levels.

## 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.

## Yoga

This class is a gentle way to improve your posture, balance, and coordination. Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind and environment.

## 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 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

**NOTE: To maintain social distancing guidelines Babies & Tots classes will be capped at 10 children, and Levels 1-6 will be capped at 12 children.**

**NOTE: Maximum number of family members or guests in the Balcony watching a child swim is 3.**

## NO SWIM LESSONS (All Levels)

May 29, 2021

May 31, 2021



## 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	Mar 8-Apr 19	(7)	11:05 - 11:35am
Tuesday	Mar 9-Apr 20	(7)	6:20 - 6:50pm
Saturday	Mar 13-Apr 24	(7)	11:00 - 11:30am

### Session II:

Monday	Apr 26-Jun 7	(6)	11:05 - 11:35am
Tuesday	Apr 27-Jun 8	(7)	6:20 - 6:50pm
Saturday	May 1-Jun 12	(6)	11:00 - 11:30am

## Tots (Ages 3-5)

Classes run 30 minutes of instruction, once per week. For Tots lessons, **a parent or responsible adult must be in their bathing suit and sit with their child(ren) on the pool edge for the duration of the class.**

### Session I:

Tuesday	Mar 9-Apr 20	(7)	5:40 - 6:10pm
Saturday	Mar 13-Apr 17	(7)	10:15 - 10:45am

### Session II:

Tuesday	Apr 27-Jun 8	(7)	5:40 - 6:10pm
Saturday	May 1-Jun 12	(6)	10:15 - 10:45am

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

## 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 Mar 8-Jun 7 (13) 6:15 - 6:45pm

### Level 1 & 2 (Shallow Water & Deep Water)

Tuesday Mar 9-Jun 8 (14) 5:00 - 5:30pm

Saturday Mar 13-Jun 12 (13) 9:30 - 10:00am

### Level 2 (Fundamental Water Skills-Deep Water)

Monday Mar 8-Jun 7 (13) 5:30 - 6:00pm

### Level 3 (Stroke Development)

Tuesday Mar 9-Jun 8 (14) 4:15 - 4:45pm

Saturday Mar 13-Jun 12 (13) 8:45 - 9:15am

### Level 3 & 4 (Stroke Development & Improvement)

Monday Mar 8-Jun 7 (13) 4:45 - 5:15pm

(13 Wks.) \$91 Members \$195 Guests  
(14 Wks.) \$98 Members \$210 Guests

*Sarah Lawson*  
GRAPHIC DESIGNER  
& FINE ARTIST

Logos, Business Cards, Post Cards, Brochures, Advertisements, Stickers, Gift Cards, Paintings, Vehicle Renderings, Pet Portraiture & much more!



Please leave me a message  
Lawson.Graphics@hotmail.com

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)

# Aqua Specialty

## 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.

Wednesdays 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>

## 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. Held in Original Pool.**

Monday 3:45-4:30pm  
Mar 8-Jun 7 (13 wks.)

**\$195 Members \$260 Guests**

## Youth Open Rec Swim

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

**Pre-Registration is required. (CAP 12)**

Wednesdays 2:00-2:45pm  
**FREE Members \$10 Guests**

## Family Time Swim

Friday mornings just got better! Moms, Dads, Grandparents! Bring your child for a dip in our very warm Original Pool! **No charge for adults. Pre-Registration is required. (CAP 12)**

Fridays 10:45-11:30am  
**FREE Members \$10 Guests**



*A Gift For You!*

*Gift Cards*

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

**WCC**  
Fitness. Family. Community.

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



**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 Winter, for ages 15 and older. Certification will be valid for 2 years.

**Pre-registration is required. Held in Conference Room.**

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

This class will be a blended learning experience, with online videos & in person skills at the WCC! **Please register by April 20th to take the online portion first.** Held in the Conference Room.

Tuesday 6:00pm-8:00pm (in person skills)  
Apr 27th

**\$70 Members \$85 Guests**

## NEW! Basic Life Support

**Online and Classroom Style**

**Sign up one week prior to class to watch videos. See below.**

The American Red Cross Basic Life Support (BLS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing respiratory arrest, cardiac arrest, airway obstruction or opioid overdose. The course emphasizes providing high-quality care and integrating psychomotor skills with critical thinking and problem solving to achieve the best possible patient outcomes. **Held in the Conference Room.**

May 4 (Sign up by April 27th to watch the online portion)  
6:00-8:00pm

**\$70 Members \$85 Guests**

## Lifeguard Training & Waterfront

**Online and Classroom Style**

**Sign up one week prior to class to watch videos. See below.**

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 CPR for the Professional Rescuer.

**Valid for 2 years.**

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

**SESSION I (Sign up by April 9th to watch the online portion)**

Apr 16 3:00-8:00pm &  
Apr 17 & 18 7:00am-12:00pm

**SESSION II (Sign up by May 7th to watch the online portion)**

May 14 3:00-8:00pm &  
May 15 & 16 7:00am-12:00pm

**\$320 Members \$370 Guests**



# Aqua Specialty Cont.

## Lifeguard Training ONLY

### Online and Classroom Style

**Sign up one week prior to class to watch videos. See below.**

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.

### SESSION I (Sign up by April 9th to watch the online portion)

Apr 16 3:00-8:00pm &  
Apr 17 & 18 7:00am-12:00pm

### SESSION II (Sign up by May 7th to watch the online portion)

May 14 3:00-8:00pm &  
May 15 & 16 7:00am-12:00pm

**\$290 Members \$340 Guests**

## Lifeguard Recertification

### Online and Classroom Style

**Sign up one week prior to class to watch videos. See below.**

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.**

### SESSION I (Sign up by April 9th to watch the online portion)

Apr 18 7:00am-10:00am

### SESSION II (Sign up by May 7th to watch the online portion)

May 16 7:00am-10:00am

**Lifeguard Recert. ONLY Lifeguard Recert. & Waterfront ONLY**

**\$125 Members \$155 Members**

**\$180 Guests \$210 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.**

### SESSION I

Apr 18 7:00am-10:00am

### SESSION II

May 16 7:00am-10:00am

**\$70 Members \$75 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 Original pool. WSI Certificate is good for 2 years. **Pre-Registration is required.**

Jun 1-Jun 4 9:00am-3:00pm

**\$450 Members \$500 Guests**

## Babysitting Training (Ages 11-15)

American Red Cross Babysitting Training will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, learn about basic child care and first aid. **Held in the Conference Room. Pre-registration is required. Please bring a snack to training.**

Apr 23

12:00pm-4:00pm

**\$95 Members**

**\$135 Guests**

# 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/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)

# Original Pool

## Monday

6:30 - 8:15 am	Adult Exercise Swim <sup>^</sup> (CAP 12)
9:30 - 10:00 am	BVCP (CAP 10)
10:15 - 11:00 am	Water Workout <sup>^</sup> (CAP 10)
11:05 - 11:35 am	Babies Swim Instruction <sup>^</sup> (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim <sup>^</sup> (CAP 12)
1:30 - 2:15 pm	Northbridge Seniors (CAP 10)
3:45 - 4:30 pm	Whitin Waves Swim Club <sup>^</sup> (CAP 13)
4:45 - 5:15 pm	Level 3/4 Instruction <sup>^</sup> (CAP 12)
5:30 - 6:00 pm	Level 2 Instruction <sup>^</sup> (CAP 12)
6:15 - 6:45 pm	Level 1 Instruction <sup>^</sup> (CAP 12)
7:15 - 8:00 pm	Aqua Intervals <sup>^</sup> (CAP 10)

## Tuesday

6:30 - 8:15 am	Adult Exercise Swim <sup>^</sup> (CAP 12)
8:45 - 9:25 am	Silver Sneakers® Silver Splash <sup>^</sup> (CAP 10)
9:30 - 10:00 am	BVCP (CAP 10)
10:00 - 10:30 am	BVCP (CAP 10)
10:45 - 12:15 pm	Adult Exercise Swim <sup>^</sup> (CAP 12)
12:30 - 4:00 pm	BVPTS (CAP 10)
4:15 - 4:45 pm	Level 3 Instruction <sup>^</sup> (CAP 12)
5:00 - 5:30 pm	Level 1 & 2 Instruction <sup>^</sup> (CAP 12)
5:40 - 6:10 pm	Tots Instruction <sup>^</sup> (CAP 10)
6:20 - 6:50 pm	Babies Instruction <sup>^</sup> (CAP 10)
7:00 - 7:45 pm	Total Body Aqua <sup>^</sup> (CAP 10)

## Wednesday

6:30 - 8:15 am	Adult Exercise Swim <sup>^</sup> (CAP 12)
9:15 - 10:00 am	Liquid Z <sup>^</sup> (CAP 10)
10:05 - 10:50 am	Water Workout <sup>^</sup> (CAP 10)
11:45 - 1:15 pm	Adult Exercise Swim <sup>^</sup> (CAP 12)
2:00 - 2:45 pm	Youth Open Rec Swim <sup>^</sup> (CAP 12)
3:00 - 4:00 pm	Private Swim Lessons <sup>^</sup>
4:45 - 6:45 pm	Swim Team (CAP 10)
7:00 - 7:45 pm	Aqua Intervals <sup>^</sup> (CAP 10)

## Thursday

6:30 - 8:15 am	Adult Exercise Swim <sup>^</sup> (CAP 12)
10:00 - 10:45 am	Arthritis Exercise <sup>^</sup> (CAP 10)
10:50 - 12:15 pm	Adult Exercise Swim <sup>^</sup> (CAP 12)
12:30 - 4:00 pm	BVPTS (CAP 10)
5:00 - 6:00 pm	Swim Team (CAP 10)
7:00 - 7:45 pm	Aqua Intervals <sup>^</sup> (CAP 10)

## Friday

6:30 - 8:10 am	Adult Exercise Swim <sup>^</sup> (CAP 12)
8:15 - 9:00 am	Silver Sneakers® Silver Splash <sup>^</sup> (CAP 10)
9:15 - 10:00 am	Aqua Intervals <sup>^</sup> (CAP 10)
10:45 - 11:30 am	Family Time Swim <sup>^</sup> (CAP 12)
11:45 - 1:00 pm	Adult Exercise Swim <sup>^</sup> (CAP 12)
1:30 - 3:30 pm	Private Swim Lessons <sup>^</sup>
5:00 - 5:55 pm	Adult Exercise Swim/Open Rec <sup>^</sup> (CAP 12)
6:00 - 6:45 pm	Yoqua <sup>^</sup> (CAP 10)

## Saturday

8:45 - 9:15 am	Level 3 Instruction <sup>^</sup> (CAP 12)
9:30 - 10:00 am	Level 1 & 2 Instruction <sup>^</sup> (CAP 12)
10:15 - 10:45 am	Tots Instruction <sup>^</sup> (CAP 10)
11:00 - 11:30 am	Babies Instruction <sup>^</sup> (CAP 10)

## Sunday

8:00 - 8:45 am	Hydro Running <sup>^</sup> (CAP 10)
9:00 - 11:45 am	Adult Exercise Swim <sup>^</sup> (CAP 12)

Please see pages 5-6 to reserve your time.

**NOTE: The schedule listed reflects overall timeframes for pool activities. Please visit Supersaas for breakdown of specific time slots available.**

**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

April 4 Easter Day  
May 31 Memorial Day

**Original Pool Closed For Maintenance**  
**June 13-19**

## Advanced Manufacturing Learning Opportunities

*The BV EdHub uses innovative & cutting edge technologies!*

**JOIN US!**



## BLACKSTONE VALLEY EDUCATION HUB

The Educational Partner of the  
Blackstone Valley Chamber

- An opportunity for employers to find and train the workforce using industry-standard equipment
- A place for students to gain the technical and employability skills needed to meet the region's needs
- A partnership between local secondary and post-secondary education providers
- A sustainable learning model that seeks to connect the workforce and academic institutions

## Blackstone Valley Education Hub

670 Linwood Avenue, Suite 5, Whitinsville, MA 01588  
508-266-7158



[www.bv-edhub.org](http://www.bv-edhub.org)





Please see pages 5-6 to reserve your time.

**NOTE: The schedule listed reflects overall timeframes for pool activities. Please visit Supersaas for breakdown of specific time slots available.**

# Competition Pool

## Monday

5:00 - 6:30 am	Swim Team (2 Lanes)
5:30 - 6:15 am	Adult Lap Swim^ (4 Lanes) (CAP 4)
6:30 - 9:15 am	Adult Lap Swim^ (6 Lanes) (CAP 6)
9:15 - 10:00 am	Adult Lap Swim^ (3 Lanes) (CAP 3)
9:30 - 10:10 am	Aqua Aerobics^ (3 Lanes) (CAP 10)
10:00 - 10:45 am	Adult Lap Swim^ (3 Lanes) (CAP 3)
11:30 - 2:30 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)
3:00 - 3:45 pm	BVCP
4:00 - 6:45 pm	Swim Team
6:50 - 7:50 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)

## Tuesday

5:30 - 9:15 am	Adult Lap Swim^ (6 Lanes) (CAP 6)
9:15 - 10:00 am	Adult Lap Swim^ (2 Lanes) (CAP 2)
9:30 - 10:10 am	Tabata H2O^ (4 Lanes) (CAP 14)
11:30 - 12:15 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)
12:15 - 1:00 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
12:15 - 1:00 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
1:00 - 2:30 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)
3:00 - 3:45 pm	BVCP
4:00 - 8:00 pm	Swim Team

## Wednesday

5:30 - 10:45 am	Adult Lap Swim^ (6 Lanes) (CAP 6)
11:30 - 12:15 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)
12:15 - 1:00 pm	Open Rec Swim^ (2 Lanes) (CAP 20)
12:15 - 1:00 pm	Adult Lap Swim^ (4 Lanes) (CAP 4)
1:00 - 2:30 pm	Adult Lap Swim^ (6 Lanes) (CAP 6)
3:00 - 3:45 pm	BVCP
4:00 - 8:00 pm	Swim Team

## Thursday

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

## Friday

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

## Saturday

6:00 - 8:50 am	Swim Team
9:00 - 9:30 am	Youth Lap Swim^ (1 Lane) (CAP 1)
9:00 - 9:30 am	Adult Lap Swim^ (4 Lanes) (CAP 4)

9:00 - 10:00 am	Swim Team (1 Lane)
9:30 - 10:00 am	Adult Lap Swim^ (5 Lanes) (CAP 5)
10:00 - 11:30 am	Adult Lap Swim^ (3 Lanes) (CAP 3)
10:15 - 11:30 am	Outreach/Open Rec Swim^ (3 Lanes) (CAP 30)

## Sunday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim^ (6 Lanes) (CAP 6)
10:00 - 11:30 am	Adult Lap Swim^ (4 Lanes) (CAP 4)
10:00 - 11:30 am	Open Rec Swim^ (2 Lanes) (CAP 20)

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

\* Denotes Babysitting Available

^ Denotes Pre-Registration Required

§ Denotes Kidz Club Available

## Competition Pool Unavailable

**April 4 Easter Day**  
**May 31 Memorial Day**

## Lifeguard Training

**April 17 & 18 9:00 - 12:00pm (1 Lane)**  
**May 15 & 16 9:00 - 12:00pm (1 Lane)**



INDEPENDENT  CONSULTANT

**TOUCHSTONE CRYSTAL**  
BY SWAROVSKI

**Michelle Benoit**  
Independent Consultant  
774-462-7269  
ChelleBenoit@yahoo.com  
touchstonecrystal.com/MichelleBenoit

# 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 6ft between you & the next Member. Please ask WCC Staff for assistance.**



## *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 **Monique Boucher-Adams, Director of Outreach, 508.234.8184** 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 **Monique Boucher-Adams, Director of Outreach at 508.234.8184** 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**



**See page 26  
to learn how!**





# BVCP Summer EDventure

Fun. Community Engagement. Friendships.

**REGISTRATION**  
Coming Soon!



BVCP Summer EDventure is a program of the Whitin Community Center. A 501(c)(3) non-profit organization. All programs are licensed by the Massachusetts Department of Early Education and Care.

For more information, please contact:

**BVCP School Age Administrator - Michelle Benoit**  
508.234.8184 ext 104  
Michelle.Benoit@OurGym.org

**Blackstone Valley Children's Place**  
60 Main St. Whitinsville, MA 01588  
508.234.8184 ext 104 or 105  
[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)

WHITIN COMMUNITY CENTER  
campWHITIN  
FUN FITNESS FRIENDSHIPS  
**SUMMER**

FIRST PLACE  
**BEST**  
OF CENTRAL MASS  
FIRST PLACE  
**#1 Summer Camp**

DISCOUNTS AVAILABLE!

**REGISTRATION**  
Coming Soon!



Whitin Community Center  
60 Main St. Whitinsville, Ma 01588 | 508.234.8184  
[www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com)

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





# 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, 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 8 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. *This partnership was put on hold due to the COVID-19 pandemic, but **NOW we are offerings a NEW! Virtual Mentoring Partnership for High School Sophomores, Juniors, and Seniors interested in becoming mentors!***

The mentors will assist and support our elementary and middle school youth to help develop skills that are useful for personal achievement and goal setting in the classroom, our program, and at home. **If you are a High School student with proven academic skills, character references, and want to make a difference, please contact Jennifer Castro at 508-234-8184 ext 128 or [Jennifer.Castro@OurGym.org](mailto:Jennifer.Castro@OurGym.org) for more information. See next page for more details!**

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

## 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! **Registration for Summer Youth Theatre is going on now through April 16th. Performances are set for July 23rd & 24th! For more information, or if you have any questions, please contact Jennifer Castro at [Jennifer.Castro@ourgym.org](mailto:Jennifer.Castro@ourgym.org).**





*Fitness. Family. Community.*

**NEW!**

# WCC Youth Outreach Virtual Mentoring Partnership



**What is the Mentoring Partnership?**

The Mentoring Partnership strives to assist youth as they navigate their way through the many life challenges and choices presented to them, and to offer a sense of empowerment with each success they achieve.

**Being a Mentor Enables You to...**

- Achieve personal growth, learn more about yourself
- Improve your self-esteem and know you are making a difference
- Gain a better understanding of other cultures and a greater appreciation for diversity



**What Mentors Need to Know**

- Both Mentors and Mentees complete an online application.
- Mentors commit to meet with mentees at least once a week for 8 weeks
- Mentors are carefully screened through CORI & SORI background checks.

## Make A Difference!

**For more information please contact:**

Jennifer Castro, Assistant Outreach Director  
508.234.8184 ext 128 or [Jennifer.Castro@OurGym.org](mailto:Jennifer.Castro@OurGym.org)

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





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
- **PLUS** Literacy & STEAM
- 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
- **PLUS** Literacy & STEAM
- EEC Qualified, Professional, Caring Staff
- Fun Weekly Themes
- Daily Homework Assistance
- Breakfast/Afternoon Snack
- **NEW!** Hybrid & Remote Learning Flexibility

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

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



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





*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](http://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

60 Main St. Whitinsville, MA 01588

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



*Fitness. Family. Community.*

# Advertise With Us!

In Our Quarterly Program Schedules  
& On Our Digital Monitor

When you advertise with the Whitin Community Center, your AD will be seen by our membership base and equally as large non-member base, print ADs will be seen on our website, trade shows, events & more! NEW! You can now advertise on our digital monitor located in the WCC's Lobby that runs on a loop! For a minimal cost you can increase the visibility of your business in our quarterly programs and/or on our digital monitor.

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 & Digital ADs:

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.

### Digital ADs:

Preferred file formats are flattened with no crop marks, or bleeds and 25MB or less. Acceptable file formats include, 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 files through e-mail to Sarah.Lawson@OurGym.org.

### 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.**

## ADS DUE:

September 25 .. Winter Schedule and/or Digital\*  
January 25 ..... Spring Schedule and/or Digital\*  
March 1 ..... Camp Whitin and/or Digital\*  
March 1 ..... Summer EDventure and/or Digital\*  
April 25 ..... Summer Schedule and/or Digital\*  
July 25 ..... Fall Schedule or Digital\*

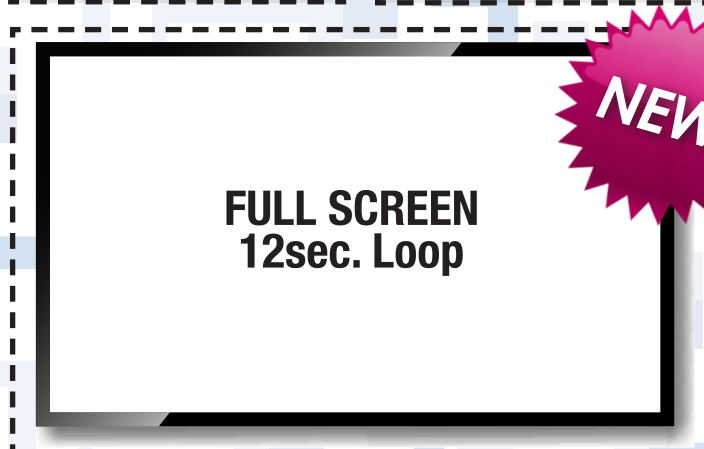
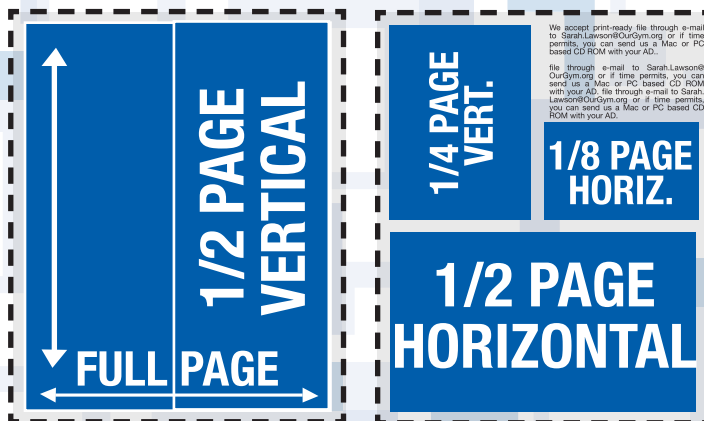
**\*NOTE: Digital ADs run the duration of the schedule listed.**

## PRINT ADS PRICING PER SCHEDULE:

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

## DIGITAL ADS PRICING:

Full Screen (12 sec.)	11.25in x 20in	\$260
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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.





# Spring COLLEGE MEMBERSHIP

March 15th - June 15th

3 MONTHS FOR  
**\$75**

Visit Our Member Services Desk For More Information!

## LP Cleaning Services

*Cleaning Services For Homes, Offices,  
Rentals & Apartments*

- ✦ We practice and follow strict COVID-19 Regulations
- ✦ Regular scheduled cleaning, deep-clean services, post construction, weekly/bi-weekly or as per agreement
- ✦ Professional and meticulous service provided
  - ✦ Planned services to accommodate your schedule
- ✦ We can provide the cleaning supplies or we can use customer provided supplies as desired
- ✦ Providing services to Metrowest & surrounding areas
- ✦ Competitive/reasonable rates.
- ✦ 17+ years in business - references available upon request



For more information please contact Leciene at:  
**508-244-2922**  
**[lecienepalombo@hotmail.com](mailto:lecienepalombo@hotmail.com)**



# SAVE EVEN MORE TIME!

Add The Screening Tool To Your Smartphone

## ANDROID

- Launch Chrome for Android and open the website.
- Tap the menu button and tap Add to home screen.
- Enter a name for the shortcut and then Chrome will add it to your home screen.
- The icon will appear on your home screen like any other app shortcut or widget.

## APPLE

- Launch the Safari browser on Apple's iOS and open the website.
- Tap the Share button on the browser's toolbar.
- Tap the Add to Home Screen tab in the Share menu.
- Enter a name for the shortcut before tapping the Add button.
- The shortcut will appear on your homescreen like any other app icon.



## Whitin Community Center

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

**WCC**  
Fitness. Family. Community.

# CARS IN THE PARK

7th Annual

**\$10**  
DONATION  
BEFORE 7.21

**\$15**  
DONATION  
AS OF 7.21

CARS IN THE PARK IS AN  
EVENT OF THE WHITIN  
COMMUNITY CENTER, A  
501(C)(3) NON-PROFIT  
ORGANIZATION.

PRE-ORDER  
YOUR CITP  
T-SHIRT!

REGISTER  
ONLINE

**AUGUST 21ST**  
**10:00AM - 4:00PM**  
**WHITIN PARK**

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

60 MAIN ST. WHITINSVILLE, MA 01588 | 508.234.8184  
[WWW.WHITINCOMMUNITYCENTER.COM](http://WWW.WHITINCOMMUNITYCENTER.COM)

(RAIN DATE 8.22.21)

*Fabulous*  
**50's**

*Save The Date*

**Homecoming Gala**  
**NOV 13, 2021**  
6:30PM-10:30PM  
HELD IN THE GYM

WCC  
Fitness. Family. Community.

Formal invite to follow

*Thank You!*  
**To our Community Heroes**

