# Welcome To The Whitin Community Center





Members: May 27, 2025 Guests: June 2, 2025



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

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

# **NEW! Hours of Operation**

Monday-Friday 5:00am - 9:30pm Saturday 6:00am - 2:00pm 6:00am - 2:00pm **Sunday** 

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# Gary Moyer Architect, Inc.



# **Facility Closures**

July 4th
In observance of Independence Day

# September 1st

In observance of Labor Day

# **\*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

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**Fitness & Wellness Coordinator, Tracy Dullea-Juliano** 

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**Group Fitness Administrator, Judy Noel** Judy.Noel@OurGym.org ext. 103

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**HR & Accounting Director, Andrea Carenzo** Andrea.Carenzo@OurGvm.org ext. 129

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**Pickleball Coordinator, Eileen Mitchell** Pickleball@OurGym.org

### **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.



THE WCC'S SUMMER YOUTH THEATRE PRESENTS

# Into the Modes in

By: James Lapine & Stephen Sondheim

July 18th, 7pm July 19th, 2pm & 7pm \$10 per person per show

PERFORMANCES HELD AT Northbridge High School

427 Linwood Ave. Whitinsville, MA 01588
Tickets on sale at the WCC Member Services Desk & gate!



www. Whitin Community Center.com



# GUEST DAY PASS PRICING!

With the announcement of our new software system, Daxko, that went into effect at the end of November 2022, we also made changes in guest activity rates. To better streamline our pricing and increase the value as well we have moved to a **Guest Day Pass** model. Previously, guests would have paid a per activity price at a per person rate. Now pricing is based on age group, or household, and is good for the entire day, throughout the WCC. Use the facility until your heart's content! Adults can now go swimming and go to a spin class at no additional cost! High School students can use the fitness room, and go to open rec gym and swim (same restrictions apply). Any questions regarding membership please speak to the Member Services Desk. To register online with Daxko, visit our website, www.WhitinCommunityCenter.com, and click on the link that says "register."

### **GUEST DAY PASS PRICING!**

The following prices reflect the Guest Day Pass prices for each group. A Guest Day Pass will allow for the use of WCC services and programs for the entire day.

YOUTH, Aged 0-17: \$10.00 ADULT, Aged 18-61: \$15.00

SENIOR 62+: \$6.00

FAMILY/HOUSEHOLD: \$20.00

Guest Day Passes are required for single use activities & programs including, but not limited, to Aqua Aerobics classes, SPIN/TRX/BARRE classes, Aerobics classes, Silver Sneakers classes, Adult Lap Swimming, Open Rec Swim, Open Recreation use of Gymnasium and use of the Fitness Room.

Guests must complete a non-member participation form and submit a signed code of conduct. Any person under the age of 18 will also require a parent/guardian signature on both of these documents.

Per Membership Code of Conduct, all youth 10 and under need to be accompanied by an adult for all activities when on WCC premises. Youth aged 11 and up do not need to be accompanied by an adult at the discretion of parent or guardian. Youth aged 14 and up do have access to the Fitness Room after they have received an orientation by appointment with one of the Fitness Room Staff.

Guest Day Passes can be purchased in person at the Member Services Desk.

# 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 Health, Blue Cross Blue Shield & Harvard Pilgrim. Silver Sneakers® & Renew Active®, and Silver&Fit® members are eligible for a FREE membership! For more information please contact **Member Services**, at 508.234.8184 ext 100.

# 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 Youth Soccer Training (Fall)
- \* FREE Babysitting Services (for ages 1-5)(Fall-Spring)
- \* FREE Stay & Play (Fall-Spring)
- \* FREE Youth Flag Football (Seasonal)
- \* FREE Youth Basketball In The Gym (Fall-Spring)
- \* FREE Family Time Gym & Swim
- \* FREE Middle School Organized Basketball Games
- \* FREE Dodgeball Games
- \* FREE Kids Club (Summer)
- \* FREE Mini Soccer (Seasonal for ages 4-6)
- \* 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 14 & older with Fitness Center Orientation
- \* FREE Racquetball
- \* FREE Open Workout & Walking Club (Spring)
- \* FREE Open Recreational Basketball & Swim
- \* Substantial discounts on specialty classes & swim lessons

### Adult/Senior

- \* FREE Orientation and access to our Fitness Center
- \* FREE Aerobics & Aqua classes offered weekly, with more than 50 class options available including, Yoga, Yoqua, Yogalates, and Zumba just to name a few!
- \* FREE Unlimited access to our Fitness Center
- \* FREE Spin®/TRX®/Barre Classes
- \* FREE Racquetball
- \* FREE Open Recreational Swim and Adult Lap Swim
- \* FREE Open Workout & Walking Club (Spring)
- \* FREE Open Recreational Basketball
- \* 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 Stay & Play (Fall-Spring)
- \* FREE Friday Night Family Rollerskating (Fall-Spring)
- \* FREE Racquetball
- \* FREE Open Workout & Walking Club (Spring)
- \* FREE Kids Club (Summer)

# 2025 Membership Rates



# **Joining Fees**

All new members of the Whitin Community Center are subject to this one-time joining fee as long as the membership remains active, and/or does not lapse for more than 30 days. The fee is not part of the annual yearly membership dues, and must be paid in full at time of joining.

Youth, High School, Senior/Senior Couple ... \$25
Young Adult/Military
First Responder/Veterans ... \$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!

# Basketball

Men's 25+ Basketball League

Our competitive Monday night league features players of all abilities and backgrounds for men 25 years of age or older. Teams are created via a draft prior to the first game by captains. Every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game. Pre-registration is required through Daxko.

Monday
June 9-August 18 **\$96 Members** 

7pm or 8pm

\$153 Guests

# Men's 40+ Basketball League

Our competitive Wednesday night league features 32 players of all abilities and backgrounds for men 40 years of age or older. Teams are created via a draft prior to the first game by captains. Every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game. **Pre-registration is required through Daxko.** 

Wednesday June 11-August 20 7pm or 8pm

\$96 Members \$153 Guests

Thank You To Our Men's League Sponsors!

Copeland Toyota Gray Barn Pace Automotive

Marra Flooring Shamrock Home Loans The Riel Estate Team

**Mini Indoor Soccer Instruction (Ages 4-6)** 

This indoor soccer program gives children a chance to build basic soccer skills, while playing fun team and individual games and drills. All abilities welcome. Players should wear shin guards and indoor sneakers. This is not a drop-off program. Pre-registration is required through GroupEx PRO.

Saturday

9:15am-10:00am

July 12-August 16

FREE Members \$10 Guests

# Kids Club

# Held in Room 1, Child Care Wing

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

Monday-Thursday FREE Members

5:30pm - 8:15pm **Guest Day Pass Available** 

# Pickleball

Join us for our Co-ed Adult Pickleball League on Tuesdays in the Gymnasium. This intermediate league of mixed skills will play Round Robin Style. *NOTE: This is not a beginners league. Players in the league should be rated at the 2.5 level or above, according to the IPTA Skill Assessment System.* For more information, please contact Pickleball@OurGym.org. Pre-registration is required through Daxko. Held in Gymnasium. Participants may sign up for one or both sessions.

**SESSION I** 

Tuesday 7:15pm - 9:15pm

June 3-June 24

SESSION II

Tuesday 7:15pm - 9:15pm

July 8-July 29

\$22 Members/per session \$40 Guests/per session

# Racquetball

Our court is available in hour blocks for racquetball. To check time and availability, please contact the **Member Services Desk, at 508.234.8184 ext. 100. Pre-registration is required through GroupEx PRO.** 

### **Members-FREE**

Members can make their reservation up to 48 hours in advance.

# **Guest Day Pass Available**

Age 10 and under must be accompanied by an adult. See page 4 for more information.

# Recreational 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. Tennis courts may be used for Tennis or Pickleball. Members may use one court for 1.5 hours at a time, unless no one is waiting to use a court. Members are responsible for the proper use and conduct of his/her guests on the courts. Members are asked to report any violations. Tennis Courts Unavailable Mon-Fri, between 9:00am - 3:00pm for Camp Whitin and at other times due to outside Aerobic Classes. Pre-registration required through GroupEx PRO.

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

Mon, Tues, Thurs, Fri 6:00 am - 9:00 am

Monday-Thursday 6:45 pm - 9:00 pm

**Tuesday & Thursday** 3:00 pm - 5:30 pm

**Friday** 3:00pm - 9:00 pm

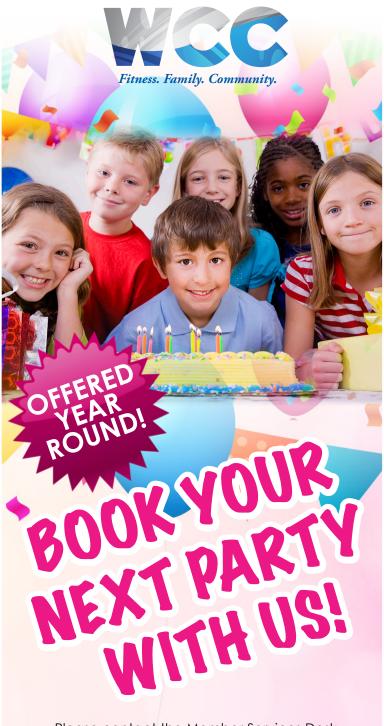
Saturday & Sunday 8:00am - 9:00 pm

**FREE Members** 

**Guest Day Pass Available** 

# Book Your Next Party With Us!

Booking Gymnasium & Splash Parties for Summer 2025! To reserve your party, or for more information please contact, rentals@OurGym.org or 508.234.8184.



Please contact the Member Services Desk for more information & pricing

508.234.8184 ext 100 60 Main St. Whitinsville, MA 01588 www.WhitinCommunityCenter.com



# **Original Pool Splash Party**

- 1 hour 15 min. in the Original Pool
- 1 hour in the Multi-Purpose Room Available Saturdays & Sundays

Our Original Pool (60' x 20') is available for Splash Party Rentals. A Splash Party includes one hour and 15 minutes of private swim time plus the Lifeguard on duty and staff member, followed by one hour in a party room. A refrigerator is available for your cake, soda, ice cream or pizza. The maximum number of guests allowed is 25 for the Original Pool. There is no additional charge for parents.



- 1 hour in Whitin Park or Gymnasium
- 1 hour in the Members Lounge Available Saturdays & Sundays

Parties include a staff member to greet your group and coordinate your visit including facilitating dodgeball, wiffle ball, soccer, football and capture the flag games, or helping to set up tables and chairs in the Members Lounge. Refrigeration is available. No other party supplies are furnished. There will be 1 hour in Whitin Park or Gymnasium and 1 hour in Members Lounge. Maximum number of guests is 30.

# Gymnasium

**Monday** 

5:15 - 8:00 am Open Recreation

8:00 - 9:00 am **BVCP** 

9:00 - 3:00 pm **Reserved For Camp Whitin** 11:00 - 11:45 am Silver Sneakers® Cardio Mix^ 12:00 - 12:45 pm Silver Sneakers® Cardio Mix^

**BVCP** 3:00 - 5:30 pm

5:30 - 6:15 pm Open Recreation §

6:30 - 9:15 pm Men's 25+ Basketball League §^

**Tuesday** 5:15 - 8:00 am Open Recreation

8:00 - 9:00 am **BVCP** 

9:00 - 3:00 pm **Reserved For Camp Whitin** 

3:00 - 5:30 pm

5:30 - 7:00 pm Open Recreation §

7:15 - 9:15 pm Pickleball §^

Wednesday

5:15 - 8:00 am Open Recreation

8:00 - 9:00 am BVCP

9:00 - 3:00 pm **Reserved For Camp Whitin** 

11:00 - 11:45 am Silver Sneakers® Yoga^

12:00 - 12:45 pm Silver Sneakers® Yoga^

3:00 - 5:30 pm **BVCP** 

5:30 - 6:15 pm Open Recreation §

Men's 40+ Basketball League §^ 6:30 - 9:15 pm

**Thursday** 

5:15 - 8:00 am Open Recreation

8:00 - 9:00 am **BVCP** 

9:00 - 3:00 pm **Reserved For Camp Whitin** 

3:00 - 5:30 pm **BVCP** 

5:30 - 6:30 pm Open Recreation § 6:45 - 9:15 pm **Reserved For Rental** 

Friday 5:15 - 8:00 am Open Recreation

8:00 - 9:00 am **BVCP** 

9:00 - 3:00 pm **Reserved For Camp Whitin** 

3:00 - 5:30 pm **BVCP** 

5:30 - 9:15 pm Open Recreation

Saturday

6:00 - 9:45 am Open Recreation

Mini Indoor Soccer Instruction^ 9:15 - 10:00 am

Reserved for Gymnasium Parties^ 10:30 - 12:45 pm

1:00 - 1:45 pm Open Recreation Sunday

6:00 - 10:15 am Open Recreation

10:30 - 12:45 pm Reserved for Gymnasium Parties<sup>^</sup>

1:00 - 1:45 pm Open Recreation

**Guest Day Passes available by age. Please** see page 4 for more information.

**Gymnasium Closed** 

**PreSchool Graduation** June 20

4:00pm-6:00pm

July 4 **Independence Day** 

**Labor Day** Sept 1

§ Denotes Kids Club Available

^ Denotes Pre-Registration Required



Access to these classes are for ages 14 & older, with a High School or Family Membership, and Fitness Center Orientation.

**Have questions about any of the Aerobics Classes?** Please contact Aerobics, at Aerobics@OurGym.org, or call 508.234.8184 ext 103

**NOTE: All classes listed below are held in the Aerobics Studio unless specified otherwise.** 

# Aprohics

Mond	a	У
	-	7

8:30 am Step & Abs^ 8:45 - 9:35 am Strength & Cardio Mix^ 9:45 - 10:45 am Mind Body Fusion^ 11:00 - 11:30 am Beginner Muscle Work^ 11:00 - 11:45 am Silver Sneakers® Cardio Mix^(Gym) Silver Sneakers® Cardio Mix^(Gym) 12:00 - 12:45 pm

5:00 - 5:30 pm 5:45 - 6:45 pm Cardio, Core & Strength § ^

7:00 - 8:00 pm Gentle Yoga § ^

# **Tuesday**

5:15 - **6**:00am Strength & Cardio Mix^ 7:30 - 8:30 am Interval Training^ 8:45 - 9:35 am Power Pump^ 9:45 - 10:45 am Zumba^ 11:00 - 11:45 am Silver Sneakers® Balance & Strength^ 3:30 - 4:15 pm Weight Training^ 4:30 - 5:30 pm Strength & Cardio Mix^ 5:45 - 6:45 pm Strength & Cardio Mix § ^

# Wednesday

6:30 - 7:15 am Cardio, Core & Strength^ 7:30 - 8:30 am Yoga Fusion^ Bootcamp^ 8:45 - 9:35 am Yogalates^ 9:45 - 10:45 am 11:00 - 11:30 am Beginner Cardio^ 11:00 - 11:45 am Silver Sneakers® Yoga^ (Gym) 12:00 - 12:45 pm Silver Sneakers® Yoga^ (Gym) 5:00 - 5:30 pm 5:45 - 6:45 pm 7:00 - 8:00 pm Interval Training § ^

### Thursday

7:30 - 8:30 am Interval Training^ 8:45 - 9:35 am Power Pump^ 9:45 - 10:45 am Fitness Yoga^ 9:45 - 10:45 am Zumba^ (Racquetball Court) 11:00 - 11:45 am Silver Sneakers® Cardio Drum Mix^ 4:30 - 5:30 pm Strength & Cardio Mix^ 5:45 - 6:45 pm Cardio Mix § ^

Candlelight Yoga § ^

# **Friday**

6:30 - 7:15 am Cardio, Core & Strength^ 7:30 - 8:30 am Triple Play Step^ 8:45 - 9:35 am Strength & Cardio Mix^ 9:45 - 10:45 am Yoga^ 11:00 - 11:45 am Silver Sneakers® Stretch & Yoga^

Silver Sneakers® Stretchlates^ 12:00 - 12:45 pm 4:30 - 5:15 pm Weight Training for Beginners^

# Saturday

7:00 - 8:00 am Cardio Cross^(Whitin Park) 8:00 - 9:00 am Power Pump^ 9:15 - 10:15 am Iron Yoga^

# Sunday

8:00 - 9:00 am Step Interval^ Core 'N More^ 9:15 - 10:15 am

NOTE: All classes listed below are held in the Spin/ TRX Studio unless specified otherwise.

# Spin/TRX/Barre

# Monday

5:15 - 6:00 am Spin^ 8:30 - 9:15 am Spin^ TRX^ 9:30 - 10:15 am 5:45 - 6:30 pm Spin § ^

# **Tuesday**

7:30 - 8:15 am TRX^ 8:30 - 9:15 am Spin^ 9:30 - 10:30 am Barre^ 5:45 - 6:30 pm 6:45 - 7:30 pm Spin § ^ TRX§^

# Wednesday

5:15 - 6:00 am Tabata Ride^ 8:30 - 9:30 am Spin & Stretch^ 9:45 - 10:30 am TRX^ 5:45 - 6:30 pm Spin § ^ 6:45 - 7:45 pm Barre § ^

# Thursday

5:15 - 6:00 am Spin^ 8:30 - 9:15 am Spin^ 5:45 - 6:30 pm TRX § ^

# Friday

8:30 - 9:15 am Spin^ 9:30 - 10:15 am TRX^

# Saturday

8:15 - 9:15 am Spin & Abs^

# Sunday

8:15 - 9:00 am Spin^

**Guest Day Passes available by age. Please** see page 4 for more information.

> § Denotes Kids Club Available ^ Denotes Pre-Registration Required



# **Low Impact Classes**

### Suitable For: All Fitness Levels

These classes offer a variety of ballet toning, light cardio, stretching, strength, and balance. You can expect to increase balance, joint strength, mobility, improved posture, endurance, and overall health in these classes. These classes are perfect for a low impact workout, an active recovery day, and/or exploring the "Mind" and "Body" connection. These classes are suitable for all fitness levels.

- Barre
- Beginner Cardio
- Beginner Muscle Work
- Candlelight Yoga
- Fitness Yoga
- Gentle Yoga

- Iron Yoga
- Mind Body Fusion
- Yoga
- Yogalates
- Yoga Fusion

# **Cardio & Strength Training**

### Suitable For: All Fitness Levels

If you are looking for a higher intensity workout, these options are for you! With a combination of high & low intensity cardio, body weight training, and resistance training, you will increase your overall strength, endurance, coordination, and energy. All classes will increase your heart rate! All classes are combination classes, with different focuses.

### Cardio - based Combination Classes

- Bootcamp
- Step & Abs
- Cardio, Core & Strength Step Interval
- Cardio Cross
- Strength & Cardio Mix
- Cardio Mix
- Tabata Ride
- HIIT
- Triple Play Step - Zumba
- Interval Training
- SPIN

## Strength – based Combination Classes

- Core 'N More
- Power Pump
- TRX
- Weight Training For Beginners
- Weight Training

# **Aqua Classes**

Take your workout to the pool with our Aqua Aerobics classes! With the water supporting your body you will put less stress on your joints and muscles while also building strength and conditioning. From high intensity to low intensity, resistance training to cardio, and dance to yoga, there is something for everyone in our pools!

- Aqua Aerobics
- Agua Aerobics & Core
- Aqua Barre
- Aqua Intervals
- Aqua Zumba
- Arthritis Exercise
- Deep Water Workout

Silver Sneakers®

- Water Workout
- Yoqua

### Suitable For: Adults 65+

You will take fun and combine it with strength, stretching, and light cardio! Our goal is to help you stay strong in body while keeping your heart, brain, bones, muscles, and joints healthy. Whether you prefer a class in the Original pool, or a class seated for more stability, the Silver Sneakers classes offer variety and flexibility for your needs and comfort.

- Silver Sneakers® Balance & Strength
- Silver Sneakers® Cardio Drum Mix
- Silver Sneakers® Cardio Mix
- Silver Sneakers® Silver Splash
- Silver Sneakers® Stretch & Yoga
- Silver Sneakers® Stretchlates
- Silver Sneakers® Yoga

For a more detailed description of classes please refer to the back of the Day-By-Days, located at the **Member Services Desk & online. Or view on the WCC** app or GroupEx PRO.

**Have questions about any of the Aerobics Classes?** Please contact Aerobics, at Aerobics@OurGym.org, or call 508.234.8184 ext 103



# **Pre-Registration Required in Daxko**

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

(E) - Express Class, focused instructional based class only. Additional play time not included.

# Babies (Ages 6 mos. - 2 years)

Classes run 30 minutes of instruction, once per week, with 15 minutes of play time after, unless noted as an Express Class with *(E)*. A parent or responsible adult is required to participate in the water for Babies' lessons.

# **Session I:**

Monday Tuesday <i>(E)</i>	June 23-July 14 June 24-July 15	(4)	4:00 -	11:45am 4:30pm
weanesaay( <i>E</i> )	<b>June 25-July 16</b>	(4)	11:35 -	12:05pm
(NOTE: Wednesda	ay class offered in Sum			•

### **Session II:**

Monday	July 21- Aug 18	(5)	11:00 - 11:45am
Tuesday <i>(E)</i>	July 22- Aug 19		4:00 - 4:30pm
Wednesday <i>(E)</i>	July 23- Aug 20	(5)	11:35 - 12:05pm
(NOTE: Wednesda	ay class offered in Sumn	ner onl	y.)

(4 Wks.)	\$36 Members	\$68 Guests
(5 Wks.)	\$45 Members	\$85 Guests

# Tots (Ages 3-5)

Classes run 30 minutes of instruction, once per week, with 15 minutes of play time after, unless noted as an Express Class with (E). 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 <i>(E)</i>	June 24-July 15	(4)	4:35 - 5:05pm
Wednesday(E)	June 25-July 16	(4)	11:00 - 11:30am
Thursday(E)	June 26-July 17	(4)	6:20 - 6:50pm
			•

### **Session II:**

Tuesday <i>(E)</i>	July 22- Aug 19	(5) 4:35 - 5:05pm
Wednesday(E)	July 23- Aug 20	(5) 11:00 - 11:30am
Thursday <i>(E)</i>	July 24- Aug 21	(5) 6:20 - 6:50pm

 (4 Wks.)
 \$36 Members
 \$68 Guests

 (5 Wks.)
 \$45 Members
 \$85 Guests

# **FALL SWIM EVALUATIONS**

Friday, August 15
4:00pm-5:45pm
Contact aquatics@OurGym.org for more information

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

# **Pre-Registration Required in Daxko**

All Swim Lessons Levels 1-5 are held in the Original Pool with an average temperature of 88 degrees. Level 6 held in Competition Pool with an average temperature of 82 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. Must have certification of successfully passing prior swim level before registering for Levels 2-6.

# **Level 1** (Intro to Water Skills-Shallow Water)

Tuesday	June 24-Aug 19	(9)	5:10 - 5:40pm
Tuesday	June 24-Aug 19	(9)	5:45 - 6:15pm
Thursday	June 26-Aug 21	(9)	5:40 - 6:10pm
(NOTE: Thursday	y Level 1 class times listed	l above d	offered in Summer only.)

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

"			
Thursday	June 26-Aug 21	(9)	4:35 - 5:05pm
Thursday	June 26-Aug 21	(9)	5:10 - 5:40pm

# **Level 3 (Stroke Development)**

Monday	June 23-Aug 18	(9)	3:30 - 4:00pm
Thursday	<b>June 26-Aug 21</b>	(9)	4:00 - 4:30pm

# **Level 4** (Stroke Improvement)

Monday June 23-Aug 18 (9) 4:40 - 5:10pm

# **Level 3/4** (Stroke Development /Stroke Improvement)

Monday June 23-Aug 18 (9) 4:05 - 4:35pm

# **Level 5** (Stroke Refinement)

Monday June 23-Aug 18 (9) 5:15 - 5:45pm

# **Level 6** (Advanced Stroke Refinement)

Monday June 23-Aug 18 (9) 6:00 - 6:30pm (NOTE: Level 6 held in Competition Pool only.)

(9 Wks.) \$81 Members \$153 Guests

# **Private Swim Lessons (Adults & Children)**

Come learn how to swim, improve your strokes and learn new swimming skills with our Private Swim Lessons. The Private Swim Lessons are run by our fully trained, and professional WSI Instructors. For more information please email the Aquatics Director at Aquatics@OurGym.org. Lessons are 30 minutes.

Pre-registration is required through Daxko. Held in Original Pool.

Tuesdays 6:15 - 6:45pm

(NOTE: This Private Swim Lesson day/time offered is Summer only.)

\$46 per person/lesson Members \$58 per person/lesson Guests

# **RED CROSS SWIM LESSONS LEVEL 1-6 (AGES 5 & ABOVE) DESCRIPTIONS**

# LEVEL 1: BEGINNER (INTRO TO WATER SKILLS)

- Exit enter water using a ramp, steps or side
- · Blow bubbles for three seconds
- Bob 5 times
- Open eves underwater & retrieve submerged object
- Back/front glide and recover to a vertical position
- · Back float for 5 seconds
- · Roll from front to back and vice versa
- Treading water arm & hand actions
- Alternating & simultaneous leg and arm actions on front/back
- Combined arm and leg actions on front/back

# LEVEL 2: BEGINNER (FUNDAMENTAL AQUATIC SKILLS)

- · Jump into the deep water
- · Exit water using ladder or side
- Fully submerge & hold breath
- Tread water for 15 seconds
- · Bobbing 10 times
- Retrieve submerged object

- Front/back jellyfish tuck floats for 10 seconds
- Front/Back glide and recover to a vertical position
- · Back float for 15 seconds
- · Roll from front to back and vice versa
- · Change direction of travel while swimming on front or back
- · Combined arm and leg actions on front and back

# LEVEL 3: INTERMEDIATE (STROKE DEVELOPMENT)

- Jump into the deep water from the side,
- · Headfirst entry from the side in seated/kneeling position · Swim the front crawl for 15 yards
- · Bobbing while moving to safety
- Rotary breathing
- · Survival float for 30 seconds

- · Back float for 1 minute & tread water for 1 minute each
- · Push off in a streamlined position on front, then begin kicking
- Swim elementary backstroke for 15 yards

### LEVEL 4: INTERMEDIATE (STROKE IMPROVEMENT)

- Headfirst entry in compact and stride position
- · Feet first surface dive swim
- · Swim underwater for 5 yards
- Tread water for 2 minutes
- · Survival swimming for 1 minute
- · Swim the front crawl for 40 yards
- Breast stroke for 20 yards

- · Back crawl for 40 yards
- · Butterfly for 20 yards
- · Swim elementary backstroke for 40 yards
- Sidestroke for 20 yards
- Open turns front and back
- · Flutter, dolphin kick & streamline kick on back

# LEVEL 3/4: INTERMEDIATE (STROKE DEVELOPMENT/ STROKE IMPROVEMENT)

- Jump into the deep water from the side, submerge, return to the side
- · Headfirst entry from the side in seated/kneeling position · Swim the front crawl for 15 yards
- Bobbing while moving to safety
- Rotary breathing
- · Survival float for 30 seconds
- Headfirst entry in compact and stride position
- · Feet first surface dive swim
- · Swim underwater for 5 yards
- Tread water for 2 minutes
- · Survival swimming for 1 minute
- · Swim the front crawl for 40 yards
- · Breast stroke for 20 yards

- · Back float for 1 minute & tread water for 1 minute each
- Push off in a streamlined position on front, then begin kicking
- · Swim elementary backstroke for 15 yards
- Back crawl for 40 yards
- · Butterfly for 20 yards
- · Swim elementary backstroke for 40 yards
- Sidestroke for 20 yards
- Open turns front and back
- · Flutter, dolphin kick & streamline kick on back

### LEVEL 5: ADVANCED (STROKE REFINEMENT)

- Shallow angle dive into deep water
- Tuck & pike surface dives
- · Tread water for 5 minutes
- Tread water using legs only for 2 minutes
- Sculling for 30 seconds

- · Front crawl/back crawl for 50 yards
- · Elementary backstroke for 50 yards
- · Breast & side stroke for 25 yards
- Front & backstroke flipturns

# LEVEL 6: ADVANCED (STROKE REFINEMENT)

- Surface dive & retrieve object from the bottom, 7 to 10 feet
- Front crawl & elementary backstroke 100 yards
- Breaststroke, butterfly & back crawl for 50 yards sidestroke for 50 yards
- · Demonstrate open turns, front and back flip turns

**Unsure what level your child should be** in? Please contact Aguatics@OurGym.org or 508.234.8184 ext 116 to schedule a swim evaluation!



# Crimson Aquatics Swim Team Evaluations For Ages 5-8

Crimson Aquatics Swim team has openings for the Spring at the Whitin Community Center. If you are looking for your child to join a competitive swim team please contact, **Swim Coach, Jeanne Shea, jeanneshea21@gmail.com.** We will provide the next steps. Please note that your child must be able to stay afloat in the water without a bubble to be qualified for evaluations.



For more information please contact, Swim Coach, Jeanne Shea, jeanneshea21@gmail.com

# YOUR PARTNER IN EVERY PROJECT.



# **KOOPMAN** VISIT ONE OF OUR LOCATIONS TODAY

# **GRAFTON**

82 Worcester St. North Grafton, MA 508-839-6526

# **UXBRIDGE**

12 Douglas St. Uxbridge, MA 508-278-5400

# **WHITINSVILLE**

665 Church St. Whitinsville, MA 508-234-4545

# Original Pool

# **Monday**

6:30 -	8:30 am	Adult Exercise Swim
8:30 -	9:15 am	Aqua Aerobics^
9:30 -	10:00 am	BVCP
10:05 -	10:50 am	Water Workout^
11:00 -	11:45 am	Babies Swim Instruction^
11:45 -	1:15 pm	Adult Exercise Swim
	2:15 pm	Northbridge Seniors
3:30 -	4:00 pm	Level 3 Instruction^
	4:35 pm	Level 3/4 Instruction^
4:40 -	5:10 pm	Level 4 Instruction^
5:15 <b>-</b>	5:45 pm	Level 5 Instruction^
6:00 -	7:00 pm	Aqua Barre § ^
7:00 -	8:00 pm	Aqua Barre § ^

# **Tuesday**

6:30 - 8:30 am	Adult Exercise Swim
8:30 - 9:30 am	Silver Sneakers® Silver Splash^
9:30 - 10:30 am	BVCP
10:45 - 12:15 pm	Adult Exercise Swim
12:30 - 4:00 pm	BVPTS
4:00 - 4:30 pm	Babies Instruction(E)^
4:35 - 5:05 pm	Tots Instruction(E)^
5:10 - 5:40 pm	Level 1 Instruction^
5:45 - 6:15 pm	Level 1 Instruction § ^
6:15 - 6:45 pm	Private Swim Lessons (Summer Only) §

Aqua Aerobics § ^

# **Friday**

6:30 - 8:15 am	Adult Exercise Swim
8:15 - 9:15 am	Silver Sneakers® Silver Splash^
9:15 - 10:15 am	Aqua Intervals^
10:30 - 11:45 am	Family Time Swim
11:45 - 1:15 pm	Adult Exercise Swim
4:00 - 5:55 pm	Adult Exercise Swim/Open Rec
6:00 - 7:00 pm	Yoqua^

# **Saturday**

8:00 - 8:45 am	Aqua Aerobics^
9:00 - 11:30 am	Adult Exercise Swim
11:30 - 12:45 pm	Reserved For Splash Parties^

# **Sunday**

11:30 - 12:45 pm	Reserved For Splash Parties^
9:00 - 11:30 am	Adult Exercise Swim
7:45 - 8:45 am	Deep Water Workout^

Guest Day Passes available by age. Age 10 and under must be accompanied by an adult. Please see page 4 for more information.

(E) - Express Class, focused instructional based class only. Additional play time not included.

§ Denotes Kids Club Available
^ Denotes Pre-Registration Required

# Wednesday

7:00 - 8:00 pm

6:30 - 8:30 am	Adult Exercise Swim
8:30 - 9:15 am	Aqua Aerobics^
9:15 - 10:00 am	Aqua Zumba^
10:05 - 10:50 am	Water Workout^
11:00 - 11:30 am	Tots Instruction(E)^
11:35 - 12:05 pm	Babies Instruction(E)^ (Summer Only)
12:15 - 1:30 pm	Adult Exercise Swim
1:45 - 2:30 pm	NEW! Water Workout <sup>^</sup> (Summer Only)
3:45 - 6:45 pm	Swim Team
7:00 - 8:00 pm	Aqua Intervals §^

# **Original Pool Unavailable**

July 4	Independence Day
August 15	Fall Swim Evaluations 4:00pm-5:45pm
	i i b

Sept 1 Labor Day

Original Pool Closed For Maintenance June 8-22

# **Thursday**

6:30	-	8:30 am	Adult Exercise Swim
8:30	-	9:15 am	Aqua Aerobics^
10:00	-	10:45 am	Arthritis Exercise^
10:50	-	12:15 pm	Adult Exercise Swim
12:30	-	4:00 pm	BVPTS
4:00	-	4:30 pm	Level 3 Instruction^
4:35	-	5:05 pm	Level 2 Instruction^
5:10	-	5:40 pm	Level 2 Instruction^
5:40	-	6:10 pm	Level 1 Instruction § ^
6:20	-	6:50 pm	Tots Instruction(E) § ^
7:00	-	8:00 pm	Aqua Intervals § ^



# Competition Pool

# **Monday**

	-	
5:30 <b>-</b>	10:30 am	Adult Lap Swim^
10:45 -	11:45 am	Camp Whitin^
12:00 -	1:30 pm	Adult Lap Swim^ (4 Lanes)
12:00 -	1:30 pm	Open Rec Swim (2 Lanes)
1:45 -	2:30 pm	Camp Whitin^
2:40 -	3:40 pm	BVCP
4:00 -	7:00 pm	Swim Team
6:00 -	6:30 pm	Level 6 Instruction § ^(1 Lane)
7:00 -	9:00 pm	Adult Lap Swim § ^

# **Tuesday**

9:30 - 10:30 am Aqua A 10:45 - 11:45 am Camp V 12:00 - 1:30 pm Adult La	ap Swim^ (3 Lanes) erobics & Core^ (3 Lanes) Vhitin^ ap Swim^ (4 Lanes) ec Swim (2 Lanes) Vhitin^
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# Wednesday

	9:15 am	Adult Lap Swim^
9:30 -	10:30 am	Adult Lap Swim <sup>^</sup> (3 Lanes)
9:30 -	10:30 am	Aqua Aerobics^ (3 Lanes)
10:45 -	11:45 am	Camp Whitin^
12:00 -	1:30 pm	Adult Lap Swim^ (4 Lanes)
12:00 -	1:30 pm	Open Rec Swim (2 Lanes)
1:45 <b>-</b>	2:30 pm	Camp Whitin^
2:40 -	3:40 pm	BVCP
4:00 -	9:00 pm	Swim Team

# **Thursday**

5:30 -	9:15 am	Adult Lap Swim^
9:30 -	10:30 am	Adult Lap Swim^ (3 Lanes)
9:30 -	10:30 am	Aqua Intervals^ (3 Lanes)
10:45 -	11:45 am	Camp Whitin^
12:00 -	1:30 pm	Adult Lap Swim^ (4 Lanes)
	1:30 pm	Open Rec Swim (2 Lanes)
1:45 -	2:30 pm	Camp Whitin^
2:40 -	3:40 pm	BVCP
4:00 -	6:00 pm	Swim Team
6:00 -	7:00 pm	Swim Team (3 Lanes)
6:00 -	7:00 pm	Adult Lap Swim § ^ (3 Lanes)
7:00 -	8:00 pm	Youth Lap Swim § ^ (1 Lane)
7:00 -	8:00 pm	Adult Lap Swim § ^ (3 Lanes)
7:00 -	9:00 pm	Open Rec Swim § (2 Lanes)
8:00 -	9:00 pm	Adult Lap Swim § ^ (4 Lanes)

NOTE: Adult Lap Swim is for 18 & over only. Youth Lap Swim is for youth aged 11 & up, and/or youth aged 10 & under must be accompanied by an adult.

# **Friday**

5:30 - 10:30 am

10:45 -	11:45 am	Camp Whitin^
12:00 <b>-</b>	1:30 pm	Adult Lap Swim^ (4 Lanes)
12:00 -	1:30 pm	Open Rec Swim (2 Lanes)
1:45 <b>-</b>	2:30 pm	Camp Whitin^
2:40 -	3:40 pm	BVCP
4:00 -	6:00 pm	Swim Team
6:00 -	7:00 pm	Swim Team (3 Lanes)
6:00 -	7:00 pm	Adult Lap Swim^ (3 Lanes)
7:00 -	8:00 pm	Youth Lap Swim <sup>^</sup> (1 Lane)
7:00 -	8:00 pm	Adult Lap Swim (2 Lanes)
7:00 -	9:00 pm	Open Rec Swim (3 Lanes)
8:00 -	9:00 pm	Adult Lap Swim^ (3 Lanes)
	•	, , , , ,

Adult Lap Swim^

# Saturday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim^
10:00 - 1:30 pm	Adult Lap Swim <sup>^</sup> (3 Lanes)
10:00 - 1:30 pm	Open Rec Swim (3 Lanes)

# **Sunday**

6:00 -	9:00 am	Swim Team
9:00 - 1	10:00 am	Adult Lap Swim^
10:00 -	1:30 pm	Adult Lap Swim^ (4 Lanes)
10:00 -	1:30 pm	Open Rec Swim (2 Lanes)

Guest Day Passes available by age. Age 10 and under must be accompanied by an adult. Please see page 4 for more information.

§ Denotes Kids Club Available^ Denotes Pre-Registration Required

# **Competition Pool Unavailable**

July 4 Independence Day Sept 1 Labor Day

Competition Pool Closed For Maintenance August 23-September 7



# Aqua/Specialty Classes



# First Aid, CPR & AED For Adult & Child

As part of our commitment to the community, the Whitin Community Center is offering the following Red Cross class this Summer for ages 15 and older. This is a blended learning class with both online and in person skills requirements. Certification would be valid for 2 years. Preregistration is required through Daxko. Held in the Conference Room. Please register one week prior to take the online portion before the class.

**SESSION I** 

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

Aug 5th

SESSION I
Sunday 1:00pm - 3:00pm (in person skills)

Aug 10th

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

Aug 12th

\$81 Members \$98 Guests

# **Lifeguard Training**

Online and Classroom Style Sign up two days prior to class to watch videos Pre-registration is required through Daxko

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 1/2 years; Swim 200 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 course receive an American Red Cross certificate for Lifeguarding/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. Includes breaks.

June 10th & 11th June 12th & 13th \$3:00pm - 9:00pm \$:00pm - 9:00pm \$330 Members \$381 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.



# Crimson Aquatics



# www.teamunify.com/necawcc

### Swim Team

Crimson Aquatics is a competitive swim team with a Junior National Focus. The team has established itself as one of the top teams in New England since 2002. We compete in meets within the New England area as well as nationally.

Pre-Comp is the introductory level of the Crimson Aquatics Swim Team. Swimmers will be taught the four competitive strokes, turns, and diving. The goal is a gentle introduction to racing with the completion of 1-2 swim meets per season. Pre-Comp meets twice a week for a total of three 13 week sessions per year.

For additional information and placement contact: whitneyzeiger@gmail.com

# Fitness Center



# Did You Know?

We are open all hours of operation!

Monday-Friday 5:00am - 9:30pm Saturday 6:00am - 2:00pm Sunday 6:00am - 2:00pm

We are so excited to share with you our newly renovated Fitness room. Along with the updates include new equipment listed below. As always, part of our mission to encourage a healthy lifestyle, we are pleased to offer access to a comprehensive fitness program, with newly updated equipment we hope you enjoy!

### **ALL NEW!**

- · Schwinn AC Sport Group Cycle Spin Bikes (12)
- · StairMaster HIIT Rowing Machines (2)
- · SciFit PRO1000 Upper Body Exerciser (1)
- Precor 865 Series Ellipticals (2), Upright Bikes (2),
   Recumbent Bikes (2) and an Adaptive Motion Trainer (1)
- · Precor Resolute Treadmills (7)
- · Precor Resolute & Vitality Selectorized Strength equipment including Leg Press, Inner/Outer Thigh, Pulldown/Row, Leg Extension, Seated Curl, Bicep Curl, Tricep Extension, Smith Machine, Multi-Adjustable Benches, flat benches and more!
- · Precor 3-Tier Dumbbell Rack

All new members are entitled to a FREE orientation on the fitness equipment machines and their proper use by appointment ONLY. Please register through Daxko to schedule your appointment.

### Our Fitness Center is:

- A positive mix of ages, in various stages of fitness training.
- Staffed with people committed to helping you succeed in reaching your fitness goals.
- Climate controlled for year round comfort.
- Equipped with pleasant background music and television viewing from all cardio machines.
- A non-inhibiting atmosphere to begin or continue a fitness program.
- A welcoming environment for all ages starting at 14 years of age.
- Members or guests 14 and older must complete an orientation through all fitness equipment by appointment with our Fitness Room Staff prior to using the Fitness room. For appointments please register online through Daxko. For more information please email Monique.Boucher@OurGym.org.

# 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. Pre-registration is required through Daxko. For more information please email Athletics@OurGym.org.

# **Individual Personal Training Sessions**

Personalized one on one training session.

1 Session:

\$49 (1 hour) Members \$71 (1 hour) 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:**

\$39 per person/session (1 hour) Members \$61 per person/session (1 hour) Guests



# May 1st-September 1st, 2025

High school age and young adults (ages 14-26) can take advantage of this sizzling deal that allows full access to the Whitin Community Center! Membership good for 4 months at registration.

Proof of age is required at time of registration.



Per Student \$135

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



# Join the Whitin Community Center at one of our upcoming events! There's something for everyone!

Picnic In The Park June 7, 2025

Youth Outreach Summer Theatre Production
July 18-20, 2025

Cars In The Park August 16, 2025

Benefit Golf Tournament September 8, 2025

**Greenway Challenge** September 27, 2025

Halloween Haunted Swim & Costume Roller Skating Party October 17, 2025

Nightmare On Main Street October 24, 2025

WCC Appreciation Day November 6, 2025

Santa's Coming To WCC! December 13, 2025

Interested in being a volunteer, vendor, or sponsor of these great events? For more information please contact us at:

Events@OurGym.org | 508.234.8184 www.WhitinCommunityCenter.com



REPEAT.

The more you refer, the more FREE months on your membership you'll get!



NOTE: The Whitin Community Center member referral program is for current members in good standing. Current members who refer a friend or family member to the WCC and the referral signs up as a new member, will receive 1 month FREE added to their existing membership. Existing paid in full members will receive 1 month added to their membership, and monthly draft members will receive 1 month of suspended dues. The new referred member receives a waived joining fee, up to a \$75 value. Each referral will enter the current member into a drawing for a chance to win 1 FREE year membership at WCC at equivalent level of current membership! Drawing will take place in July 2025. Referral program is not valid on Youth or High School Memberships. Free months gained from referral program are not redeemable for cash or credit and are non-transferable. Not valid with WCC Black Friday Deals. Other exclusions may apply.

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









# We Have II 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 Reat Year Rounds

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 textay to check out our compatitive pricing & to resource 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



# U 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 Morning Fitness & Fun & Youth Theatre. For more information about any of these programs or to register, please contact 508-234-8184 ext 128 or Outreach@OurGym.org.

# The Rockdale Youth Center (RYC)

The RYC, located at 57 Church Avenue in Northbridge, is open to youth ages 8-14 Monday through Friday from 6:30am-8:30am and 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 at no cost to families. Half days, or early release days we 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-12:00pm

We look forward to seeing you in the Fall of 2025!

# 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 is able to run both in person and remote! Our virtual and in person Mentoring Partnership is for high school and college students interested in sharing their knowledge and passions with our elementary and middle school students! Community service hours will be provided! MENTORS NEEDED for all or part of the school year 2025-2026. If you are interested in becoming a mentor or for more information, please contact 508-234-8184 ext 128 or Outreach@OurGym.org.

# **WCC Youth Theatre**

The WCC Youth Theatre Program is an 8-week program in each of the Winter and Summer seasons that provides youth with the exciting opportunity to learn everything about theatre arts! The performance for Summer is Into The Woods Jr. Performances will be held on July 18th at 7:00pm, and July 19th at 2:00pm & 7:00pm. Located at the Northbridge High School, 427 Linwood Ave, Whitinsville, MA 01588. Keep an eye out on social media, our website, and constant contacts for ticket sales and more information! For any questions regarding the program please reach out to Jennifer Castro, Youth Theatre Director, at Jennifer.Castro@OurGym.org.





# WCC Youth Outreach Mentoring Partnership

Virtual & In Person Options!





entoring 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.

Achieve personal learn more ab

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







or Both

- 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: 508.234.8184 ext 135 or Outreach@OurGym.org

www.WhitinCommunityCenter.com



# 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-5

OPEN 6:30am-6:00pm

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

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

www.BVChildrensPlace.com | 508.234.8184

Early Learning Centers





# **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 CYMK formatting.

### **Print-Ready AD Specs:**

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

### **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 CYMK, flattened, text converted to outlines or curved based and scaled to size.

### **Transfer Process:**

We accept print-ready files through e-mail to Marketing@OurGym.org.

### **Custom AD Design:**

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

\*We reserve the right to decline any advertisement.

## **ADS AVAILABLE:**

Winter Schedule and/or Digital\* Spring Schedule and/or Digital\* Camp Whitin and/or Digital\* Summer EDventure and/or Digital\* Summer Schedule and/or Digital\* Fall Schedule and/or Digital\*

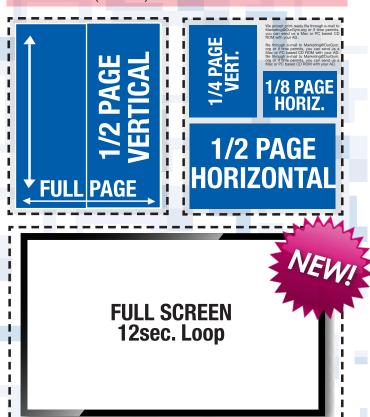
\*NOTE: Digital ADs run the duration of the schedule listed.

### PRINT ADS SIZING PER SCHEDULE:

1/8 page horizontal3.75in x 2.5in1/4 page vertical3.75in x 5in1/2 page vertical3.75in x 10in1/2 page horizontal7.5in x 5inFull page7.5in x 10in

### **DIGITAL ADS SIZING:**

Full Screen (12 sec.) 11.25in x 20in



For more information, or to reserve your AD space please contact, Marketing@OurGym.org or 508.234.8184.





# September 8, 2025 Whitinsville Golf Club

179 Fletcher Street, Whitinsville, MA 01588 Tee Off 12:00pm, Dinner Immediately Following

Hole-In-One Contest,
Putting Contest & Shootout Contest!

\$200 per Golfer | \$800 Foursomes

Register online or at the WCC's Member Services Desk!

60 Main St. Whitinsville, MA 01588 | 508.234.8184

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The Golf Tournament is an event of the Whitin Community Center, a non-profit 501(c)(3) organization





# REGISTER TODAY! Sat, September 27th

Start
Whitin Community Center
60 Main Street
Whitinsville, MA 01588

**Finish Wallum Lake, Douglas State Park**107 Wallum Lake Road
Douglas, MA 01516

Street Run (3.6 miles)
Trail Run (5.7 miles)
Bike Path Run (4.8 miles)
Mountain Bike (7.8 miles)
Street Bike (1- 14.2, 1- 20.8 miles)
Paddle (1- 4.8 river, 1- 3.5 lake)

COURSE TOTAL ~65 miles

NOTE: Course & mileage subject to change

# TRI-STATE RACE THROUGH MA, RI AND CT!

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





www.GreenwayChallenge.org





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# **Whitin Community Center**

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



Whether you, your children, or even grandchildren learned to swim at the WCC's Original Pool, now is your chance to honor that legacy. Make a splash for future generations by donating an engraved seat in the Charles E. Thompson Original Pool and be part of our community's story since 1923.



 For \$1,000, leave your legacy with an engraved gold plaque on the back of a seat, plus your name on the donor wall.



 For \$750, leave your legacy with an engraved silver plaque on the back of a seat.

See how you can make a splash!

www.WhitinCommunityCenter.com

Thank You!

For being a Community Hero of the

Whitin Community Center





