

Welcome to the Whitin Community Center

Sept 2 - Nov 30
WCC
2025
Fall
Schedule



Registration Dates

Members: August 18, 2025
Guests: August 25, 2025



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

Hours of Operation

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

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Facility Closures

August 23, 2025 - Staff Outing
September 1, 2025 - Labor Day
November 27, 2025 - Thanksgiving

❄️Inclement Weather❄️

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

Contact Us

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

Aquatics Director, Anne Haas
 ext. 116 Anne.Haas@OurGym.org

Athletic Director, Owen McQuaid
 ext. 126 Owen.McQuaid@OurGym.org

**Rockdale Youth Center Program Administrator,
Emily Bulger**
 ext. 128 Emily.Bulger@OurGym.org

Director of Operations, Tammy Bodwell
 ext. 118 Tammy.Bodwell@OurGym.org

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

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

Fitness & Wellness Coordinator, Tracy Dullea-Juliano
 ext. 103 Tracy.Dullea-Juliano@OurGym.org

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

Member Services Director, Alyssa Grybowski
 ext. 102 Alyssa.Grybowski@OurGym.org

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

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

Development Director, Victoria Waterman
 ext. 122 Victoria.Waterman@OurGym.org

Director of Marketing & Events, Chrissa Gannon
 ext. 123 Chrissa.Gannon@OurGym.org

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Mission Statement

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

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

SAVE THE DATE

THANKS
FOR
GIVING
EVENT

Thursday, November 6th from 4:30 - 6:30
LIGHT REFRESHMENTS | AWARDS

The WCC wants to give back to all of our amazing donors and volunteers, including Trustees, Corporators, event volunteers, and committee members! Please join us to appreciate everyone who so generously gives their time in support of our extraordinary organization!

Whitin Community Center Gymnasium
60 Main Street, Whitinsville, MA, 01588



CONTESTS
PRIZES
RAFFLES

UNIBANK PRESENTS

BENEFIT GOLF TOURNAMENT

To Benefit The WCC Capital Campaign Projects and Basketball Leagues in Memory of Tom Young

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
www.WhitinCommunityCenter.com

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




12th Annual Roller Skating Costume Party!

WCC Gymnasium
October 17th
 5:30 - 6:30pm
 6:45 - 7:45pm
 8:00 - 9:00pm

Space & skates are limited

\$5.00 per child, per session
 parents FREE

Children ages 12 and under
 Concessions will be sold
 Goodie Bags for every child!

All proceeds benefit the Youth Outreach Program
 60 Main St. Whitinsville MA 01588 | 508.234.8184
www.WhitinCommunityCenter.com




HALLOWEEN HAUNTED SWIM

WCC Competition Pool
October 17th
 5:30-6:30pm
 6:45-7:45pm
 8:00-9:00pm

\$5.00 per child, per session
 parents FREE

Swim to fun Halloween tunes!
 Play with inflatable pool toys!
 Experience a howling good time!

All proceeds benefit the BVCP Playground Fund
 60 Main St. Whitinsville MA 01588 | 508.234.8184
www.WhitinCommunityCenter.com

WCC GYM
OCTOBER
28
1:00pm-7:00pm



BLOOD DRIVE

*In memory of
David Moore*

1 PINT OF BLOOD SAVES
3 LIVES!



Rhode Island
Blood
Center

WCC
Fitness. Family. Community.

Please schedule an appointment at:
https://donate.ribc.org/donor/schedules/drive_schedule/76491

60 Main St. Whitinsville, MA 01588

GIVE
THE GIFT
OF *life*

WCC
100th Anniversary
1923-2023
Fitness. Family. Community.

DIVE INTO YOUR SEATS

Making waves for WCC's Legacy

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.

YOUR NAME HERE

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

YOUR NAME HERE

- 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

WCC
Fitness. Family. Community.

BLACK FRIDAY

November 28th

CYBER

MONDAY

December 1st

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

WCC
Fitness. Family. Community.

Santa's Coming to WCC!

December 13th
WCC Gymnasium
10:00am - 1:00pm

FREE
EVENT

Enjoy activities in the gym & a visit with Santa
Games, crafts and cheek art
Santa will have a surprise for every child!

Don't forget your camera!

This event is provided by the WCC's
Blackstone Valley Children's Place

www.WhitinCommunityCenter.com

Book Your Next Party With Us!

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



Competition Pool Splash Party

- 1 hour 15 min. in the Competition Pool
- 1 hour in the Conference Room
- Available Saturdays

Our Competition Pool (75' x 40') 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 35 for the Competition Pool. There is no additional charge for parents.

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.



Gymnasium Party

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

Our Gymnasium (89' x 60') Parties include a staff member to greet your group and coordinate your visit; including the use of all sports equipment, roller skates, and tables & chairs. Refrigeration is available. No other party supplies are furnished. There will be one hour in the Gym and one hour in the party room. Maximum number of guests allowed is 30 for the Gymnasium.



FREE Saturday Morning Fitness & Fun

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

9:15-10:15am

Sept 6 (Apple Juice Balloon Car Craft)

Sept 13 (Red Light Green Light Basketball & Simon Says Basketball In The Gym)

Sept 20 (Paper Plate Apple Craft & LEGO Apple STEM Activity)

Sept 27 (Balloon Tennis In The Gym)

Oct 4 (Cotton Ball Ghost Craft & LEGO STEM Ghost/Monster Activity)

Oct 11 (Pumpkin Relay Race & Ghost Bowling In The Gym)

Oct 25 (Spooky Ghost Pom Pom Popper Craft)

Nov 2 (Animal Obstacle Course In The Gym)

Nov 15 (Football Toss/Throw & Musical Football Pass In The Whitin Park*)

*NOTE: Weather Permitting

FREE Outreach Swim is every Saturday from 10:15-12:00pm 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



GUEST DAY PASS PRICING!

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.

DOWNLOAD OUR New App!

The perfect free mobile app to track every workout, register for your favorite classes, stay up to date & so much more!

- ✓ Sign Up For Classes
- ✓ Join Workout Challenges
- ✓ Track Workouts
- ✓ Set Up Orientations
- ✓ Connect Other Apps
- ✓ Request A Trainer
- ✓ Bio Age/Analytics
- ✓ Membership Deals
- ✓ User Support
- ✓ So Much More!

Available on the iPhone
App Store

GET IT ON
Google Play

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

			
2025 MEMBERSHIP RATES			
MEMBERSHIP CATEGORIES	JOINING FEE	ANNUAL RATE	MONTHLY RATE
YOUTH (6 mos.-13 years)	\$25.00	\$138.00	\$11.50
HIGH SCHOOL (14 - 17 years)	\$25.00	\$402.00	\$33.50
YOUNG ADULT (18 - 26 years)	\$50.00	\$561.00	\$46.75
ADULT (27 - 61 years)	\$75.00	\$987.00	\$82.25
ADULT COUPLE (27 - 61 years)	\$75.00	\$1470.00	\$122.50
SENIOR (62 & older)	\$25.00	\$717.00	\$59.75
SENIOR COUPLE (62 & older)	\$25.00	\$1074.00	\$89.50
1 ADULT FAMILY (with children)	\$75.00	\$1320.00	\$110.00
2 ADULT FAMILY (with children)	\$75.00	\$1701.00	\$141.75
Military/Veteran/First Responder discount 25% off with ID, excludes Youth and High School			
60 Main Street, Whitinsville MA 01588 508.234.8184 www.WhitinCommunityCenter.com			

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!

**Member Appreciation
Week 9/15-9/21**

We
**Our
Members**

Gym Activities

Friday Night Roller Skate

Families: Come join the fun-dust off your old skates or use ours. In order to maintain the atmosphere of a family skate, children CANNOT come without at least one adult accompanying them. It is not a requirement for adults to skate. Roller skates included for those who need them. Keep watch for our theme nights! **Grade 5 & under. No charge for adults.**

Middle Schoolers: Come join us for a special skate time just for you! Look out for theme nights. It is not a requirement for adults to attend. Roller skates included for those who need them. **Grade 6-8. No charge for adults.**

Roller skating will begin for the season September 12th. NO FAMILY SKATE 9/26. Join us on 10/17 for our 12th Annual Halloween Costume Roller Skating Party Fundraiser. See page 3.

5:30-7:00pm (Family Skate)

7:00-7:45pm (Middle School Skate Grades 6-8)

FREE Members

Guests Day Pass Available

Walking Club (Ages 14 & Up)

According to the American Heart Association, a walking routine can benefit your cardiovascular system by reducing your risk for several conditions such as heart disease, stroke, obesity, high blood pressure, and type 2 diabetes, and can reduce your risk for cancers. We offer a thrice weekly morning Walking Club opportunity indoors, rain or shine, if you are a power walker, or are just trying to start your day off on the right foot! Self-directed/paced. **Held in the Gymnasium.**

Mon, Wed & Fri

6:00-7:00am

FREE Members

Guest Day Pass Available

Open Workout (Ages 14 & Up)

Need a dedicated space and time to get that functional fitness workout in? Our gymnasium is the right place for you. Whether you need a space to strengthen your balance, agility, rotation, resistance, to get in your customized short tabata cardio, or some gentle stretches, bring your mat, bands or other fitness items to the gymnasium, and get your workout on! Self-directed/paced. **Held in the Gymnasium.**

Tues & Thurs

6:00-8:15am

FREE Members

Guests Day Pass Available

Stay & Play

Looking for something fun to do with your little one? Stay & Play is a wonderful opportunity for your child to enjoy music, stories, and age-appropriate gym games.

This is not a drop off program.

Monday & Wednesday

10:00-10:45am

FREE Members

Guest Day Pass Available

Family Time Gym & Swim

Friday mornings just got better! Moms, Dads, Grandparents! Bring your child to our gym for a half hour of ball tossing or just stretching your legs, then follow it up with a dip in our very warm Original Pool! **No charge for adults.**

Pre-registration required through GroupExPRO.

Friday

Gym: 11:45-12:30pm

Pool: 10:30-11:45am

FREE Members

Guest Day Pass Available

Afterschool Activities

When school ends, the WCC is the place to be! Our walk-in activities offer fun and games in a safe, positive environment. Bring your friends and get in the game! Join us for an afternoon activity of badminton, dodgeball, indoor soccer, basketball, wiffleball etc. All activities are subject to change depending on group size. See you there!

NOTE: Afterschool Activities will be located in the Gymnasium, however, activities may also be held in the Racquetball Court, Members Lounge or Whitin Park based on weather and/or chosen activity. No Afterschool Activities during Northbridge Public School vacations and weather related closures.

Middle School Organized Basketball Games (Ages 10-13)

All skill levels welcome! Bring your friends & get in the game!

Thursdays & Fridays

2:30-3:30pm

FREE Members

Guest Day Pass Available



Youth Flag Football Clinic (Ages 7-13)

Grab your friends and head on over to the Whitin Park for some co-ed flag football fun! Have something to look forward to after school. Learn some offensive skills followed by a scrimmage every Monday! **Pre-registration is required through Daxko. We will relocate to the gym if it is raining.**

Mondays

5:00 -6:00pm

SESSION I

Sept 8th-Oct 13th

SESSION II

Oct 20th-Nov 24th

FREE Members

\$42 Guests per session

Youth Basketball In The Gym (Ages 7-13)

Join us on Thursdays to shoot hoops & run through fun drills to sharpen your dribbling and shooting skills. Play games like HORSE, Knockout or Around the World so you can shoot like a pro. We will be doing all these things plus playing real basketball games to end our sessions.

Pre-registration is required through Daxko. Held in Gymnasium.

Thursdays

5:00 -6:00pm

SESSION I

Sept 4th-Oct 9th

SESSION II

Oct 16th-Nov 20th

FREE Members

\$42 Guests per session

Babysitting

Held in Room 2, Child Care Wing

Babysitting is available to offer parents the opportunity to attend aerobics classes, lap or recreational swimming, or to use the fitness center. This program is offered on a first come, first serve basis. Management reserves the right to limit the number of children allowed in the room to ensure the safety and care of everyone. **Children aged one to five are welcome. Must be walking. Please- no infants or School Age Children. If Northbridge Public Schools are closed or delayed, Babysitting will be cancelled. Pre-registration is required through GroupEx PRO.**

Monday - Friday 8:15am - 11:15am
FREE Members **Guest Day Pass Available**

Mini Soccer Instruction (Ages 4-6)

Bring your child to the WCC Gymnasium to learn the fundamentals of soccer! Every Saturday we will teach basic motor skills for coordination, shooting, kicking and passing in a high excitement, low stress environment! All abilities welcome.

September 6 - October 25
Saturdays 8:15-9:00am
FREE Members **Guest Day Pass Available**

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 by captains via a draft prior to the first game. Every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game. **NO GAMES ON NOV 24TH. Pre-registration is required through Daxko.**

Monday 7pm or 8pm
September 8-December 1
\$110 Members **\$175 Guests**

Men's 40+ Basketball League

Our competitive Wednesday night league features players of all abilities and backgrounds for men 40 years of age or older. Teams are created by captains via a draft prior to the first game. Every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game. **NO GAMES ON NOV 26TH. Pre-registration is required through Daxko.**

Wednesday 7pm or 8pm
September 10-December 3
\$110 Members **\$175 Guests**

Thank You To Our Men's League Sponsors!

Copeland Toyota	Marra Flooring
Gray Barn	Shamrock Home Loans
Pace Automotive	The Riel Estate Team

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

Pickleball

Held in the Gymnasium

Join us for our co-ed Adult Pickleball Leagues on Tuesday and/or Thursday in the Gymnasium. This intermediate league of mixed skills will play Round Robin Style. **Note: This is NOT a beginners league. Players in this league should be self assessed or certified according to the IPTPA skill assessment with a rating of at least 2.25. For more information, please contact pickleball@OurGym.org. Pre-registration is required through Daxko. NO PICKLEBALL ON 10/28 DUE TO BLOOD DRIVE.**

SESSION I
Tuesday 7:15 - 9:15pm
September 9 - November 25

SESSION II
Thursday 10:15 - 12:15pm
September 11 - November 20
\$65 Members **\$115 Guests**



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 6 for more information.

Gymnasium

Monday

5:15 - 6:00 am	Open Recreation
6:00 - 7:00 am	Walking Club
7:00 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP
10:00 - 10:45 am	Stay & Play*
11:00 - 11:45 am	Silver Sneakers® Cardio Mix^
12:00 - 12:45 pm	Silver Sneakers® Cardio Mix^
1:00 - 2:30 pm	Open Recreation
2:30 - 5:00 pm	BVCP
5:00 - 6:00 pm	Youth Flag Football Clinic^ (Whitin Park)
5:00 - 6:30 pm	Open Recreation§
6:30 - 9:30 pm	Men's 25+ Basketball League^§

Tuesday

5:15 - 6:00 am	Open Recreation
6:00 - 8:15 am	Open Workout
8:30 - 10:00 am	BVCP
10:15 - 1:30 pm	Open Recreation*
2:30 - 5:00 pm	BVCP
5:00 - 7:00 pm	Open Recreation§
7:15 - 9:15 pm	Pickleball^§

Wednesday

5:15 - 6:00 am	Open Recreation
6:00 - 7:00 am	Walking Club
7:00 - 8:00 am	Open Recreation
8:30 - 10:00 am	BVCP
10:00 - 10:45 am	Stay & Play*
11:00 - 11:45 am	Silver Sneakers® Yoga^
12:00 - 12:45 pm	Silver Sneakers® Yoga^
1:00 - 2:30 pm	Open Recreation
2:30 - 5:00 pm	BVCP
5:00 - 6:30 pm	Open Recreation§
6:30 - 9:30 pm	Men's 40+ Basketball League^§

Thursday

5:15 - 6:00 am	Open Recreation
6:00 - 8:15 am	Open Workout
8:30 - 10:00 am	BVCP
10:15 - 12:15 pm	Pickleball^
12:15 - 1:30 pm	Open Recreation
2:30 - 3:30 pm	Middle School Organized Basketball Games
3:30 - 5:00 pm	BVCP
5:00 - 6:00 pm	Youth Basketball In The Gym^
6:45 - 9:00 pm	Reserved For Rental

Friday

5:15 - 6:00 am	Open Recreation
6:00 - 7:00 am	Walking Club
7:00 - 8:30 am	Open Recreation
8:30 - 10:00 am	BVCP
11:45 - 12:30 pm	Family Time Gym^
12:30 - 1:30 pm	Open Recreation
2:30 - 3:30 pm	Middle School Organized Basketball Games
3:30 - 5:00 pm	BVCP
5:30 - 7:00 pm	Family Roller Skating^
7:00 - 7:45 pm	Middle School Grades 6-8 Roller Skating
7:45 - 9:15 pm	Middle & High School Open Recreation

Saturday

6:00 - 6:45 am	Open Recreation
8:15 - 9:00 am	Mini Soccer Instruction
9:15 - 10:15 am	Outreach Saturday Morning Fitness & Fun
11:00 - 1:00 pm	Men's Open Rec Basketball
1:30 - 4:30 pm	Reserved For Party Rentals

Sunday

6:00 - 11:45 am	Open Recreation
12:00 - 4:00 pm	Reserved For Party Rentals

Guest Day Passes available by age. Age 10 and under must be accompanied by an adult. Please see page 6 for more information.

Gymnasium Unavailable

Sept 26	Pre-Race Event For Greenway Challenge 3:00pm-7:00pm
Sept 30	Vaccine Clinic 1:00pm-5:00pm
Oct 17	Halloween Roller Skating Party 5:00pm-9:00pm
Oct 28	Annual Blood Drive 1:00pm-7:00pm
Nov 6	Thanks For Giving Event 4:00pm-7:00pm
Nov 26	Whitin Five Thanksgiving Day Race Packet Pickup 3:30pm-7:00pm
Nov 27	Thanksgiving All Day

* Denotes Babysitting Available
^ Denotes Pre-Registration Required
§ Denotes Kids Club Available





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SUTTON, MA**



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.

Aerobics

Monday

7:30 - 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)
12:00 - 12:45 pm	Silver Sneakers® Cardio Mix^(Gym)
3:45 - 4:45 pm	Strength & Cardio Mix^
5:00 - 5:30 pm	HIIT^
5:45 - 6:45 pm	Cardio, Core & Strength^\$
7:00 - 8:00 pm	Gentle Yoga^\$

Tuesday

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	Pilates^
8:45 - 9:35 am	Bootcamp^*
9:45 - 10:45 am	Yogalates^*
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	HIIT^
5:45 - 6:45 pm	Interval Training^\$
7:00 - 8:00 pm	Candlelight Yoga^\$

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^
3:45 - 4:45 pm	Strength & Cardio Mix^
5:45 - 6:45 pm	Pound^\$

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

Saturday

7:00 - 7:45 am	Cardio Cross^
8:00 - 9:00 am	Power Pump^
9:15 - 10:15 am	Iron Yoga^

Sunday

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

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^*
9:30 - 10:15 am	TRX^*
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	Spin^\$
6:45 - 7:30 pm	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^
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Sunday

8:15 - 9:00 am	Spin^
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Guest Day Passes available by age. Please see page 6 for more information.

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



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
- Pilates
- Yoga
- Yogalates

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

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
- Aqua Aerobics & Core
- Aqua Barre
- Aqua Intervals
- Aqua Zumba
- Arthritis Exercise
- Deep Water Workout
- Tabata H2O
- Water Workout
- Yoqua

Silver Sneakers®

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**

Swim Lessons



Please contact, Shania Ashton at Shania.Ashton@OurGym.org for more information regarding Swim Lessons.

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	Sept 8-Oct 13	(6)	11:00 - 11:45am
Tuesday(E)	Sept 9-Oct 14	(6)	4:00 - 4:30pm
Wednesday(E)	Sept 10-Oct 15	(6)	11:35 - 12:05pm
Saturday	Sept 13-Oct 18	(6)	9:00 - 9:45am

Session II:

Monday	Oct 20-Nov 17	(5)	11:00 - 11:45am
Tuesday(E)	Oct 21-Nov 18	(5)	4:00 - 4:30pm
Wednesday(E)	Oct 22-Nov 19	(5)	11:35 - 12:05pm
Saturday	Oct 25-Nov 22	(5)	9:00 - 9:45am

(5 Wks.)	\$50 Members	\$90 Guests
(6 Wks.)	\$60 Members	\$108 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(E)	Sept 9-Oct 14	(6)	4:35 - 5:05pm
Wednesday(E)	Sept 10-Oct 15	(6)	11:00 - 11:30am
Saturday	Sept 13-Oct 18	(6)	9:50 - 10:35am

Session II:

Tuesday(E)	Oct 21-Nov 18	(5)	4:35 - 5:05pm
Wednesday(E)	Oct 22-Nov 19	(5)	11:00 - 11:30am
Saturday	Oct 25-Nov 22	(5)	9:50 - 10:35am

(5 Wks.)	\$50 Members	\$90 Guests
(6 Wks.)	\$60 Members	\$108 Guests

FALL SWIM EVALUATIONS In Original Pool

Saturday, November 8, 2025

1:00pm-2:15pm

Contact aquatics@OurGym.org for more information

(NOTE: This is a drop-in program. No pre-registration required)

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 or on the bleachers in the Competition Pool. 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.** Please contact, Shania Ashton at Shania.Ashton@OurGym.org for more information regarding Swim Lessons.

Level 1 (Intro to Water Skills-Shallow Water)

Tuesday	Sept 9 - Nov 18	(11)	5:10 - 5:40pm
Tuesday	Sept 9 - Nov 18	(11)	5:45 - 6:15pm
Saturday	Sept 13 - Nov 22	(11)	11:50 - 12:20pm
Saturday	Sept 13 - Nov 22	(11)	12:25 - 12:55pm

Level 2 (Fundamental Water Skills-Deep Water)

Monday	Sept 8 - Nov 17	(11)	3:35 - 4:05pm
Thursday	Sept 11 - Nov 20	(11)	6:15 - 6:45pm
Saturday	Sept 13 - Nov 22	(11)	11:15 - 11:45am

Level 3 (Stroke Development)

Monday	Sept 8 - Nov 17	(11)	4:10 - 4:40pm
Thursday	Sept 11 - Nov 20	(11)	5:40 - 6:10pm
Saturday	Sept 13 - Nov 22	(11)	10:40 - 11:10am

Level 3/4 (Stroke Development /Stroke Improvement)

Thursday	Sept 11 - Nov 20	(11)	5:05 - 5:35pm
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Level 4 (Stroke Improvement)

Monday	Sept 8 - Nov 17	(11)	4:45 - 5:15pm
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Level 5 (Stroke Refinement)

Monday	Sept 8 - Nov 17	(11)	5:20 - 5:50pm
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Level 6 (Advanced Stroke Refinement)

Monday	Sept 8 - Nov 17	(11)	6:00 - 6:30pm
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(Note: Level 6 only held in competition pool.)

(11 Wks.) \$110 Members \$198 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 6:20 - 6:50pm

\$50 per person/lesson Members

\$61 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
- Bobbing 5 times
- Open eyes underwater & retrieve submerged object
- Front/back 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/back

LEVEL 3: INTERMEDIATE (STROKE DEVELOPMENT)

- Jump into the deep water from the side, submerge, return to the side
- Headfirst entry from the side in seated/kneeling position
- 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 the front crawl for 15 yards
- 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
- 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 the front crawl for 15 yards
- 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 (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

Must have certification of successfully passing prior swim level before registering for Levels 2-6.

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

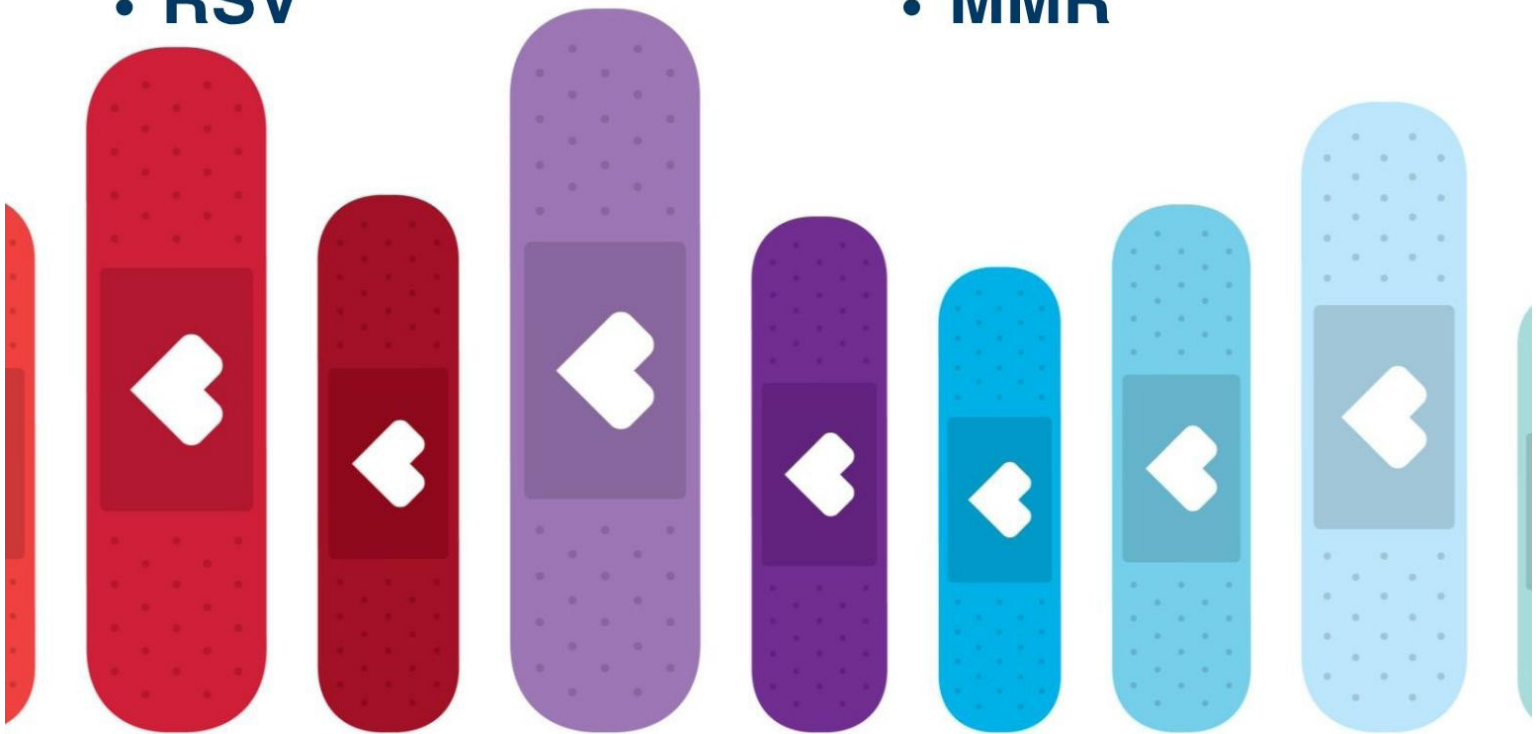


Vaccine Clinic

September 30th, 1PM-5PM

Vaccines Available:

- Influenza (under 65)
- COVID (5-11)
- Pneumonia
- RSV
- Influenza (65+)
- COVID (12+)
- Shingles
- MMR



[Click Here To Schedule An Appointment, Or Scan QR Code](#)
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Competition Pool

Monday

5:30 - 6:15 am	NEW! Adult Swim Club^ (2 Lanes)
5:30 - 6:15 am	Adult Lap Swim^ (4 Lanes)
6:15 - 12:15 pm	Adult Lap Swim^*
12:15 - 2:30 pm	Adult Lap Swim^ (5 Lanes)
12:15 - 2:30 pm	Open Rec Swim^ (1 Lane)
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

5:30 - 6:30 am	Swim Team^ (1 Lane)
5:30 - 6:30 am	Adult Lap Swim^ (5 Lanes)
6:30 - 9:30 am	Adult Lap Swim^
9:30 - 10:30 am	Aqua Aerobics & Core^* (3 Lanes)
9:30 - 11:30 am	Adult Lap Swim^* (3 Lanes)
10:30 - 11:15 am	Tabata H2O^* (3 Lanes)
11:30 - 12:15 pm	Adult Lap Swim^
12:15 - 2:30 pm	Adult Lap Swim^ (5 Lanes)
12:15 - 2:30 pm	Open Rec Swim^ (1 Lane)
4:00 - 9:00 pm	Swim Team

Wednesday

5:30 - 9:30 am	Adult Lap Swim^*
9:30 - 10:45 am	Adult Lap Swim^* (3 Lanes)
9:30 - 10:30 am	Aqua Aerobics^* (3 Lanes)
11:30 - 12:15 pm	Adult Lap Swim^
12:15 - 2:30 pm	Adult Lap Swim^ (5 Lanes)
12:15 - 2:30 pm	Open Rec Swim^ (1 Lane)
4:00 - 9:00 pm	Swim Team

Thursday

5:30 - 6:30 am	Swim Team^ (1 Lane)
5:30 - 6:30 am	Adult Lap Swim^ (5 Lanes)
6:30 - 9:30 am	Adult Lap Swim^*
9:30 - 10:30 am	Aqua Intervals^* (3 Lanes)
9:30 - 10:30 am	Adult Lap Swim^* (3 Lanes)
10:30 - 12:15 pm	Adult Lap Swim^
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	Adult Lap Swim^\$ (3 Lanes)
7:00 - 8:00 pm	Youth Lap Swim^\$ (1 Lane)
7:00 - 8:00 pm	Open Rec Swim^\$ (2 Lanes)
8:00 - 9:00 pm	Adult Lap Swim^\$ (4 Lanes)
8:00 - 9:00 pm	Open Rec Swim^\$ (2 Lanes)

Friday

5:30 - 6:15 am	NEW! Adult Swim Club^ (2 Lanes)
5:30 - 6:15 am	Adult Lap Swim^ (4 Lanes)
6:15 - 2:30 pm	Adult Lap Swim^*
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	Adult Lap Swim^ (3 Lanes)
7:00 - 8:00 pm	Youth Lap Swim^ (1 Lane)
7:00 - 8:00 pm	Open Rec Swim^ (2 Lanes)
8:00 - 9:00 pm	Adult Lap Swim^ (3 Lanes)
8:00 - 9:00 pm	Open Rec Swim^ (3 Lanes)

Saturday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim^
10:00 - 12:00 pm	Adult Lap Swim^ (3 Lanes)
10:15 - 12:00 pm	Open Rec Swim/Outreach^ (3 Lanes)
12:30 - 4:45 pm	Splash Party Rental^

Sunday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim^
10:00 - 3:00 pm	Adult Lap Swim^ (4 Lanes)
10:00 - 3:00 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 6 for more information.

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

Competition Pool Unavailable

Oct 17 Halloween Haunted Swim Party
5:00pm-9:00pm
Nov 27 Thanksgiving Day
All Day

Competition Pool Closed For Maintenance
August 22 after 4pm-September 7



Original Pool

Monday

6:30 - 8:30 am	Adult Exercise Swim
8:30 - 9:15 am	Aqua Aerobics ^{^*}
9:30 - 10:15 am	Water Workout ^{^*} (New Time!)
10:20 - 10:50 am	BVCP
11:00 - 11:45 am	Babies Instruction [^]
11:45 - 1:15 pm	Adult Exercise Swim
1:30 - 2:15 pm	Northbridge Seniors
3:35 - 4:05 pm	Level 2 Instruction [^]
4:10 - 4:40 pm	Level 3 Instruction [^]
4:45 - 5:15 pm	Level 4 Instruction [^]
5:20 - 5:50 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 ^{^\$}
6:20 - 6:50 pm	Private Swim Lessons ^{^\$}
7:00 - 8:00 pm	Aqua Aerobics ^{^\$}

Wednesday

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) [^]
12:15 - 1:30 pm	Adult Exercise Swim
3:45 - 6:45 pm	Swim Team
7:00 - 8:00 pm	Aqua Intervals ^{^\$}

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 - 5:00 pm	BVCP
5:05 - 5:35 pm	Level 3/4 Instruction [^]
5:40 - 6:10 pm	Level 3 Instruction ^{^\$}
6:15 - 6:45 pm	Level 2 Instruction ^{^\$}
7:00 - 8:00 pm	Aqua Intervals ^{^\$}

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 - 5:00 pm	BVCP
5:00 - 5:55 pm	Adult Exercise Swim/Open Rec [^]
6:00 - 7:00 pm	Yoga [^]
7:00 - 9:00 pm	Pool Rental

Saturday

7:00 - 8:00 am	Adult Exercise Swim
8:00 - 8:45 am	Aqua Aerobics [^]
9:00 - 9:45 am	Babies Instruction [^]
9:50 - 10:35 am	Tots Instruction [^]
10:40 - 11:10 am	Level 3 Instruction [^]
11:15 - 11:45 am	Level 2 Instruction [^]
11:50 - 12:20 pm	Level 1 Instruction [^]
12:25 - 12:55 pm	Level 1 Instruction [^]
1:00 - 3:45 pm	Splash Party Rental[^]

Sunday

7:45 - 8:45 am	Deep Water Workout [^]
9:00 - 12:45 pm	Adult Exercise Swim
1:00 - 3:45 pm	Splash Party Rental[^]

Guest Day Passes available by age. Age 10 and under must be accompanied by an adult. Please see page 6 for more information.

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

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

Original Pool Unavailable

Nov 27

Thanksgiving Day





Lap Swim Challenge

Join us for our Lap Swim Challenge! Prizes will be awarded on a monthly basis, and mileage will be tracked using the WCC app or manually entered. Leaderboard will be posted monthly.

Lap Conversion in Competition Pool
36 laps equals 1 mile. 1 lap or 50 yards=.0284 miles

<i>Miles</i>	<i>Prize</i>
50	<i>Stress Ball/Barbell or Nose Clips</i>
100	<i>100 Mile White Towel</i>
250	<i>Swim Goggles or Swim Cap</i>
500	<i>Dri Fit Shirt w/WCC Logo & Certificate</i>
750	<i>WCC Water Bottle</i>
1,000	<i>Blue Bag with 1000 miles on it</i>
1,500	<i>1500 Mile Blue Towel</i>
2,000	<i>Long Sleeve Shirt w/WCC Logo & Certificate</i>
2,500	<i>Protective Case for Goggles</i>
3,000	<i>Kickboard & Certificate</i>
4,000	<i>Polo Shirt w/WCC Logo</i>
5,000	<i>Custom Plaque</i>
7,500	<i>Choice of WCC Apparel</i>
10,000	<i>30% off Individual Membership & Custom Plaque</i>
12,500	<i>WCC Logo Bag or Jacket & Certificate</i>
15,000	<i>Free Membership & Custom Plaque</i>



MEMBERSHIP DISCOUNTS



The Silver&Fit program is offered to Medicare/Medicaid-eligible health plan members

OUT OF STATE RESIDENTS



MOST POPULAR

The Silver Sneakers program is offered through Medicare

MASSACHUSETTS RESIDENTS



The Renew Active program is offered to UnitedHealthcare members only

MASSACHUSETTS RESIDENTS

See website for a full list of benefits in all levels
WWW.WHITINCOMMUNITYCENTER.COM



Savor the Season, Not the Cleanup

Keep your yard beautifully clear this season

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

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 Fall for ages 15 and older. Certification would be valid for 2 years. **Pre-registration 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 6:30pm-8:30pm (in person skills)
Sept 23rd

SESSION II

Tuesday 6:30pm-8:30pm (in person skills)
Nov 11th

\$85 Members

\$103 Guests

Lifeguard Training

**Online and Classroom Style (Approx. 6 hours are online)
Sign up no later than 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 years; Swim 300/500 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

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

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

Breaks included throughout the day.

Oct 9 & 10 3:00pm-8:00pm &
Oct 12 & 13 7:00am-5:30pm

\$345 Members

\$400 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 participant's progress. Classroom will be online at home & swim skills will be at the pool. WSI Certificate is good for 2 years. **Pre-Registration is required through Daxko. Breaks included throughout the day.**

Nov 20 5:00pm-9:00pm &
Nov 21 5:00pm-9:00pm

\$365 Members

\$415 Guests

Lifeguard Recertification

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

Oct 19

7:00am-5:00pm (with breaks)

\$155 Members

\$185 Guests

NEW! Adult Swim Club (Ages 18 & Over)

Looking to enhance your swimming skills our NEW! Adult Swim Club for adults over 18 years of age is the perfect place! We will meet twice a week in the Competition Pool where we will focus on one stroke or skill set a week by swimming basic sets. For more information, please contact Eva Pohlman at Evelyn.Pohlman@OurGym.org. **Pre-registration is required through GroupExPRO.**

Mondays & Fridays

Sept 8-Nov 17 (11 weeks)

5:30am-6:15am

\$FREE Members

Guest Day Pass Available



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 - 6:00pm

Sunday 6:00am - 5:00pm

We are so excited to share with you our renovated Fitness room. The upgrades also 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 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 MemberServices@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 MemberServices@OurGym.org.

Individual Personal Training Sessions

Personalized one on one training session.

1 Session:

\$50 (1 hour) Members

\$75 (1 hour) Guests



We're Hiring!

APPLY TODAY!

- Multiple Positions Available
- Flexible Hours
- **FREE Membership To The WCC!**

*Weekdays, Evenings & Weekend Hours Available. Must be 16 or older to apply.

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



Fitness. Family. Community.



**AVAILABLE
YEAR
ROUND!**

Did You Know?

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

Please contact the Member Services Desk
for more information & pricing

508.234.8184 ext 100

60 Main St. Whitinsville, MA 01588

www.WhitinCommunityCenter.com

We Offer 11 Diverse Spaces Available For Rent Year Round!

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

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



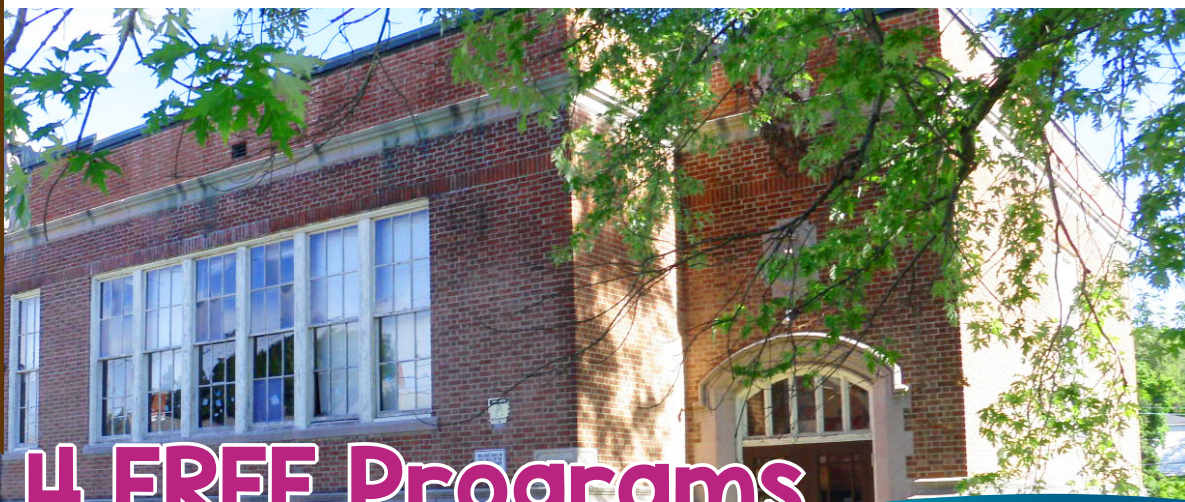
*Call today to check
out our competitive
pricing & to reserve
your space!*

Please contact the Member Services Desk
for more information & pricing

508.234.8184 ext 100

60 Main St. Whitinsville, MA 01588

www.WhitinCommunityCenter.com



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 **508-234-8184 ext 135** 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 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

Please see page 5 for more information!

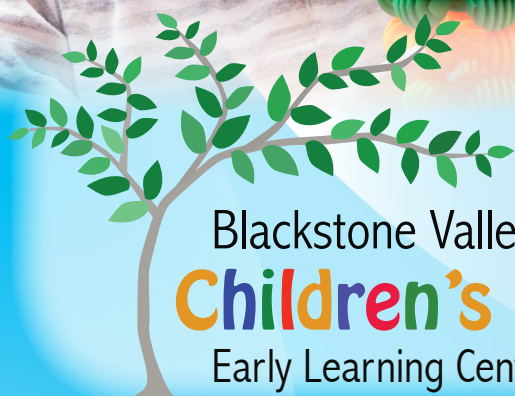
The Mentoring Partnership

The Mentoring Partnership assists to empower youth as they navigate their way through the many life challenges and choices presented to them. This partnership 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.** If you are interested in becoming a mentor or for more information, please contact **508-234-8184 ext 135** or **Outreach@OurGym.org**.

Youth Theatre

The WCC Youth Theatre program is a free 8 week program providing youth with the exciting opportunity to learn everything about theater arts! Offered in the Winter and Summer. This year our Summer performance, Into The Woods Jr., was held at the Northbridge High School, located in Whitinsville. Stay tuned for our Winter Auditions! For more information or if you have any questions, please contact **508-234-8184 ext 135** or **Outreach@OurGym.org**.





Blackstone Valley
Children's Place
Early Learning Centers

**ENROLL
TODAY!**

PRESCHOOL & KINDERGARTEN PREP

OPEN 6:30am-6:00pm

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

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



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



REFER A FRIEND

REFER.

Your friends & family!

REWARD.

Get 1 FREE month membership for every referral that becomes a member!

REPEAT.

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

★ BONUS. ★

Each referral will also enter you into a chance to win a 1 year FREE membership!

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 2026. 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





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 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*

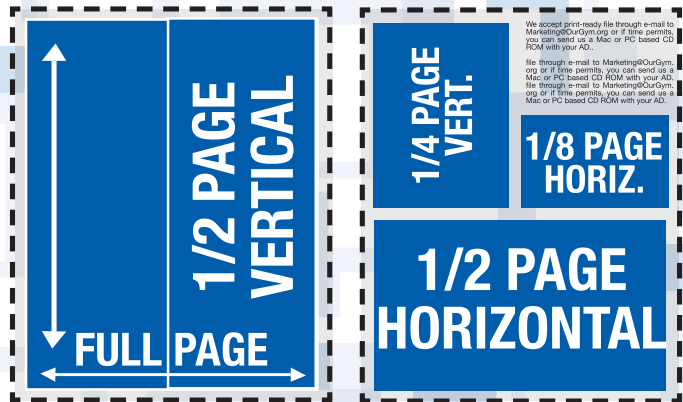
***NOTE: Digital ADs run the duration of the schedule listed.**

PRINT ADS SIZING PER SCHEDULE:

1/8 page horizontal	3.75in x 2.5in
1/4 page vertical	3.75in x 5in
1/2 page vertical	3.75in x 10in
1/2 page horizontal	7.5in x 5in
Full page	7.5in x 10in

DIGITAL ADS SIZING:

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



**FULL SCREEN
12sec. Loop**

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

Whitin Community Center

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

*Thank you to our
Community Heroes!*

