

Welcome to the Whitin Community Center



WCC
Fitness. Family. Community.

March 2 - June 7

2026
SPRING
Schedule



Registration Dates

Members: February 9, 2026
Guests: February 16, 2026



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

April 5, 2026 - Easter Sunday

May 25, 2026 - Memorial 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. Please also check the Northbridge Public School (NPS) social media pages and local weather stations/alerts for updated cancellations or delays at NPS.

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

Director of Community Outreach, Jennifer Castro
 ext. 135 Jennifer.Castro@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.

Blackstone Valley Children's Place
& Beginning Bridges CFCE

FREE KIDS FAIR

Whitin Community Center
Sat, March 28th
10:00am - 12:00pm

Passport to Healthy Communities
Informational Booths • Healthy Snacks
Activities • Giveaways

For more info contact
Emily Murray
508.278.5110

Enter To
Win A
FREE Bike!

Thank You To
Our Sponsors

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LUMBER & HARDWARE
OSTERMAN FAMILY
FOUNDATION

WCC
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WCC
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Free Eggstravaganza

WCC's Egg Hunt
Sat, March 28th

BRING YOUR CAMERA!

PRIZE Ages 5 & Under
1 FREE Youth Membership
11:00am & 11:45am starts in Whitin Park*

PRIZE Ages 6-8
1 FREE Week of Camp
11:00am Egg Hunt starts in Whitin Park*

PRIZE Ages 9-12
1 FREE Youth Membership
11:45am Egg Hunt starts in Whitin Park*

* If the weather is inclement the egg hunt for all ages will be cancelled, however all children will receive a goodie bag & may enter a raffle drawing to win the prizes. Drawing will be at 12:00pm.

Thank You To Our Sponsors

UNIBANK **KOOPMAN** LUMBER & HARDWARE **OSTERMAN FAMILY** FOUNDATION

60 Main St. Whitinsville, Ma 01588
www.WhitinCommunityCenter.com

For more info contact
Ginny Alicea, BVCP Director, 508.234.8184 ext 105

\$15*
per person.
per show

The WCC's Winter Youth Theatre Presents
LIONEL BART'S
Oliver!
JR.

March 13th, 7pm | March 14th 2pm & 7pm
Performances Held At Valley Chapel
14 Hunter Road, Uxbridge, MA 01569

WCC
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*Bring a non-perishable food item and receive \$5 off a single ticket price

Tickets ONLY available at the venue day of!
(All ticket sales directly benefit our FREE Youth Outreach Theatre Program)

www.WhitinCommunityCenter.com

WCC
Children's Benefit
Over 50 years of milestones & memories

You're Invited

WEDNESDAY, MARCH 25, 2026
5:30pm-7:30pm
held at
PLEASANT VALLEY COUNTRY CLUB
95 Armsby Road, Sutton, MA 01590

A celebratory evening honoring the memories, milestones, and impact of WCC children's programs!

- Alumni Recognition & Community Spotlights
- Youth Theatre Performance
- Food & Networking
- Fund-a-Need

\$50.00
per ticket
(Limited number of tickets to be sold)

Scan the QR Code, visit our website or stop by Member Services Desk to purchase tickets

Valet Services will be available! **RSVP by March 13, 2026**

www.WhitinCommunityCenter.com



FREE
Guided
Tours!



SPRINT INTO SAVINGS

*The Blackstone Valley's Most
Complete Fitness & Recreation Center*

Save
25%

ONE WEEK ONLY

APRIL 27th-May 3rd

**In Person
or Online!**

*When you **pay for a new or renewed membership In Full or by Monthly Draft**, receive 25% off the 2026 rates in addition to no joining fee! Renewals only available in person.*

Discover why we're voted the #1 Fitness Center!

- Aerobic Studio
- Camp Whitin
- Community Events
- Competition Pool
- Early Learning Programs
- Fitness Center
- Gymnasium
- Locker Rooms/Saunas
- Original Pool
- Party Rentals
- Racquetball Court
- Spin/TRX/Barre Studio
- Youth Outreach
- 7.5 Acre Whitin Park & more!

60 Main St. Whitinsville MA 01588 | 508.234.8184

www.WhitinCommunityCenter.com

NOTE: The membership promotion listed above cannot be combined with any other discount or promotion. Based on an annual commitment and subject to a termination fee if not completed. Cannot be used in combination with any other discounts, promotions, discounted gift certificates/card or insurance discounts. No refunds and non-transferable. Other exclusions and rules may apply.



Fitness. Family. Community.

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

Scan The QR code to download or type in "WCC." in your app store

Book Your Next Party With Us!

Booking Gymnasium & Splash Parties for Spring 2026! 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

Spring FREE activities and organized games for children age 12 and under. For more information please contact, Emily.Bulger@OurGym.org or 508.234.8184 ext 128.



FREE Saturday Morning Fitness & Fun

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

9:15-10:15am

Mar 7 (Learn to Ride A Bicycle In The Gym)

*NOTE: Bring your own bike to practice

Mar 14 (Leprechaun Activities In Members Lounge)

Mar 21 (Roll The Dice YOGA In Members Lounge)

Apr 4 (Basketball In The Gym)

Apr 11 (Farm Animal Activity In Members Lounge)

Apr 18 (Balloon Ping Pong In Members Lounge)

Apr 25 (LEGO STEM Activity In Members Lounge)

May 2 (Kickball In The Gym)

May 9 (Mother's Day Bracelets In Members Lounge)

May 16 (Animal Obstacle Course In The Gym)

May 23 (Paper Lantern Activity In Members Lounge)

May 30 (Family Fun Games In The Gym)

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.

www.WhitinCommunityCenter.com



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Become a Member

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** Babysitting Services (for ages 1-5)(Fall-Spring)
- * **FREE** Stay & Play (Fall-Spring)
- * **FREE** Youth Flag Football (Seasonal)
- * **FREE** Youth Basketball In The Gym
- * **FREE** Family Time Gym & Swim
- * **FREE** Kids Club (for ages 1-10) (Winter-Spring)
- * **FREE** Middle School Organized Basketball Games
- * **FREE** Friday Night Middle School Skate (Fall-Spring)
- * **FREE** Mini Basketball (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 (Fall)
- * **FREE** Open Recreational Basketball & Swim
- * Substantial discounts on specialty classes & swim lessons

Adult/Senior

- * **FREE** Orientation and access to our Fitness Center
- * **FREE** Aerobic & Aqua classes offered weekly, with more than 50 class options available including Yoga, Pilates, Yoqua, Yopalates, 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 (Fall)
- * **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** Kids Club (for ages 1-10) (Winter-Spring)
- * **FREE** Friday Night Family Rollerskating (Fall-Spring)
- * **FREE** Friday Night Middle School Skate (Fall-Spring)
- * **FREE** Racquetball
- * **FREE** Open Workout & Walking Club (Fall)

2026 Membership Rates

			
2026 MEMBERSHIP RATES			
MEMBERSHIP CATEGORIES	JOINING FEE	ANNUAL RATE	MONTHLY RATE
YOUTH (6 mos.-13 years)	\$25.00	\$144.00	\$12.00
HIGH SCHOOL (14 - 17 years)	\$25.00	\$423.00	\$35.25
YOUNG ADULT (18 - 26 years)	\$50.00	\$588.00	\$49.00
ADULT (27 - 61 years)	\$75.00	\$1038.00	\$86.50
ADULT COUPLE (27 - 61 years)	\$75.00	\$1545.00	\$128.75
SENIOR (62 & older)	\$25.00	\$753.00	\$62.75
SENIOR COUPLE (62 & older)	\$25.00	\$1128.00	\$94.00
1 ADULT FAMILY (with children)	\$75.00	\$1386.00	\$115.50
2 ADULT FAMILY (with children)	\$75.00	\$1788.00	\$149.00
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!

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. **Grade 5 & under. No charge for adults.**

Teens: Come join us for a special skate time just for you! It is not a requirement for adults to attend. Roller skates included for those who need them. **No charge for adults.**

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

7:00-7:45pm (Teen Skate - Middle School & High School)

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

6:00am - 8:15am

FREE Members

Guest 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

10:00am - 10:45am

FREE Members

Guest Day Pass Available

Family Time Gym & Swim

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

Pre-registration required through GroupExPRO.

Fridays

Pool: 10:30am - 11:45am

Gym: 11:45am - 12:30pm

FREE Members

Guest Day Pass Available

Youth Floor Hockey In The Gym (Ages 7-13)

Grab your friends after school & join us in the gym on Thursdays for Floor Hockey. Sticks & Pucks are provided by WCC. **Pre-registration is required through Daxko. Held in Gymnasium.**

Saturdays

10:15am-11:00am

FREE Members

\$35 Guests

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: Meet in Members Lounge upon start time. Afterschool Activities may be held in the Gymnasium, Racquetball Court, Members Lounge, or Whitin Park depending on weather conditions and chosen activities. No Afternoon Gym Activities during Northbridge Public School vacations and weather related closures.

Monday-Friday

3:00pm-6:00pm

Middle School Organized Basketball Games (Ages 10-13)

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

Thursdays

4:45-5:45pm

Fridays

2:30-3:30pm

FREE Members

Guest Day Pass Available

Mini Basketball In The Gym (Ages 4-6)

Winter Mini Basketball program gives children a chance to learn some basic basketball skills while playing fun related games and drills. This program is for youth ages 4-6. Players should wear sneakers, and comfortable clothing. This is not a drop-off program; parents must stay. **Held in Gymnasium.**

Saturdays

8:15-9:00am

FREE Members

Guest Day Pass Available

Dodgeball Games (Ages 7-14)

Grab your team and get ready to dodge, duck, dip, and dive your way to victory. Tuesday nights in the WCC Gymnasium we will be playing different versions of this classic game such as Doctor, Poison Ball, Revenge, and much more! **Pre-registration is required through Daxko. Held in the Gymnasium.**

Tuesdays

Mar 17 - May 26

5:00pm - 6:00pm

FREE Members

\$60 Guests

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

Mar 19 - May 28

5:45pm - 6:45pm

FREE Members

\$60 Guests

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. Pre-registration is required through GroupEx PRO.**

Monday-Friday **8:15 - 12:00pm**
FREE Members **Guest Day Pass Available**

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**

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 MAY 25TH. Pre-registration is required through Daxko.**

Monday **7pm or 8pm**
March 23rd - June 8th
\$102 Members **\$160 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 MAY 27TH. Pre-registration is required through Daxko.**

Wednesday **7pm or 8pm**
March 25th - June 10th
\$102 Members **\$160 Guests**

Thank You To Our Men's League Sponsors!

Gray Barn	Marra Flooring
Harte's Home Furniture	Margoupis Construction
& Mattress Store	Riel Estate Team
Pace Auto Service	

Pickleball

Adult Recreational Pickleball League

Join us for our Adult Recreational Pickleball League 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 should be self-assessed or certified according to the IPTPA skill assessment with a rating of at least 2.5. For more information, please contact pickleball@OurGym.org. Pre-registration is required through Daxko.**

SESSION I - Tuesday (NO matches 3/24)
March 3 - April 14 **7:15 - 9:15pm**

SESSION I - Thursday (NO matches 3/26)
March 12 - April 23 **10:15 - 12:15pm**

SESSION II - Tuesday
April 21 - May 26 **7:15 - 9:15pm**

SESSION II - Thursday
April 30 - June 4 **10:15 - 12:15pm**

\$36 Members/per session **\$63 Guests/per session**

Beginner Pickleball Program

In these four beginner classes, you will learn injury prevention, rules, scoring, serving, various shots and basic strategies. Each session is limited to 8 students. Balls and paddles are provided. **Held in the Gymnasium. Pre-registration is required through Daxko. Session I & II are not progressive; they are distinct, equal 4 week sessions. Please choose one.**

SESSION I - Thursday
April 2-April 23 **1:00pm - 3:00pm**

SESSION II - Thursday
April 30-May 21 **1:00pm - 3:00pm**

\$24 Members/per session **\$42 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.

Gymnasium

Monday

5:15 - 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
3:00 - 6:00 pm	Afterschool Activities (location varies)
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 - 2:30 pm	Open Recreation*
2:30 - 5:00 pm	BVCP
3:00 - 6:00 pm	Afterschool Activities (location varies)
5:00 - 6:00 pm	Dodgeball Games^§
7:00 - 9:15 pm	Adult Recreational Pickleball League^§

Wednesday

5:15 - 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
3:00 - 6:00 pm	Afterschool Activities (location varies)
5:00 - 6:00 pm	Open Recreation§
6:00 - 6:30 pm	Reserved For Rentals§
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	Adult Recreational Pickleball League^*
1:00 - 3:00 pm	Beginner Pickleball Program^
3:00 - 6:00 pm	Afterschool Activities (location varies)
3:15 - 4:45 pm	BVCP
4:45 - 5:45 pm	Middle School Organized Basketball Games
5:45 - 6:45 pm	Youth Basketball In The Gym^§
6:45 - 9:00 pm	Reserved For Rentals§

Friday

5:15 - 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
3:00 - 6:00 pm	Afterschool Activities (location varies)
3:30 - 5:00 pm	BVCP
5:30 - 7:00 pm	Family Roller Skate
7:00 - 7:45 pm	Teen Skate (Middle School & High School)
8:00 - 9:00 pm	Middle & High School Open Recreation

Saturday

6:00 - 8:15 am	Open Recreation
8:15 - 9:00 am	Mini Basketball In The Gym^
9:15 - 10:15 am	Saturday Morning Outreach (location varies)
10:15 - 11:00 am	Youth Floor Hockey In The Gym^
11:00 - 1:00 pm	Men's Open Rec Basketball
1:30 - 4:30 pm	Reserved For Party Rentals

Sunday

6:00 - 9:00 am	Open Recreation
9:00 - 12:00 pm	Reserved For Rentals
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 4 for more information.

Gymnasium Unavailable

March 24	Blood Drive 1:00pm-8:00pm
March 28	Kids Fair/Eggstravaganza 8:00am-2:00pm
April 5	Easter Sunday
May 25	Memorial Day
May 30	Camp Orientation 9:00am-3:00pm


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

WCC GYM

MARCH

24

2:00pm-7:00pm



GIVE

THE GIFT

OF


life



BLOOD

DRIVE

In memory of David Moore

1 PINT OF BLOOD SAVES 3 LIVES!



Please schedule an appointment at:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=Whitinsville>

60 Main St. Whitinsville, MA 01588

**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.
Must pre-register in Daxko for all classes.**

Aerobics

Monday

7:30 - 8:30 am	Step & Pump^
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^
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)
3:45 - 4:45 pm	Strength & Cardio Mix^
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	Barbell Training^*
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	Strength & Sticks^§

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	Intervals In 45^
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.
Must pre-register in Daxko for all classes.**

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	Spin^
8:30 - 9:15 am	Spin^*
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 4 for more information.**

* Denotes Babysitting Available
§ 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
- 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
- HIIT
- Intervals In 45
- Interval Training
- Spin
- Spin & Abs
- Step & Pump
- Step Interval
- Strength & Cardio Mix
- Strength & Sticks
- Triple Play Step
- Zumba

Strength – based Combination Classes

- Barbell Training
- 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

****NO Swim Lessons****

May 23 & 25

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:

Tuesday	Mar 10-Apr 14 (E)	(6)	4:00 - 4:30pm
Wednesday	Mar 11-Apr 15	(6)	11:00 - 11:45am
Saturday	Mar 14-Apr 18	(6)	9:00 - 9:45am

Session II:

Tuesday	Apr 21-May 26 (E)	(6)	4:00 - 4:30pm
Wednesday	Apr 22-May 27	(6)	11:00 - 11:45am
Saturday	Apr 25-May 30	(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:

Monday	Mar 9-Apr 13	(6)	11:00 - 11:45am
Tuesday	Mar 10-Apr 14 (E)	(6)	5:10 - 5:40pm
Saturday	Mar 14-Apr 18	(6)	9:50 - 10:35am

Session II:

Monday	Apr 20-May 18	(5)	11:00 - 11:45am
Tuesday	Apr 21-May 26 (E)	(6)	5:10 - 5:40pm
Saturday	Apr 25-May 30	(5)	9:50 - 10:35am

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

SWIM EVALUATIONS

Saturday, May 16 - Original Pool

1:00pm - 2:15pm

Contact aquatics@OurGym.org for more information

****NO Swim Lessons****

May 23 & 25

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	Mar 10-May 26	(12)	4:35 - 5:05pm
Tuesday	Mar 10-May 26	(12)	5:45 - 6:15pm
Tuesday	Mar 10-May 26	(12)	6:20 - 6:50pm
Saturday	Mar 14-May 30	(11)	11:50 - 12:20pm
Saturday	Mar 14-May 30	(11)	12:25 - 12:55pm

Level 2 (Fundamental Water Skills-Deep Water)

Monday	Mar 9-May 18	(11)	3:35 - 4:05pm
Thursday	Mar 12-May 28	(12)	4:35 - 5:05pm
Saturday	Mar 14-May 30	(11)	11:15 - 11:45am

Level 3 (Stroke Development)

Monday	Mar 9-May 18	(11)	4:10 - 4:40pm
Thursday	Mar 12-May 28	(12)	5:10 - 5:40pm
Thursday	Mar 12-May 28	(12)	5:45 - 6:15pm*
Saturday	Mar 14-May 30	(11)	10:40 - 11:10am

Level 4 (Stroke Improvement)

Monday	Mar 9-May 18	(11)	4:45 - 5:15pm
Thursday	Mar 12-May 28	(12)	5:45 - 6:15pm*

Level 5 (Stroke Refinement)

Monday	Mar 9-May 18	(11)	5:20 - 5:50pm
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Level 6 (Advanced Stroke Refinement) (Competition Pool)

Monday	Mar 9-May 18	(11)	6:00 - 6:30pm
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(11 Wks.)	\$110 Members	\$198 Guests
(12 Wks.)	\$120 Members	\$216 Guests

***NOTE: Level 3 Thursday, 5:45pm-6:15pm will be sharing the pool with Level 4 Thursday, 5:45pm-6:15pm.**

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 WATER 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 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, 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!**

Competition Pool

Monday

5:30 - 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 - 6:00 pm	Swim Team
6:00 - 7:00 pm	Swim Team (5 Lanes)
6:00 - 6:30 pm	Level 6 Instruction ^{^§} (1 Lane)
7:00 - 7:45 pm	Adult Swim Club ^{^§} (2 Lanes)
7:00 - 8:00 pm	Adult Lap Swim ^{^§} (4 Lanes)
8:00 - 9:00 pm	Adult Lap Swim [^]

Tuesday

5:30 - 9:15 am	Adult Lap Swim ^{^*}
9:15 - 11:30 am	Adult Lap Swim ^{^*} (3 Lanes)
9:30 - 10:30 am	Aqua Aerobics & Core ^{^*} (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 - 9:15 am	Adult Lap Swim ^{^*}
9:15 - 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 - 9:15 am	Adult Lap Swim ^{^*}
9:15 - 10:45 am	Adult Lap Swim ^{^*} (3 Lanes)
9:30 - 10:30 am	Aqua Intervals ^{^*} (3 Lanes)
10:45 - 2:30 pm	Adult Lap Swim ^{^*}
4:00 - 6:00 pm	Swim Team
6:00 - 7:00 pm	Swim Team (4 Lanes)
6:00 - 7:00 pm	Adult Lap Swim ^{^§} (2 Lanes)
7:00 - 8:00 pm	Adult Lap Swim ^{^§} (3 Lanes)
7:00 - 8:00 pm	Youth Lap Swim ^{^§} (1 Lane)
7:00 - 9:00 pm	Open Rec Swim ^{^§} (2 Lanes)
8:00 - 9:00 pm	Adult Lap Swim [^] (4 Lanes)

Friday

5:30 - 2:30 pm	Adult Lap Swim ^{^*}
4:00 - 6:00 pm	Swim Team
6:00 - 7:00 pm	Swim Team (4 Lanes)
6:00 - 7:00 pm	Adult Lap Swim [^] (2 Lanes)
7:00 - 9:00 pm	Adult Lap Swim [^] (3 Lanes)
7:00 - 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)
10:00 - 12:00 pm	Outreach/Open Rec Swim [^] (3 Lanes)
12:30 - 5:00 pm	Reserved For Splash Parties[^]

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 4 for more information.

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.

Competition Pool Unavailable

April 5	Easter Sunday
May 25	Memorial Day

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



Original Pool

Monday

6:30 - 8:30 am	Adult Exercise Swim
8:30 - 9:15 am	Aqua Aerobics^*
9:25 - 10:10 am	Water Workout^*
10:20 - 10:50 am	BVCP
11:00 - 11:45 am	Tots Instruction^*
11:45 - 1:15 pm	Adult Exercise Swim
1:20 - 2:05 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	Level 1 Instruction^
5:10 - 5:40 pm	Tots Instruction (E)^
5:45 - 6:15 pm	Level 1 Instruction^§
6:20 - 6:50 pm	Level 1 Instruction^§
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 - 11:45 am	Babies Instruction^*
11:45 - 1:15 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
4:35 - 5:05 pm	Level 2 Instruction^
5:10 - 5:40 pm	Level 3 Instruction^
5:45 - 6:15 pm	Level 3 Instruction^§(sharing pool w/ Level 4)
5:45 - 6:15 pm	Level 4 Instruction^§(sharing pool w/ Level 3)
6:20 - 6:50 pm	Adult Beginner Swim^§
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	Yoqua^
7:00 - 9:00 pm	Pool Rental

Saturday

6:30 - 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 - 4:00 pm	Splash Party Rental^

Sunday

7:45 - 8:45 am	Deep Water Workout^
9:00 - 12:45 pm	Adult Exercise Swim
1:00 - 4:00 pm	Splash Party Rental^

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

Original Pool Unavailable

April 5	Easter Sunday
May 25	Memorial Day

Original Pool CLOSED For Scheduled Maintenance June 6th at 9:00am - June 21st

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



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

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 Winter 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

Sunday 10:00am-12:00pm (in person skills)
Apr 12th

SESSION I

Tuesday 6:30pm-8:30pm (in person skills)
Apr 21st

SESSION II

Tuesday 6:30pm-8:30pm (in person skills)
May 12th

\$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 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. **Breaks included throughout the day.**

Apr 19 8:00am-3:30pm &
Apr 20 11:00am-3:30pm &
Apr 21 11:00am-3:30pm &
Apr 22 11:00am-3:30pm &
Apr 23 11:00am-3:30pm

\$345 Members

\$400 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.**

May 3 7:00am-6:00pm (with breaks)
\$155 Members \$185 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.**

Apr 23 & 24 3:00pm-9:00pm
Apr 25 & 26 8:00am-6:00pm
\$365 Members \$415 Guests

Adult Beginner Swim (Ages 18 & up)

Instruct adults 18+ with little water experience to become water competent by teaching fundamental skills such as, floats, breath control, strokes and more! All done in a supportive progressive environment with focus on water safety. **Pre-Registration is required through Daxko. Held in Original Pool.**

SESSION I (Thursdays)
Mar 12-Apr 16 6:20pm-6:50pm

SESSION II (Thursdays)
Apr 23-May 28 6:20pm-6:50pm

\$90 Members \$162 Guests

Adult Swim Club (Ages 16 & up)

Will focus on building endurance in all four competitive strokes, refining the strokes with the proper techniques. Swimmers should be able to swim freestyle 500 yds./20 lengths/10 laps, but should be able to swim back crawl, breaststroke, and butterfly. **This is a drop in class. Held in Competition Pool.**

Mondays 7:00pm-7:45pm
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



WHITIN COMMUNITY CENTER
campWHITIN
FUN FITNESS FRIENDSHIPS

SUMMER SNEAK PEEK!

March 21st 9:00AM-12:00PM

You may register online for this FREE event, although is not required
www.WhitinCommunityCenter.com

Preview Our Camps

- NEW! Under The Sea (ages 4-6)
- NEW! Lights, Camera, Action! (ages 7-13)
- NEW! Camp Whitin Olympics (ages 7-13)

Meet Our Coordinators

- Q & A Sessions
- Professional, Caring Staff
- Local Teachers and Administrators

Fun Activities

- Make & Take Crafts!
- Enter to win a FREE week of camp!
- Race through our obstacle course!

For more information about this FREE event, please contact
Camp Whitin at 508.234.8184 or CampWhitin@OurGym.org

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

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

WHITIN COMMUNITY CENTER
campWHITIN
FUN FITNESS FRIENDSHIPS

SIZZLING SUMMER

JUNE 22ND - AUGUST 21ST
(FOR CAMPERS AGES 4-13)

9 Weeks Of Camps
Sports • Activity • Educational

REGISTRATION
MEMBERS: MARCH 16TH
GUESTS: MARCH 23RD

Please Register Online
www.WhitinCommunityCenter.com

NOTE: Financial assistance available to those who qualify. Please see website for details.

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

WCC Fitness. Family. Community.

BVCP Summer EDventure

Fun. Community Engagement. Friendships.
(June 22nd - August 20th)

REGISTRATION
Members: March 16th

Blackstone Valley Children's Place
60 Main St. Whitinsville, MA 01588 | 508.234.8184 ext 104 or 105
www.WhitinCommunityCenter.com

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

SIGN UP TODAY!

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 Courts
- Aerobics Studio
- Original Pool
- Competition Pool
- Pavilion (seasonal)
- Whitin Park (seasonal)



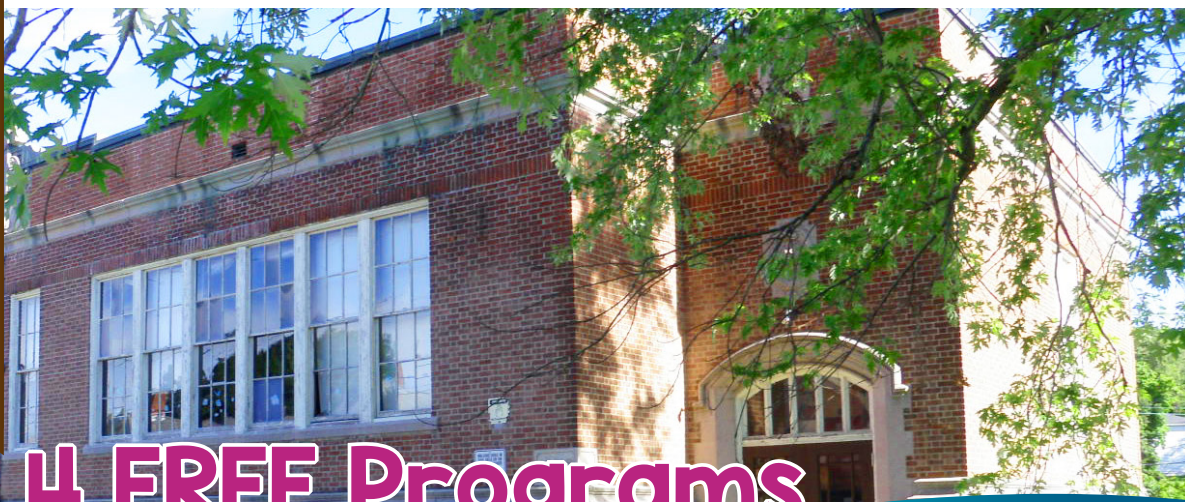
*Call today to check
out our competitive
pricing & to reserve
your space!*

Please contact the Member Services Desk
for more information & pricing

508.234.8184 ext 100

60 Main St. Whitinsville, MA 01588

www.WhitinCommunityCenter.com



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 Morning Fitness & Fun & Summer 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 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 128** 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 Performance of *Oliver, Jr!*. For more information or if you have any questions, please contact **508-234-8184 ext 135** or **Outreach@OurGym.org**.





**ENROLL
TODAY!**



Blackstone Valley
Children's Place
Early Learning Centers

PRESCHOOL & KINDERGARTEN PREP

OPEN 6:30am-6:00pm

- **FREE** WCC Youth Membership
- **FREE** WCC Swim Lessons
- **FREE** Kid Fit Classes
- **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.WhitinCommunityCenter.com | 508.234.8184



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

WCC
Fitness. Family. Community.

**PICNIC
IN THE
PARK**

**FREE
Event!**



Whitin Park **Saturday, June 6th**
60 Main St. Whitinsville, MA 01588

Great food

FUN FOR THE WHOLE FAMILY

Vendors • Food Trucks
Live Entertainment • Pickleball
Splash Zone • Live Classes
Kids Activities & more!

Gates Open 10am-2pm

www.WhitinCommunityCenter.com

WCC
Fitness. Family. Community.

CARS IN THE PARK

12th Annual

REGISTER ONLINE OR SCAN QR CODE



PEOPLE'S CHOICE AWARD

AUGUST 15TH
10:00AM - 3:00PM

WHITIN PARK
60 MAIN ST. WHITINSVILLE, MA 01588

FOOD TRUCKS • ENTERTAINMENT
VENDORS • 25 TROPHIES
50/50 RAFFLE

\$10
DONATION BEFORE 7.15

\$20
DONATION AS OF 7.15

PRE-REGISTRATION ENDS 8.12.2026

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

WWW.WHITINCOMMUNITYCENTER.COM



25TH ANNIVERSARY

UNIBANK
BLACKSTONE RIVER VALLEY
greenway
CHALLENGE

SAVE THE DATE
Sat, September 26th
RUN. BIKE. PADDLE.

BLACKSTONE VALLEY'S MOST EXCITING ADVENTURE RACE

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




Registration is coming soon. Follow us on Instagram & Facebook for updates.

www.GreenwayChallenge.org

WCC
Fitness. Family. Community.

2026 Events

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

Youth Outreach Winter Theatre Production March 13 & 14, 2026	Benefit Golf Tournament August 31, 2026
WCC Children's Benefit March 25, 2026	Greenway Challenge September 26, 2026
Kids Fair & Eggstravaganza March 28, 2026	Halloween Haunted Swim & Costume Roller Skating Party October 16, 2026
Picnic In The Park June 6, 2026	WCC Appreciation Day November 5, 2026
Youth Outreach Summer Theatre Production July 17 & 18, 2026	Santa's Coming To WCC! December 12, 2026
Cars In The Park August 15, 2026	

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



Grow Your Dream Garden

Dream It. Grow It.

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



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*

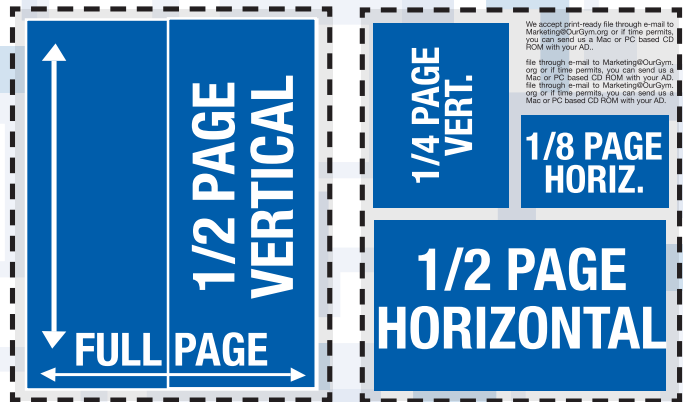
***NOTE: Digital ADs run the duration of the schedule listed.**

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
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**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!

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

