

Welcome to the Whitin Community Center



Fitness. Family. Community.

June 8 - Sept 6

2026

SUMMER Schedule

Registration Dates

Members: May 18, 2026

Guests: May 26, 2026



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

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

NEW! Hours of Operation

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

Facility Closures

Saturday, July 4th

In observance of Independence Day

Monday, September 7th

In observance of Labor Day

❄️ Inclement Weather ❄️

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



Contact Us

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

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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.

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

Gates Open 10am-2pm

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

www.WhitinCommunityCenter.com

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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

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UNIBANK PRESENTS

BENEFIT GOLF TOURNAMENT

To Benefit The WCC Capital Campaign Projects

CONTESTS
PRIZES
RAFFLES

Monday, August 31, 2026
Pleasant Valley Country Club
95 Armsby Road, Sutton, MA 01590
Tee Off 9:00am, Lunch Immediately Following

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

\$250 per Golfer | \$1,000 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

25TH ANNIVERSARY

UNIBANK
BLACKSTONE RIVER VALLEY
greenway
CHALLENGE

REGISTER TODAY
Saturday, September 26th
BLACKSTONE VALLEY'S MOST EXCITING ADVENTURE RACE

TRADITIONAL GREENWAY COURSE
8:30AM START

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 (3.2 miles)
Mountain Bike (4.5 miles)
Paddle (2.6 miles)
Trail Run (4 miles)
Street Bike (13.5 miles)
Paddle (3 miles)
Street Bike (17.3 miles)
Trail Run (4.8 miles)

NEW! DOUBLE 25 EACH WAY
\$50 OFF
BEFORE 7/1

COURSE TOTAL ~53 miles

• Teams can be comprised of 1-8 people.
NOTE: Course & mileage subject to change.

NEW! 2026 TRIATHLON - 25 MILES FOR THE 25TH ANNIVERSARY
10:30AM START

Start & Finish
Wallum Lake, Douglas State Park
107 Wallum Lake Road
Douglas, MA 01516

Paddle (3 miles)
Street Bike (17.3 miles)
Trail Run (4.8 miles)

COURSE TOTAL ~25 miles

• Teams can be comprised of 1-3 people.
NOTE: Course & mileage subject to change.

Register today by scanning the QR code or visiting our website!

(NOTE: Teams must choose to register for the Traditional Greenway Course, OR the NEW! 2026 Triathlon. Teams may not participate in both.)

www.GreenwayChallenge.org

WCC's Youth Outreach Theatre Presents

Disney

CAMP ROCK THE MUSICAL

\$15* per person per show

July 24th, 7pm | July 25th, 1pm & 6pm
 Performances Held At Valley Chapel
 14 Hunter Road, Uxbridge, MA 01569

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

Tickets available full price at the Member Services Desk, or at the door day of, with discounted rate if you bring a non-perishable food item. (All ticket sales directly benefit our FREE Youth Outreach Theatre Program)

www.WhitinCommunityCenter.com

WHITIN COMMUNITY CENTER
 CampWHITIN
 FUN. FITNESS. FRIENDSHIPS.

SIZZLING SUMMER

WEEK 1 - June 22-26 Sport Camp - NEW! Color Wars	WEEK 6 - July 27-31 Sport Camp - Home Run
WEEK 1 - June 22-26 Activity Camp - NEW! Makers & Masterpieces	WEEK 6 - July 27-31 Activity Camp - Return To Hogwarts SOLD OUT!
WEEK 1 - June 22-26 Mini Camp - Under Construction SOLD OUT!	WEEK 6 - July 27-31 Mini Camp - Jungle Safari SOLD OUT!
WEEK 2 - June 29-July 3 Sport Camp - NEW! World Cup	WEEK 7 - Aug 3-7 Sport Camp - Camp Combine
WEEK 2 - June 29-July 3 Activity Camp - NEW! Happy Birthday USA	WEEK 7 - Aug 3-7 Activity Camp - NEW! Creative Engineering SOLD OUT!
WEEK 2 - June 29-July 3 Mini Camp - NEW! 3, 2, 1 Liftoff!	WEEK 7 - Aug 3-7 Mini Camp - Disney Dreamers SOLD OUT!
WEEK 3 - July 6-10 Sport Camp - Splash Zone	WEEK 8 - Aug 10-14 Sport Camp - NEW! Full Court Press
WEEK 3 - July 6-10 Activity Camp - Melody Makers	WEEK 8 - Aug 10-14 Activity Camp - NEW! Video Creators' Studio SOLD OUT!
WEEK 3 - July 6-10 Mini Camp - NEW! Under The Sea SOLD OUT!	WEEK 8 - Aug 10-14 Mini Camp - NEW! Silly Wacky Week SOLD OUT!
WEEK 4 - July 13-17 Sport Camp - Dodge This!	WEEK 9 - Aug 17-21 Sport Camp - NEW! Camp Favorites
WEEK 4 - July 13-17 Activity Camp - NEW! Whitin Carnival	WEEK 9 - Aug 17-21 Activity Camp - NEW! Jedi Academy
WEEK 4 - July 13-17 Mini Camp - Hero Academy SOLD OUT!	WEEK 9 - Aug 17-21 Mini Camp - NEW! Prehistoric Discoveries SOLD OUT!
WEEK 5 - July 20-24 Sport Camp - NEW! Camp Whitin Olympics	
WEEK 5 - July 20-24 Activity Camp - NEW! Secret Agent Week	
WEEK 5 - July 20-24 Mini Camp - NEW! Wild, Wild, West SOLD OUT!	

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 60 Main St. Whitinsville, MA 01588
 508.234.8184
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*NOTE: Starbursts indicate sold out camps as of 4/16/2026

WCC GYM
 JUNE
16
 2:00pm-7:00pm


GIVE THE GIFT OF life

BLOOD DRIVE
 In memory of David Moore

1 PINT OF BLOOD SAVES 3 LIVES!

American Red Cross
WCC
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To schedule an appointment, please scan the QR code



60 Main St. Whitinsville, MA 01588

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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 24 & 25, 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



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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

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 Veterans/First Responder ... \$50

Adult/Adult Couple/1 Adult/2 Adult Family ... \$75

FREE 14 Day Trial

Try us out first for 2 weeks! Take a tour of the Center, bring the whole family!

Basketball

Men's 25+ Basketball League

Our competitive Monday night league features players of all abilities and backgrounds for men 25 years of age or older. Teams are created 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. **Pre-registration is required through Daxko.**

Monday 7pm or 8pm
June 15-August 24
\$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. **Pre-registration is required through Daxko.**

Wednesday 7pm or 8pm
June 17-August 26
\$102 Members \$160 Guests

Thank You To Our Men's League Sponsors!

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

Mini Indoor Soccer Instruction (Ages 4-6)

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

Saturday 9:15am-10:00am
July 11-August 15
FREE Members \$10 Guests

Co-Ed Open Rec Volleyball

Open rec volleyball is a casual, drop-in style of play where people of all skill levels can join games for fun, exercise, and socializing. Come practice to prepare for the upcoming fall season or start a game with participants. No long-term commitment is required, making it easy for anyone to participate.

Sundays 9:15am-10:15am
FREE Members \$10 Guests

Kids Club

Held in Room 1, Child Care Wing

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

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

Pickleball

Adult Recreational Pickleball League

Join us for our Adult Recreational Pickleball League on Tuesdays in the Gymnasium. This intermediate league of mixed skills will play Round Robin Style. **Note: This is NOT a beginners league. Players 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
June 2 - June 23 7:15 - 9:15pm

SESSION II - Tuesday
July 7 - July 28 7:15 - 9:15pm

\$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.

Recreational Tennis

Whitin Community Center Members have unlimited access to our Tennis Courts. Guests (up to 3) may play on the same courts with their Member host. Tennis courts may be used for Tennis or Pickleball. Members may use one court for 1.5 hours at a time, unless no one is waiting to use a court. Members are responsible for the proper use and conduct of his/her guests on the courts. **Members are asked to report any violations. Tennis Courts Unavailable Mon-Fri, between 9:00am - 3:00pm for Camp Whitin and at other times due to outside Aerobic Classes. For appointments, please stop by the Member Services Desk.**

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

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

Friday
3:00 pm - 9:00 pm

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

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

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

FREE Members

Guest Day Pass Available

Book Your Next Party With Us!

Booking Gymnasium & Splash Parties for Summer 2026! To reserve your party, or for more information please contact, rentals@OurGym.org or 508.234.8184.



MEMBER DISCOUNTS AVAILABLE!

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.



MEMBER DISCOUNTS AVAILABLE!

Gymnasium Party

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

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

WCC

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OFFERED YEAR ROUND!

BOOK YOUR NEXT PARTY WITH US!

Please contact the Member Services Desk for more information & pricing

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

Gymnasium

Monday

5:15 - 8:00 am Open Recreation
 8:00 - 9:00 am BVCP
 9:00 - 3:00 pm **Reserved For Camp Whitin**
 11:00 - 11:45 am Silver Sneakers® Cardio Mix^
 12:00 - 12:45 pm Silver Sneakers® Cardio Mix^
 3:00 - 5:30 pm BVCP
 5:30 - 6:15 pm Open Recreation §
 6:30 - 9:15 pm Men's 25+ Basketball League §^

Tuesday

5:15 - 8:00 am Open Recreation
 8:00 - 9:00 am BVCP
 9:00 - 3:00 pm **Reserved For Camp Whitin**
 3:00 - 5:30 pm BVCP
 5:30 - 7:00 pm Open Recreation §
 7:15 - 9:15 pm Pickleball §^

Wednesday

5:15 - 8:00 am Open Recreation
 8:00 - 9:00 am BVCP
 9:00 - 3:00 pm **Reserved For Camp Whitin**
 11:00 - 11:45 am Silver Sneakers® Yoga^
 12:00 - 12:45 pm Silver Sneakers® Yoga^
 3:00 - 5:30 pm BVCP
 5:30 - 6:15 pm Open Recreation §
 6:30 - 9:15 pm Men's 40+ Basketball League §^

Thursday

5:15 - 8:00 am Open Recreation
 8:00 - 9:00 am BVCP
 9:00 - 3:00 pm **Reserved For Camp Whitin**
 3:00 - 5:30 pm BVCP
 5:30 - 6:30 pm Open Recreation §
 6:45 - 9:15 pm **Reserved For Rental**^

Friday

5:15 - 8:00 am Open Recreation
 8:00 - 9:00 am BVCP
 9:00 - 3:00 pm **Reserved For Camp Whitin**
 3:00 - 5:30 pm BVCP
 5:30 - 9:15 pm Open Recreation

Saturday

6:00 - 9:15 am Open Recreation
 9:15 - 10:00 am Mini Indoor Soccer Instruction^
 10:30 - 12:45 pm **Reserved for Gymnasium Parties**^
 1:00 - 1:45 pm Open Recreation

Sunday

6:00 - 9:15 am Open Recreation
 9:15 - 10:15 am Co-Ed Open Recreation Volleyball
 10:30 - 12:45 pm **Reserved for Gymnasium Parties**^
 1:00 - 1:45 pm Open Recreation

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

Gymnasium Closed

June 16 Blood Drive
 1:00pm-8:00pm
June 19 PreSchool Graduation
 4:00pm-6:00pm
July 4 Independence Day
Sept 7 Labor Day

§ Denotes Kids Club Available
 ^ Denotes Pre-Registration Required



SUMMER FITNESS MEMBERSHIP

May 1st-September 1st, 2026

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

Proof of age is required at time of registration.



Per Student
\$142

www.WhitinCommunityCenter.com

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)
5:00 - 5:30 pm	Power Pilates
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	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
4:30 - 5:30 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 - 6:15 am	Spin & Strength
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 - 9:30 am	Spin & Strength
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 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
- Candlelight Yoga
- Fitness Yoga
- Gentle Yoga
- Iron Yoga
- Mind Body Fusion
- Pilates
- Power 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

- Beginner Cardio
- Bootcamp
- Cardio, Core & Strength
- HIIT
- Intervals In 45
- Interval Training
- Spin
- Spin & Abs
- Spin & Strength
- Step & Pump
- Step Interval
- Strength & Cardio Mix
- Triple Play Step
- Zumba

Strength – based Combination Classes

- Barbell Training
- Beginner Muscle Work
- Core ‘N More
- Power Pump
- TRX
- Strength & Sticks
- 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
- 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**



UniQue Checking. Designed Around Your Life.

Experience a UniQue way to bank.

Our new UniQue Checking accounts make banking feel effortless. With two custom crafted accounts, you're able to choose the benefits that fit your lifestyle. Prefer an enhanced experience? Step up to our UniQue Plus Checking for even more rewards, access, and value.

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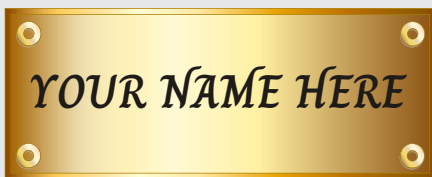
Member FDIC | NMLS #583135 | 800.578.4270
49 Church Street, Whitinsville, MA 01588



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.



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



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

See how you can make a splash!

www.WhitinCommunityCenter.com

Swim Lessons



FALL SWIM EVALUATIONS
 Friday, August 14
 4:00pm-5:45pm
 Contact aquatics@OurGym.org for more information

Red Cross Swim Lessons (Ages 5 & above)

Pre-Registration Required in Daxko

New this Summer, Level 3.5. This class is for swimmers who have already taken a level 3 class here with us at WCC. The class will help these swimmers improve their skills to eventually move to level 4.

All Red Cross Swim Lessons run 30 minutes, once per week. Parents are asked to sit in the pool balcony during class. **Must have certification of successfully passing prior swim level before registering for Levels 2-6.**

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.

(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	June 22-July 20	(5)	11:00 - 11:45am
Monday(E)	June 22-July 20	(5)	3:30 - 4:00pm
Wednesday(E)	June 24-July 22	(5)	11:35 - 12:05pm

Session II:

Monday	July 27- Aug 17	(4)	11:00 - 11:45am
Monday(E)	July 27- Aug 17	(4)	3:30 - 4:00pm
Wednesday(E)	July 29- Aug 19	(4)	11:35 - 12:05pm

(4 Wks.)	\$40 Members	\$72 Guests
(5 Wks.)	\$50 Members	\$90 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(E)	June 22-July 20	(5)	4:05 - 4:35pm
Wednesday(E)	June 24-July 22	(5)	11:00 - 11:30am
Thursday(E)	June 25-July 23	(5)	5:45 - 6:15pm

Session II:

Monday(E)	July 27- Aug 17	(4)	4:05 - 4:35pm
Wednesday(E)	July 29- Aug 19	(4)	11:00 - 11:30am
Thursday(E)	July 30- Aug 20	(4)	5:45 - 6:15pm

(4 Wks.)	\$40 Members	\$72 Guests
(5 Wks.)	\$50 Members	\$90 Guests

Level 1 (Intro to Water Skills-Shallow Water)

Monday	June 22-Aug 17	(9)	4:40 - 5:10pm
Monday	June 22-Aug 17	(9)	5:15 - 5:45pm
Thursday	June 25-Aug 20	(9)	10:15 - 10:45am

Level 2 (Fundamental Water Skills-Deep Water)

Tuesday	June 23-Aug 18	(9)	6:20 - 6:50pm
Thursday	June 25-Aug 20	(9)	4:00 - 4:30pm
Thursday	June 25-Aug 20	(9)	4:35 - 5:05pm

Level 3 (Stroke Development)

Tuesday	June 23-Aug 18	(9)	5:45 - 6:15pm
Thursday	June 25-Aug 20	(9)	5:10 - 5:40pm

Level 3.5 (Prerequisite has completed level 3 at WCC)

Tuesday	June 23-Aug 18	(9)	5:10 - 5:40pm
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Level 4 (Stroke Improvement)

Tuesday	June 23-Aug 18	(9)	4:35 - 5:05pm
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Level 5 (Stroke Refinement)

Tuesday	June 23-Aug 18	(9)	4:00 - 4:30pm
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Level 6 (Advanced Stroke Refinement)

Tuesday	June 23-Aug 18	(9)	3:15 - 3:45pm
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(NOTE: Level 6 held in Competition Pool only.)

(9 Wks.)	\$90 Members	\$162 Guests
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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
- Back/front glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and vice versa
- Treading water arm & hand actions
- Alternating & simultaneous leg and arm actions on front/back
- Combined arm and leg actions on front/back

LEVEL 2: BEGINNER (FUNDAMENTAL AQUATIC SKILLS)

- Jump into the deep water
- Exit water using ladder or side
- Fully submerge & hold breath
- Tread water for 15 seconds
- Bobbing 10 times
- Retrieve submerged object
- Front/back jellyfish tuck floats for 10 seconds
- Front/Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and vice versa
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back

LEVEL 3: INTERMEDIATE (STROKE DEVELOPMENT)

- Jump into the deep water from the side, 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 3.5: 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 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 (STROKE REFINEMENT)

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

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

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

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	Babies Instruction [^]
11:45 - 1:15 pm	Adult Exercise Swim
1:20 - 2:05 pm	Northbridge Seniors
3:30 - 4:00 pm	Babies Instruction (E) [^]
4:05 - 4:35 pm	Tots Instruction (E) [^]
4:40 - 5:10 pm	Level 1 Instruction [^]
5:15 - 5:45 pm	Level 1 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	Level 5 Instruction [^]
4:35 - 5:05 pm	Level 4 Instruction [^]
5:10 - 5:40 pm	NEW! Level 3.5 Instruction [^]
5:45 - 6:15 pm	Level 3 Instruction § [^]
6:20 - 6:50 pm	Level 2 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 - 11:30 am	Tots Instruction (E) [^] (Summer Only)
11:35 - 12:05 pm	Babies Instruction (E) [^] (Summer Only)
12:15 - 1:30 pm	Adult Exercise Swim (Summer Only)
1:30 - 3:30 pm	Private Swim Lessons [^] (Summer Only)
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 [^]
9:25 - 10:10 am	Arthritis Exercise [^]
10:15 - 10:45 am	Level 1 Instruction [^]
10:50 - 12:15 pm	Adult Exercise Swim
12:30 - 4:00 pm	BVPTS
4:00 - 4:30 pm	Level 2 Instruction [^]
4:35 - 5:05 pm	Level 2 Instruction [^]
5:10 - 5:40 pm	Level 3 Instruction [^]
5:45 - 6:15 pm	Tots Instruction (E) § [^]
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 [^]
10:15 - 11:00 am	Arthritis Exercise [^]
11:00 - 12:15 pm	Family Time Swim [^] (Summer Only)
12:15 - 1:30 pm	Adult Exercise Swim (Summer Only)
4:00 - 5:55 pm	Adult Exercise Swim/Open Rec
6:00 - 7:00 pm	Yoqua [^]

Saturday

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

Sunday

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

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

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

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

Original Pool Unavailable

July 4 Independence Day
August 14 Fall Swim Evaluations 4:00pm-5:45pm
Sept 7 Labor Day

**Original Pool Closed For Maintenance
June 6 at 1pm- June 21**



Competition Pool

Monday

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

Tuesday

5:30 - 9:15 am	Adult Lap Swim^
9:15 - 10:30 am	Adult Lap Swim^ (3 Lanes)
9:30 - 10:30 am	Aqua Aerobics & Core^ (3 Lanes)
10:45 - 11:45 am	Camp Whitin^
12:00 - 1:30 pm	Adult Lap Swim^ (4 Lanes)
12:00 - 1:30 pm	Open Rec Swim (2 Lanes)
1:45 - 2:30 pm	Camp Whitin^
2:40 - 3:40 pm	BVCP (5 Lanes)
3:15 - 3:45 pm	Level 6 Instruction^ (1 Lane)
4:00 - 9:00 pm	Swim Team

Wednesday

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

Thursday

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

Friday

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

Saturday

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

Sunday

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

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

§ Denotes Kids Club Available
^ Denotes Pre-Registration Required

Competition Pool Unavailable

July 4 Independence Day

**July 6-10 Splash Zone Camp
9:00am-3:00pm**

(will affect pool availability)

Sept 7 Labor Day



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.

Aqua / Specialty Classes



First Aid, CPR & AED For Adult & Child

As part of our commitment to the community, the Whittin Community Center is offering the following Red Cross class this Summer for ages 15 and older. This is a blended learning class with both online and in person skills requirements. Certification would be valid for 2 years. **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 6:00pm - 8:00pm (in person skills)
Aug 4th

SESSION I

Sunday 1:00pm - 3:00pm (in person skills)
Aug 9th

SESSION II

Tuesday 6:00pm - 8:00pm (in person skills)
Aug 11th

\$85 Members

\$103 Guests

Lifeguard Training

Online and Classroom Style

Sign up two days prior to class to watch videos

Pre-registration is required through Daxko

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

Prerequisites: Minimum age: 15 years; Swim 200 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

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

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

June 18th & 19th 11:00am - 6:30pm
June 21st 9:00am - 6:30pm

\$345 Members

\$400 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.

June 24-August 19 (30 minute lessons)

Wednesdays 1:00pm, 1:30pm, 2:00pm or 3:00pm

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

\$50 per person/lesson Members

\$61 per person/lesson 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. No Class 7/2.**

Thursdays

June 25-Aug 20 6:20pm-6:50pm

\$120 Members

\$216 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

June 8-Aug 17 7:00pm-8:00pm

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

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



Fitness Center



Did You Know?

We are open all hours of operation!

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

As part of our mission to encourage a healthy lifestyle, we are pleased to offer access to a comprehensive fitness program, with recently updated equipment we hope you enjoy!

- Schwinn AC Sport Group Cycle Spin Bikes (15)
- 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. **For appointments, please stop by the Member Services Desk.**

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 stop by the Member Services Desk. For more information please email MemberServices@OurGym.org.



Fitness. Family. Community.



AVAILABLE YEAR ROUND!

Did You Know?

We Have 11 Spaces Available For Rent!

Please contact the Member Services Desk for more information & pricing

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

We Offer 11 Diverse Spaces Available For Rent Year Round!

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

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



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

Please contact the Member Services Desk for more information & pricing

508.234.8184 ext 100
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4 FREE Programs Benefit Youth In The Blackstone Valley

Educational, Recreational & Social Programming

Youth Outreach 4 FREE Programs

The *mission* of the Youth Outreach Program is to encourage children, ages 5-17, from all socio-economic backgrounds to play together, develop friendships, build self-worth, develop a sense of fair play, team spirit and cooperation in a safe and supervised environment through 4 free programs including RYC, The Mentoring Partnership, Saturday 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. RYC is open 6:30am-8:00am Monday through Friday as well as the 2:00pm- 6:00pm. 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. Organized arts and crafts and sports/gross motor games offered every Saturday that the gym or members lounge is available.

We look forward to seeing you in the Fall 2026!

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, Disney's© Camp Rock, is being held at Valley Chapel located in Uxbridge, on July 24th at 7pm and 25th at 1pm & 6pm. 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.



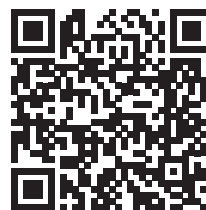
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REFER A FRIEND

REFER.

Your friends & family!

REWARD.

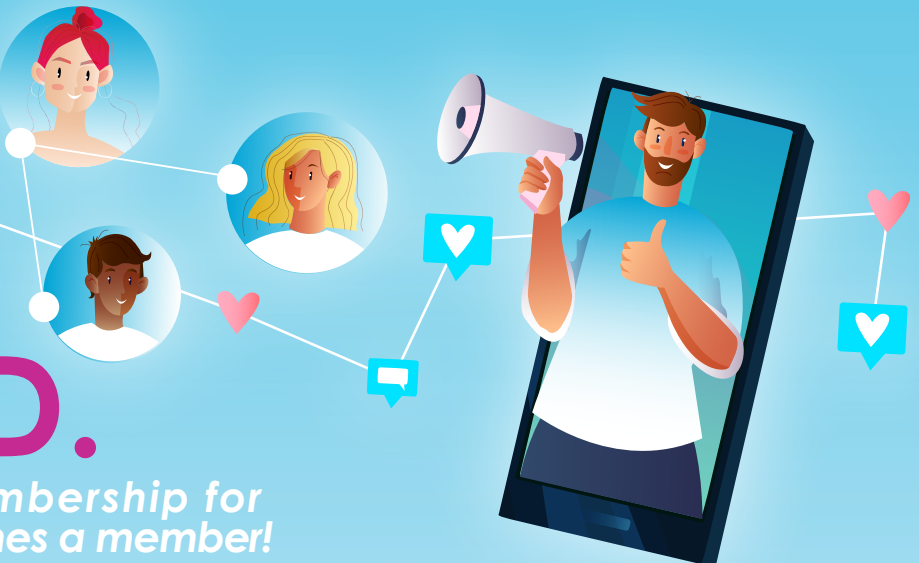
Get 1 FREE month membership for every referral that becomes a member!

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*

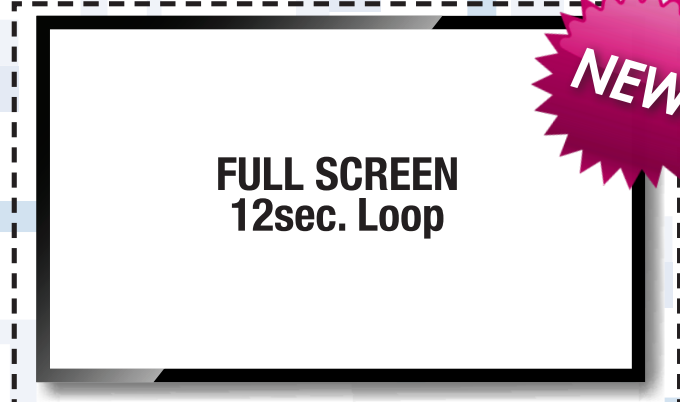
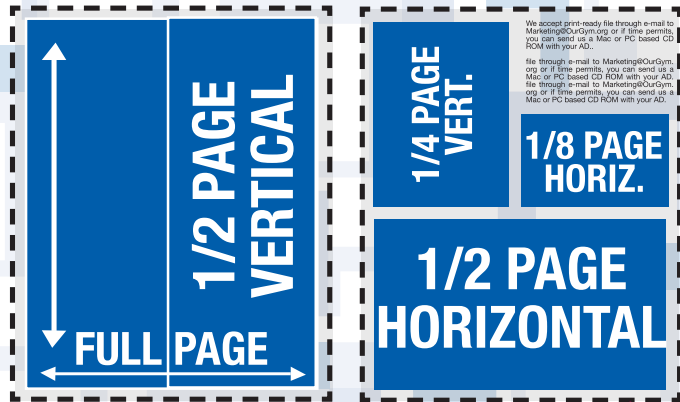
***NOTE: Digital ADs run the duration of the schedule listed.**

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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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



Run



Bike



Paddle



THE WHITIN COMMUNITY CENTER PRESENTS

UNIBANK
BLACKSTONE RIVER VALLEY
greenway
CHALLENGE



REGISTER NOW - SAT, SEPTEMBER 26, 2026

Starting at the Whitin Community Center, racers will wind their way through the Blackstone Valley hitting locations in Massachusetts, Rhode Island, and finishing off strong at Wallum Lake in Douglas State Park!

- Build a team of 1-8 people and participate in the 25th Anniversary of our traditional 53 mile Greenway Challenge Course!
- Register for the traditional Greenway Challenge course before July 1st and receive our double 25 discount!
- Check out our 25 mile mini triathlon, new this year, with a team of 1-3 people!



Register today by scanning the QR code or visiting our website!

(NOTE: Teams must choose to register for the Traditional Greenway Course, OR the NEW! 2026 Triathlon. Teams may not participate in both.)

Thank You!

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

