

Welcome to the Whitin Community Center

WCC
Whitin Community Center
Sept 7 - Dec 6
2026
Fall
Schedule

Registration Dates

Members: August 17, 2026

Guests: August 24, 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.

Hours of Operation

Monday-Friday 5:00am - 9:30pm

Saturday 6:00am - 6:00pm

Sunday 6:00am - 5:00pm

❄️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.

Table of Contents

Contact Us/Hours/Closures	Page 1
Vaccine Clinic	Page 2
Upcoming WCC Events	Page 3-4,18
Party Rentals/FREE Sat Outreach	Page 5
Guest Day Pricing/Download The App	Page 6
Become A Member/Rates	Page 7
Gym Activities	Page 8
Babysitting/Kids Club/Basketball/ Pickleball & Racquetball	Page 9
Gymnasium Programs	Page 10
Aerobics/Spin/TRX/Barre/ Calendars/Class Descriptions	Page 11-17
Swim Lessons/Descriptions	Page 19-20
Competition Pool	Page 21
Original Pool	Page 22
Lap Swim Challenge	Page 23
Aqua Aerobics/ Calendar/ Class Descriptions	Page 24-25
Membership Discounts	Page 26
Aqua/Specialty Classes	Page 27-28
Fitness Center/Personal Training ..	Page 29
Did You Know?	Page 30
Youth Outreach	Page 31
Blackstone Valley Children's Place	Page 32
Refer A Friend	Page 33
Advertise With Us!	Page 34
Halloween Events	Back Cover

Facility Closures

September 7, 2026 - Labor Day
November 26, 2026 - Thanksgiving

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

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

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

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

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

Director of Marketing & Events, Korina Atchue
ext. 123 Korina.Atchue@OurGym.org

Director of Member Experience & Program Impact, Krista Marquez
ext. 121 Krista.Marquez@OurGym.org

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

**Group Fitness Administrator & Finance Support Specialist,
Judy Noel**
ext. 103 Judy.Noel@OurGym.org

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

Maintenance Director, Mark St. Germain
Mark.StGermain@OurGym.org

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

Membership & Technology Support Coordinator, Quasi Lane
ext. 119 Quasi.Lane@OurGym.org

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

School Age Administrator, Michelle Benoit
ext. 104 Michelle.Benoit@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.**

Gary Moyer Architect, Inc.



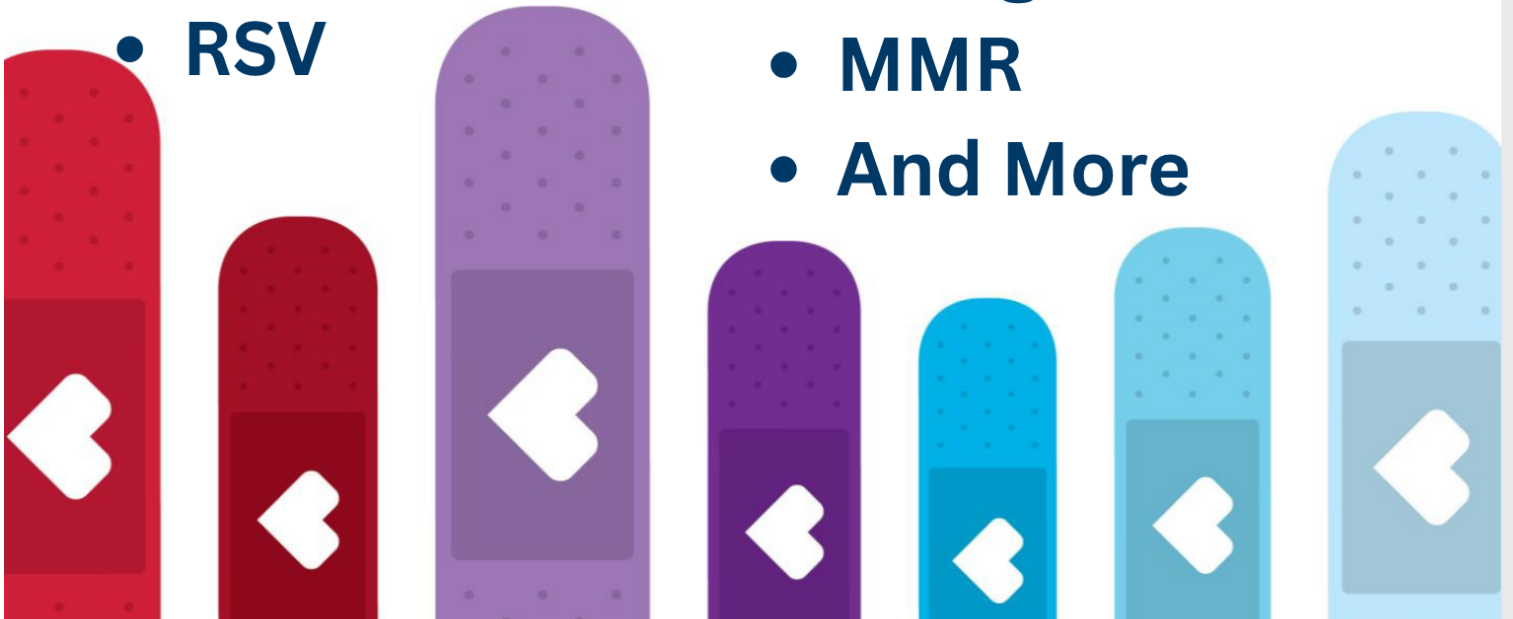
Custom Residential + Commercial Additions, Renovations + New Construction
www.GaryMoyerArchitect.net 508 278 3707

Vaccine Clinic

October 27th, 10am - 4pm

Vaccines Available:

- Influenza
- COVID-19
- Pneumonia
- RSV
- Tdap/Whooping Cough
- Shingles
- MMR
- And More



[Click Here to Schedule Your Appointment, or Scan the QR Code](#)

Location: WCC Gymnasium

60 Main St. Whitinsville, MA 01588

*****Please bring your insurance card with you***

SCAN ME!





UNIBANK PRESENTS
BENEFIT GOLF TOURNAMENT
 To Benefit The WCC Capital Campaign Projects

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

CONTESTS
PRIZES
RAFFLES

Scan here to register!



SAVE THE DATE

THANKS FOR GIVING EVENT

Thursday, November 5th from 4:30 - 6:30
LIGHT REFRESHMENTS | AWARDS

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

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



WCC
 Fitness. Family. Community.

**13th Annual Roller Skating
 Costume Party!**

WCC Gymnasium
October 16th
 5:30 - 6:30pm
 6:45 - 7:45pm
 8:00 - 9:00pm

Space & skates are limited

\$5.00 per child, per session
 parents FREE

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

All proceeds benefit the Youth Outreach Program

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



WCC
 Fitness. Family. Community.

**HALLOWEEN
 HAUNTED SWIM**

WCC Competition Pool
October 16th
 5:30-6:30pm
 6:45-7:45pm
 8:00-9:00pm

\$5.00 per child, per session
 parents FREE

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

All proceeds benefit the BVCP Playground Fund

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

WCC GYM
OCTOBER
14
10:00am-5:00pm



BLOOD DRIVE

*In memory of
David Moore*

1 PINT OF BLOOD SAVES
3 LIVES!



**American
Red Cross**

WCC
Fitness. Family. Community.

To schedule an appointment,
please scan the QR code



60 Main St. Whitinsville, MA 01588

GIVE
THE GIFT
OF *life*



DIVE INTO YOUR SEATS

Making waves for WCC's Legacy

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

YOUR NAME HERE

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

YOUR NAME HERE

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

See how you can make a splash!

www.WhitinCommunityCenter.com

WCC
Fitness. Family. Community.

BLACK FRIDAY

November 27th

CYBER MONDAY

November 30th

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

WCC
Fitness. Family. Community.

Santa's Coming to WCC!

December 12th
WCC Gymnasium
10:00am - 1:00pm

FREE
EVENT

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

Don't forget your camera!

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

www.WhitinCommunityCenter.com

Book Your Next Party With Us!

Booking Gymnasium & Splash Parties for Fall 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

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

9:15-10:15am

Sept 12 (Back To School Handprint Signs In Members Lounge)

Sept 19 (School Yard Golf In The Gym)

Sept 26 (Crayon Box Crafts In Members Lounge)

Oct 3 (Life-size Candy Land In The Gym)

Oct 10 (Halloween Activity Place Mats/ Memory Game In Members Lounge)

Oct 17 (Big Foot Obstacle Course In The Gym)

Oct 24 (Halloween Scavenger Hunt In The Gym)

Oct 31 (Ghost Bowling-Monster Stepping Stones In The Gym)

Nov 7 (Basketball In The Gym)

Nov 14 (Fall Mindfulness Activities In Members Lounge)

Nov 21 (Beans On Toast Game In The Gym)

Nov 28 (Soccer In The Gym)

Dec 5 (Ride Your Bike In The Gym)
*Bring your own bike & helmet

FREE Outreach Swim is every Saturday from 10:15-12:00pm for the whole family!



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

508.234.8184 ext 128
60 Main St. Whitinsville, MA 01588
www.WhitinCommunityCenter.com



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.



WCC
Fitness. Family. Community.

DOWNLOAD OUR New App!

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

☒ Sign Up For Classes

☒ Join Workout Challenges

☒ Track Workouts

☒ Set Up Orientations

☒ Connect Other Apps

☒ Request A Trainer

☒ Bio Age/Analytics

☒ Membership Deals

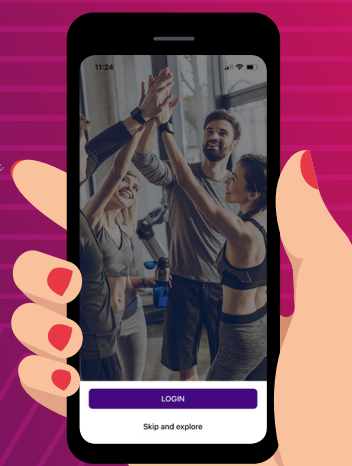
☒ User Support

☒ So Much More!



Available on the iPhone
App Store

GET IT ON
Google Play



Become a Member / Rates

Membership to the WCC is an exceptional value! We offer memberships ranging from Youth to Seniors. Health insurance reimbursements are available to those who have Tufts, Fallon Health, Blue Cross Blue Shield & Harvard Pilgrim. Silver Sneakers® & Renew Active®, and Silver&Fit® members are eligible for a FREE membership! For more information please contact **Member Services**, at **508.234.8184 ext 100**.

Youth

- * **FREE** After School Activities (for ages 7-13)
- * **FREE** Roller Skating (Fall-Spring)
- * **FREE** Open Recreational Basketball & Swim
- * **FREE** Outreach Programs (for ages 5-17)
- * **FREE** Youth Soccer Training (Fall)
- * **FREE** Babysitting Services (for ages 1-5)(Fall-Spring)
- * **FREE** Stay & Play (Fall-Spring)
- * **FREE** Youth Basketball In The Gym (Fall-Spring)
- * **FREE** Family Time Gym & Swim
- * **FREE** Middle School Organized Open Recreation
- * **FREE** Dodgeball Games
- * **FREE** Kids Club
- * **FREE** Teen & Tween Swim (ages 11-14)
- * **FREE** Sports Sampler (ages 7-13)
- * **FREE** Camp Whitin Sports Club (ages 7-13)
- * **FREE** Mini Soccer (Seasonal for ages 4-6)
- * Substantial discounts on specialty classes, swim lessons, and co-ed youth basketball leagues

High School

- * **FREE** Orientation and access to our Fitness Center
- * **FREE** Access to all Aerobic classes 14 & older with Fitness Center Orientation
- * **FREE** Racquetball
- * **FREE** Open Recreational Basketball & Swim
- * Substantial discounts on specialty classes & swim lessons

Adult/Senior

- * **FREE** Orientation and access to our Fitness Center
- * **FREE** Aerobics & Aqua classes offered weekly, with more than 50 class options available including, Yoga, Yoqua, Yogalates, and Zumba just to name a few!
- * **FREE** Unlimited access to our Fitness Center
- * **FREE** Spin®/TRX®/Barre Classes
- * **FREE** Racquetball
- * **FREE** Open Recreational Swim and Adult Lap Swim
- * **FREE** Open Recreational Basketball
- * **FREE** Babysitting Services (for ages 1-5)(Fall-Spring)
- * **FREE** Access to our seasonal outdoor Tennis Courts
- * Substantial discounts on specialty classes, Adult swim lessons, basketball leagues
- * Access to Personal Training
- * Online registration for all activities

Family

- * **FREE** Daily Open Recreational Swim
- * **FREE** Daily Open Recreational Basketball
- * **FREE** Family Time Swim (Fall-Spring)
- * **FREE** Babysitting Services (for ages 1-5)(Fall-Spring)
- * **FREE** Stay & Play (Fall-Spring)
- * **FREE** Friday Night Family Rollerskating (Fall-Spring)
- * **FREE** Racquetball
- * **FREE** Kids Club

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!

**Member Appreciation
Week 9/14-9/20**

We
**Our
Members**

Gym Activities

Friday Night Roller Skate

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

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

Roller skating will begin for the season September 11th. **Join us on 10/16 for our 13th Annual Halloween Costume Roller Skating Party Fundraiser. See page 3.**

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

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

FREE Members Guests Day Pass Available

Stay & Play

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

This is not a drop off program.

Mondays & Wednesdays 10:00 - 10:45am

FREE Members Guest Day Pass Available

Family Time Gym & Swim

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

NOTE: Original Pool CLOSED from August 22nd - September 20th.

Fridays, beginning Sept 25th

Gym: 10:00 - 11:00am Pool: 11:00 - 12:15pm

FREE Members Guest Day Pass Available

NEW! Sports Sampler (Ages 7-13)

Give your child the opportunity to discover a variety of sports in one exciting program! Sports Sampler is a four-week instructional series designed to introduce participants to a different sport each week. Led by a Community Engagement Specialist and experienced instructors, participants will learn the fundamentals, rules, skills, and techniques of each sport through fun drills, games, and hands-on activities. This program is perfect for children who want to explore new interests, build confidence, and stay active in a supportive environment. Because each week focuses on a different sport and builds on previous lessons. Participants must register for the full four-week session.

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

Tuesdays 5:00pm - 6:00pm

Sept 22, Sept 29, Oct 6 & Oct 13

FREE Members \$28 Guests

Afterschool Activities (Ages 11-14)

When school ends, the WCC is the place to relax, create, and connect with friends! Afterschool Arts provides a safe, welcoming space where students can enjoy self-directed arts and crafts, work on homework, read, play quiet games, or simply unwind after the school day. Staff will provide a variety of materials, activities, and project ideas, while participants are encouraged to explore their own interests at their own pace. WCC staff will be present to supervise and ensure a positive environment, but activities are self-led and participation is flexible.

NOTE: Afterschool Activities will be held in designated program spaces within the Community Center. Activities and locations may vary based on available space, participant interests, and/or planned projects. No Afterschool Activities programs during Northbridge Public School vacations and weather-related closures. Afterschool Activities will begin September 14th

Monday, Wednesday & Friday 2:00 - 3:00pm

FREE Members Guest Day Pass Available

Middle School Organized Open Recreation (Ages 11-14)

All skill levels welcome! Bring your friends & get in the game! Looking for something fun, active, and social after school? Middle School Organized Open Rec gives students a safe and welcoming place to stay active, make friends, and enjoy their favorite sports each afternoon. Participants will take part in organized games and activities led by Recreation Center staff, with opportunities to play basketball, floor hockey, soccer, kickball, dodgeball, volleyball, and more.

Monday - Friday 2:00 - 3:00pm

FREE Members Guest Day Pass Available

NEW! Camp Whitin Sports Club (Ages 7-13)

Relive the excitement of summer camp this Fall! Join us each week for different camp favorite games and sports, including Gaga Ball, Capture the Flag, Kickball, Dodgeball, Soccer, Basketball, and more. Participants will stay active, build friendships, practice teamwork, and enjoy the games they loved most during summer camp in a fun and supportive environment. **Pre-registration is required through Daxko. We will relocate to the Gymnasium if it is raining.**

Mondays

SESSION I

SESSION II

FREE Members

5:00 - 6:00pm

Sept 14th - Oct 12th

Oct 19th - Nov 16th

\$35 Guests per session

Youth Basketball In The Gym (Ages 7-13)

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

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

Thursdays

SESSION I

SESSION II

FREE Members

5:00 - 6:00pm

Sept 10th - Oct 8th

Oct 15th - Nov 19th

\$42 Guests per session

Babysitting

Held in Room 2, Child Care Wing

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

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

Mini Soccer Instruction (Ages 4-6)

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

Saturdays 8:15am - 9:00am
September 12 - November 21
FREE Members **Guest Day Pass Available**

Basketball

Men's 25+ Basketball League

Our competitive Monday night league features players of all abilities and backgrounds for men 25 years of age or older. Teams are created by captains via a draft prior to the first game. Every game features two certified IABBO referees. Team shirts and schedules are handed out at the first game. **NO GAMES ON NOV 23RD. Pre-registration is required through Daxko.**

Monday 7pm or 8pm
September 14 - November 30
\$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 NOV 25TH. Pre-registration is required through Daxko.**

Wednesday 7pm or 8pm
September 16 - December 2
\$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	

Kids Club

Held in Room 1, Child Care Wing

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

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

Pickleball

Held in the Gymnasium

Join us for our Adult Recreational Pickleball League on Tuesday and 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 7:15 - 9:15pm
September 8 - November 17

SESSION II
Thursday 10:15 - 12:15pm
September 10 - November 19
\$69 Members **\$102 Guests**



Racquetball

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

Members-FREE

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

Guest Day Pass Available

Age 10 and under must be accompanied by an adult. See page 6 for more information.

Gymnasium

Monday

5:15 - 8:15 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 - 2:00 pm	Open Recreation
2:00 - 3:00 pm	Middle School Organized Open Recreation^
3:00 - 5:00 pm	BVCP
5:00 - 6:00 pm	NEW! Camp Whitin Sports Club^ (Whitin Park)
5:00 - 6:30 pm	Open Recreation\$
6:30 - 9:30 pm	Men's 25+ Basketball League^\$

Tuesday

5:15 - 8:15 am	Open Recreation
8:30 - 10:00 am	BVCP
10:15 - 1:30 pm	Open Recreation*
2:00 - 3:00 pm	Middle School Organized Open Recreation^
3:00 - 5:00 pm	BVCP
5:00 - 6:00 pm	NEW! Sports Sampler^\$
6:00 - 7:00 pm	Open Recreation\$
7:15 - 9:15 pm	Pickleball^\$

Wednesday

5:15 - 8:15 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 - 2:00 pm	Open Recreation
2:00 - 3:00 pm	Middle School Organized Open Recreation^
3:00 - 5:00 pm	BVCP
5:00 - 6:30 pm	Open Recreation\$
6:30 - 9:30 pm	Men's 40+ Basketball League^\$

Thursday

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

Friday

5:15 - 8:15 am	Open Recreation
8:30 - 10:00 am	BVCP
10:00 - 11:00 am	Family Time Gym^*
12:30 - 1:30 pm	Open Recreation
2:00 - 3:00 pm	Middle School Organized Open Recreation^
3:00 - 5:00 pm	BVCP
5:30 - 7:00 pm	Family Roller Skating^
7:00 - 7:45 pm	Teen Skate (Grades 6-8)
7:45 - 9:15 pm	Middle & High School Open Recreation

Saturday

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

Sunday

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

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

Gymnasium Unavailable

Oct 14	Annual Blood Drive 10:00am - 5:00pm
Oct 16	Halloween Roller Skating Party 5:00pm - 9:00pm
Oct 27	Vaccine Clinic 10:00am - 4:00pm
Nov 5	Thanks For Giving Event 3:00pm - 6:30pm
Nov 25	Whitin Five Thanksgiving Day Race Packet Pickup 3:30pm - 7:00pm
Nov 26	Thanksgiving All Day
Nov 27	Black Friday 5:00am - 12:00pm

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



Aerobics

Monday

7:30 - 8:30 am	Step & Pump
8:45 - 9:30 am	Rebounding (Racquetball Court)*
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	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
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	Power Pilates
5:45 - 6:30 pm	Rebounding (Racquetball Court)§
5:45 - 6:45 pm	Interval Training§
7:00 - 8:00 pm	Candlelight Yoga§

Thursday

7:30 - 8:30 am	Interval Training
8:45 - 9:30 am	Rebounding (Racquetball Court)*
8:45 - 9:35 am	Barbell Training*
9:45 - 10:45 am	Pilates*
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	Core 'N More §

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

Guest Day Passes available by age. Please see page 6 for more information.

* Babysitting Available
§ Kids Club Available



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 are held in the Aerobics Studio unless specified otherwise. Must pre-register in Daxko for all classes.

Fall 2026 Aerobics Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step & Pump 7:30-8:30am Judy	Interval Training 7:30-8:30am Judy	Cardio, Core, & Strength 6:30-7:15am Chantal	Interval Training 7:30-8:30am Tracy	Cardio, Core, & Strength 6:30-7:15am Chantal	Intervals in 45 7:00-7:45am Diane	Step Interval 8:00-9:00am Judy
Rebounding (Racquetball Court) 8:45-9:30am Amy	Power Pump 8:45-9:35am Tracy	Pilates 7:30-8:30am Danielle	Rebounding (Racquetball Court) 8:45-9:30am Amy	Triple Play Step 7:30-8:30am Judy	Power Pump 8:00-9:00am Tracy	Core 'N More 9:15-10:15am Chantal
Strength & Cardio Mix 8:45-9:35am Heidi	Zumba 9:45-10:45am Pauline	Bootcamp 8:45-9:35am Darlene	Barbell Training 8:45-9:35am Heidi	Strength & Cardio Mix 8:45-9:35am Shayna	Iron Yoga 9:15-10:15am Leasha	
Mind Body Fusion 9:45-10:45am Leasha	Silver Sneakers® Balance & Strength 11:00-11:45am Tracy	Yogalates 9:45-10:45am Donna	Pilates 9:45-10:45am Amy	Yoga 9:45-10:45am Danielle		
Beginner Muscle Work 11:00-11:30am Tracy	Weight Training 3:30-4:15pm Leasha	Beginner Cardio 11:00-11:30am Tracy	Zumba (Racquetball Court) 9:45-10:45am Pauline	Silver Sneakers® Stretch & Yoga 11:00-11:45am Leasha		
Silver Sneakers® Cardio Mix (Gym) 11:00-11:45am Leasha	Strength & Cardio Mix 5:45-6:45pm Heidi	Silver Sneakers® Yoga (Gym) 11:00-11:45am Donna	Silver Sneakers® Cardio Drum Mix 11:00-11:45am Amy	Silver Sneakers® Stretchlates 12:00-12:45pm Marcia		
Silver Sneakers® Cardio Mix (Gym) 12:00-12:45pm Pauline		Silver Sneakers® Yoga (Gym) 12:00-12:45pm Donna	Strength & Cardio Mix 3:45-4:45pm Kristine	Weight Training for Beginners 4:30-5:15pm Leasha		
Strength & Cardio Mix 3:45-4:45pm Kristine		Strength & Cardio Mix 3:45-4:45pm Kristine	Core 'N More 5:45-6:45pm Chantal			
Power Pilates 5:00-5:30pm Zoe		Power Pilates 5:00-5:30pm Amy				
Cardio, Core, & Strength 5:45-6:45pm Sue		Rebounding (Racquetball Court) 5:45-6:30pm Amy				
Gentle Yoga 7:00-8:00pm Lesley		Interval Training 5:45-6:45pm Sue				
		Candlelight Yoga 7:00-8:00pm Lesley				

Prior to arriving at WCC, please reserve your spot in our classes/ programs, register online through [Daxko.com](https://operations.daxko.com/online/5309/GXP/ClassSchedule.mvc).

Reservations can be made 22 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://operations.daxko.com/online/5309/GXP/ClassSchedule.mvc>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

Members or guests 14 and under 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 Athletics@OurGym.org.

***NOTE: Instructors subject to change based on availability.**

Aerobics Descriptions

Barbell Training

Full body strength training workout using a barbell and/or weights

Beginner Cardio

Low-impact cardio exercises focusing on movement and cardiovascular health

Beginner Muscle Work

Strength training designed for those new to exercise using dumbbells, resistance bands, balls, and body weight

Bootcamp

Stations of cardio and strength training using a variety of equipment which may include kick boxing bags, weights, kettlebells, ropes, and/or tubing and occasionally agility drills

Candlelight Yoga

Gentle yoga taught in candlelight

Cardio, Core, & Strength

A mix of cardio, core training, and muscle work

Core 'N More

Core strengthening using body weight and/or weights

Gentle Yoga

Yoga poses that concentrate on relaxation, breathing, and stretching

Intervals In 45

Cardio moves combined with core and strengthening moves

Interval Training

Alternating segments of cardio and muscle work using weights, kettlebells, tubing, and/or balls

Iron Yoga

Yoga poses that may include holding light weights

Mind Body Fusion

Yoga poses that concentrate on the mind body connection

Pilates

Muscle strengthening focusing on the core using Pilates rings, light weights, and/or balls

Power Pilates

Express Pilates class focusing on strength

Power Pump

Choreographed to music, full body strength training workout using a barbell and/or weights

Rebounding

Low impact, full body workout performed on a mini trampoline

Silver Sneakers Balance & Strength

Chair based strength work using weights and standing balance work, geared towards seniors

Silver Sneakers Cardio Mix

Chair based low impact cardio and muscle work using weights, tubing, and/or balls, geared towards seniors

Silver Sneakers Cardio Drum Mix

Drumming on a stability ball, either seated or standing, choreographed to music alternated with low impact cardio, geared towards seniors

Silver Sneakers Stretch & Yoga

Chair based yoga poses and stretching exercises, geared towards seniors

Silver Sneakers Stretchlates

Chair based Pilates moves and stretching exercises, geared towards seniors

Silver Sneakers Yoga

Chair based yoga poses focusing on breathing and relaxation, geared towards seniors

Step & Pump

Stepping up and down on a platform, followed by muscle work using a barbell

Step Interval

Alternating segments of step and muscle work using weights or tubing

Strength & Cardio Mix

Segments of strength using weights, kettlebells, tubing, and/or balls and segments of high/low cardio

Triple Play Step

Muscle work using tubing or weights, followed by a step workout, finishing with an abdominal workout

Weight Training

Muscle work using weights, tubing, and/or balls, etc.

Weight Training for Beginners

Muscle work at a slower pace using weights, tubing, and/or balls, etc.

Yoga

Poses to improve overall health by building strength and improving balance and flexibility

Yogalates

Combination of yoga poses and Pilates moves

Zumba

High/low impact and intensity dance moves choreographed to music



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.

Select the checking account that fits your goals. Apply online or visit any branch to get started.



UNIBANK



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

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*
6:45 - 7:30 pm	TRX§

Friday

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

Saturday

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

Sunday

8:15 - 9:00 am	Spin
----------------	------

Guest Day Passes available by age. Please see page 6 for more information.

* Babysitting Available
§ Kids Club Available



Exciting News!

Now Offering Occupational Therapy Services in Whitinsville

Occupational Therapy (OT) interventions, including:

- Improving **fine and gross motor skills**
- Developing **coping strategies** to support regulation and daily functioning
- Individualized yoga and mindfulness programs for adults and children with intellectual/developmental delays

**Contact Us
508-499-9206**



namaste



NOTE: All classes listed are held in the Spin/TRX Studio unless specified otherwise. Must pre-register in Daxko for all classes.

Fall 2026 Spin / TRX / Barre Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am Julie	TRX 7:30-8:15am Darlene	Spin & Strength 5:15-6:15am Julie	Spin 5:15-6:00am Julie	Spin 8:30-9:15am Marcia	Spin & Abs 8:15-9:15am Darlene	Spin 8:15-9:00am David
Spin 8:30-9:15am Tammy	Spin 8:30-9:15am Darlene	Spin 8:30-9:15am Tammy	Spin & Strength 8:30-9:30am Darlene	TRX 9:30-10:15am Marcia		
TRX 9:30-10:15am Darlene	Barre 9:30-10:30am Shayna	TRX 9:45-10:30am Darlene	TRX 6:45-7:30pm Lorna			
Spin 5:45-6:30pm Zoe	Spin 5:45-6:30pm Chantal	Spin 5:45-6:30pm David				
	TRX 6:45-7:30pm Lorna	Barre 6:45-7:45pm Shayna				

Spin / TRX / Barre Descriptions

Barre

Whole body workout based on ballet movements, may include weights, Pilates rings, balls, etc.

Spin

Cycling on a stationary bike using a resistance knob to control intensity, tension, and speed

Spin & Abs

Spin followed by an abs workout

Spin & Strength

Spin followed by a strength workout using hand held weights and/or body weight

TRX

Total resistance exercises using suspension straps and body weight and/or balls

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through Daxko.com.

Reservations can be made 22 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://operations.daxko.com/online/5309/GXP/ClassSchedule.mvc>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

Members or guests 14 and under 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 Athletics@OurGym.org.

***NOTE: Instructors subject to change based on availability.**

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
- 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
- Intervals In 45
- Interval Training
- Rebounding
- 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
- 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 Ascend
- Aqua Aerobics & Core
- Aqua Barre
- Aqua Fit
- 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 see the NEW! Day-By-Days attached in the schedule! Or they are 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



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

WCC Children's Benefit
March 25, 2026

Kids Fair & Eggstravaganza
March 28, 2026

Picnic In The Park
June 6, 2026

**Youth Outreach Summer
Theatre Production**
July 24 & 25, 2026

Cars In The Park
August 15, 2026

Benefit Golf Tournament
August 31, 2026

Greenway Challenge
CANCELLED

**Halloween Haunted Swim &
Costume Roller Skating Party**
October 16, 2026

WCC Appreciation Day
November 5, 2026

Santa's Coming To WCC!
December 12, 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

Swim Lessons



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

Pre-Registration Required in Daxko

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

****NO SWIM LESSONS, November 26th or 28th****

(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. **A parent or responsible adult is required to participate in the water for Babies' lessons.**

Session I:

Monday	Sept 21 - Oct 19	(5)	11:00 - 11:45am
Wednesday	Sept 23 - Oct 21	(5)	11:00 - 11:45am
Saturday	Sept 26 - Oct 24	(5)	9:00 - 9:45am

Session II:

Monday	Oct 26 - Nov 23	(5)	11:00 - 11:45am
Wednesday	Oct 28 - Nov 25	(5)	11:00 - 11:45am
Saturday	Oct 31 - Nov 21	(4)	9:00 - 9:45am

(4 Wks.) \$42 Members \$76 Guests

(5 Wks.) \$52.50 Members \$95 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:

Thursday(E)	Sept 24 - Oct 22	(5)	4:00 - 4:30pm
Thursday(E)	Sept 24 - Oct 22	(5)	5:10 - 5:40pm
Saturday	Sept 26 - Oct 24	(5)	9:50 - 10:35am

Session II:

Thursday(E)	Oct 29 - Nov 19	(4)	4:00 - 4:30pm
Thursday(E)	Oct 29 - Nov 19	(4)	5:10 - 5:40pm
Saturday	Oct 31 - Nov 21	(4)	9:50 - 10:35am

(4 Wks.) \$42 Members \$76 Guests

(5 Wks.) \$52.50 Members \$95 Guests

FALL SWIM EVALUATIONS In Original Pool

Saturday, November 14, 2026

1:00pm-2:15pm

Contact aquatics@OurGym.org for more information

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

****NO SWIM LESSONS, November 26th or 28th****

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)

Thursday	Sept 24 - Nov 19	(9)	4:35 - 5:05pm
Thursday	Sept 24 - Nov 19	(9)	5:45 - 6:15pm
Thursday	Sept 24 - Nov 19	(9)	6:20 - 6:50pm
Saturday	Sept 26 - Nov 21	(9)	11:50 - 12:20pm
Saturday	Sept 26 - Nov 21	(9)	12:25 - 12:55pm

Level 2 (Fundamental Water Skills-Deep Water)

Monday	Sept 21 - Nov 23	(10)	3:35 - 4:05pm
Tuesday	Sept 22 - Nov 24	(10)	4:00 - 4:30pm
Saturday	Sept 26 - Nov 21	(9)	11:15 - 11:45am

Level 3 (Beginner Stroke Development)

Monday	Sept 21 - Nov 23	(10)	4:10 - 4:40pm
Tuesday	Sept 22 - Nov 24	(10)	4:35 - 5:05pm
Saturday	Sept 26 - Nov 21	(9)	10:40 - 11:10am

Level 3.5 (Beginner Stroke Improvement)

Tuesday	Sept 22 - Nov 24	(10)	5:10 - 5:40pm
---------	------------------	------	---------------

Level 4 (Intermediate Stroke Development)

Monday	Sept 21 - Nov 23	(10)	4:45 - 5:15pm
--------	------------------	------	---------------

Level 4.5 (Intermediate Stroke Refinement)

Tuesday	Sept 22 - Nov 24	(10)	5:45 - 6:15pm
---------	------------------	------	---------------

Level 5 (Intermediate Stroke Competitive)

Monday	Sept 21 - Nov 23	(10)	5:20 - 5:50pm
--------	------------------	------	---------------

Level 6 (Advanced Stroke Competitive)

Monday	Sept 21 - Nov 23	(10)	6:15 - 6:45pm
--------	------------------	------	---------------

(Note: Level 6 only held in competition pool.)

(9 Wks.) \$94.50 Members \$171 Guests

(10 Wks.) \$105 Members \$190 Guests

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

LEVEL 1: BEGINNER (INTRO TO WATER SKILLS - SHALLOW WATER)

- Exit/enter water using side of the pool
- Blow bubbles for 3 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 & back to front
- Treading water arm & leg actions
- Alternating & simultaneous leg & arm actions on front/back
- Jump in deep water unaided, return to the wall of safety

LEVEL 2: BEGINNER (FUNDAMENTAL WATER SKILLS - DEEP WATER)

- Be comfortable in deep water
- Jump in deep water, return to the wall of safety
- Tread water for 15 seconds
- Retrieve submerged object
- Bobbing 10 times
- Front/tuck/jellyfish for 10 seconds (survival float)
- Front/back glide & recover to a vertical position
- Back float for 15 seconds
- Roll from front to back, then back to front
- Change directions while swimming on front or back

LEVEL 3: BEGINNER (STROKE DEVELOPMENT)

- Jump into the deep water, return to wall of safety
- Headfirst entry from side in seated, kneeling, standing position
- Bobbing while moving to safety
- Rotary breathing
- Front/back/tuck/jellyfish for 30 seconds (survival float)
- Tread water for 1 minute
- Push off in streamline position on front/back then begin kicking
- Swim the front crawl for 60 yards
- Swim back crawl for 60 yards
- Swim elementary backstroke for 60 yards

LEVEL 3.5: BEGINNER (STROKE IMPROVEMENT)

- Jump into the deep water, return to the wall of safety
- Headfirst entry from the side in seated/kneeling/standing
- Front/back/tuck/jellyfish for 30 seconds (survival float)
- Head/feet first surface dive
- Open turns front and back
- Tread water for 1 minute
- Push off in a streamlined position on front/ back then begin kicking
- Swim front crawl for 80 yards
- Swim back crawl for 80 yards
- Swim elementary backstroke for 80 yards

LEVEL 4: INTERMEDIATE (STROKE DEVELOPMENT)

- Head/feet entry in compact & stride position
- Head/feet first surface dive
- Tread water for 2 minutes
- Open turns front/back
- Swim front crawl for 80 yards
- Swim back crawl for 80 yards
- Swim elementary backstroke for 80 yards
- Swim breaststroke for 40 yards
- Swim butterfly for 40 yards
- Swim sidestroke for 40 yards

LEVEL 4.5: INTERMEDIATE (STROKE REFINEMENT)

- Head/feet first surface dives
- Open turns front and back
- Tread water for 5 minutes
- Shallow angle dive
- Swim front crawl for 100 yards
- Swim back crawl for 100 yards
- Swim elementary backstroke for 100 yards
- Swim breaststroke for 60 yards
- Swim butterfly 60 yards
- Swim sidestroke 60 yards

LEVEL 5: INTERMEDIATE (STROKE COMPETITIVE)

- Head/feet first surface dives
- Open turns front and back
- Flip turns front and back
- Tread water for 5 minutes/2 minutes no arms - legs only
- Swim front crawl for 120 yards
- Swim back crawl for 120 yards
- Swim elementary backstroke for 100 yards
- Swim breaststroke for 80 yards
- Swim butterfly for 80 yards
- Swim sidestroke 80 yards

LEVEL 6: ADVANCED (STROKE COMPETITIVE)

- Competition Start
- Individual Medley (IM)
- Open turns front and back
- Flips turns front and back
- Swim front crawl for 150 yards
- Swim backcrawl for 150 yards
- Swim elementary backstroke for 120 yards
- Swim breaststroke for 120 yards
- Swim butterfly for 100 yards
- Swim sidestroke for 80 yards

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.

Competition Pool

Monday

5:30 - 12:15 pm	Adult Lap Swim^* (6 Lanes)
12:15 - 2:30 pm	Adult Lap Swim^ (5 Lanes)
12:15 - 2:30 pm	Open Rec Swim (1 Lane)
4:00 - 7:00 pm	Swim Team
6:15 - 6:45 pm	Level 6 Instruction^\$ (1 Lanes)
7:00 - 8:00 pm	Adult Swim Club^ \$ (2 Lanes)
7:00 - 8:00 pm	Adult Lap Swim^\$ (4 Lanes)
8:00 - 9:00 pm	Adult Lap Swim^ (6 Lanes)

Tuesday

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

Friday

5:30 - 2:30 pm	Adult Lap Swim^* (6 Lanes)
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^ (6 Lanes)
10:00 - 12:00 pm	Adult Lap Swim^ (3 Lanes)
10:00 - 12:00 pm	Open Rec Swim/Outreach (3 Lanes)
12:30 - 4:45 pm	Splash Party Rental^

Sunday

6:00 - 9:00 am	Swim Team
9:00 - 10:00 am	Adult Lap Swim^ (6 Lanes)
10:00 - 3:00 pm	Adult Lap Swim^ (4 Lanes)
10:00 - 3:00 pm	Open Rec Swim (2 Lanes)

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

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

Competition Pool Unavailable

Oct 16 Halloween Haunted Swim Party
5:00pm-9:00pm
Nov 26 Thanksgiving Day
All Day



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
3:35 - 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	Level 2 Instruction [^]
4:35 - 5:05 pm	Level 3 Instruction [^]
5:10 - 5:40 pm	Level 3.5 Instruction [^]
5:45 - 6:15 pm	Level 4.5 Instruction [^] §
6:20 - 6:50 pm	Adult Swim Lessons [^] §
7:00 - 8:00 pm	Aqua Aerobics [^] §

Wednesday

6:30 - 8:30 am	Adult Exercise Swim
8:30 - 9:15 am	Aqua Aerobics [^] *
9:15 - 10:00 am	Aqua Zumba [^] *
10:05 - 10:50 am	Water Workout [^] *
11:00 - 11:45 am	Babies Instruction [^] *
11:45 - 1:15 pm	Adult Exercise Swim
2:35 - 3:35 pm	Teen & Tween Swim
3:45 - 6:45 pm	Swim Team
7:00 - 8:00 pm	Aqua Intervals [^] §

Thursday

6:30 - 8:30 am	Adult Exercise Swim
8:30 - 9:15 am	Aqua Aerobics [^] *
10:00 - 10:45 am	Arthritis Exercise [^] *
10:50 - 12:15 pm	Adult Exercise Swim [^] *
12:30 - 4:00 pm	BVPTS
4:00 - 4:30 pm	Tots 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 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	Aqua Ascend [^] *
11:00 - 12:15 pm	Family Time Swim*
12:15 - 1:30 pm	Adult Exercise Swim
1:35 - 2:35 pm	Aqua Fit [^]
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

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

Sunday

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

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

* Babysitting Available
[^] Pre-Registration Required
 § Kids Club Available

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

Original Pool Unavailable

**Oct 16 Halloween Haunted Swim Party
5:00pm-6:00pm**

Nov 26 Thanksgiving Day

.....

**Original Pool CLOSED
for Maintenance**

August 22nd - September 20th





Lap Swim Challenge

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

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

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

Fall 2026 Aqua Aerobics/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Silver Sneakers® Silver Splash <i>Original</i> 8:30-9:30am Leasha	Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Silver Sneakers® Silver Splash <i>Original</i> 8:15-9:15am Leasha	Aqua Aerobics <i>Original</i> 8:00-8:45am Lorna	Deep Water Workout <i>Original</i> 7:45-8:45am Patti
Water Workout <i>Original</i> 9:25-10:10am Anne	Aqua Aerobics & Core <i>Competition</i> 9:30-10:30am Marcia	Aqua Zumba <i>Original</i> 9:15-10:00am Pauline	Arthritis Exercise <i>Original</i> 10:00-10:45am Anne	Aqua Intervals <i>Original</i> 9:15-10:15am Leasha		
Aqua Barre <i>Original</i> 6:00-7:00pm Patti	Tabata H2O <i>Competition</i> 10:30-11:15am Leasha	Aqua Aerobics <i>Competition</i> 9:30-10:30am Leasha	Aqua Intervals <i>Competition</i> 9:30-10:30am Patti	Aqua Ascend <i>Original</i> 10:15-11:00am Patti		
Aqua Barre <i>Original</i> 7:00-8:00pm Patti	Aqua Aerobics <i>Original</i> 7:00-8:00pm Chantal	Water Workout <i>Original</i> 10:05-10:50am Anne	Aqua Intervals <i>Original</i> 7:00-8:00pm Patti	Aqua Fit <i>Original</i> 1:35-2:35pm Patti		
		Aqua Intervals <i>Original</i> 7:00-8:00pm Amy		Yoqua <i>Original</i> 6:00-7:00pm Leasha		

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through Daxko.com. Reservations can be made 22 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://operations.daxko.com/Online/5309/ProgramsV2/Home.mvc>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

Members or guests 14 and under 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 Athletics@OurGym.org.

***NOTE: Instructors subject to change based on availability.**

Aqua Aerobics/Exercise Descriptions

Aqua Aerobics

Cardio and sculpting moves using water resistance and/or Styrofoam weights, noodles, and kick boards

Aqua Aerobics & Core

Aqua aerobics that concentrates on working the core muscles

Aqua Ascend

Building on each prior segment using noodles, Styrofoam weights, boards, and resistance bands to steadily climb higher in complexity and intensity

Aqua Barre

Barre class in the water using the sides of the pool and/or pool noodles as a bar. May include resistance training using Styrofoam weights, balls, body weight, etc.

Aqua Fit

Full body workout for all fitness levels using resistance training, cardio bursts, and flexibility to stay tough on fat, but gentle on joints

Aqua Intervals

Alternating segments of cardio and muscle work using water resistance, Styrofoam weights, noodles, and/or kick boards

Aqua Zumba

Dance type moves against the resistance of the water choreographed to music

Arthritis Exercise

Resistance moves against the water using small range of motion

Deep Water Workout

Done in the deep end of the pool using noodles, Styrofoam weights, and/or kick boards

Silver Sneakers Silver Splash

Slower paced aqua aerobics, geared towards seniors

Tabata H2O

Alternating segments of high intensity aqua aerobics followed by rest

Water Workout

Muscle workout done at the side of the pool using water resistance and/or Styrofoam weights

Yoqua

Yoga poses in the water concentrating on balance, flexibility, and breathing

MEMBERSHIP DISCOUNTS

MOST POPULAR



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

**OUT OF STATE
RESIDENTS**



The Silver Sneakers program is offered through Medicare

**MASSACHUSETTS
RESIDENTS**



The Renew Active program is offered to UnitedHealthcare members only

**MASSACHUSETTS
RESIDENTS**

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

Aqua / Specialty Classes



**American
Red Cross**

First Aid, CPR & AED For Adult & Child

As part of our commitment to the community, the Whitin Community Center is offering the following Red Cross class this Fall for ages 15 and older. Certification would be valid for 2 years. **Pre-registration is required through Daxko. Held in the Conference Room. Please register one week prior to take the online portion before the class.**

SESSION I

Tuesday 6:30pm - 8:30pm (in person skills)
Sept 22nd

SESSION II

Tuesday 6:30pm - 8:30pm (in person skills)
Oct 27th

\$85 Members

\$103 Guests

Lifeguard Training

**Online and Classroom Style (Approx. 6 hours are online)
Sign up no later than two days prior to class to watch videos
Pre-registration is required through Daxko**

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

Prerequisites: Minimum age: 15 years; Swim 300/500 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

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

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

Breaks included throughout the day.

Nov 29th 9:00am - 4:00pm

Dec 1st 4:00pm - 9:00pm

Dec 3rd 4:00pm - 9:00pm

Dec 6th 9:00am - 4:00pm

\$362 Members

\$420 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.**

Sept 13 7:00am - 6:00pm (with breaks)

\$162 Members

\$194 Guests

Adult Swim Club (Ages 18 & Over)

Looking to enhance your swimming skills our Adult Swim Club for adults over 18 years of age is the perfect place! We will meet weekly in the Competition Pool. For more information, please contact Aquatics@OurGym.org. **Pre-registration is required through GroupExPRO.**

Mondays

Sept 21 - Nov 23

FREE Members

7:00pm - 8:00pm

Guest Day Pass Available

Adult Beginner Swim Lessons (Ages 16 & up)

Instruct adults 16+ 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.**

Tuesdays

Sept 22 - Oct 20

\$79 Members

6:20pm - 6:50pm

\$142 Guests

Adult Intermediate Swim Lessons (Age 16 & up)

Instruct adults 16+ with some grasp of strokes or basic water skills. This class will focus on stroke mechanics and technique. **Pre-Registration is required through Daxko. Held in Original Pool.**

Tuesdays

Oct 27 - Nov 24

\$79 Members

6:20pm - 6:50pm

\$142 Guests

NEW! Teen & Tween Swim (Ages 11-14)

Make a splash with our new Teen & Tween Swim time! This dedicated swim session gives teens and tweens a chance to swim, hang out with friends, stay active, and enjoy the pool in a fun, supervised environment. **Held in the Original Pool.**

Wednesdays

Sept 23 - Nov 25

FREE Members

2:35pm - 3:35pm

Guest Day Pass Available



Aqua / Specialty Classes Continued



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.



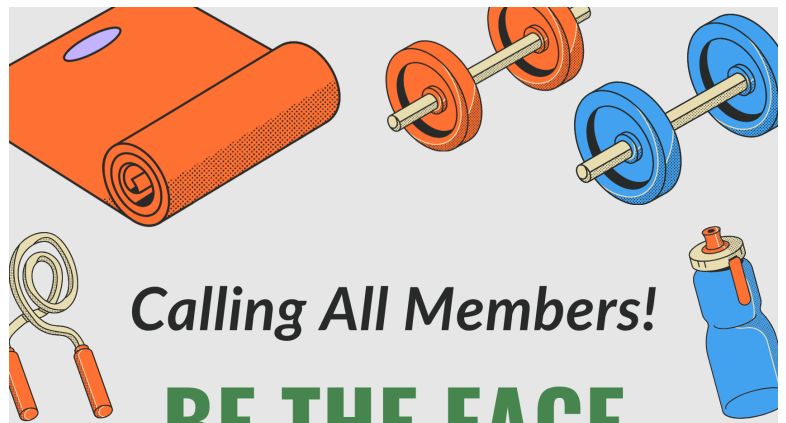
Crimson Aquatics

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



Calling All Members!

BE THE FACE OF OUR COMMUNITY!

We're updating our website, program schedules, advertisements, and more, and we're looking for members of all ages to volunteer as models for an upcoming photo shoot!

We're seeking participants from the gym, group exercise classes, spin, TRX, lap swim, swim lessons, and other programs. No modeling experience needed!

Volunteers will be required to sign a photo release allowing us to use images in public marketing materials.

**Date and times TBD
based on volunteer interest**

Interested? Sign up today
at the Member Services Desk!

****Please note that this is a
VOLUNTEER photo shoot and
no payment will be given**



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.

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 Afternoon Fitness & Fun & Summer Youth Theatre. For more information about any of these programs or to register, please contact **508-234-8184 ext 135** or **Outreach@OurGym.org**.

The Rockdale Youth Center (RYC)

The RYC, located at 57 Church Avenue in Northbridge, is open to youth ages 8-14 Monday through Friday from 2:00pm until 6:00pm during the school year. The RYC provides youth access to a structured program where the focus is on promoting a safe & healthy social, academic, and recreational environment at no cost to families. Half days, or early release days we will follow an adjusted schedule. For more information, please contact **508-234-8184 ext 135** or **Outreach@OurGym.org**.

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 - 9:15am - 10:15am

FREE Outreach Swim - 10:15am - 12:00pm

Please see page 5 for more information!

The Mentoring Partnership

The Mentoring Partnership assists to empower youth as they navigate their way through the many life challenges and choices presented to them. This partnership is able to run both in person and remote! Our virtual and in person Mentoring Partnership is for high school and college students interested in sharing their knowledge and passions with our elementary and middle school students! Community service hours will be provided! **MENTORS NEEDED.** If you are interested in becoming a mentor or for more information, please contact **508-234-8184 ext 135** or **Outreach@OurGym.org**.

Youth Theatre

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





**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.



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 2027. Referral program is not valid on Youth or High School Memberships. Free months gained from referral program are not redeemable for cash or credit and are non-transferable. Not valid with WCC Black Friday Deals. Other exclusions may apply.

60 Main St. Whitinsville, MA 01588 | 508.234.8184

www.WhitinCommunityCenter.com





Fitness. Family. Community.

Advertise With Us!

In Our Quarterly Program Schedules
& On Our Digital Monitor

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

Dimensions for ADs are listed in inches, measured by height and width. Measurements are exact outside dimensions, which include the border. The AD sizes shown are non-bleed image areas. ADs must be submitted exactly as the size indicates. ADs that are submitted and need re-formatting may incur an additional charge to correct the document or will be sent back to be corrected. You must double check your spelling before submitting your AD. We will not be responsible for spelling errors and/or typos. No credits will be given for submitting ADs that do not meet the Whitin Community Center's required specifications. Please reference the measurements provided below for correct sizes & pricing.

The Whitin Community Center uses Mac-based programs for our Schedule Design & Digital ADs:

We use Adobe CS4 to generate graphic files. ADs may be sent in Black & White (grayscale), RGB or CMYK formatting.

Print-Ready AD Specs:

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

Digital ADs:

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

ADs:

ADs should be 300 dpi or higher, B&W, RGB, or CMYK, flattened, text converted to outlines or curved based and scaled to size.

Transfer Process:

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

Custom AD Design:

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

***We reserve the right to decline any advertisement.**

ADS AVAILABLE:

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

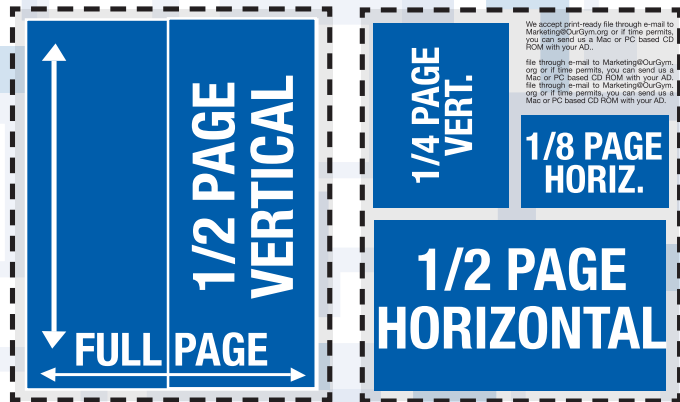
***NOTE: Digital ADs run the duration of the schedule listed.**

PRINT ADS SIZING PER SCHEDULE:

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

DIGITAL ADS SIZING:

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



**FULL SCREEN
12sec. Loop**

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



Fall Cleanup Starts Here

Everything you need to clear the way this fall

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



Gaudette
Insurance Agency

Celebrating **100** **years** of Trusted Protection

For 100 years, Gaudette Insurance has helped individuals, families, and businesses protect what matters most. As we celebrate this milestone, we remain committed to the personalized service, trusted guidance, and local relationships that have defined our agency for generations.

Personal & **Business** Insurance Solutions:

PERSONAL

- + Auto
- + Home
- + Renters / Condo
- + Umbrella
- + Life



BUSINESS

- + Commercial Property
- + General Liability
- + Workers' Compensation
- + Commercial Auto
- + Specialized Business Coverage



And many more. If you have a unique need or aren't sure what type of coverage fits your situation, **our team is here to help.**

**Serving Our Community
from Local Offices**

Whitinsville | North Grafton | Westborough
Southborough | Shrewsbury

Serving our
community
**SINCE
1926**

gaudette-insurance.com
508-234-6333

Whitin Community Center

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



13th Annual Roller Skating Costume Party!

WCC Gymnasium

October 16th

5:30 - 6:30pm

6:45 - 7:45pm

8:00 - 9:00pm

Space & Skates are limited

\$5.00

per child,
per session

parents FREE

Children ages 12 and under

Concessions will be sold

Goodie Bags for every child!

All proceeds benefit the Youth Outreach Program

60 Main St. Whitinsville MA 01588 | 508.234.8184

www.WhitinCommunityCenter.com



HALLOWEEN HAUNTED SWIM

WCC Competition Pool

October 16th

5:30-6:30pm

6:45-7:45pm

8:00-9:00pm

\$5.00

per child,
per session

parents FREE

Swim to fun Halloween tunes!

Play with inflatable pool toys!

Experience a howling good time!

All proceeds benefit the BVCP Playground Fund

60 Main St. Whitinsville MA 01588 | 508.234.8184

www.WhitinCommunityCenter.com

Thank You!

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

