Welcome to the
Whitin Community Center

NOTE: Enclosed pool schedules reflect future schedule once the competition pool is fully functional.



WCC
Fitness. Family. Community.

2026-27 WINTER Schedule

Dec 7 - Feb 28

Registration Dates

Members: November 9, 2026
Guests: November 16, 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.

Early Closures at 1:00pm

December 24, 2026 - Christmas Eve
December 31, 2026 - New Year's Eve

Facility Closures

December 25, 2026 - Christmas
January 1, 2027 - New Year's Day

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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.

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BLACK FRIDAY

ONLY 300 Tickets Available!

IN PERSON ONLY
8:00am-10:00am

30%, 40%, 50% or 75% OFF!

November 27th
(Paid in Full Only)

Scratch to reveal your discount!
30%, 40%, 50% or 75% OFF Membership, in addition to NO Joining Fee!
One lucky winner will win a FREE Membership!
Everyone is guaranteed at least 30% OFF!

NOTE: Black Friday membership promotion listed above is for NEW or existing paid in full memberships only. Offer valid IN PERSON ONLY on Black Friday, November 27, 2026. One Scratch Card per person. Scratch tickets available from 8:00am-10:00am at the Whitin Community Center, while supplies last. If we run out of scratch tickets, you will be guaranteed 30% OFF membership. Scratch card must be redeemed upon receipt, or forfeited. Scratch cards can be used towards one membership only, and membership start dates cannot be deferred. Must pay in full at time of purchase. Cannot be used in combination with any other discounts, promotions, gift certificates/cards or insurance discounts. No refunds or cancellations. Non-transferable. Other exclusions & rules may apply.

www.WhitinCommunityCenter.com

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CYBER MONDAY

November 30th

ONLINE ONLY 30% OFF!
All NEW Memberships will receive 30% OFF the 2026 rates & NO Joining Fee!

IN PERSON ONLY 30% OFF!
All RENEWAL Memberships will receive 30% OFF the 2026 rates & NO Joining Fee!

NOTE: Cyber Monday membership promotion listed above is for NEW & renewal paid in full or automatic withdrawal memberships. Offer valid ONLINE ONLY on Cyber Monday, for NEW memberships on Monday, November 30, 2026, and IN PERSON receive 30% off for NEW and RENEWAL memberships. Monthly promotional membership price is valid for 12 draft payments (1 year) from initial payment. After the initial 12 month promotional period, membership rates will go back to regular, non-discounted draft payments. Cannot be used in combination with any other discounts, promotions, gift certificates/cards or insurance discounts. No refunds or cancellations. Non-transferable. Other exclusions & rules may apply.

60 Main St. Whitinsville, MA 01588
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WHITIN COMMUNITY CENTER

Heritage Homecoming



THE ALDRICH SCHOOL

FALL 2027

ADDITIONAL INFORMATION TO FOLLOW

www.WhitinCommunityCenter.com



WCC
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HOME FOR THE HOLIDAYS MEMBERSHIP

December 1st - January 31st

College Students & Family Members visiting for the holidays can take advantage of this cool discount that allows complete access to the Whitin Community Center!

ONLY $71 PER PERSON

Register at the Member Services Desk today!

60 Main Street, Whitinsville MA 01588 | 508.234.8184

www.WhitinCommunityCenter.com

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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

WCC
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WINTER WARMUP OPEN HOUSE

Save 25%

ONE DAY ONLY, JAN 4th

When you ***pay for a NEW or RENEWED membership in full or by monthly draft***, receive 25% off the 2027 rates in addition to no joining fee!

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

Whitin Community Center
60 Main Street, Whitinsville MA 01588
www.WhitinCommunityCenter.com

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2027 Events



Join the Whitin Community Center at one of our upcoming events!

There's something for everyone!

Youth Outreach Winter Theatre Production
March 5 & 6, 2027

Kids Fair & Eggstravaganza
March 20, 2027

WCC Fundraising Gala
May 15, 2027

Picnic In The Park
June 5, 2027

Youth Outreach Summer Theatre Production
July 23 & 24, 2027

Cars In The Park
August 21, 2027

Benefit Golf Tournament
August 23, 2027

WCC Member Appreciation
September 13-17, 2027

Greenway Challenge
September 25, 2027

Halloween Haunted Swim & Costume Roller Skating Party
October 15, 2027

WCC Thanks For Giving Day
November 4, 2027

Santa's Coming To WCC!
December 11, 2027

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

Book Your Next Party With Us!

Booking Gymnasium & Splash Parties for Winter 2026-2027! To reserve your party, or for more information please contact, rentals@OurGym.org or 508.234.8184.



MEMBER DISCOUNTS AVAILABLE!

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.



MEMBER DISCOUNTS AVAILABLE!

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.

YOUTH outREACH
WHITIN COMMUNITY CENTER
Youth. Families. Community. Working in Partnership.

FREE Saturday Morning Fitness & Fun

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

9:15-10:15am

- **Dec 12** (Soccer In The Gym)
- **Dec 19** (National Wreaths Across America Day, Create Your Own Wreath Ornament In Members Lounge)
- **Dec 26** (Basketball In The Gym)
- **Jan 2** (Learn To Ride A Bike In The Gym) *NOTE: Bring your own bike and helmet to practice
- **Jan 9** (National Balloon Ascension Day, Decorate Paper Plate Paddles & Play A Game of Balloon Tennis In Members Lounge)
- **Jan 16** (National Book Publishers Day, Create Your Own Book In Members Lounge)
- **Jan 23** (Floor Hockey In The Gym)
- **Jan 30** (Ground Hog Obstacle Course In The Gym)
- **Feb 6** (Learn To Ride A Bike In The Gym) *NOTE: Bring your own bike and helmet to practice
- **Feb 13** (Football In The Gym)
- **Feb 20** (International Lego Classicism Day, Build Something Unique with Legos & Take It Home, Held In Members Lounge)
- **Feb 27** (Kickball In The Gym)

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

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

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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.



KOOPMAN LUMBER COMPANY

DON'T WAIT FOR THE FIRST STORM

ARIENS SNOW THROWERS NOW AVAILABLE



NORTH GRAFTON | UXBRIDGE | WHITINSVILLE

ARIENS

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 11-14)
* **FREE** Roller Skating (Fall-Spring)
* **FREE** Open Recreational Basketball & Swim
* **FREE** Outreach Programs (for ages 5-17)
* **FREE** Babysitting Services (for ages 1-11) (Fall-Spring)
* **FREE** Stay & Play (Fall-Spring)
* **FREE** Little Dribblers Basketball in the Gym
* **FREE** Family Time Gym & Swim
* **FREE** Middle School Organized Open Recreation
* **FREE** Dodgeball Games (ages 7-11)
* **FREE** Youth Floor Hockey (ages 7-11)
* 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** Youth Lap Swim
* **FREE** Aerobics & Aqua Aerobics
* **FREE** Spin®/TRX®/Barre Classes
* **FREE** Open Recreational Basketball & Swim
* **FREE** Open Recreational Swim
* **FREE** Access to our seasonal outdoor Tennis Courts
* 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 1-11) (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 Gym & Swim
* **FREE** Babysitting Services (for ages 1-5)(Fall-Spring)
* **FREE** Stay & Play (Fall-Spring)
* **FREE** Friday Night Family Rollerskating (Fall-Spring)
* **FREE** Racquetball

2027 Membership Rates

WCC

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2027 MEMBERSHIP RATES

MEMBERSHIP CATEGORIES	JOINING FEE	ANNUAL RATE	MONTHLY RATE
YOUTH (6 mos.-13 years)	$25.00	$150.00	$12.50
HIGH SCHOOL (14 - 17 years)	$25.00	$444.00	$37.00
YOUNG ADULT (18 - 26 years)	$50.00	$618.00	$51.50
ADULT (27 - 61 years)	$75.00	$1092.00	$91.00
ADULT COUPLE (27 - 61 years)	$75.00	$1623.00	$135.25
SENIOR (62 & older)	$25.00	$792.00	$66.00
SENIOR COUPLE (62 & older)	$25.00	$1185.00	$98.75
1 ADULT FAMILY (with children)	$75.00	$1455.00	$121.25
2 ADULT FAMILY (with children)	$75.00	$1878.00	$156.50

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!

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.**
Closed Christmas Day & New Years Day.

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	**10:00 - 10:45am**
Wednesdays	**1:00 - 2:00pm**

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: Pool location subject to change.**

Fridays

Gym: 12:30 - 1:30pm **Pool: 1:30 - 2:30pm**
FREE Members **Guest Day Pass Available**

Youth Floor Hockey (Ages 7-11)

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

Tuesdays	**5:00pm - 6:00pm**
Session I	**Dec 8 - Dec 29**
Session II	**Jan 5 - Jan 26**
Session III	**Feb 2 - Feb 23**

FREE Members **$30 Guests per session**

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.

Monday, Wednesday & Friday **2:30 - 3:30pm**
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 - Wednesday **2:00 - 3:00pm**
FREE Members **Guest Day Pass Available**

Little Dribblers Basketball (Ages 5-7)

Winter Mini Basketball program gives children a chance to learn some basic basketball skills while playing fun related games and drills. This program is for youth ages 5-7. **Parents must stay on-site. Program begins January 9th.**

Saturdays	**8:15 - 9:15am**
Session I	**Jan 9 - Jan 30**
Session II	**Feb 6 - Feb 27**

FREE Members **$30 Guests per session**

Dodgeball Games in Racquetball Court (Ages 7-11)

Ready to run, dodge, and have fun? This four-week program introduces youth to a variety of dodgeball games and creative challenges designed to keep everyone active and engaged. Participants will develop teamwork skills, stay active, and enjoy plenty of laughs along the way. **Pre-registration is required through Daxko. Held in Racquetball Court.**

Wednesdays	**4:30 - 5:30pm**
SESSION I	**Dec 9 - Dec 30**
SESSION II	**Jan 6 - Jan 27**
SESSION III	**Feb 3 - Feb 24**

FREE Members **$30 Guests per session**

Babysitting

(Ages 1-11)

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 ages 1 to 11 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**
Held in Room 2
of Childcare Wing

Monday - Thursday **5:30pm - 8:15pm**
Held in Room 1
of Childcare Wing

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. **Pre-registration is required through Daxko.**

Monday **7pm or 8pm**
December 7 - February 22
$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**
December 9 - February 24
$102 Members **$160 Guests**

Thank You To Our Men's League Sponsors!

- Gray Barn
- DJF Painting and Home Improvement, LLC
- Pace Auto Service
- Marra Flooring
- Margoupis Construction
- Riel Estate Team

Pickleball

Co-Ed Adult Pickleball League

Join us for our Co-Ed Adult Pickleball League on Tuesday and/or Thursday in the Gymnasium. This intermediate league of mixed skills will play Round Robin Style. ***Note: This is NOT a beginners league. Players should be self-assessed or certified according to the IPTPA skill assessment with a rating of at least 2.5. For more information, please contact pickleball@OurGym.org.*** **Pre-registration is required through Daxko. NO PICKLEBALL December 22, 24, 29, and 31.**

SESSION I - Tuesday
December 1 - February 23 **7:15 - 9:15pm**

SESSION II - Thursday
December 3 - February 25 **10:15 - 12:15pm**

$68 Members/per session **$120 Guests/per session**

Beginner Pickleball Lessons

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

SESSION I - Thursday
January 5 - January 26 **12:45pm - 2:45pm**

SESSION II - Thursday
February 2 - February 23 **12:45pm - 2:45pm**

$25 Members/per session **$44 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 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 - 6:30 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	Youth Floor Hockey^
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 - 11:00 am	Open Recreation
11:00 - 11:45 am	Silver Sneakers® Yoga^*
12:00 - 12:45 pm	Silver Sneakers® Yoga^
1:00 - 2:00 pm	Stay & Play
2:00 - 3:00 pm	Middle School Organized Open Recreation^
3:00 - 5:00 pm	BVCP
4:30 - 5:30 pm	Youth Dodgeball Games in Racquetball Ct.^
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	Co-Ed Adult Pickleball League^*
12:45 - 2:45 pm	Beginner Pickleball Lessons^
3:00 - 5:00 pm	BVCP
5:00 - 6:30 pm	Open Recreation*
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	Open Recreation*
12:30 - 1:30 pm	Family Time Gym^*
1:30 - 2:30 pm	Open Recreation
2:30 - 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 - 8:00 am	Open Recreation
8:15 - 9:15 am	Little Dribblers Basketball^
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 - 8:15 am	Open Recreation
8:30 - 12:00 pm	**Reserved For Rental**
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

Nov 27	Black Friday 5am-12pm

Early Gym Closings

Dec 24	Christmas Eve at 1:00pm
Dec 31	New Year's Eve at 1:00pm

Gymnasium Closed

Nov 25	Whitin Five Race Packet Pickup 3:30pm-7pm
Nov 26	Thanksgiving Day
Dec 12	Santa's Coming! 9am-2pm
Dec 25	Christmas Day
Jan 1	New Year's Day

* Babysitting Available
^ Pre-Registration Required



Winter 2026-27 Gym Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Recreation 5:15-8:15am	Open Recreation 5:15-8:15am	Open Recreation 5:15-8:15am	Open Recreation 5:15-8:15am	Open Recreation 5:15-8:15am	Open Recreation 6:00-8:00am	Open Recreation 6:00-8:15am
Stay & Play 10:00-10:45am	Open Recreation 10:15-1:30pm	Open Recreation 10:00-11:00am	Co-Ed Adult Pickleball League 10:15-12:15pm	Open Recreation 10:00-11:00am	Little Dribblers Basketball 8:15-9:15am	Reserved For Rental 8:30-12:00pm
Silver Sneakers® Cardio Mix 11:00-11:45am *Leasha*	Middle School Organized Open Recreation 2:00-3:00pm	Silver Sneakers® Yoga 11:00-11:45am *Donna*	Beginner Pickleball Lessons (1/5/27) 12:45-2:45pm	Family Time Gym 12:30-1:30pm	Outreach Saturday Morning Fitness & Fun 9:15-10:15am	Reserved For Party Rentals 12:00-4:00pm
Silver Sneakers® Cardio Mix 12:00-12:45pm *Pauline*	Youth Floor Hockey 5:00-6:00pm	Silver Sneakers® Yoga 12:00-12:45pm *Donna*	Open Recreation 5:00-6:30pm	Open Recreation 1:30-2:30pm	Men's Open Rec Basketball 11:00-1:00pm	
Open Recreation 1:00-2:00pm	Open Recreation 6:00-7:00pm	Stay & Play 1:00-2:00pm	Reserved For Rental 6:45-9:00pm	Family Roller Skating 5:30-7:00pm	Reserved For Party Rentals 1:30-4:30pm	
Middle School Organized Open Recreation 2:00-3:00pm	Pickleball 7:15-9:15pm	Middle School Organized Open Recreation 2:00-3:00pm		Teen Skate (Grades 6-8) 7:00-7:45pm		
Open Recreation 5:00-6:30pm		Dodgeball Games in Racquetball Court 4:30-5:30pm		Middle & High School Open Recreation 7:45-9:15pm		
Men's 25+ Basketball League 6:30-9:30pm		Open Recreation 5:00-6:30pm				
		Men's 40+ Basketball League 6:30-9:30pm				

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through Daxko.com.
Reservations can be made 48 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

https://www.Daxko.com

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.

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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.

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49 Church Street, Whitinsville, MA 01588

Winter 2026-27 Aerobics Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muscle Mix **7:30-8:30am** *Amy*	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*	Yogafusion **7:30-8:30am** *Holly*	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*		Pump Express **5:00-5:30pm** *Amy*	Core 'N More **5:45-6:45pm** *Chantal*			
Power Pilates **5:00-5:30pm** *Zoe*		Rebounding (Racquetball Court) **5:45-6:30pm** *Amy*				
Cardio, Core, & Strength **5:45-6:45pm** *Sue*		Interval Training **5:45-6:45pm** *Sue*				
Gentle Yoga **7:00-8:00pm** *Lesley*		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.
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.**

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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

Muscle Mix
Muscle toning and strengthening using dumbbells, tubing, and/or balls, etc.

Power Pilates
Express Pilates class focusing on strength

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

Pump Express
A 30 minute strength training workout using various equipment

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 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

Yogafusion
Yoga poses that may include using body weight, light weights, etc.

Yogalates
Combination of yoga poses and Pilates moves

Zumba
High/low impact and intensity dance moves choreographed to music

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
- Power Pilates
- Yoga
- Yogafusion
- 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
- Muscle Mix
- Power Pump
- Pump Express
- 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 H20
- 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

Aerobics

Monday

7:30 - 8:30 am	Muscle Mix
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	Yogafusion
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	Pump Express
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**



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.

Winter 2026-27 Spin / TRX / Barre Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin **5:15-6:00am** *Julie*	**TRX** **7:30-8:15am** *Darlene*	**Spin** **5:15-6:00am** *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** **4:45-5:30pm** *Lorna*			
Spin **5:45-6:30pm** *Zoe*	**Spin** **5:45-6:30pm** *Chantal*	**Barre** **6:00-7:00pm** *Shayna*				
	TRX **6:45-7:30pm** *Lorna*					

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

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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.**

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Spin/TRX/Barre

Monday

5:15	6:00 am	Spin
8:30	9:15 am	Spin*
9:30	10:15 am	TRX*
5:45	6:30 pm	Spin*

Tuesday

7:30	8:15 am	TRX
8:30	9:15 am	Spin*
9:30	10:30 am	Barre*
5:45	6:30 pm	Spin*
6:45	7:30 pm	TRX*

Wednesday

5:15	6:00 am	Spin
8:30	9:15 am	Spin*
9:45	10:30 am	TRX*
6:00	7:00 pm	Barre*

Thursday

5:15	6:00 am	Spin
8:30	9:30 am	Spin & Strength*
4:45	5:30 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**





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

Winter 2026 Aqua Aerobics/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics *Original* **8:30-9:15am** *Leasha*	Silver Sneakers® Silver Splash *Original* **8:30-9:30am** *Leasha*	Aqua Aerobics *Original* **8:30-9:15am** *Leasha*	Aqua Aerobics *Original* **8:30-9:15am** *Leasha*	Silver Sneakers® Silver Splash *Original* **8:15-9:15am** *Leasha*	Aqua Aerobics **CANCELLED** *Lorna*	Deep Water Workout **RESCHEDULED** *Patti*
Water Workout *Original* **9:25-10:10am** *Anne*	Aqua Aerobics & Core *Competition* **9:30-10:30am** *Marcia*	Aqua Zumba *Original* **9:15-10:00am** *Pauline*	Arthritis Exercise **CANCELLED** *Anne*	Aqua Intervals *Original* **9:15-10:15am** *Leasha*		
Aqua Barre **CANCELLED** *Patti*	Tabata H2O **CANCELLED** *Leasha*	Aqua Aerobics **CANCELLED** *Leasha*	Aqua Intervals **RESCHEDULED** *Patti*	Aqua Ascend *Original* **10:15-11:00am** *Patti*		
Aqua Intervals *Original* **7:00-8:00pm** *Patti*	Aqua Aerobics **CANCELLED** *Chantal*	Water Workout *Original* **10:05-10:50am** *Anne*	Aqua Intervals *Original* **7:00-8:00pm** *Patti*	Aqua Fit **RESCHEDULED** *Patti*		
	Water Workout *Competition* **10:35-11:20am** *Anne*	Aqua Intervals **CANCELLED** *Amy*		Yoqua **CANCELLED** *Leasha*		

***NOTE: All classes moved to the Competition Pool unless otherwise noted cancelled. Also note some classes have time adjustments and marked rescheduled. Please see Competition Pool schedule on page 24 for more information.**

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

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

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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

Aqua /Specialty Classes

***NOTE: Pool location, and class times subject to change based on availability, and Original Pool Completion.**

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 Jan 12th — **6:30pm - 8:30pm (in person skills)**

SESSION II
Tuesday Feb 9th — **6:30pm - 8:30pm (in person skills)**

$86 Members **$104 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; jump in, surface, swim 150 yards continuously, tread water for 2 minutes only using the legs, swim 50 yards continuously. Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.**

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

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

Jan 18th	3:00pm - 6:00pm
Jan 20th	3:00pm - 6:00pm
Jan 24th	8:00am - 3:00pm (with breaks)
Jan 25th	3:00pm - 6:00pm
Jan 27th	3:00pm - 6:00pm
Jan 31st	8:00am - 3:00pm (with breaks)

$363 Members **$421 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. Must complete pre-course water skills test prior to Lifeguard Recertification course.**

Feb 21st — **8:00am - 6:00pm (with breaks)**
$163 Members **$195 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
Dec 7 - Feb 22 — **7:00pm - 8:00pm**
FREE Members **Guest Day Pass Available**



Aqua /Specialty Classes Continued

***NOTE: Pool location, and class times subject to change based on availability, and Original Pool Completion.**



BVPTS

Aquatic Physical Therapy (APT)

http://bvpts.com/aquatic-therapy/

BLACKSTONE VALLEY PHYSICAL THERAPY SERVICES

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**



FREE to Local Non-Profits, Drives & Fundraisers

The Ripple Effect @ WCC connects community members with local events, fundraisers, charitable drives, and non-profit initiatives, **released the 15th of each month**. If you have an event you'd like to promote, submit your information and let us help spread the word and create a ripple effect!

OPEN TO ALL NON-PROFIT EVENTS, DRIVES AND COLLECTIONS

scan me!

Scan the QR code to fill out the submission request and email it to Marketing@OurGym.org

Submission Deadline: Information must be received at least **10 business days before** the desired publication month.



Competition Pool

Monday

5:30 - 6:30 am	Adult Lap Swim^ (6 Lanes)
6:30 - 8:15 am	Adult Lap Swim^ (5 Lanes)
6:30 - 8:15 am	Adult Exercise Swim^ (1 Lane)
8:30 - 9:15 am	Adult Lap Swim^* (3 Lanes)
8:30 - 9:15 am	Aqua Aerobics^* (3 Lanes)
9:15 - 11:30 am	Adult Lap Swim^* (3 Lanes)
9:25 - 10:10 am	Water Workout^* (3 Lanes)
11:30 - 2:30 pm	Adult Lap Swim^* (3 Lanes)
11:30 - 2:30 pm	Open Rec Swim^* (1 Lane)
11:30 - 1:15 pm	Adult Exercise Swim^* (2 Lanes)
1:20 - 2:05 pm	Northbridge Seniors (2 Lanes)
2:30 - 4:00 pm	Grafton Co-Op Swim Team (6 Lanes)
4:00 - 7:00 pm	Swim Team (6 Lanes)
7:00 - 8:00 pm	Adult Lap Swim^* (2 Lanes)
7:00 - 8:00 pm	Adult Swim Club^* (2 Lanes)
7:00 - 8:00 pm	Aqua Intervals^* (2 Lanes)
8:00 - 9:00 pm	Adult Lap Swim^ (6 Lanes)

Tuesday

5:30 - 6:30 am	Adult Lap Swim^ (6 Lanes)
6:30 - 8:15 am	Adult Lap Swim^ (5 Lanes)
6:30 - 8:15 am	Adult Exercise Swim^ (1 Lane)
8:30 - 9:30 am	Adult Lap Swim^* (3 Lanes)
8:30 - 9:30 am	Silver Sneakers® Silver Splash^*(3 Lanes)
9:30 - 11:30 am	Adult Lap Swim^* (3 Lanes)
9:30 - 10:30 am	Aqua Aerobics & Core^* (3 Lanes)
10:35 - 11:20 am	Water Workout^* (3 Lanes)
11:30 - 12:15 pm	Adult Lap Swim^* (4 Lanes)
11:30 - 12:15 pm	Adult Exercise Swim^* (2 Lanes)
12:15 - 2:30 pm	Adult Lap Swim^ (4 Lanes)
12:15 - 2:30 pm	Open Rec Swim^ (1 Lane)
12:30 - 2:30 pm	BVPTS (1 Lane)
2:30 - 4:00 pm	Grafton Co-Op Swim Team (6 Lanes)
4:00 - 9:00 pm	Swim Team (6 Lanes)

Wednesday

5:30 - 6:30 am	Adult Lap Swim^ (6 Lanes)
6:30 - 8:15 am	Adult Lap Swim^ (5 Lanes)
6:30 - 8:15 am	Adult Exercise Swim^ (1 Lane)
8:30 - 10:45 am	Adult Lap Swim^* (3 Lanes)
8:30 - 9:15 am	Aqua Aerobics^* (3 Lanes)
9:15 - 10:00 am	Aqua Zumba^* (3 Lanes)
10:05 - 10:50 am	Water Workout^* (3 Lanes)
11:00 - 11:30 am	BVCP (6 Lanes)
11:45 - 12:15 pm	Adult Lap Swim^ (4 Lanes)
11:45 - 12:15 pm	Adult Exercise Swim^ (2 Lanes)
12:15 - 2:30 pm	Adult Lap Swim^ (4 Lanes)
12:15 - 2:30 pm	Adult Exercise Swim^ (1 Lane)
12:15 - 2:30 pm	Open Rec Swim^ (1 Lane)
2:30 - 4:00 pm	Grafton Co-Op Swim Team (6 Lanes)
4:00 - 9:00 pm	Swim Team (6 Lanes)

Thursday

5:30 - 6:30 am	Adult Lap Swim^ (6 Lanes)
6:30 - 8:15 am	Adult Lap Swim^ (5 Lanes)
6:30 - 8:15 am	Adult Exercise Swim^ (1 Lane)
8:15 - 10:15 am	Adult Lap Swim^* (2 Lanes)
8:30 - 9:15 am	Aqua Aerobics^* (4 Lanes)
9:20 - 10:20 am	Aqua Intervals^* (4 Lanes)
10:30 - 11:30 am	BVCP (6 Lanes)
11:45 - 12:30 pm	Adult Lap Swim^ (5 Lanes)
11:45 - 12:30 pm	Adult Exercise Swim^ (1 Lane)
12:30 - 2:30 pm	Adult Lap Swim^ (5 Lanes)
12:30 - 2:30 pm	BVPTS (1 Lane)
2:30 - 4:00 pm	Grafton Co-Op Swim Team (6 Lanes)
4:00 - 7:00 pm	Swim Team (6 Lanes)
7:00 - 8:00 pm	Adult Lap Swim^* (2 Lanes)
7:00 - 8:00 pm	Open Rec Swim^* (2 Lanes)
7:00 - 8:00 pm	Aqua Intervals^* (2 Lanes)
8:00 - 9:00 pm	Adult Lap Swim^* (4 Lanes)
8:00 - 9:00 pm	Open Rec Swim^* (2 Lanes)

Friday

5:30 - 6:30 am	Adult Lap Swim^ (6 Lanes)
6:30 - 8:15 am	Adult Lap Swim^ (5 Lanes)
6:30 - 8:15 am	Adult Exercise Swim^ (1 Lane)
8:15 - 12:00 pm	Adult Lap Swim^* (3 Lanes)
8:15 - 9:15 am	Silver Sneakers® Silver Splash^*(3 Lanes)
9:15 - 10:15 am	Aqua Intervals^* (3 Lanes)
10:15 - 11:00 am	Aqua Ascend^* (3 Lanes)
11:00 - 12:00 pm	Aqua Fit^* (3 Lanes)
12:00 - 1:30 pm	Adult Lap Swim^ (4 Lanes)
12:00 - 1:30 pm	Adult Exercise Swim^ (2 Lanes)
1:30 - 2:30 pm	Adult Lap Swim^ (4 Lanes)
1:30 - 2:30 pm	Family Time Swim^ (2 Lanes)
2:30 - 4:00 pm	Grafton Co-Op Swim Team (6 Lanes)
4:00 - 6:00 pm	Swim Team (6 Lanes)
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 (6 Lanes)
9:00 - 10:00 am	Adult Lap Swim^ (4 Lanes)
9:00 - 10:00 am	Adult Exercise Swim^ (2 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 (6 Lanes)
9:00 - 10:00 am	Adult Lap Swim^ (3 Lanes)
9:00 - 10:00 am	Deep Water Workout^ (3 Lanes)
10:00 - 1:00 pm	Adult Lap Swim^ (2 Lanes)
10:00 - 1:00 pm	Adult Exercise Swim^ (2 Lanes)
10:00 - 1:00 pm	Open Rec Swim (2 Lanes)
1:00 - 3:00 pm	Adult Lap Swim^ (2 Lanes)
1:00 - 3:00 pm	Open Rec Swim^ (2 Lanes)
1:00 - 3:00 pm	Youth Lap Swim^ (2 Lanes)

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

* Babysitting Available
^ Pre-Registration Required

Early Pool Closings

Dec 24	Christmas Eve at 1:00pm
Dec 31	New Year's Eve at 1:00pm

Competition Pool Closed

Nov 26	Thanksgiving Day
Dec 25	Christmas Day
Jan 1	New Year's Day

WCC 100th Anniversary 1923-2023

Fitness. Family. Community.

MEMBERSHIP DISCOUNTS

MOST POPULAR

Silver&Fit

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

OUT OF STATE RESIDENTS

SilverSneakers®

The Silver Sneakers program is offered through Medicare

MASSACHUSETTS RESIDENTS

Renew Active™ by UnitedHealthcare

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

Fitness Center



Did You Know?

We are open all hours of operation!

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

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:
$52 (1 hour) Members
$78 (1 hour) Guests





WCC

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



YOUTH outREACH
WHITIN COMMUNITY CENTER
Youth. Families. Community. Working in Partnership.

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 Winter performance will be, Disney's Frozen, Jr., held at the Valley Chapel, located in Uxbridge on March 5th and 6th. Auditions will be held at the RYC on January 11th and 12th from 3:00pm-5:00pm. For more information or if you have any questions, please contact **508-234-8184 ext 135 or Outreach@OurGym.org.**





ENROLL TODAY!

Blackstone Valley
Children's Place
Early Learning Centers

PRESCHOOL & KINDERGARTEN PREP
OPEN 6:30am-6:00pm

- **FREE** WCC Youth Membership
- **FREE** WCC Swim Lessons
- **FREE** Kid Fit Classes
- **PLUS** Literacy & STEAM
- **PLUS** Community Engagement
- EEC Qualified, Professional, Caring Staff
- Fun Weekly Themes
- NEW! Themed Family Events

BEFORE & AFTER SCHOOL PROGRAMS
DOUGLAS K-8 & WHITINSVILLE K-5
OPEN 6:30am-6:00pm

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

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

www.WhitinCommunityCenter.com | 508.234.8184

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

WCC

Fitness. Family. Community.

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 CYMK formatting.

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

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

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

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

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

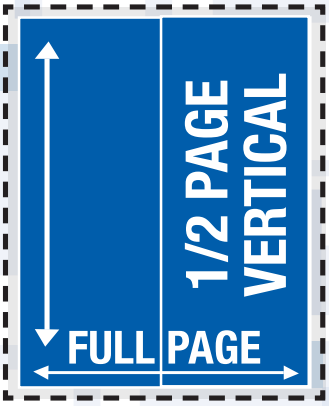
***We reserve the right to decline any advertisement.**

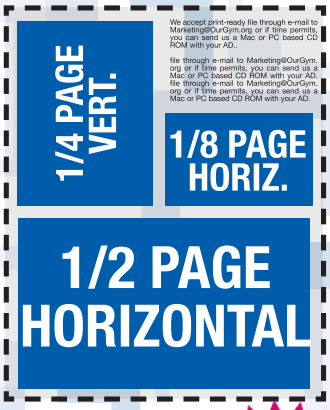
PRINT ADS SIZING PER SCHEDULE:

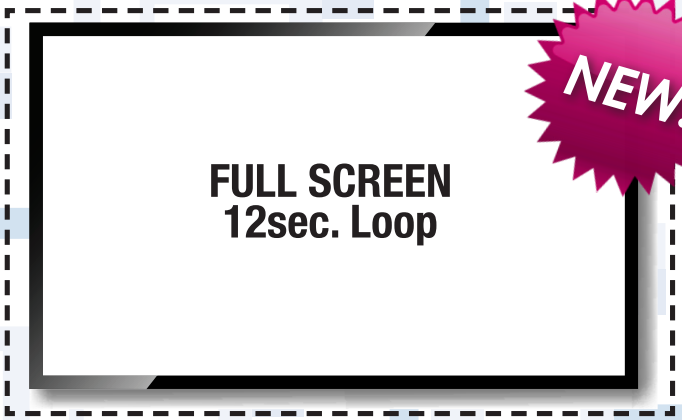
1/8 page horizontal	3.75in x 2.5in
1/4 page vertical	3.75in x 5in
1/2 page vertical	3.75in x 10in
1/2 page horizontal	7.5in x 5in
Full page	7.5in x 10in

DIGITAL ADS SIZING:

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







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.

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

100 YEARS | 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

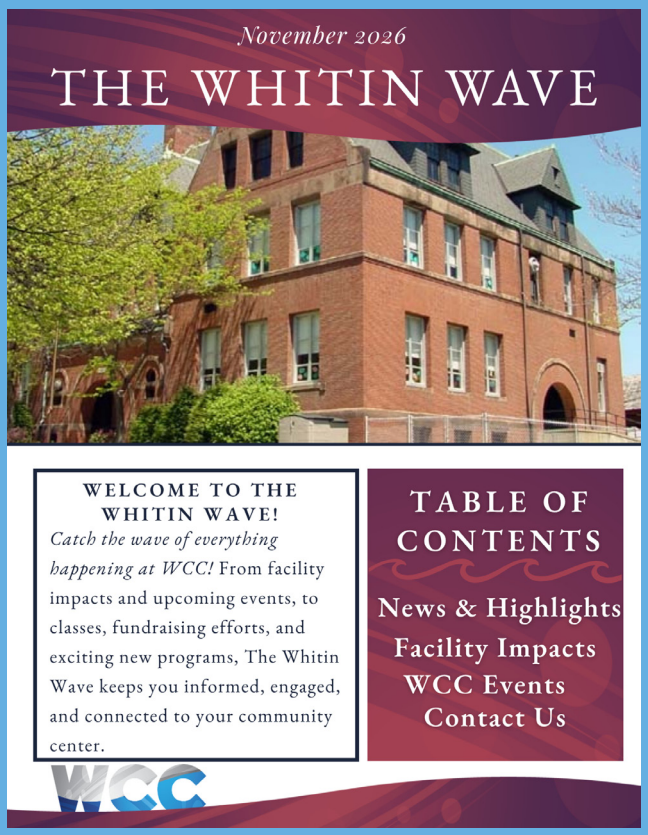
Serving our community SINCE 1926

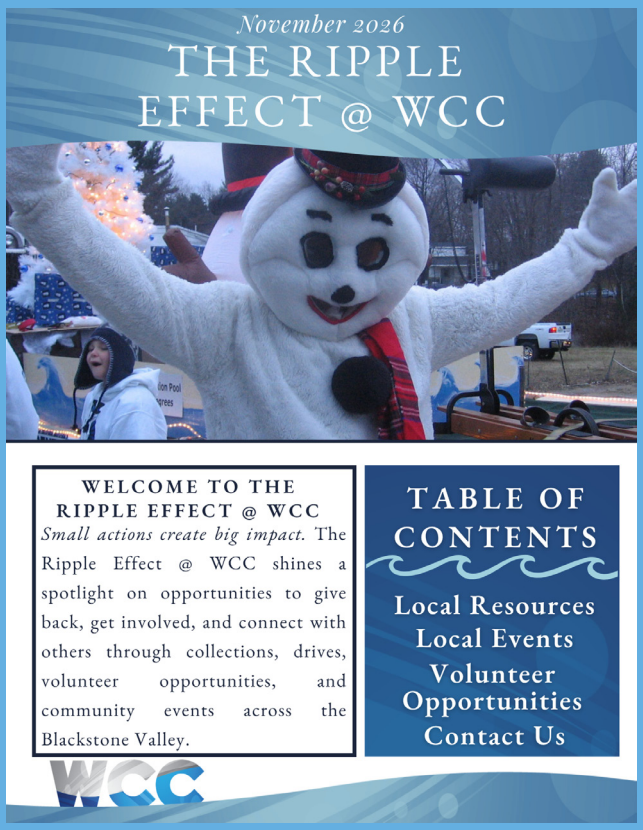
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508-234-6333

Whitin Community Center

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

Did you know? The Whitin Community Center has TWO new newsletters! One with all things Whitin and the other with all things local! Be sure to sign up to stay in the know!





Thank You!

For being a Community Hero of the Whitin Community Center

Bank Different. Bank Unique. UNIBANK

KOOPMAN LUMBER & HARDWARE

OSTERMAN FAMILY FOUNDATION