



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CENTRAL FALLS SENIOR PROGRAM

PAWTUCKET FAMILY YMCA

Tuesday and Thursday

Bus Stops

Forand 9:05am

Progreso Latino 9:15am

Leaving The Y at 11am to return

The Pawtucket Family YMCA has partnered with the City of Central Falls to allow senior residents to use our facility at no cost. There will be free busing available to and from the Pawtucket Family YMCA for the duration of the senior program.

Through this program, you have the opportunity to continue maintaining a healthy lifestyle by attending a variety of our fitness programs!

Services Available:

Full-Length Swimming Pool

Group Ex classes

- AOA Cardio Latin Beat
- AOA Chair Yoga

Fitness Center



For more information, call the Pawtucket Family YMCA at (401) 727-7900 or visit the The Welcome Desk.