

FALL RIVER YMCA | FALL PROGRAMS 2022

September–November



WELLNESS

INTRO TO STRENGTH TRAINING

September 17th- October 15th

Learn the basis of weight training success with instructor Hailey Miller!

F- Frequency of training- How often?

I- Intensity of training- How hard?

T- Time spent- Session time?

T- Type of exercises- Which exercises?

Saturdays 9am

Members: \$100

Program Participants: \$125

FALL INTO FITNESS TRAINING CAMP

October 22nd- November 19th

Join Master Trainer, Micki Poulton as you trim, tone, and strengthen your entire body using barbells, free weights, resistance bands, and body weight. Class features are strength training circuits with short intervals of cardio, plyometrics, and core work.

Saturdays 8am

Members: \$100

Program Participants: \$150

WELLNESS

CHECK IN WITH A TRAINER

Meet monthly with a trainer for weigh-ins, bodyfat analysis, and measurements. Trainers will offer fitness and healthy eating tips to help you stay successful on your journey.

Contact Micki Poulton at mpoulton@ymcasc.org to set up an appointment.

Members: \$35

Program Participants: \$50

SENIOR FALL FITNESS & LUNCHEON

Dates: TBD

Start your mid-morning off with fitness instructed by Hailey Miller in Active Aging.

Micki Poulton will follow with a cooking demonstration. She will be preparing a healthy seasonal Fall lunch prepped with organic foods. Stay after the demo for a luncheon and a few games.

Members: \$5

Program Participants: \$15



YOUTH PROGRAMS

YBL SKILLS

Children will learn basketball fundamental skills to improve their play while gaining a love for the game. 45-minute practices will be followed by 15-minute inner-squad games.

Starts September 8th

Ages 5-8, Thursdays 6-7pm

Ages 9-12, Thursdays 7-8pm

Members: \$85

Program Participants: \$105

YSL SKILLS

This program is designed to expand your child's knowledge of soccer. Through a mix of drills and games, students will learn hand-eye coordination, gross motor skills, and teamwork, all in a safe environment. Sessions will be limited to 12 participants per age group.

Starts September 6th

Ages 5-8, Tuesdays 6-7pm

Ages 9-12, Tuesdays 7-8pm

Members: \$85

Program Participants: \$105

For more information about Youth Sports, contact Jason Dacey at fryouthprograms@ymcasc.org.

WELLNESS

TEEN SPORTS & STRENGTH CONDITIONING

Back by popular demand...

This 4 week fitness training program is designed specifically for youths who want to improve their overall performance in strength, stamina, agility, conditioning, proper technique, self-esteem, and discipline. Great way to get our youth to stay active throughout the fall!

October 1st- 29th

Saturdays 10am

Members: \$100

Program Participants: \$150



FALL RIVER YMCA | FALL I 2022

September 6th - October 29th



AQUATICS

Tyler Lamar | Aquatics Director | tlamar@ymcasc.org

FALL I

SEPTEMBER 6TH- OCTOBER 30TH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|--------------------------------|---|--------------------------------|--------------------------------|---|
| PRE-K STAGE 3 4:00PM | YOUTH STAGE 2 4:00PM | YOUTH STAGE 3 4:00PM | PRE-K STAGE 2 4:00PM | PRE-K STAGE 2 4:00PM | PRE-K STAGE 1 STAGE A/B 9:00AM |
| PRE-K STAGE 4 4:30PM | YOUTH STAGE 4 4:30PM | YOUTH STAGE 2 4:30PM | YOUTH STAGE 4 4:30PM | PRE-K STAGE 3 4:30PM | PRE-K STAGE 2 YOUTH STAGE 3 9:30AM |
| YOUTH STAGE 3 5:00PM | PRE-K STAGE 1 5:00PM | YOUTH STAGE 1 5:00PM | YOUTH STAGE 1 5:00PM | YOUTH STAGE 5 5:00PM | PRE-K STAGE 4 YOUTH STAGE 5 10:00AM |
| YOUTH STAGE 1 5:30PM | YOUTH STAGE 3 5:30PM | STAGE A/B 5:30PM | PRE-K STAGE 3 5:30PM | STAGE A/B 5:30PM | YOUTH STAGE 1 PRE-K STAGE 3 10:30AM |
| ADULT BEGINNER 6:00PM | PRE-K STAGE 2 6:00PM | ADULT INTERMEDIATE 6:00PM | PRE-K STAGE 1 6:00PM | YOUTH STAGE 2 6:00PM | YOUTH STAGE 2 YOUTH STAGE 4 11:00AM |
| | PRE-K STAGE 3 6:30PM | | YOUTH STAGE 5 6:30PM | | PRE-K STAGE 1 STAGE A/B 11:30AM |
| | YOUTH STAGE 6 7:00PM | | YOUTH STAGE 6 7:00PM | | |

GROUP SWIM LESSONS GUIDE

- **Stage A/B: Water Discovery & Exploration**

Ages 6 months - 2 years

A parent/child lesson that introduces infants and toddlers to basic aquatic safety and skills.

- **Stage 1: Water Acclimation**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students develop comfort with underwater exploration and learn to safely enter & exit the pool.

- **Stage 2: Water Movement**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students focus on body position and control, directional change, and forward movement in the water.

- **Stage 3: Water Stamina**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students learn how to swim safely for longer distances, rhythmic breathing and integrated leg and arm actions are introduced.

- **Stage 4: Stroke Introduction**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students develop stroke techniques in front crawl and back crawl and learn the breaststroke kick.

- **Stage 5: Stroke Development**

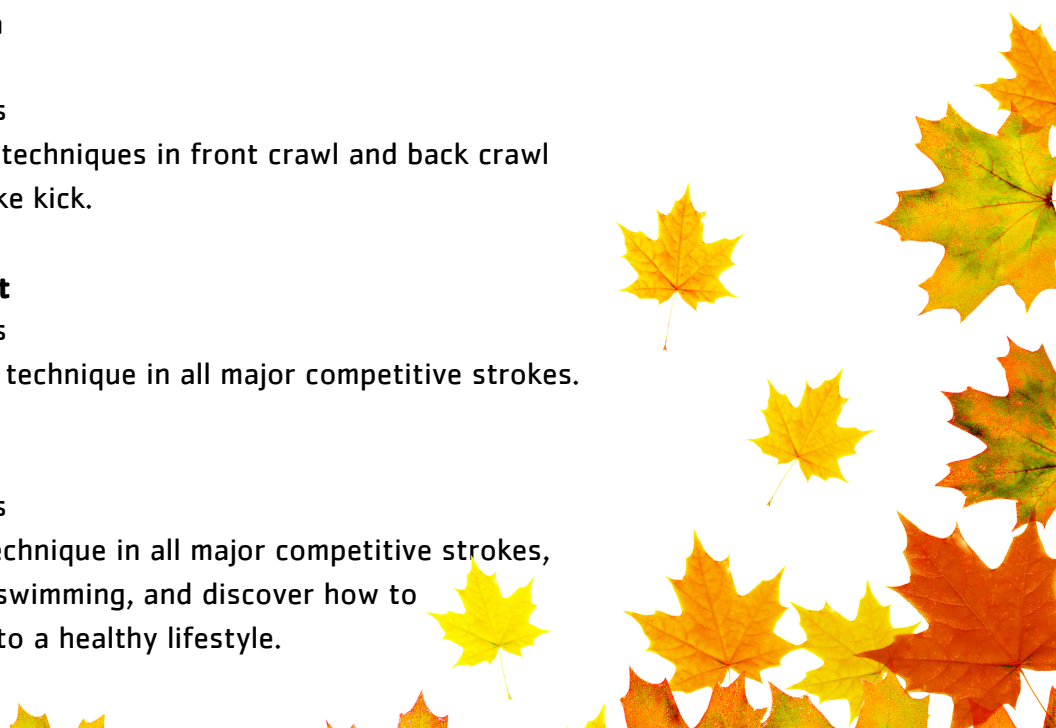
Youth: Ages 6 - 12 years

Students work on stroke technique in all major competitive strokes.

- **Stage 6: Stroke Mechanics**

Youth: Ages 6 - 12 years

Students refine stroke technique in all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



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September 2022 - March 2023



FALL RIVER LIGHTNING SWIM TEAM

SEASON INFORMATION

Start Date: September 19th, 2022

End Date: March 2023*

Duration: ~16 Weeks*

*Exact end date to be determined upon SENEKY's and New England's Scheduling

TRYOUTS & PRICING

Tryouts: Sept. 12th and 14th

6:30pm - 7:30pm

Contact Head Coach, Kayln for Pricing

*Siblings get discounts, and high school aged swimmer prices are not listed

PRACTICE DAYS & TIMES

Practice 1: Mondays, Wednesdays, & Fridays | 6:30pm - 7:30pm

Practice 2: Mondays & Wednesdays | 7:35pm - 9:00pm

Fridays | 7:35pm - 8:35pm

*Practice assignments are determined by Coach Kayln by age and ability

WHAT TO EXPECT

Swimmers will be working on technique and endurance in all four major swim strokes. This team is open to swimmers ages 6-18, with an inclusive program curriculum and workouts by age group. This season has a competitive structure, including meets against other YMCA swim teams and our regional events such as SENEKY's and New England's. New swimmers are required to tryout, dates for tryouts can be found above.



For additional information, please contact Lightning's Head Coach:

Kayln Sardinha

ksardinha@ymcasc.org