

NEW BEDFORD YMCA | FALL PROGRAMS 2022

September-October

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 9am

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.

Members: \$35

Program Participants: \$50



NEW BEDFORD YMCA FALL 1 PROGRAMS September 5 - October 30

SWIM LESSON STAGE DESCRIPTIONS



SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY

A parent/child class that introduces infants and toddlers to the aquatic environment.

STAGE B WATER EXPLORATION

Parents work with their children to learn fundamental safety and aquatic skills.

STAGE 1 WATER ACCLIMATION

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

STAGE 2 WATER MOVEMENT

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

STAGE 3 WATER STAMINA

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

STAGE 4 STROKE INTRODUCTION

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

STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique in all major competitive strokes.

STAGE 6 STROKE MECHANICS

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

NEW BEDFORD YMCA

FALL 1 PROGRAMS

September 5 - October 30

LEVEL	AGES	RATES		LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
PARENT/CHILD											
PARENT/CHILD (STAGES A/B)	6mos-36mos	M: \$55	PP: \$110	30min		10AM		10AM 6PM		10AM 10:30AM	
PRESCHOOL											
PRESCHOOL WITH PARENT (STAGE C)	2-5 Years	M: \$55	PP: \$110	30min		11AM		11AM 5:30PM		9AM 11AM	
PRESCHOOL (STAGES 1-4)	3-5 Years	M: \$55	PP: \$110	30min	4PM 5PM	10:30AM 4PM 5PM 6PM	4PM 4:30PM	10:30AM 4:30PM 5PM	4PM 6PM	9:30AM 10:30AM 11:30AM	
YOUTH											
YOUTH BEGINNER (STAGES 1/2)	6-14 Years	M: \$55	PP: \$110	30min	5PM 5:30PM 6PM	4:30PM 5:30PM	5PM 5:30PM	4PM 6PM	4:30PM 6:30PM	9:30AM 11AM	
YOUTH INTERMEDIATE (STAGES 3/4)	6-14 Years	M: \$55	PP: \$110	30min	6PM	5:30PM 6PM	4PM 6PM	4PM	5:30pm	10AM 11AM	
YOUTH ADVANCED (STAGES 5/6)	6-14 Years	M: \$55	PP: \$110	30min	6:30PM		6:30PM		6pm	11:30am	
SWIM PATHWAY COMPETITIVE SWIM	6-14 Years	M: \$83	PP: \$165	45min		6:30PM		6:30PM		9AM	
ADULT											
ADULT BEGINNER(STAGES 1/2)	15+ Years		M: \$55 PP: \$110	30min		7PM				11:30AM	
ADULT INTERMEDIATE(STAGES 3/4)	15+ Years		M: \$83 PP: \$165	45min				7PM			
PRIVATE (1:1) & SEMI-PRIVATE (1:2) LESSONS											
PRIVATE (PER CLASS FEE)	3+ Years	M: \$30	PP: \$50	30min	By Appointment Only						
PRIVATE (5 LESSON PACKAGE)		M: \$120	PP: \$200								
SEMI-PRIVATE (PER CLASS FEE)		M: \$50	PP: \$75								
SEMI-PRIVATE(5 LESSON PACKAGE)		M: \$200	PP: \$300								

****Monday lessons will be prorated to reflect the Labor Day Holiday**