



# SPRING 1 PROGRAM GUIDE

2021

#ForeverTogether

**YMCA SOUTHCOAST**

Dartmouth | Fall River | Gleason Family - Wareham  
Mattapoisett | New Bedford | Stoico/FIRSTFED - Swansea

# FALL RIVER YMCA SPRING PROGRAMS February 22 – April 18

## YOUTH & TEEN PROGRAMMING

### YOUTH BASKETBALL LEAGUE SKILLS BEGINS FEBRUARY 26<sup>TH</sup> – 8 WEEK SESSION

Fridays: 6:00pm – 7:00pm • Ages: 5–8

Fridays: 7:00pm – 8:00pm • Ages: 9–12

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. Sessions will be limited to 10 participants per age group. Masks are required for both coaches and players. Due to space and capacity limitations, no spectators will be allowed.

Members: \$85 | Program Participants: \$105



### YOUTH SOCCER LEAGUE SKILLS BEGINS FEBRUARY 27<sup>TH</sup> – 8 WEEK SESSION

Saturdays: 11:00am – 11:45am • Ages: 5–8

Saturdays: 12:00pm – 12:45pm • Ages: 9–12

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 10 participants per age group.

Members: \$65 | Program Participants: \$85



### DANCE MIX BEGINS FEBRUARY 22<sup>ND</sup> – 8 WEEK SESSION

Mondays: 4:30pm – 5:15pm • Ages: 5–8

Mondays: 5:30pm – 6:15pm • Ages: 9–12

This class will be an introduction to a variety of dance styles with a focus on ballet, lyrical, and jazz. It will include basic principles of technique with a concentration on coordination, rhythm, and musicality. Students will learn basic ballet, barre, stretching, center work, and choreography. Class sizes will be limited to 6 participants per age group.

Members: \$65 | Program Participants: \$85



# FALL RIVER YMCA SPRING PROGRAMS

February 22 – April 18

## WELLNESS

### COUPLES YOGA CLASS

**FEBRUARY 13<sup>TH</sup> • 9:00am**

Join a fun and playful couples yoga class with Mary Clement. This practice allows two people to relate to one another through assisted yoga poses. From stretching your levels of trust to strengthening your communication, this class will leave a positive effect on your relationship.

Please bring a blank valentine's day card for your partner. A sparkling spritzer and chocolate covered strawberries to follow the class.

**Members:** \$25 per couple

### REMEMBER THE RULES:

- Pre-Register to swim.
- Shower is required before entering the pool.
- No shared equipment.
- Wipe down your equipment after use.
- Bring your own mat.
- Keep your distance – 6ft apart please!
- Wear your mask unless swimming.
- Swimmers are allowed to bring goggles and approved equipment onto the pool deck with their belongings.
- Stay home if you are feeling sick or have been in contact with someone who has been exposed to COVID-19 in the last 14 days.



# FALL RIVER YMCA SPRING PROGRAMS

February 22 – April 18

## AQUATICS

### GROUP LESSONS

- Capped at 4 swimmers
- Instructors will teach from the deck
- All Pre-K Stages and Youth Stages 1-3 will require an individual who is 16 or older to be in the water for the duration of the lesson, this adult will not be teaching the lesson, but rather stay beside the swimmer in the water to ensure their safety. This ensures face to face contact is limited to those already in each swimmer's household.
- Swimmers will remain socially distanced throughout their lesson
- To enroll in Stages 4-6, a swimmer must be able to comfortably swim at least 1 full length of the pool and comfortably tread water
- All lessons are 30 minutes long

### FAMILY/HOUSEHOLD LESSONS

- Minimum 2 swimmers, Maximum 4 swimmers
- Instructors will teach from the deck
- Swimmers must be of a similar level: All Stage 4 or above, All Pre-K Aged, Pre-K and Stage 1 and/or Stage 2, Stage 4 Pre-K and Youth Stage 3-4 (If you do not see a grouping that relates to your swimmers please contact Julianna jbardon@ymcasc.org to see about a good fit for your swimmers.)
- All Pre-K Stages and Youth Stages 1-3 will require an individual who is 16 or older to be in the water for the duration of the lesson
- All lessons are 30 minutes long

**Members:** \$180 | **Program Participants:** \$280 (per lesson block for full session)

### PRIVATE LESSONS

- Instructors will teach from the deck
- All Pre-K Stages and Youth Stages 1-3 will require an individual who is 16 or older to be in the water for the duration of the lesson
- Must contact jbardon@ymcasc.org to schedule

**Members:** \$30 | **Program Participants:** \$50 (per lesson)  
**Members:** \$120 | **Program Participants:** \$200 (per five lessons)

### FLEXIBLE LESSON SCHEDULING

Pay by the lesson and save when booking multiple all together!

**\$10 a lesson, 3 for \$25, 5 for \$40**  
(Prices valid for Group Lessons only)

Offerings at each time are variable, please contact the Aquatics Director at 508-675-7841 x121 or jbardon@ymcasc.org to register your time slot!

DAY	STAGE/AGE GROUP	TIME	LESSON AVAILABILITY
TUESDAY	Stage 1-2 Pre-K	4:00-4:30pm	
	Stage 3-4 Youth	4:30-5:00pm	
	Stage 5-6 Youth	5:00-5:30pm	
	Stage 1-2 Youth	5:30-6:00pm	
	Pod/Private Lesson	6:00-6:30pm	
	Pod/Private Lesson	6:00-6:30pm	
THURSDAY	Stage 1-2 Adult	3:00-3:30pm	Pod/Private Lesson
	Stage 5-6 Youth	3:30-4:00pm	Pod/Private Lesson
	Stage 1-2 Pre-K	4:00-4:30pm	Pod/Private Lesson
	Stage 3-4 Youth	4:30-5pm	Pod/Private Lesson
	Stage 3-4 Pre-K	5:00-5:30pm	Pod/Private Lesson
	Stage A/B	5:30-6:00pm	Pod/Private Lesson
FRIDAY	Stage 1-2 Pre-K	10:00-10:30am	
	Stage A/B	10:30-11:00am	
	Stage 1-2 Adult	11:00-11:30am	
	Pod/Private Lesson	11:30-12:00pm	
SATURDAY	Stage 3-4 Youth	9:30am-10am	
	Pod/Private Lesson	10:00-10:30am	
	Stage A/B	10:30-11:00am	
	Stage 1-2 Youth	11:00-11:30am	
	Stage 3-4 Pre-K	11:30am-12:00pm	
	Pod/Private Lesson	12:00-12:30pm	

# GLEASON FAMILY YMCA

## SPRING PROGRAMS

February 22 – April 18

### WELLNESS

#### GET SLIM – BEGINNER

**Mondays: 5:00pm – 6:00 pm**  
**or Wednesdays: 10:00am – 11:00am**

Take off the weight! A certified personal trainer will coach you, as part of a small group of participants, through vigorous workouts to help attain your slimming goals. You will experience numerous healthy benefits.

**Members:** \$101

#### MASSAGE THERAPY

For appointments, scheduling, and prices contact: Deb Levesque at 508.965.3974 or Jon Leaver at 508.284.4752

#### PERSONAL TRAINING

Working out with a YSC personal trainer provides the support you may need to achieve better results. Trainers work with you to create achievable short & long term goals through personalized workouts intended to target the desired areas. This partnership serves as a bond that holds both persons accountable for the end result. To make an appointment or for more information, please contact Lu Brito at 508.295.9622 x17.

**Members:** \$47 | 6 Pack: \$270 | 10 Pack: \$420 | 20 Pack: \$800

### YOUTH & TEEN PROGRAMING

#### KENPO KARATE

**AGES 4-6**  
**Thursdays 6:00pm – 6:30pm & Saturdays: 1:00pm – 1:30pm**  
**AGES 7-12**  
**Thursdays 6:45pm – 7:45pm & Saturdays: 1:45pm – 2:45pm**

Through martial arts, participants will learn various self-defense techniques to develop physical fitness, flexibility, and self-confidence. Uniforms may be purchased separately; see instructor.

**Members:** \$138 4-6 yr olds | \$173 7-12 year olds  
**Program Participants:** \$200 4-6 yr olds | \$254 7-12 year olds

#### YOUTH BASKETBALL LEAGUE SKILLS

**DATES TBD**  
**Saturdays: 10:00am – 12:30pm • Ages 5-7**  
**Fridays: 4:30pm – 7:00pm: • Ages 8-12**

Learn fundamental basketball skills to improve your play while building a love of the game. A 30 minute practice followed by a 30 minute inner squad game; one parent per child may attend, but no siblings; masks required for spectators, coaches, officials and players. Mask breaks will be offered during play.

**Members:** \$85 | **Program Participants:** \$120

#### TEEN STRENGTH TRAINING

**Tuesdays & Thursdays: 4:00pm – 5:00pm**  
**Ages 10-14**

Learn proper weight training technique from a certified trainer. Class is designed to teach teens the right way to train while preventing injury and optimizing their potential.

**Members:** \$174 | **Program Participants:** \$254



# GLEASON FAMILY YMCA

## SPRING PROGRAMS

February 22 – April 18

### EVENTS

#### HAVE A HEART!

In honor of healthy heart month and Valentine's day, we'd LOVE for you to post a heart in a loved one's name in our lobby and atrium areas! Supplies to decorate hearts available at the Welcome Center.

#### SHAMROCKER STROLL

Wednesday, March 17 • 4:00pm – 5:00pm  
All Ages

Join us on our outdoor track for an outdoor version of a Lucky Leprechaun Challenge. Enjoy a distanced workout by winding your way around the property stopping at shamrock challenge stations while sporting your best green active wear.

Members & Program Participants: Free

#### FLASHLIGHT EASTER EGG HUNT

Wednesday, April 2 • 5:00pm – 6:30pm  
Ages 2-10

An "EGG-cellent" evening hunting for prize filled eggs! Bring a flashlight and we'll provide the egg carton for collection around our Camp Nep-In-Nae. This will be an event requiring a registration reservation per participant. Limited space available and COVID precautions such as masks and social distancing will be in effect.

Raindate: Saturday, April 3 (daylight hunt) 11:00am-12:30pm

Registration Fee until March 31st

Members: \$3 | Program Participants: \$5

Registration Fee after March 31st

Members: \$5 | Program Participants: \$7



# GLEASON FAMILY YMCA SPRING PROGRAMS February 22 – April 18

## AQUATICS

### 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.

### APRIL VACATION SWIM LESSONS

Monday – Friday of April Vacation Week

Ages 3-14 years

Five consecutive days of lessons for all swimming abilities. These 1/2 hour lessons are designed to introduce children to swimming and to strengthen the skills of current swimmers.

- **Parent/Child – Ages 6 mos.–3 years • Ratio 1:4 pairs**  
3:30pm | 6:00pm
- **Beginner – Ages 3-5 • Ratio 1:4**  
10:35am | 11:45am | 4:35pm | 5:45pm
- **Advanced – Ages 4-5 • Ratio 1:4**  
10:00am | 11:10am | 4:00pm | 5:10pm
- **Beginner – Ages 6+ • Ratio 1:6**  
10:35am | 11:45am | 4:35pm | 5:45pm
- **Advanced – Ages 6+ • Ratio 1:8**  
10:00am | 11:10am | 4:00pm | 5:10pm

Members: \$35 | Program Participants: \$65



# GLEASON FAMILY YMCA SPRING PROGRAMS February 22 – April 18

## AQUATICS

### CREATE YOUR OWN SWIM CLASS AGES 3+ YEARS

Do you have 3-6 children of similar ages and abilities and are unable to make regular lesson times? Please contact Mel Dyer or Danielle Gilmore at 508.295.9622 to arrange a swim lesson class time that best suits your schedule.

### YOUTH & ADULT SWIM CLINICS SATURDAYS: 12:00PM – 1:00PM

Strengthen your strokes! Join us in the pool to improve your swim technique. YMCA Certified Swim Instructors will coach participants on improving their competitive stroke efficiency, effectiveness and endurance with personalized drills and feedback in a small group setting. Clinic focus - freestyle, backstroke, breaststroke, butterfly, dives/starts/turns - changes weekly; see website for details.

**Members:** \$10 per clinic | **Program Participants:** \$13 per clinic

### MASTER PRIVATE & SEMI PRIVATE SWIM LESSONS

The next level of instruction, thirty minute (30) lesson with a certified swim lesson instructor having more than 5,000 hours of coaching/teaching experience. These lessons are scheduled outside of regular group lesson times.\*

**Single Master Private Lesson** (1 student: 1 instructor)  
**Members:** \$35 | **Program Participants:** \$55

**5 pack bundle Master Private Lessons:**  
**Members:** \$140 | **Program Participants:** \$220

**Single Master Semi Private Lesson** (2-3 students: 1 instructor)  
**Members:** \$50 | **Program Participants:** \$75

**5 pack bundle Master Semi Private Lessons:**  
**Members:** \$200 | **Program Participants:** \$300

\*By appointment only – please contact the Aquatics Department or the WAR center for a request form.

### SWIM TESTING

Need a swim test for a sailing school, to crew a boat, for a GSA/BSA badge, for Tabor Academy orientation or other reasons? Please contact our Aquatics Department to schedule an appointment. A \$5 fee will be assessed for simple tests (<15 minutes); a \$15 fee will be assessed for tests of 16-30 minutes.

### PRIVATE & SEMI PRIVATE SWIM LESSONS

Thirty minute (30) lesson with a certified swim lesson instructor scheduled outside of regular group lesson times.\*

**Single Private Lesson** (1 student: 1 instructor)  
**Members:** \$30 | **Program Participants:** \$50

**5 pack bundle Private Lessons**  
**Members:** \$120 | **Program Participants:** \$200

**Single Semi Private Lesson** (2-3 students: 1 instructor)  
**Members:** \$45 | **Program Participants:** \$70

**5 pack bundle Semi Private Lessons**  
**Members:** \$180 | **Program Participants:** \$280

\*By appointment only – please contact the Aquatics Department or the WAR center for a request form.

### CPR-PRO, FIRST AID & EMERGENCY O2 ADMINISTRATION CERTIFICATIONS

These are nationally recognized ASHI courses. The CPR class includes skills for 1 & 2 man rescues of Infant/Child/Adult victims - CPR w/AED, Rescue Breathing & Obstructed Airway Care. Program registration and schedule at [www.ymca.org](http://www.ymca.org).

- CPR-Pro OR FA: **Members:** \$50 | **Program Participants:** \$75
- O2 Administration: **Members:** \$35 | **Program Participants:** \$50

Already have a group of people needing certification? Classes are available for groups of 4-10 people upon request. To schedule a class, please contact Melissa Dyer at 508.295.9622 x27 or [mdyer@ymca.org](mailto:mdyer@ymca.org).

- CPR-PRO or FA \$50 per person | O2 \$35 per person

### Y LIFEGUARDING & RECERTIFICATION

Designed to certify or re-certify individuals in nationally recognized YMCA Lifeguarding. Training includes CPR-PRO w/AED, Standard First Aid, and Emergency Oxygen Administration in addition to the standard emergency water rescue skills for pools, waterfronts & water parks. Full course fee includes text book, hip pack, resuscitation mask, whistle and breakaway lanyard. Minimum of 4 participants required for a class to run. Call 508.295.9622 x27 for details

**Fee:** \$350 per participant | **Recertification Fee:** \$75 per participant



# GLEASON FAMILY YMCA

## SPRING PROGRAMS

February 22 – April 18

LEVEL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>PARENT/CHILD</b>										
<b>STAGE A/B</b>	6mos-36mos	M: \$52 PP: \$104	30min	10:45am 5:30pm 6:05pm	5:55pm	10:45am 5:30pm 6:05pm	5:55pm	10:45am 5:30pm 6:05pm	9:10am 10:20pm	9:10am 10:20am
<b>PRESCHOOL</b>										
<b>STAGE 1/2</b> Water Acclimation/Water Movement Beginner/Adv. Beginner	3-5 Years	M: \$52 PP: \$104	30min	11:20am 4:20pm 5:20pm	10:45am 4:10pm 5:55pm	11:20am 4:20pm 5:20pm	10:45am 4:10pm 5:55pm	11:20am 4:20pm 5:20pm	9:10am 9:45am	9:10am 9:45am
<b>STAGE 2/3</b> Water Movement/Water Stamina Adv. Beginner/Intermediate	3-5 Years	M: \$52 PP: \$104	30min	4:45pm	5:20pm	4:45pm	5:20pm	4:45pm		
<b>STAGE 3/4</b> Water Stamina/ Stroke Intro Intermediate/Advanced	3-5 Years	M: \$52 PP: \$104	30min	4:45pm	11:30am 4:10am 4:55pm	4:45pm	11:30am 4:10am 4:55pm	4:45pm	9:45am 10:55am	9:45am 10:55am
<b>YOUTH</b>										
<b>STAGE 1/2</b> Water Acclimation/Water Movement Beginner/Adv. Beginner	6-14 Years	M: \$52 PP: \$104	30min	4:10pm	4:20pm 5:20pm	4:10pm	4:20pm 5:20pm	4:10pm	10:20am 11:05am	10:20am 11:05am
<b>STAGE 2/3</b> Water Movement/Water Stamina Adv. Beginner	6-14 Years	M: \$52 PP: \$104	30min	5:55pm	4:45pm	5:55pm	4:45pm	5:55pm	9:55am 11:30am	9:55am 11:30am
<b>STAGE 3/4</b> Water Stamina/Stroke Intro Adv. Beginner/Intermediate	6-14 Years	M: \$52 PP: \$104	30min	4:10pm	4:45pm	4:10pm	4:45pm	4:10pm	10:55am 11:30am	10:55am 11:30am
<b>STAGE 4/5</b> Stroke Intro/Stroke Development Intermediate/Advanced	6-14 Years	M: \$52 PP: \$104	30min	4:55pm 5:55pm	5:30pm	4:55pm 5:55pm	5:30pm	4:55pm 5:55pm	10:30am	10:30am
<b>STAGE 5/6</b> Stroke Development/Stroke Mechanics Advanced	6-14 Years	M: \$52 PP: \$104	30min	5:20pm	6:05pm	5:20pm	6:05pm	5:20pm	9:20am	9:20am
<b>ADULT</b>										
<b>STAGE 1/2</b>	15+ Years	M: \$52 PP: \$104	30min	6:30pm			6:30pm			
<b>STAGE 3/4</b>	15+ Years	M: \$52 PP: \$104	30min		6:30pm			6:30pm		
<b>STAGE 5/6</b>	15+ Years	M: \$52 PP: \$104	30min			6:30pm				
<b>PRIVATE (1:1) &amp; SEMI-PRIVATE (1:2-4) LESSONS</b>										
Private (Per Class Fee)	3+ Years	M: \$30 PP: \$50	30min	By Appointment Only						
Package of 5 Private Classes		M: \$120 PP: \$200								
Semi-Private (Per Class Fee)	3+ Years	M: \$45 PP: \$70	30min	By Appointment Only						
Package of 5 Semi-Private Classes		M: \$180 PP: \$280								

**Pay for one swim class at regular price and get 50% off a second class for the same person this session!"**

# NEW BEDFORD YMCA SPRING PROGRAMS

February 22 - April 18

## AQUATICS

SPRING 1 SWIM LESSONS				
Parent/Child Swim	Preschool Ages 3-5	Youth Beginner Ages 6-14	Youth Advanced Ages 6-14	COMPETITIVE SWIM (YOUTH ADVANCED OR HIGHER)
<b>TUESDAYS</b>	<b>TUESDAYS</b>	<b>TUESDAYS</b>	<b>TUESDAYS</b>	<b>TUESDAYS</b>
10:30am-11:00am	5:15pm-5:45pm 6:00pm-6:30pm	4:00pm-4:30pm 4:30pm-5:00pm 5:15pm-5:45pm	6:00pm-6:30pm	
<b>THURSDAYS</b>	<b>THURSDAYS</b>	<b>THURSDAYS</b>	<b>THURSDAYS</b>	<b>THURSDAYS</b>
	5:00pm-5:30pm	6:00pm-6:30pm	5:00pm-5:30pm	
<b>FRIDAYS</b>	<b>FRIDAYS</b>	<b>FRIDAYS</b>	<b>FRIDAYS</b>	<b>FRIDAYS</b>
6:00pm-6:30pm	4:45pm-5:15pm 5:30pm-6:00pm	4:00pm-4:30pm 4:45pm-5:15pm	4:00pm-4:30pm	5:30pm-6:00pm
<b>SATURDAYS</b>	<b>SATURDAYS</b>	<b>SATURDAYS</b>	<b>SATURDAYS</b>	<b>SATURDAYS</b>
10:30am-11:00am	9:45am-10:15am 11:15am-11:45am	9:00am-9:30am 10:30am-11:00am	9:00am-9:30am 11:15am-11:45am	

**ALL CLASSES ARE A HALF HOUR LONG**  
Members: \$52 | Program Participants: \$104



# STOICO/FIRSTFED YMCA SPRING PROGRAMS February 22 – April 18

## YOUTH & TEEN PROGRAMING

### PRESCHOOL ENRICHMENT

**Tuesdays: 9:00am • Ages 2.9 - 4**

Introduce your toddler to a small group dynamic where they can participate in hands-on learning and a variety of fun experiences that will help them to develop their social, intellectual, physical and emotional skills.

**Members: \$56 | Program Participants: \$84**

### RUN KID RUN

**Wednesdays: 4:30pm • Ages 7-14**

Have your children been our on daily activity? Running can help in all forms of sports or just to help them be more active. Join us for this fun way to run!

**Members: \$56 | Program Participants: \$84**

## WELLNESS

### WALK TO WELLNESS CLUB

**Wednesdays & Fridays: 12:00pm  
Ages 18+**

Join us for a 6 week walk to wellness. This program is designed for adults who are looking to increase their activity and gain the benefits of excise. This will take place at the Stoico/FIRSTFED YMCA, outdoor track. In addition to walking, we'll add some body weight exercises to help build your cardiovascular endurance and muscle strength all at once.

**Members: Free | Program Participants: \$84**

### WOMEN'S STRENGTH TRAINING

**Thursdays: 5:30pm or Saturdays: 10:15am  
Ages 16+**

Join a certified personal trainer for seven one-hour small group training sessions to build strength and muscle, specifically for women. Workouts will conclude with weekly discussions on healthy tips and tricks.

**Members: \$125 | Program Participants: \$190**

### QUARANTINE 15 CHALLENGE

**Wednesdays: 6:00pm or Saturdays: 10:30am  
Ages 18+**

This 6-week weight loss challenge will help you jumpstart your fitness journey with a renewed focus. Participants receive exclusive workouts, health tips, nutrition know-how, healthy recipes, and weekly one-on-one sessions with a wellness coach.

**Members: \$175 | Program Participants: \$225**

### CPR-PRO

**Tuesday, March 6 • 5:00pm  
Ages 12+**

Nationally recognized ASHI courses. CPR-Pro includes skills for 1- or 2-person rescues of infants, child and adult victims, as well as the use of an AED, rescue breathing, and obstructed airway care.

**Members: \$50 | Program Participants: \$75**

### SHAMROCK BINGO

**MONTH OF MARCH  
Ages 12+**

Members can participate in this free incentive program to keep them on track with their fitness goals this March. Participating members will receive a bingo card with various activities to complete during the month of March. Upon completion, members will receive a free gift.

### PERSONAL TRAINING

**BY APPOINTMENT**

Let a certified personal trainer design an exercise program unique to your needs, goals and time. Packages are available in 30- or 60-minute increments.

# STOICO/FIRSTFED YMCA SPRING PROGRAMS Axel Dance Academy

We offer a progressive program from 18 months to adults! If you are looking for a fun activity to get your child involved in, look no further! Now is a great time to start. Classes are held Monday - Saturday offering Ballet, Tap, Jazz, Acrobatics, Contemporary, Pointe and more. We offer quality dance education at an affordable rate.

If you are interested in joining our Competition or Recreation classes please email [akeane@ymcasc.org](mailto:akeane@ymcasc.org) or call 508.678.9622.



## ACROBATICS

We are an Acrobatic Arts certified dance studio. We follow the "Building Strong Dancers" curriculum. This program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling.

## INFORMATION

[2020 - 2021 Swansea Schedule](#)

[Pricing](#)

[Axel Dance Academy Handbook](#)

[Axel Gear](#)

[COVID19 Protocols](#)

## REGISTRATION

[Register Today](#)

[Competition Team](#)





1 in 8 people will go hungry in Southern New England due to the COVID Pandemic. Building on our existing programs, The Full Plate Project aims to address the growing lack of access to healthy, affordable food during economic struggles.

YMCA Southcoast has partnered with The Greater Boston Food Bank to launch The Full Plate Project at five participating Y branches including Dartmouth, Fall River, New Bedford, Swansea, and Wareham. The project will distribute 1 Million Pounds of food in 2021 to our member and neighbors.

## Y COMMUNITY MARKET

**All Southcoast residents are welcome to take advantage of this free drive-through market. Photo ID is not required. No pre-registration required – first come first serve. Please practice COVID safety protocol and wear a mask!**

Participants will be asked to provide basic information including zip code and number of people living in their household.

Each household will receive pre-packaged bags of groceries that include a variety of nonperishable items, as well as fresh produce and meats when available. Items vary, based on availability.

**The Full Plate Project relies solely on volunteers for help with the bagging and distribution. If you would like to become a volunteer contact Claudia Arsenio at [fullplateproject@ymcasc.org](mailto:fullplateproject@ymcasc.org) with any questions.**

**Visit [ymcasc.org](http://ymcasc.org) or find us on Facebook to know when the next market is available in your area!**



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**Visit [ymcasc.org](http://ymcasc.org) or find us on Facebook to know when the next market is available in your area!**