

YOUTH & TEEN

YOUTH BASKETBALL LEAGUE

Fridays 4:30-5:30pm • Ages: 8-14

Saturdays 10:00am • Ages 5-7

Basketball Skills & Drills League, develop the love of the game while learning valuable skills.

Members: \$85

Program Participants: \$120

AIKIDO AT THE GLEASON FAMILY YMCA

Thursdays 6:00pm & Saturdays 1:00pm • Ages: 4-6

Thursdays 6:45pm & Saturdays 1:45pm • Ages: 7-12

Aikido means "the way of harmony with the force and principle of nature." Aikido takes the joint locks and throws from jujitsu and combines them with the body movements of sword and spear fighting. Training involves physical, mental, spiritual, and ethical disciplines. Individuals train and progress at their own pace, finding harmony through personal development. Regular practice brings a sense of well-being and self confidence that permeates all aspects of one's daily life. Uniforms may be purchased separately; see instructor.

Members: Ages 4-6 \$104

Ages 7-12 \$150

Program Participants: Ages 4-6 \$129

Ages 7-12 \$190

CHILD WATCH

Monday-Friday: 8:30-10:30am & 4:30-6:30pm

Saturday: 8:30-10:30am • Ages: 3mos - 7 years

Work out or take a class while your child is cared for by one of our engaged staff members. Parents may utilize this service for up to 90 minutes while in the building. Reservations may be made by calling the Welcome Center at 508.295.9622.

For Family Memberships Only.

WELLNESS

TEEN STRENGTH TRAINING

Tuesdays & Thursdays: 4:00pm • 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

MASSAGE THERAPY

For appointments, scheduling, and prices please 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 that 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 508.296.9622 x17.

60-Minute Sessions

Members:

\$49 / 6 Pack: \$283 / 10 Pack: \$441 / 20 Pack: \$840

30-Minute Sessions

Members:

\$29 / 6 Pack: \$159 / 12 Pack: \$283

Semi-Private (2:1) 60-Minute Sessions

Members:

6 Pack: \$158

SPECIAL EVENTS

DINING FOR A CAUSE

QDOBA AT WAREHAM CROSSING

AUG. 17, SEPT. 21 & OCT. 19 • 4:00-8:00pm

Dine-in, order online, or Door Dash your dinner! 25% of the sales between 4 and 8pm will be donated to the Gleason Family YMCA's Annual Campaign. Campaign proceeds directly benefit community members unable to afford Y programs and services to support a healthy social, emotional, and physical lifestyle.

Now that's "taco'ing" about a great deal!

DID SOMEONE SAY "PARTY" RENTALS?

SATURDAYS • 1:00-3:00PM or 3:30-5:30PM

From the climbing wall to the pool, arts & crafts to the basketball court, the Gleason Family Y facility offers a safe, fun, and engaging setting for birthday parties, family reunions, and other social gatherings. Rentals include one hour in the activity area of your choice and one hour in our spacious, clean Youth Room for your guests' enjoyment. Access to kitchen amenities (sink, stove, oven, refrigerator) or contact information for local restaurants for delivery are available. Double bookings will run from 1:00-5:00pm and include 1-2 activity areas of your choice. Please contact Lu Brito for details at lbrito@ymcasc.org or 508.295.9622 x17.

SINGLE BOOKING BASE RATE (up to 12 participants engaged in activity):
Members: \$165 / Program Participants: \$200

ADDITIONAL PERSON(S) FLAT FEE (participants 13-24, unavailable for ROCKWALL): \$50

SIP & SUPPORT FUNDRAISER FOOD AND BEVERAGE TASTING

THURSDAY, SEPTEMBER 29th • 6:00-8:00PM

A fun-filled evening sipping craft beers & wine, sampling savory bites of food, listening to live music & bidding on the silent auction. This year we will have a "party in the tropics" theme so come wearing a Hawaiian shirt or fun tropical island wear. Prizes will be given for dressing to impress! This is a 21+ evening out to help raise funds for the Gleason Family Y's Annual Campaign.

Tickets: \$50 pp

TRUNK OR TREAT HALLOWEEN CELEBRATION

SATURDAY, OCTOBER 29 • 5:00-7:00PM

Join us for an afternoon full of TRUNK-OR-TREATING in our parking lot. Come in costume for a fun & safe trick-or-treating experience OR be a sponsor & decorate your vehicle in a scary, silly or funny manner. Prizes awarded for best decorated trunk. Wrapped treats always needed & can be donated at Welcome Center Desk.

TREATS FOR A COSTUME

Halloween Costume Recycling (Sept-Oct)

The Gleason Family YMCA is hosting a Halloween Costume drive. Recycle your clean & gently used adult and child Halloween costumes and receive a \$3 voucher toward the purchase of another recycled costume at the Y's recycled costume event. Please bring costumes to the Welcome Center desk before Saturday 10/15/21, which is when the costume purchase event will be held. Reduce, Re-use, Recycle at the YMCA!

AQUATIC SPECIALTY PROGRAMS

YMCA LIFEGUARD CLASSES

Certify or recertify in YMCA Lifeguarding (includes Waterfront/ Waterpark/Emergency O2). Training covers CPR & First Aid and Full course fee includes text, hip pack, O2 mask, whistle & lanyard. Minimum of 4 participants required for class to run.

Contact Jackie Penwarden at jpenwarden@ymcasc.org or 508.295.9622 for additional information.

Members & Program Participants:

YMCA LG Full Course \$350

Recertification Fee \$175

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 and appointment. A \$5 fee will be assessed for simple tests (<15 minutes); a \$15 fee will be assessed for tests of 16-30 minutes.

CPR, FIRST AID & EMERGENCY OXYGEN ADMINISTRATION CERTIFICATIONS

These courses are offered on an ongoing basis. Please contact Jackie Penwarden at 508.295.9622 for details or check the website under "CERTIFICATIONS" at www.ymcasc.org!

RIPTIDES SWIM TEAM

SEASON RUNS SEPTEMBER 19, 2022 -
MARCH 5, 2023

EVALUATIONS - BY APPOINTMENT ONLY

Monday-Friday

August 15-19 6:30-8:00pm or

September 12-16 6:00-7:30pm

This is a competitive co-ed program for children ages 6-18 years. The objective of this program is to develop each swimmer to his/her fullest potential, promote good sportsmanship and team spirit, as well as help each swimmer to build a health spirit, mind and body.

Practices will meet up to 5 days/week with the expectation that a minimum of 3 are attended weekly.

All swimmers must be active YMCA Southcoast members. Participants will be expected to attend all dual meets (home and away) for the season and encouraged to attend any additional meets as possible. A minimum of three meets per season is required for participation in the SENECEY Championship meet at season's end.

Please email our coaches at GFYRiptides@ymcasc.org for more information or to schedule an evaluation.

- **YELLOW GROUP • \$390**
Mon/Wed/Fri 4:30-5:15pm
- **GREEN GROUP • \$453**
Mon/Wed/Fri 5:15-6:15pm
Tue/Thu 5:00-6:00pm
- **RED GROUP • \$471**
Mon/Wed/Fri 6:15-7:30pm
Tue/Thu 6:00-7:00pm
- **BLUE GROUP • \$496**
Mon/Wed/Fri 7:15-8:30pm
Tue/Thu 7:00-8:30pm

GLEASON FAMILY 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.



GLEASON FAMILY YMCA

FALL 1 PROGRAMS

September 5 – October 30

LEVEL	AGES	RATES		LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
PARENT/CHILD											
STAGE A/B	6mos-36mos	M: \$55	PP: \$110	30min	10:45am 5:45pm		10:45am 5:45pm		10:45am 5:10pm 5:45pm	9:00am 9:35am 10:10am	9:00am 10:10am
PRESCHOOL											
STAGE 1/2 Water Acclimation/ Water Movement Beginner/Adv. Beginner	3-5 Years	M: \$55	PP: \$110	30min	11:20am 5:10pm 5:45pm	10:45am 4:00pm 5:45pm	11:20am 5:10pm	10:45am 4:00pm 5:45pm	11:20am 4:00pm 5:10pm	9:00am 9:35am	9:00am 9:35am
STAGE 2/3 Water Movement/ Water Stamina Adv. Beginner/Intermediate	3-5 Years	M: \$55	PP: \$110	30min	4:35pm	11:20am 5:10pm	4:35pm	11:20am 5:10pm	4:35pm	9:00am 11:20am	11:20am
STAGE 3/4 Water Stamina/ Stroke Introduction Intermediate/Advanced	3-5 Years	M: \$55	PP: \$110	30min		4:00pm	4:35pm	4:00pm	4:35pm	9:35am	9:35am 10:45am
YOUTH											
STAGE 1/2 Water Acclimation/ Water Movement Beginner/Adv. Beginner	6-14 Years	M: \$55	PP: \$110	30min	4:00pm	5:10pm	4:00pm	5:10pm	4:00pm	10:10am 11:20am	10:10am
STAGE 2/3 Water Movement/Water Stamina / Adv. Beg./Int.	6-14 Years	M: \$55	PP: \$110	30min	5:45pm	4:35pm	5:45pm	4:35pm	5:45pm	9:35am 11:20am	10:10am 11:20am
STAGE 3/4 Water Stamina/Stroke Intro Adv. Beginner/Intermediate	6-14 Years	M: \$55	PP: \$110	30min	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	10:45am	11:20am
STAGE 4/5 Stroke Intro/ Stroke Development Intermediate/Advanced	6-14 Years	M: \$55	PP: \$110	30min	5:10pm	5:45pm	5:10pm	5:45pm	5:10pm	10:45am	10:45am
STAGE 5/6 Stroke Development/Stroke Mechanism/Advanced	6-14 Years	M: \$55	PP: \$110	30min	5:10pm	5:45pm	5:10pm	5:45pm	5:10pm	10:45am	10:45am
SWIM PATHWAY Aquatic Conditioning	6-14 Years	M: \$82	PP: \$165	45min	4:30pm		4:30pm		4:30pm		
ADULT											
STAGE 1/2	15+ Years		M: \$55 PP:\$110	30min	6:30pm		6:30pm		6:30pm		
STAGE 3/4	15+ Years		M: \$55 PP: \$110	30min			6:30pm		6:30pm		
STAGE 5/6	15+ Years		M: \$55 PP: \$110	30min					6:30pm		
Master's Swim Conditioning 1 (2x/wk)	15+ Years		M: \$97 PP: \$166	75min		5:45pm		5:45pm			
PRIVATE (1:1) & SEMI-PRIVATE (1:2-4) LESSONS											
Master Private (Per Class Fee)	3+ Years	M: \$40	PP: \$60	30min	By Appointment Only						
Package of 5		M: \$160	PP: \$240								
Master Semi-Private (Per Class Fee)		M: \$55	PP: \$80								
Package of 5		M: \$220	PP: \$320								
Private (Per Class Fee)		M: \$35	PP: \$55								
Package of 5		M: \$140	PP: \$220								
Semi-Private(Per Class Fee)		M: \$50	PP: \$75								
Package of 5		M: \$200	PP: \$300								

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