

FALL RIVER YMCA | FALL II PROGRAMS 2022

November 1st- December 18th



AQUATICS

FALL II NOVEMBER 1ST- DECEMBER 18TH					
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 1 YOUTH STAGE 5 10:00AM
YOUTH STAGE 1 5:30PM	YOUTH STAGE 3 5:30PM	STAGE A/B 5:30PM	PRE-K STAGE 1 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	YOUTH STAGE 5 6:00PM	YOUTH STAGE 2 6:00PM	YOUTH STAGE 2 YOUTH STAGE 4 11:00AM
	PRE-K STAGE 1 6:30PM		PRE-K STAGE 4 6:30PM		PRE-K STAGE 1 STAGE A/B 11:30AM
	YOUTH STAGE 6 7:00PM		YOUTH STAGE 6 7:00PM		

GROUP LESSONS

- **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 - Curriculum shared with Adult Beginner Lessons**

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 - Curriculum shared with Adult Intermediate Lessons**

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.

YOUTH PROGRAMS

YOUTH SOCCER SKILLS

Tuesdays Nov 3rd - Dec 13th

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.

Tuesdays: 6:00 - 7:00pm | Ages 5-8

Tuesdays: 7:00 - 8:00pm | Ages 9-12

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

YOUTH BASKETBALL SKILLS

Thursdays Nov 5th - Dec 15th

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.

Thursdays: 6:00 - 7:00pm | Ages 5-8

Thursdays: 7:00 - 8:00pm | Ages 9-12

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

Questions about Sports?

Contact Jason Dacey at

fryouthprograms@ymcasc.org

SPECIAL EVENTS

HALLOWEEN BOO BASH

Friday, October 28th



Join us for a fun night of dancing, Halloween treats, games, glitter tattoos and so much more!

6:00-8:30pm

\$5 per child and \$20 Family Max

PUMPKIN SPLASH IS BACK!

Saturday, October 29th

Join us for our Pumpkin Splash event! Did you know pumpkins float?! Join us for a unique and fun way to pick a pumpkin...in our pool! Pumpkins will be floating in the pool for youth to jump in and swim to pick their favorite pumpkin to decorate and take home! There will be lifeguards on duty, but parents please keep in mind that our Family Swim rules still apply! Even if your child is capable of swimming independently, all children aged 7 and under are considered "non-swimmers" and a parent is required to get in the water with them.

1:00 - 3:00pm

\$5 per child and \$20 Family Max



WELLNESS

FALL INTO FITNESS-DROP IN

Saturdays 8am Oct. 22nd-Nov. 19th

Train with Master Trainer, Micki Poulton every Saturday in the Wellness Center. She will be creating customized pyramid programs to participants. You will walk away with confidence and knowledge on free weight, cable, and pin-select training.

Members: \$ 15 | Program Participants:\$ 18

CHECK IN WITH A TRAINER

By appointment

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

Members: \$35 | Program Participants: \$50

FREAKY FITNESS WEEK

October 24th-29th

Get your best Halloween costume out and come join the fun. All week will be filled with fun and freaky fitness classes. Those who dress for the occasion will be entered to win a prize! It's Spirit Week!!

Members: Free | Program Participants: Day Pass

WELLNESS

TEEN STRENGTH CLASSES

Saturdays 9am-Nov. 5th-26th

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

Members: \$75 |Program Participants: \$ 100

