

# GLEASON FAMILY | FALL II PROGRAMS 2022

## October 31 - December 18



### YOUTH & TEEN

#### TEEN STRENGTH TRAINING

Tuesdays & Thursdays • 4p • Ages 10-14

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

**Members: \$152 | Program Participants: \$222**

#### AIKIDO AT THE GLEASON FAMILY YMCA

Thursdays 6:00p & Saturdays 1:00p • Ages 4-6  
Thursdays 6:45p & Saturdays 1:45p • 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 the with the body movements of sword and spear fighting. 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.

**Ages 4-6**

**Members: \$91 | Program Participants \$113**

**Ages 7-12**

**Members: \$131 | Program Participants \$116**

#### CHILD WATCH

Monday-Friday • 8:30-10:30a & 4:30-6:30p  
Saturday • 8:30-10:30a  
Ages 3 months-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

#### GET SLIM - BEGINNER

Mondays 5p • Ages 16+  
Wednesdays 10a • Ages 16+

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

**Members: \$76**

#### MASSAGE THERAPY

Various times and days available

For appointments, scheduling, and prices please contact:

**Deb Levesque at 508.965.3974 or**

**Jon Leaver at 508.284.4752**

#### PERSONAL TRAINING

Varies times and day available

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 hold both persons accountable for the end result. To make an appointment or for more information, please contact Lu Brito at 508.295.9622 x 17

**60-Minute Sessions:**

**Members: \$49 per session**

**60-Minute Packages:**

**6 Pack/ \$283 • 10 Pack/\$441 • 20 Pack/\$840**

**30-Minute Sessions:**

**Members: \$29 per session**

**30-Minute Packages:**

**6 Pack/\$159 • 12 Pack/\$283**

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

**Members: 6 Pack/\$158**

### SPECIALTY AQUATICS

#### CPR-PRO, FIRST AID & EMERGENCY OXYGEN 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.ymcasc.org](http://www.ymcasc.org). 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 Danielle Gilmore at [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org).

##### FIRST AID & CPR

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

##### EMERGENCY OXYGEN

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

#### SWIM TESTING

Multiple days available

Need a swim test for sailing school, a GSA/BSA badge, Tabor Academy orientation, summer camp or another outside facilities? Please contact our Aquatics Department to schedule an appointment.

**Shorter than 15 minutes: \$5**

**16 - 30 minutes: \$15**

#### YMCA & RED CROSS LIFEGUARD COURSES FULL & RECERTIFICATION

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

Please contact Danielle Gilmore at [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org).

##### YMCA LIFEGUARDING

**Full Course: \$350 | Recertification: \$125**

##### RED CROSS LIFEGUARDING

**Full Course: \$375 | Recertification: \$150**

#### VACATION SWIM LESSONS

Monday-Friday • December 26-30

Five consecutive days of 30 minute lessons for all swimming abilities. These lessons are designed to introduce children to swimming and to strengthen the skills of current swimmers.

**Members: \$36 | Program Participants: \$72**

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### AQUATIC PROGRAMS

LEVEL	AGES	RATES		LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>PARENT/CHILD</b>											
<b>STAGE A/B</b>	6mos-36mos	M: \$48	PP: \$96	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
<b>PRESCHOOL</b>											
<b>STAGE 1/2</b> Water Acclimation/ Water Movement Beginner/Adv. Beginner	3-5 Years	M: \$48	PP: \$96	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
<b>STAGE 2/3</b> Water Movement/ Water Stamina Adv. Beginner/Intermediate	3-5 Years	M: \$48	PP: \$96	30min	4:35pm	11:20am 5:10pm	4:35pm	11:20am 5:10pm	4:35pm	9:00am 11:20am	11:20am
<b>STAGE 3/4</b> Water Stamina/ Stroke Introduction Intermediate/Advanced	3-5 Years	M: \$48	PP: \$96	30min		4:00pm	4:35pm	4:00pm	4:35pm	9:35am	9:35am 10:45am
<b>YOUTH</b>											
<b>STAGE 1/2</b> Water Acclimation/ Water Movement Beginner/Adv. Beginner	6-14 Years	M: \$48	PP: \$96	30min	4:00pm	5:10pm	4:00pm	5:10pm	4:00pm	10:10am 11:20am	10:10am
<b>STAGE 2/3</b> Water Movement/Water Stamina / Adv. Beg./Int.	6-14 Years	M: \$48	PP: \$96	30min	5:45pm	4:35pm	5:45pm	4:35pm	5:45pm	9:35am 11:20am	10:10am 11:20am
<b>STAGE 3/4</b> Water Stamina/Stroke Intro Adv. Beginner/Intermediate	6-14 Years	M: \$48	PP: \$96	30min	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	10:45am	11:20am
<b>STAGE 4/5</b> Stroke Intro/ Stroke Development Intermediate/Advanced	6-14 Years	M: \$48	PP: \$96	30min	5:10pm	5:45pm	5:10pm	5:45pm	5:10pm	10:45am	10:45am
<b>STAGE 5/6</b> Stroke Development/Stroke Mechanism/Advanced	6-14 Years	M: \$48	PP: \$96	30min	5:10pm	5:45pm	5:10pm	5:45pm	5:10pm	10:45am	10:45am
<b>SWIM PATHWAY</b> Aquatic Conditioning	6-14 Years	M: \$72	PP: \$144	45min	4:30pm		4:30pm		4:30pm		
<b>ADULT</b>											
<b>STAGE 1/2</b>	15+ Years	M: \$48	PP: \$96	30min	6:30pm		6:30pm		6:30pm		
<b>STAGE 3/4</b>	15+ Years	M: \$48	PP: \$96	30min			6:30pm		6:30pm		
<b>STAGE 5/6</b>	15+ Years	M: \$48	PP: \$96	30min					6:30pm		
<b>Master's Swim Conditioning 1 (2x/wk)</b>	15+ Years	M: \$79	PP: \$135	75min		5:45pm		5:45pm			
<b>PRIVATE (1:1) &amp; SEMI-PRIVATE (1:2) LESSONS</b>											
Private (Per Class Fee)	3+ Years	M: \$35	PP: \$55	30min	Appointments Available beginning November 14th. Please email Mira Siewert at <a href="mailto:msiewert@ymcasc.org">msiewert@ymcasc.org</a> for more information.						
Package of 5		M: \$140	PP: \$220								
Semi-Private(Per Class Fee)		M: \$50	PP: \$75								
Package of 5		M: \$200	PP: \$300								

**\*\*Thursday lessons will be prorated to reflect the Thanksgiving Holiday**

## 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.