

## WELLNESS

### 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**

## YOUTH

### YOUTH BASKETBALL LEAGUE

Day & Time: TBD AGES: 5-13 YEARS OLD

Sign up for our 12 week session of youth basketball at the YMCA. Week 1 will be evaluations. In this league, players will build relationships with other players and coaches while developing their basketball skills in games and practices for a competitive team experience.

#### AGES 5-8

Members: \$89 | Program Participants \$116

#### Ages 9-13

Members: \$126 | Program Participants: \$152



# NEW BEDFORD YMCA FALL II PROGRAMS October 31 – December 18

## 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.

OCTOBER 31 - DECEMBER 18

LEVEL	AGES	RATES		LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
PARENT/CHILD											
PARENT/CHILD (STAGES A/B)	6mos-36mos	M: \$48	PP: \$96	30min		10AM		10AM 6PM		10AM 10:30AM	
PRESCHOOL											
PRESCHOOL WITH PARENT (STAGE C)	2-5 Years	M: \$48	PP: \$96	30min				5:30PM		9AM	
PRESCHOOL (STAGES 1-4)	3-5 Years	M: \$48	PP: \$96	30min	4PM 4:30PM	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: \$48	PP: \$96	30min	5PM 5:30PM 6PM	4:30PM 5:30PM	5PM 5:30PM	4PM	4:30PM 6:30PM	9:30AM 11AM	
YOUTH INTERMEDIATE (STAGES 3/4)	6-14 Years	M: \$48	PP: \$96	30min	6PM	5:30PM 6PM	4PM 6PM	4PM	5:30pm	10AM 11AM	
YOUTH ADVANCED (STAGES 5/6)	6-14 Years	M: \$48	PP: \$96	30min	6:30PM		6:30PM		6pm	11:30am	
SWIM PATHWAY COMPETITIVE SWIM	6-14 Years	M: \$72	PP: \$144	45min		6:30PM		6:30PM		9AM	
ADULT											
ADULT BEGINNER(STAGES 1/2)	15+ Years		M: \$48 PP: \$96	30min		7PM				11:30AM	
ADULT INTERMEDIATE(STAGES 3/4)	15+ Years		M: \$72 PP: \$144	45min				7PM			
PRIVATE (1:1) & SEMI-PRIVATE (1:2) LESSONS											
PRIVATE ( 5 LESSON PACKAGE)	3+ Years	\$120		30min	By Appointment Only						
SEMI-PRIVATE( 5 LESSON PACKAGE)		\$90									
CREATE YOUR OWN		M:\$48	PP:\$96								