

YOUTH

YOUTH STRENGTH & CONDITIONING

Tuesday or Thursday, 5:30pm, Ages 10-14

Whether you are an off-season athlete, or just looking to lead a more active lifestyle- this class will benefit you! This is accomplished with age-appropriate weight training, gymnastics, and metabolic conditioning workouts. We also aim at developing discipline and hard work that will help the athlete be successful in all areas of life. Under the eye of our certified trainers, proper weightlifting technique will be taught which will enhance strength and power, while also focusing on gymnastics (body relative movements), which will increase mobility, flexibility and agility. Ultimately we are Building Stronger Athletes! 45-Minutes.

Members: \$95 | Program Participants: \$120

CHILD WATCH

Monday-Friday • 8-11a

Saturday • 8-11:30a

Monday-Thursday • 4:30-7p

Ages 6 weeks-10

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 3 hours while in the building.

For Family Memberships Only.

WELLNESS

CHECK IN WITH A TRAINER

Varies days and times available

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

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

PERSONAL TRAINING

Varies days and times 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 people accountable for the end result. To make an appointment or for more information, please contact Kara Wickman: kwickman@ymcasc.org

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

ZUMBATHON

Saturday, November 19th • 9am-11am

Dance for a cause! Join your favorite Zumba instructors from both Swansea and Fall River! Dance the morning away while helping to support your community by raising money to send a child to camp.

Members: \$10 | Program Participants: \$10

YOUTH

HOME SCHOOL GYM CLASS

Wednesday 12–1p • Ages 5–12

The Y is organizing an activity-based class for homeschool families. Groups will meet once per week for seven weeks. Each week will focus on different activities and sports to get your students moving and sweating. Siblings are encouraged to register as well. Additional siblings are \$10.

Members: \$49 | Program Participants: \$55

RUN KID RUN

Wednesdays 4:15–5p • Ages 7–12

Running brings people together. This program gets kids into the rhythm of the running experience by helping to build endurance and speed. We'll introduce stretching and warmup activities, along with mechanical concepts to improve technique.

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

YOUTH VOLLEYBALL

Thursdays 5–6p • Ages 8–15

Have fun while learning the rules of volleyball, developing new skills and learning to play as a team through fun drills and games. Program focus will be on overall player development.

Members: \$65 | Program Participants: \$75

*No class on Thanksgiving

YOUTH

PRESCHOOL ENRICHMENT

Tuesdays, Wednesdays, Thursdays 9–11:30a • Ages 2.9–5

Introduce your child to class style learning featuring hands-on exploration of math and literacy skills, plus plenty of creative center based playtime. Your preschooler will learn social skills while you workout and reach your health goals.

Members: \$80 weekly (7 week session)

Program Participants: \$90 weekly (7 week session)

*No class on Thanksgiving

MINI BASKETBALL

Mondays 4:00–4:45p • Ages 5–7

Learn fundamental basketball skills to improve your play while gaining the love of the game. This is a six week program that builds skills every week.

Members: \$55 | Program Participants: \$65

*No class on Halloween

INSTRUCTIONAL BASKETBALL

Fridays 4:45–5:45p • Ages 8–11

Kick start the Basketball season with some awesome basketball drills. Players will work on conditioning skills, ball handling and many drills in this 7 week program.

Members: \$75 | Program Participants: \$85

STOICO I FALL II 2022

October 31-December 18



YOUTH

BASKETBALL 1-ON-1

Multiple days and times available.

Looking for more individual basketball training? We have you covered! Book an appointment today with one of our basketball coaches! Packages include three sessions. Each session is 30 minutes. Book your time slot today!

Members: \$75 | Program Participants: \$85

ALL BOYS HIP HOP

Mondays 5-5:45p • Ages 7-11

This program allows male dancers to foster new moves in an encouraging environment. It gives students the ability to dance with freedom and develop their own personal style. This is a 7 week session.

Members: \$75 | Program Participants: \$85

AXEL DANCE ACADEMY

Ages 18 months- Adults

Join us on the dance floor! We will offer classes September-June! With a year end recital in June. We offer acro, ballet, jazz, tap, pointe and so much!

Email: axeldance@ymcasc.org for more information.

YOUTH

ACRO CLINIC

Wednesday • November 23rd 4-5p Ages 7-9

Wednesday • November 23rd 5-6:30p Ages 10+

We will be setting up our Tumble Track and all other tumble equipment. Class will focus on advanced tumbling skills, flexibility training, contortion tricks and more. Multiple instructors available to help assist students with individual goals.

Members: \$15 ages 7-9 • \$20 Ages 10+

Program Participants: \$20 ages 7-9 • \$25 Ages 10+

BACK HANDSPRING CLINIC

Tuesdays 4-4:30p • Ages 7-10

Join us for this 4 week clinic. November 1st, 8th, 15th, & 22nd. We will work on drills dedicated to improve strength for back handsprings. We will help dancers build their skills to further their back handspring progress.

Members: \$60 | Program Participants: \$75

ADULT

PICKLEBALL CLINIC

Pickleball Adult beginner 4-week clinic
November 5th, 12th, 19th & December 1st
Saturdays 8-9a

Learn the basic skills of play pickleball in a fun environment. Limited balls and paddles are available. Pickleball is an exciting, low impact version of tennis played in our indoor basketball court. Pickleball welcomes participants of any age 16 years old and up and any skill level. Register now for this 4-week session.

Members: \$60 | Program Participants: \$80

ADULT VOLLEYBALL

Thursdays 6-8p • Ages 16+

Scrimmage and develop skills while getting exercise and having fun. Join this wonderful group for awesome Thursdays nights! Ages 15 and up!

Members: \$75 | Program Participants: \$85

*No class on Thanksgiving

ADULT TAP CLASS

Mondays • 7:30-8:15p

All levels are welcome, from beginners to experienced tap dancers. This is fun class for dancers to explore different rhythm patterns and musicality. Students will use their bodies as a percussion instrument while working their brains and bodies.

Members: \$36 (monthly)

Program Participants: \$46 (monthly)

EVENTS

DINING FOR A CAUSE

CHIPOTLE across from Southcoast marketplace
Tuesday November 8th • 5-9p

Dine-in or order online and 33% of the sales between 5-9p will be donated to the Stoico/FIRSTFED YMCA's dance team. Proceeds directly benefit members of our own community to help support dancers doing what they love most.

ORDER ONLINE FOR PICKUP USING CODE: CERZNDQ

SAVERS DONATION DRIVE

November 5th

We are collecting clothes, household textiles, and small household goods. Please use bags for clothes and textiles and tightly packed boxes for small household goods. All items must be clean and in sellable condition. Proceeds directly benefit members of our own community to help support dancers doing what they love most. Please fill out the google form if you have items to donate. Email axeldance@ymcasc.org for more information.

<https://forms.gle/33SVZ3QUoBnxobaL7>