

Dartmouth | Fall River | Gleason Family- Wareham
Mattapoisett | New Bedford | Stoico/FIRSTFED-Swansea



**FIND YOUR PASSION.
FIND YOUR Y.**

For a better us.®

WINTER PROGRAM GUIDE
Begins January 2nd

YMCA SOUTHCOAST

ymcasc.org

FALL RIVER | WINTER 2023

January 2– February 19



YOUTH

YOUTH SOCCER LEAGUE

Wednesdays 6–7 • Ages 5–8

Wednesdays 9–12

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.

Members: \$90 | Program Participants: \$110

YOUTH BASKETBALL SKILLS

Thursdays 6–7p • Ages 5–8

Thursdays 7–8p • Ages 9–12

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.

Members: \$90 | Program Participants: \$110

FLOOR HOCKEY

Tuesdays 6–7p • Ages 6–9

Tuesdays 7–8p • Ages 10–12

A great sport that develops hand-eye coordination, balance, and agility. It's a fun and engaging experience for kids to learn lessons of teamwork, sportsmanship, and fair play while applying hockey skills that strengthen their confidence. Our youth floor hockey program does not require the extensive equipment found in ice hockey. Participants will practice skills for approximately 30min followed by 15 minutes recreational play.

Members: \$90 | Program Participants: \$115

YOUTH

AXEL DANCEY ACADEMY

COMING SOON!

Join us on the dance floor! We will offer classes January–June! With a year end recital in June. We offer acro, ballet, jazz, tap, pointe and so much! Classes held at both the Swansea and Fall River branches!

EMAIL:

Axeldance@ymcasc.org for more information

WELLNESS

PERSONAL TRAINING

Various times and days 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 our Welcome Center.

60-Minute Sessions:

Members: \$54 per session

60-Minute Packages:

6 Pack/ \$324 • 10 Pack/ \$486 • 20 Pack/ \$972

30-Minute Sessions:

Members: \$32 per session

30-Minute Packages:

6 Pack/ \$170 • 12 Pack/ \$320



FALL RIVER | WINTER 2023

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WELLNESS

GET STARTED PROGRAM

Appointment Only

Our Get Started Program an appointment for new members, designed to support you in pursuit of your health and wellness goals. A wellness coach will meet with you to discuss your needs and interests and together you will develop a plan for success.

Members Only

TEEN STRENGTH TRAINING

January 7th-28th

Saturdays • 10am

This program is specifically designed for teens who want to improve their overall performance in strength, stamina, agility, conditioning, proper technique, self-esteem, and discipline. This 4-week session, participants will learn how to use a variety of equipment and exercises with safe and proper technique. Ages 10-18

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

CHECK IN WITH A TRAINER

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



WELLNESS

COUPLES YOGA

February 11th 9:30am

A fun and playful couples yoga class! This practice allows two people to relate to one another through assisted yoga poses. To stretching your levels of trust, to strengthening your communication. This class will leave a positive effect on your relationship.

\$30 per couple

INTRO TO STRENGTH TRAINING

Jan. 7th - Feb. 25th

Saturdays • 8:30am

Join Louie for 6-One hour sessions. Learn the F.I.T.T. concept. Frequency, Intensity, Time Spent, and Type of Exercise. This introduction to weight training will focus on correct form and you will execute exercises for each body part.

Members : \$75 | Program Participants: \$125

WINTER MELTAWAY FIT CAMP

Tuesdays • 4:30p and Saturdays • 8a

Train this winter with the Fall River Personal Training Team! We have a diverse team of trainers who will be rotating to give you a wide variety of workouts. This 16-1 hour sessions will also include weigh-ins, body fat analysis, and measurements. This is an 8 week sessions beginning January 10th.

Members: \$150 | Program Participants \$200

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AQUATICS

WINTER JANUARY 2ND - FEBRUARY 19TH

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		

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.

