FIND YOUR PASSION.  
FIND YOUR Y.  
For a better us.®

WINTER PROGRAM GUIDE
Begins January 2nd

YMCA SOUTHCOST
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

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
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

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
# Aquatics Schedule  
**Winter 2023**

**January 2nd - February 19th**

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Parents work with their children to learn fundamental safety and aquatic skills. Students develop comfort with underwater exploration and learn to safely exit the pool. Students learn how to swim safely for longer distances. Rhythmic breathing and integrated arm and leg actions are introduced. Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Students focus on body position and control, directional change, and forward movement in the water. Students learn how to swim safely for longer distances. Rhythmic breathing and integrated arm and leg actions are introduced. Students develop stroke technique in all major competitive strokes. Students work on stroke technique in all major competitive strokes.

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.