

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

GLEASON FAMILY | WINTER 2023

January 2 – February 19



YOUTH & TEEN

TEEN STRENGTH TRAINING

Tues & Thur 4pm • 8-12

Tues & Thur 5pm • 13-17

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: \$114 | Program Participants: \$166

AIKIDO AT THE GLEASON FAMILY YMCA

Thursday 5:00pm & Saturday 12:00pm • Ages 3-4 Intro

Thursday 6:00pm & Saturday 1:00pm • Ages 5-7

Thursday 6:45pm & Saturday 1:45pm • Ages 8-14

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 3-7 • Members: \$68 | Program Participants: \$84

Ages 8-14 • Members: \$98 | Program Participants: \$124

WELLNESS

GET-SLIM

Mondays 5p • Ages 16+

Wednesdays 10a • Ages 16

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. consequat.

Members: \$57

MASSAGE THERAPY

Various times and days availables

For appointments, scheduling, and prices please contact:

Deb Levesque at 508.965.3974 or

Jon Leaver at 508.284.4752

PICKLE BALL INSTRUCTIONAL

Tuesday & Thursday 12pm-1pm

Learn the fundamentals of how to play the nations fast growing game and have fun at the same time

To make an appointment or for more information, please contact Lu Brito at 508.295.9622 x 17

Members: Free

Program Participants: \$5 drop in fee



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YOUTH

CHILD WATCH

Monday–Friday • 8:30–11:30a & 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.



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 Lu Brito at 508.295.9622 x 17

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



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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. 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.

FIRST AID & CPR

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

EMERGENCY OXYGEN

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

FESTIVE FAMILY FREE SWIM

Friday • December 23 • 6:30–8:00pm

Saturday • January 14 • 3:00–4:30pm

Friday • February 24 • 6:30–8:00pm

Enjoy quality family time in the pool with music, inner tubes, slide and water features.

After swimming, go home with a seasonal arts and crafts project and a smile.

Members: Free | Program Participants: \$8

YMCA 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.

YMCA LIFEGUARDING

Full Course: \$350

Recertification: \$125

VACATION SWIM LESSONS

Monday–Thursday • December 26–29

Monday–Thursday • February 20–23

Four 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: \$30 | Program Participants: \$60

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

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LEVEL	AGES	RATES	LENGTH	MON	TUE	WED	THU	FRI	SAT	SUN
PARENT/CHILD										
STAGE A/B Water Discovery/ Water Acclimation	6mo–36mo	M: \$53 PP: \$106	30min	10:45am 5:45pm		10:45am 5:45pm		10:45am 5:10pm 5:45pm	9:00am 10:10am	9:00am 10:10am
PRESCHOOL										
STAGE 1/2 Water Acclimation/ Water Movement	3–5 Years	M: \$53 PP: \$106	30min	11:20am 5:10pm 5:45pm	10:45am 4:00pm 5:45pm	11:20am 4:00pm 5:10pm	10:45am 4:00pm 5:45pm	11:20am 4:00pm 5:10pm	9:00am 9:35am	9:00am 9:35am
STAGE 2/3 Water Movement/ Water Stamina	3–5 Years	M: \$53 PP: \$106	30min	4:35pm	5:10pm	4:35pm	5:10pm	4:35pm	9:00am 11:20am	11:20am
STAGE 3/4 Water Stamina/ Stroke Introduction	3–5 Years	M: \$53 PP: \$106	30min	4:00pm	11:30am 4:00pm	4:35pm	11:30am 4:00pm	4:35pm	9:35am	9:35am 10:45am
YOUTH										
STAGE 1/2 Water Acclimation/ Water Movement	6–14 Years	M: \$53 PP: \$106	30min	4:00pm	5:10pm	4:00pm	5:10pm	4:00pm	10:10am 11:20am	10:10am
STAGE 2/3 Water Movement/ Water Stamina	6–14 Years	M: \$53 PP: \$106	30min	4:35pm 5:45pm	4:35pm	5:45pm	4:35pm	5:45pm	9:35am 11:20am	10:10am 11:20am
STAGE 3/4 Water Stamina/ Stroke Introduction	6–14 Years	M: \$53 PP: \$106	30min	4:00pm 5:10pm	4:35pm	4:00pm	4:35pm	4:00pm	10:45am	11:20am
STAGE 4/5 Stroke Introduction/ Stroke Development	6–14 Years	M: \$53 PP: \$106	30min	4:35pm	5:45pm	5:10pm	5:45pm	4:35pm 5:45pm	10:45am	10:45am
STAGE 5/6 Stroke Development/ Stroke Mechanics	6–14 Years	M: \$53 PP: \$106	30min	5:10pm	5:45pm	5:10pm	5:45pm	5:10pm	10:45am	10:45am
SWIM PATHWAY Aquatic Conditioning	6–14 Years	M: \$79 PP: \$159	45 min					4:30pm		
ADULT										
STAGE 1/2 Water Acclimation/ Water Movement	15+ Years	M: \$53 PP: \$106	30min	6:30pm		6:30pm				
STAGE 3/4 Water Stamina/ Stroke Introduction	15+ Years	M: \$53 PP: \$106	30min				6:30pm			
STAGE 5/6 Stroke Development/ Stroke Mechanics	15+ Years	M: \$53 PP: \$106	30min		6:30pm					
Master's Swim Conditioning (2x/wk)	15+ Years	M: \$86 PP: \$130	75min		5:45pm		5:45pm			

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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.

