FIND YOUR PASSION.
FIND YOUR Y.

For a better us.®

WINTER PROGRAM GUIDE
Begins January 2nd

YMCA SOUTHCOAST
ymcasc.org
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 them 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

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.

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
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
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
# GLEASON FAMILY WINTER 2023
January 2 – February 19

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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.

A parent/child class that introduces infants and toddlers to the aquatic environment. Students refine stroke technique in all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**SWIM LESSON STAGE DESCRIPTIONS**

**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.