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

WINTER PROGRAM GUIDE
 Begins January 2nd

YMCA SOUTHCOST
ymcasc.org
WELLNESS

CHECK IN WITH A TRAINER
By Appointment Only
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

TEEN STRENGTH TRAINING
January 7th–28th • Saturdays 9a
This program is specifically designed for youths who want to improve their overall performance in strength, stamina, agility, conditioning, proper technique, self-esteem, and discipline. In these 4-week sessions, teens will learn how to use a variety of equipment and execute exercises with safe and proper technique. Ages 10–18

Members: $75 | Program Participants: $100

GET STARTED PROGRAM
By Appointment Only
Our Get Started Program is for new members. It is 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. Together you will develop a plan for success.

Members: Only

COUPLES YOGA
February 12th • 10:30a
A fun and playful couples yoga class! This practice allows two people to relate to one another through assisted yoga poses. From stretching your levels of trust, to strengthening your communication. This class will leave a positive impact on your relationship.

$30 Per Couple

INTRO TO STRENGTH TRAINING
January 7th–February 25th • Saturdays 10:30a
Join Personal Trainer, Sam 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
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 individuals accountable for the end result. To make an appointment or for more information, please contact at 508.997.0734

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

KARATE | TANG SOO DO
Fri: 6:00–7:00 • Beginner and Children
Fri: 7:00–8:00 • Intermediate and Adult

Develop physical fitness, mental discipline, and fighting techniques. The minimum age is 6 years old. Uniforms purchased separately. NEW STUDENTS RECEIVE A FREE UNIFORM

Members: $110 | Program Participants: $130

YOUTH BASKETBALL LEAGUE
Day & Time: TBD  AGES: 5–13 YEARS OLD

Sign up for our 12 week session of youth basketball at the YMCA. Week 1 will be evaluations. In this league, players will build relationships with other players and coaches while developing their basketball skills in games and practices for a competitive team experience. All games take place on Saturdays. Times to be determined. Ballers practice on a weekday evening. Days and times to be determined.

ROOKIES • Ages 5–8
Members: $89 | Program Participants: $116

BALLERS • Ages 9–13
Members: $126 | Program Participants:$152

VOLUNTEER COACHES NEEDED

Our sports leagues would not survive without the help of volunteer coaches. If you are interested in helping children succeed in the Y’s seasonal sports programs, please request a volunteer application at the Welcome Center!
# NEW BEDFORD YMCA
## WINTER PROGRAMS
### JANUARY 2 - FEBRUARY 19

### LEVEL | AGES | RATES | LENGTH | MON | TUES | WED | THURS | FRI | SAT | SUN
---|---|---|---|---|---|---|---|---|---|---
**PARENT/CHILD**<br>(STAGES A/B)<br>6mos-36mos | M: $53<br>PP: $105 | 30min | 10AM | 10AM 6PM | 10AM 10:30AM
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**PRESCHOOL**<br>(STAGES 1–4)<br>2–5 Years | M: $53<br>PP: $105 | 30min | 10:30AM 4PM 5PM 6PM 4PM 4:30PM 5PM 6PM 10:30AM 4PM 5PM 6PM | 9AM
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**YOUTH**<br>(STAGES 1/2)<br>6–14 Years | M: $53<br>PP: $105 | 30min | 4:30PM 5:30PM 5PM 5:30PM 4PM 6:30PM 4:30PM 5:30PM 6:30PM | 9:30AM 10:30AM 11:30AM
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**ADULT**<br>(STAGES 1/2)<br>15+ Years | M: $53<br>PP: $105 | 30min | 7:15PM | 8:30AM
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**PRIVATE (1:1) & SEMI-PRIVATE (1:2) LESSONS**
PRIVATE (5 LESSON PACKAGE) | $250 | 30min | By Appointment Only
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SEMI-PRIVATE (5 LESSON PACKAGE) | $300 | 30min | By Appointment Only
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CREATE YOUR OWN | M: $53<br>PP: $105 | 30min |
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 work on stroke technique in all major competitive strokes.

**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.