

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

NEW BEDFORD| WINTER 2023

January 2-February 19



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



WELLNESS

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

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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 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



YOUTH

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 RECIEVE 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!

JANUARY 2 - FEBRUARY 19

LEVEL	AGES	RATES		LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
PARENT/CHILD											
PARENT/CHILD (STAGES A/B)	6mos-36mos	M: \$53	PP: \$105	30min		10AM		10AM 6PM		10AM 10:30AM	
PRESCHOOL											
PRESCHOOL WITH PARENT (STAGE C)	2-5 Years	M: \$53	PP: \$105	30min				5:30PM		9AM	
PRESCHOOL (STAGES 1-4)	3-5 Years	M: \$53	PP: \$105	30min		10:30AM 4PM 5PM 6PM	4PM 4:30PM	10:30AM 4:30PM 5PM	4PM 5PM 6PM	9:30AM 10:30AM 11:30AM	
YOUTH											
YOUTH BEGINNER (STAGES 1/2)	6-14 Years	M: \$53	PP: \$105	30min		4:30PM 5:30PM	5PM 5:30PM	4PM 6:30PM	4:30PM 5:30PM 6:30PM	9:30AM 11:30AM	
YOUTH INTERMEDIATE (STAGES 3/4)	6-14 Years	M: \$53	PP: \$105	30min		5:30PM 6PM	6PM	4PM	4PM 6PM	10AM 11AM	
YOUTH ADVANCED (STAGES 5/6)	6-14 Years	M: \$53	PP: \$105	30min			6:30PM		6:30PM	11:30am	
SWIM PATHWAY COMPETITIVE SWIM	6-14 Years	M: \$80	PP: \$158	45min		6:30PM				9AM	
ADULT											
ADULT BEGINNER (STAGES 1/2)	15+ Years		M: \$53 PP: \$105	30min		7:15PM				8:30AM	
ADULT INTERMEDIATE (STAGES 3/4)	15+ Years		M: \$80 PP: \$158	45min				7PM			
PRIVATE (1:1) & SEMI-PRIVATE (1:2) LESSONS											
PRIVATE (5 LESSON PACKAGE)	3+ Years	\$250		30min	By Appointment Only						
SEMI-PRIVATE (5 LESSON PACKAGE)											
		\$300									
CREATE YOUR OWN											
		M:\$53 PP:\$105									

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.

