

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

STOICO/FIRSTFED | 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

PERSONAL TRAINING

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 people accountable for the end result. To make an appointment or for more information, please contact Kara Wickman: kwickman@ymcasc.org

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

Semi-Private (2:1) 60-Minute Sessions

Members: 6 Pack/ \$166

WELLNESS

NEW YEAR NEW ME

Saturday 9am • Ages 16+

This is a 7-week healthy lifestyle change to help you jump start your fitness journey with a renewed focus. Participants will receive exclusive workouts, health tips, nutrition know-how, healthy recipes, and weekly small group workouts with personal trainer Kara Wickman.

Members: \$110 | Program Participants: \$130

NUTRITION CONSULTATIONS

By Appointment Only • Ages 12+

We offer virtual or in-person consultations with a certified nutrition consultant that include a one-hour initial evaluation and a one-hour follow-up. Your evaluation includes a nutrition assessment and individual goal-setting. Additional follow-ups and packages can be purchased by individuals who seek continued one-on-one support for nutrition and weight management. To schedule your consultation email Kara Wickman at kwickman@ymcasc.org

Members: \$95 | Program Participants: \$120



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YOUTH & TEEN

YOUTH STRENGTH & CONDITIONING

Thursdays 5:30pm • Ages 10-14

Whether you are an off-season athlete, or just looking to lead a more active lifestyle- this class will benefit you! This is accomplished with age-appropriate weight training, gymnastics, and metabolic conditioning workouts. We also aim at developing discipline and hard work that will help the athlete be successful in all areas of life. Under the eye of our certified trainers, proper weightlifting technique will be taught which will enhance strength and power, while also focusing on gymnastics (body relative movements), which will increase mobility, flexibility and agility. Ultimately we are Building Stronger Athletes!
45-Minutes.

Members: \$95 | Program Participants: \$120

LEADERSHIP CLUB

Mondays 5:30-6:15pm • Ages 12-15

Introduce teens to all the work the Y does to strengthen community. Inspire and prepare teens to become future Y leaders. Earn up to 200 service hours per school year. Teens meet weekly and participate in Y lead events. Great opportunity to become involved in your Y's community. Includes certificate in upon completion in June. No class MLK day.

Members: Free | Program Participants: \$25

YOUTH

KIDS CORNER

Tuesday's/Thursday's 11-1 • Ages 6 weeks to 3 yrs

Are you a caregiver of a child age 6 weeks to 3 years old? Come meet others with babies and small children to relax and chat together while the kids play in our amazing play space. There will not be a staff member present.

Members Only

CHILDWATCH

Monday-Friday • 9-11a

Saturday • 9-11:30a

Monday-Thursday • 4:30-7p

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 3 hours while in the building. Ages 6 weeks-10 years old.

For Family Memberships Only



YOUTH

HOME SCHOOL GYM CLASS

Wednesday 12-1p • Ages 5-12

The Y is organizing an activity-based class for homeschool families. Groups will meet once per week for seven weeks. Each week will focus on different activities and sports to get your students moving and sweating. Siblings are encouraged to register as well. Additional siblings are \$10.

Members: \$52 | Program Participants: \$58

STORY TIME & CRAFT

Fridays 9-10:30 • Ages 3-5

Children will explore a variety of books and spend time making a themed craft. Every week will be a new opportunity to learn all while gaining friendships.

Members: \$65 | Program Participants: \$85

YOUTH & TEEN VOLLEYBALL

Thursdays 5-6p • Ages 8-15

Have fun while learning the rules of volleyball, developing new skills and learning to play as a team through fun drills and games. Program focus will be on overall player development.

Members: \$75 | Program Participants: \$95

YOUTH

PRESCHOOL ENRICHMENT

Tuesdays, Wednesdays, Thursdays 9-11:30a • Ages 2.9-5

Introduce your child to class style learning featuring hands-on exploration of math and literacy skills, plus plenty of creative center based playtime. Your preschooler will learn social skills while you workout and reach your health goals.

Members: \$85 weekly (7 week session)

Program Participants: \$95 weekly (7 week session)

JR. CHEFS

Mondays 9-10:30a • 3-5 years

Jr. Chefs is a hands-on cooking class for children ages 3-5 years. Children will have an introduction to preparing tasty, and healthy snacks. While incorporating math skills and gaining friendships. No class MLK day.

Members: \$75 | Program Participants: \$95

BASKETBALL 1-ON-1

Multiple days and time available

Looking for more individual basketball training? We have you covered! Book an appointment today with one of our basketball coaches! Packages include three sessions. Each session is 30 minutes. Book your time slot today!

Members: \$80 | Program Participants: \$90

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YOUTH

FUNDAMENTALS OF SHOOTING

Fridays 4:30–5:30 • Ages 8–10

This basketball shooting course is for anyone looking to improve on their shooting skills. The course's purpose is to show the fundamentally correct shooting techniques through step by step instruction in order to develop the best shooting form possible.

Members: \$77 | Program Participants: \$97

MINI BASKETBALL

Mondays 4–4:45p • Ages 5–7

Learn fundamental basketball skills to improve your play while gaining the love of the game. This is a six week program that builds skills every week. No class MLK day.

Members: \$57 | Program Participants: \$67

ALL BOYS HIP HOP

Mondays 5–5:45p • Ages 7–11

This program allows male dancers to foster new moves in an encouraging environment. It gives students the ability to dance with freedom and develop their own personal style. This is a 6 week session. No Class MLK.

Members: \$65 | Program Participants: \$75

YOUTH

ACRO CLINIC

Wednesday • December 28th 9–10a • Ages 7–9

Wednesday • December 28th 10–11:30a • Ages 10+

We will be setting up our Tumble Track and all other tumble equipment. Class will focus on advanced tumbling skills, flexibility training, contortion tricks and more. Multiple instructors available to help assist students with individual goals.

Members: \$15 ages 7–9 • \$20 Ages 10+

Program Participants: \$20 ages 7–9 • \$25 Ages 10+

BACK HANDSPRING CLINIC

Tuesdays 4–4:30p • Ages 7–10

Join us for this 4 week clinic. January 10th, 17th, 24th, & 31st. We will work on drills dedicated to improve strength for back handsprings. We will help dancers build their skills to further their back handspring progress.

Members: \$60 | Program Participants: \$75

AXEL DANCE ACADEMY

Ages 18 months– Adults

Join us on the dance floor! We will offer classes September–June! With a year end recital in June. We offer acro, ballet, jazz, tap, pointe and so much!

Email •
axeldance@ymcasc.org for more
information.



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YOUTH

DECEMBER BREAK CAMP

Tuesday –Friday 9a–4p • 5–14 years

It's going to be snow much fun! Camper will enjoy activities like crafts, games & more! Please send your child with lunch, 2 snacks, and a water bottle. For more information to register please visit our welcome center or email mcamara@ymcasc.org. This program runs December 27th–30th.

Members: \$44 daily | Program Participants: \$54

DECEMBER BASKETBALL CLINIC

Tuesday, Wednesday, Thursday 9–11:30a

• 2nd grade–6th grade

Join us for 3 days of fun December 27th–29th! Participants will work with one of our Basketball trainers, working on skills, drills, and improving technique. Bring sneakers, water bottle and snacks. Limited space available.

Members: \$95 | Program Participants: \$115

DECEMBER BREAK DANCE CAMP

Tuesday– Thursday 9–3p • Ages 7–14

Join us this winter break December 27th–29th. This program allows dancers to enjoy their break doing what they love. Dancers will learn dancer and work on skills, and participate in fun activities. Bring lunch, 2 snacks, and a water bottle.

Members: \$125 | Program Participants: \$145

YOUTH

DANCE LATE NIGHT

Friday December 30th • 6–9p Ages 6–8

Friday December 30th • 6–11p Ages 9+

Join us for our New Years Eve celebration! We will be celebrating the holidays dancing the night away. We will have pizza, ice cream, crafts, dancing and so much more! We cannot wait to ring in the New Year with all of our wonderful dancers, siblings, and friends!

Members: \$30 ages 6–8 • \$35 Ages 9+

Program Participants: \$30 ages 6–8 • \$35 Ages 9+

DINING FOR A CAUSE

Sunday December 18th 4–9p

Join us at the Somerset Papa Ginos for dining for a cause! Help support our dancers! Proceeds directly benefit members of our own community to help support dancers doing what they love most.

ORDER ONLINE: Enter code 19 at the payment screen



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ADULT

PICKLEBALL CLINIC

Pickleball Adult beginner

4-week clinic January 7th, 14th, 21st, & 28th
Saturdays 8-9a

Learn the basic skills of how to play pickleball in a fun environment. Limited balls and paddles are available. Pickleball is an exciting, low impact version of tennis played in our indoor basketball court. Pickleball welcomes participants 16 years old and up and any skill level. Register now for this 4-week session.

Members: \$60 | Program Participants: \$80

PICKLEBALL PLAY

BEGINNER:

- Tuesdays 10a-12p or 12-2p
- Thursdays 10a-12p
- Fridays 10a-12p or 5-7p

INTERMEDIATE:

- Mondays 11a-1p
- Wednesdays 11a-2p
- Fridays 12-2p

ADVANCED:

- Mondays 1-3p
- Tuesdays 8-10a
- Fridays 8-10a

OPEN:

(must play at the lowest level individual there)

- Thursdays 12-2p
- Saturdays 10-11a

We offer a variety of times and levels to play the nation's fastest growing game! Be sure to stop in and play. Limited paddles available. Bring your own paddles and balls encouraged. Must register in Group Expro

Members: FREE | Program Participants: \$5

ADULT

ADULT PICK UP BASKETBALL

Wednesdays • 6-9 a

Hoops, anyone? Drop in for pickup basketball. The full court is reserved for games. Stop in and play on Wednesday mornings.

Members: FREE | Program Participants: \$5 per drop-in

ADULT VOLLEYBALL

Thursdays 6-8p • Ages 16+

Scrimmage and develop skills while getting exercise and having fun. Join this wonderful group for awesome Thursday nights! Ages 15 and up!

Members: \$75 | Program Participants: \$85

ADULT TAP CLASS

Mondays • 7:30-8:15p

All levels are welcome, from beginners to experienced tap dancers. This is fun class for dancers to explore different rhythm patterns and musicality. Students will use their bodies as a percussion instrument while working their brains and bodies.

Members: \$36 (monthly)

Program Participants: \$46 (monthly)