

Dartmouth | Fall River | Gleason Family- Wareham
Mattapoisett | New Bedford | Stoico/FIRSTFED-Swansea



**FIND YOUR PASSION.
FIND YOUR Y.**

SPRING 1 PROGRAM GUIDE
Begins February 27th

YMCA SOUTHCOAST

ymcasc.org

YOUTH

YOUTH SOCCER LEAGUE

Wednesdays 6–7 • Ages 5–8

Wednesdays 9–12

This program is designed to expand your child's knowledge of soccer. Through a mix of drills and games, students will learn hand-eye coordination, gross motor skills, and teamwork, all in a safe environment. Sessions will be limited to 12 participants per age group.

Members: \$90 | Program Participants: \$110

YOUTH BASKETBALL SKILLS

Thursdays 6–7p • Ages 5–8

Thursdays 7–8p • Ages 9–12

Children will learn basketball fundamental skills to improve their play while gaining a love for the game. 45-minute practices will be followed by 15-minute inner-squad games.

Members: \$90 | Program Participants: \$110

YOUTH

AXEL DANCE ACADEMY

Mondays • Ages 12 months – 10 years

Join us on the dance floor! We have many classes filled with fun! With a year end recital in June. We offer acro, ballet, jazz, tap, hip hop and so much! Classes held at both the Swansea and Fall River branches!

4:15–5p	• Grown up & Me	• 1 – 2 years
4:45–5:15p	• Tumbling Tots	• 3–4 years
5:15–6p	• Dance Sampler	• 5–7 years
6–6:45P	• Hip Hop & Tumble	• 5–9 years
6:45–7p	• Dance Sampler	• 8 years +

EMAIL: Axeldance@ymcasc.org for more information

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 our Welcome Center.

60–Minute Sessions:

Members: \$54 per session

60–Minute Packages:

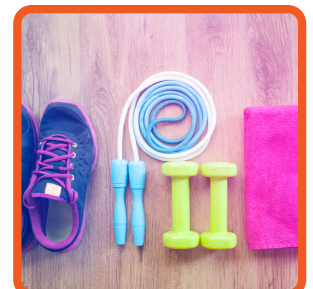
6 Pack/ \$324 • 10 Pack/\$486 • 20 Pack/\$972

30–Minute Sessions:

Members: \$32 per session

30–Minute Packages:

6 Pack/\$170 • 12 Pack/\$320



FALL RIVER | SPRING 1 2023

February 27th- April 16th



WELLNESS

GET STARTED PROGRAM

Appointment Only

Our Get Started Program an appointment for new members, 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 and together you will develop a plan for success.

Members Only

CHECK IN WITH A TRAINER

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



WELLNESS

COUPLES YOGA

February 11th 9:30am

A fun and playful couples yoga class! This practice allows two people to relate to one another through assisted yoga poses. To stretching your levels of trust, to strengthening your communication. This class will leave a positive effect on your relationship.

\$30 per couple

YOGA BEGINNER'S SERIES

March 5th- April 23rd • 9:30a-10:30p

This beginner class series introduces fundamental principles of alignment in each yoga posture, mindfulness and breath work. Students will be introduced to yoga postures through step-by-step verbal description and demonstration.

Members : \$150 | Program Participants: \$200



FALL RIVER | SPRING 1 2023

February 27th– April 16th



WELLNESS

HEALTHY EATING 101

April 8 • Saturday 10a-12p

What does clean eating mean to you? Join Master Trainer, Micki Poulton on this educational workshop on nutrition. She will go over Macros, Nutrients, Meal Prep, and Nutrition Tips. Micki will be doing a food demonstration that you can sample during the workshop. This program will be based around healthy eating in real life.

Members : \$50 | Program Participants: \$100

TEEN STRENGTH TRAINING

March 4th – 25th • Saturdays 10a- 12p

This program is specifically designed for teens who want to improve their overall performance in strength, stamina, agility, conditioning, proper technique, self-esteem, and discipline. This 4-week session, participants will learn how to use a variety of equipment and exercises with safe and proper technique. Ages 10-18

Members : \$75 | Program Participants: \$100

WEEKEND WARRIOR WORKOUT

March 4th – April 8th • Saturdays 8:30-9:30a

Join Personal Trainer, Louie Silva for 6-One hour sessions. If you like to sweat you're going to love the 60 minute workout! Louie will be combining strength training and cardio for a complete workout that will make your fat cells cry!

Members: \$100

Program Participants \$150

PARTY RENTALS

BIRTHDAY PARTIES

Sundays • 12-2p

We offer both pool and Gym party experiences. Pick one of the options for a fun way to celebrate your child's special day.

More information can be found in the party rental packet or by contacting the Aquatics Director, Tyler Lamar.

Email: tlamar@ymcasc.org



FALL RIVER | SPRING 1 2023

February 27th - April 16th



AQUATICS

SPRING I

FEBRUARY 27TH- APRIL 16TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRE-K STAGE 3 4:00PM	YOUTH STAGE 2 4:00PM	YOUTH STAGE 3 4:00PM	PRE-K STAGE 2 4:00PM	PRE-K STAGE 2 4:00PM	PRE-K STAGE 1 STAGE A/B 9:00AM
PRE-K STAGE 4 4:30PM	YOUTH STAGE 4 4:30PM	YOUTH STAGE 2 4:30PM	YOUTH STAGE 4 4:30PM	PRE-K STAGE 3 4:30PM	PRE-K STAGE 2 YOUTH STAGE 3 9:30AM
YOUTH STAGE 3 5:00PM	PRE-K STAGE 1 5:00PM	YOUTH STAGE 1 5:00PM	YOUTH STAGE 1 5:00PM	YOUTH STAGE 1 5:00PM	PRE-K STAGE 1 YOUTH STAGE 5 10:00AM
YOUTH STAGE 1 5:30PM	YOUTH STAGE 3 5:30PM	STAGE A/B 5:30PM	PRE-K STAGE 1 5:30PM	STAGE A/B 5:30PM	YOUTH STAGE 1 PRE-K STAGE 3 10:30AM
ADULT BEGINNER 6:00PM	PRE-K STAGE 2 6:00PM	ADULT INTERMEDIATE 6:00PM	YOUTH STAGE 5 6:00PM	YOUTH STAGE 2 6:00PM	YOUTH STAGE 2 YOUTH STAGE 4 11:00AM
	PRE-K STAGE 5 6:30PM		PRE-K STAGE 4 6:30PM		ADULT BEGINNER 11:30AM
	YOUTH STAGE 6 7:00PM		YOUTH STAGE 6 7:00PM		

SWIM LESSONS

Members: \$53

Program Participants: \$106

FALL RIVER | SPRING 1 2023

February 27th - April 16th



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.

