

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](http://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**

#### FLOOR HOCKEY

Tuesdays 6-7p • Ages 6-9

Tuesdays 7-8p • Ages 10-12

A great sport that develops hand-eye coordination, balance, and agility. It's a fun and engaging experience for kids to learn lessons of teamwork, sportsmanship, and fair play while applying hockey skills that strengthen their confidence. Our youth floor hockey program does not require the extensive equipment found in ice hockey. Participants will practice skills for approximately 30min followed by 15 minutes recreational play.

**Members: \$90 | Program Participants: \$115**

### YOUTH

#### AXEL DANCEY 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](mailto: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**



### 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**

#### TEEN STRENGTH TRAINING

**January 7th-28th**

**Saturdays • 10am**

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**

#### 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**

#### INTRO TO STRENGTH TRAINING

**Jan. 7th - Feb. 25th**

**Saturdays • 8:30am**

Join Louie 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**

#### WINTER MELTAWAY FIT CAMP

**Tuesdays • 4:30p and Saturdays • 8a**

Train this winter with the Fall River Personal Training Team! We have a diverse team of trainers who will be rotating to give you a wide variety of workouts. This 16-1 hour sessions will also include weigh-ins, body fat analysis, and measurements. This is an 8 week sessions beginning January 10th.

**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**



## WELLNESS

### 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 though step-by-step verbal description and demonstration.

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

## 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 of by contacting the Aquatics

Director, Tyler Lamar.

Email: [tlamar@ymcasc.org](mailto:tlamar@ymcasc.org)



# AQUATICS

## SPRING I FEBRUARY 27TH- APRIL 16TH

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

**SWIM LESSONS**  
 Members: \$53  
 Program Participants: \$106

## 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.