

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



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

SPRING 1 PROGRAM GUIDE
Begins February 27th

YMCA SOUTHCOAST

ymcasc.org

YOUTH

KARATE | TANG SOO DO

Friday 6-7p • Beginner and Children

Friday 7-8a • 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: \$ 100| Program Participants: \$ 130



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

HEALTHY EATING 101 WORKSHOP

April 1st • 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 good demonstration that you can sample during workshop. This workshop will be based around healthy eating in real life

Members: \$50 | Program Participants: \$75



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

TEEN STRENGTH TRAINING

March 4th-25th • 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 Participant: \$100

INTRO TO STRENGTH TRAINING

March 4th- April 8th • 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 Participant: \$125

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

BOXING BOOTCAMP

March 4th- April 8th • Saturdays 8 a

A 60 minute structured class that has three "rounds" that include an intense cardio warmup, boxing with intervals of bodyweight exercises, and of course, core work. Challenge your self in this fun yet challenging Bootcamp, 6-week program

Members: \$100 | Program Participant: \$150



NEW BEDFORD | SPRING 1 2023

February 27th - April 16th



AQUATICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STAGE A/B 10:00AM	PRE-K STAGE 1-4 4:00PM	STAGE A/B 10:00AM	PRE-K STAGE 1-4 YOUTH STAGE 3/4 4:00PM	ADULT BEGINNER 8:30AM
	PRE-K STAGE 1-4 10:30AM	PRE-K STAGE 1-4 4:30PM	PRE-K STAGE 1-4 10:30AM	YOUTH STAGE 1/2 4:30PM	PRE-K STAGE C SWIM PATHWAY COMPETITIVE SWIM 9:00AM
	PRE-K STAGE 1-4 4:00PM	YOUTH STAGE 1/2 5:00PM	YOUTH STAGE 1/2 YOUTH STAGE 3/4 4:00PM	PRE-K STAGE 1-4 5:00PM	PRE-K STAGE 1-4 YOUTH STAGE 1/2 YOUTH STAGE 3/4 9:30AM
	YOUTH STAGE 1/2 4:30PM	YOUTH STAGE 1/2 5:30PM	PRE-K STAGE 1-4 4:30PM	YOUTH STAGE 1/2 5:30PM	STAGE A/B YOUTH STAGE 3/4 10:00AM
	PRE-K STAGE 1-4 5:00PM	YOUTH STAGE 3/4 6:00PM	PRE-K STAGE 1-4 5:00PM	PRE-K STAGE 1-4 YOUTH STAGE 3/4 6:00PM	STAGE A/B PRE-K STAGE 1-4 10:30AM
	YOUTH STAGE 1/2 YOUTH STAGE 3/4 5:30PM	YOUTH STAGE 5/6 6:30PM	PRE-K STAGE C 5:30PM	YOUTH STAGE 1/2 YOUTH STAGE 5/6 6:30PM	YOUTH STAGE 3/4 11:00AM
	YOUTH STAGE 3/4 6:00PM		STAGE A/B 6:00PM		PRE-K STAGE 1-4 YOUTH STAGE 1/2 YOUTH STAGE 5/6 11:30AM
	SWIM PATHWAY COMPETITIVE SWIM 6:30PM		YOUTH STAGE 5/6 6:30PM		
	ADULT BEGINNER 7:15-7:45PM		ADULT INTERMEDIATE 7-7:45PM		

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.

