

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



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

SPRING PROGRAM GUIDE
Begins February 27th

YMCA SOUTHCOAST

ymcasc.org

STOICO/FIRSTFED | WINTER 2023

February 27th- April 16th



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

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

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



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PARTY RENTALS

BIRTHDAY PARTIES

Varies times available

We offer both Play structure 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 Membership Coordinator, Johanna Tisdale.

Email: jtisdale@ymcasc.org



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.

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.

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 seven week program that builds skills every week.

Members: \$67 | Program Participants: \$77

YOUTH BEGINNER PICKLEBALL

Saturdays • 9-10a • Ages 9-14

February 18-25th, March 4th-11th

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 ages 9-14 years old to be introduced to this fun sport. Register now for this 4-week session.

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

YOUTH

ACRO CLINIC

Wednesday • February 22nd 9-10a • Ages 7-9

Wednesday • February 22nd 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. March 7th, 14th, 21st, & 28th. 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

FEBRUARY 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 February 21st-24th.

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

FEBRUARY BASKETBALL CLINIC

Tuesday, Wednesday, Thursday 9-11:30a

• 2nd grade-6th grade

Join us for 3 days of fun February 21st-24th. 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

FEBRUARY BREAK DANCE CAMP

Tuesday- Thursday 9-3p • Ages 7-14

Join us this winter break February 21st-24th. 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

KIDS NIGHT OUT

Friday February 17th • 5-8p Ages 6-10

Parents, you've earned a night off! Send the kids to the Y and we'll take care of the rest. They will have a fun evening snacks, games, crafts and more. Kids will get to explore the giant play structure in a safe space for kids to make new friends. Space is limited and fills up fast so it's advised to register as soon as possible.

Members: \$30 per child | Program Participant \$35 Per child

*We do offer a sibling discount

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ADULT

PICKLEBALL CLINIC

Pickleball Adult beginner

**4-week clinic February 18- 25th , March 4-11th
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 Express

Members: FREE | Program Participants: \$5

*Times subject to change and vary on school vacation weeks

ADULT

ADULT PICK UP BASKETBALL

Wednesday s • 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 BASKETBALL LEAGUE

Sundays

Whether you are new to team sports, or miss the days of "suing up," sports leagues are a great way to be active, meet new people and have fun.

Call 508.678.9622 for more information

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)