

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



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

SPRING 1 PROGRAM GUIDE
Begins April 24th

YMCA SOUTHCOST

ymcasc.org

FALL RIVER | SPRING II 2023

April 24th– June 18th



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: \$100 | Program Participants: \$120

**Price of program includes a jersey for end of the session tournament

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 game.

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

INTRO TO BEGINNER'S PICKLEBALL CLINIC

Saturdays 10–11a • Ages 14+

Join us for a 4-week beginner friendly introductory Pickleball clinic, instructed by one of our own Livestrong Program coaches, Steve Medeiros! The clinic is designed to teach you the basics of this simple and enjoyable sport, which combines elements of tennis, badminton, and ping-pong!

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

YOUTH

AXEL DANCE ACADEMY

Mondays • Ages 12 months – 10 years

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

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:

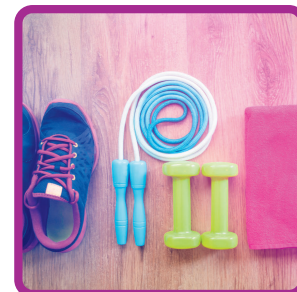
6 Pack/ \$324 • 10 Pack/ \$486 • 20 Pack/ \$972

30–Minute Sessions:

Members: \$32 per session

30–Minute Packages:

6 Pack/ \$170 • 12 Pack/ \$320



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WELLNESS

GET STARTED PROGRAM

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

OPERATION HIIT-HOUR

May 20th- June 24th • Saturdays 08:00a

This military style HIIT Bootcamp will have you engaged in a variety of activities that will test your strength, endurance, and agility.

Bodyweight, resistance bands, and other artillery will be used to increase the intensity of your drills. Expect to be pushed to your limits, but also encouraged to work at your own pace and listen to your body. So dust off your cammies and be prepared to be gung-ho about pushing yourself to new heights.

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



WELLNESS

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



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WELLNESS

BREAKING UP WITH SUGAR SEMINAR

May 13th | 10a-12p

June 17th | 10a-12p

Join Health Coach, Tina Hong for a two hour seminar. Learn about the dangers, causes of hidden sugars and the secrets to breaking up with sugars without feeling deprived, hungry or hangry!

Members : \$25 | Program Participants: \$35

BREAKING UP WITH SUGAR SIX WEEK CHALLENGE

May 2nd-June 6th

Tuesdays 3:30-5:30p

Need more motivation and accountability? Join the 6 week group challenge to break up with sugar, feel better and lose up to 10lbs. During this challenge, we will be tracking your weights, the foods you eat and learning how to make changes each week during class sessions. BIGGEST WINNERS will receive a prize (1st, 2nd, 3rd)

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



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AQUATICS

SPRING II APRIL 24TH - JUNE 18TH

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		STAGE A/B ADULT BEGINNER 11:30AM
	YOUTH STAGE 6 7:00PM		YOUTH STAGE 6 7:00PM		

SWIM LESSONS

Members: \$60
Program Participants: \$120

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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.

