

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



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

SPRING PROGRAM GUIDE  
Begins April 24th

**YMCA SOUTHCOST**

[ymcasc.org](http://ymcasc.org)

# GLEASON FAMILY | SPRING II 2023

April 24th – June 18th



## YOUTH & TEEN

### TEEN STRENGTH TRAINING

Tues & Thur 4p • 8-12

Tues & Thur 5p • 13-17

Learn proper weight training technique from a certified trainer. Class is designed to teach teens the correct way to train while preventing injury and optimizing their potential.

**Members: \$130 | Program Participants: \$199**

### AIKIDO AT THE GLEASON FAMILY YMCA

Thursday 5:00p & Saturday 12:00p • Ages 4-5 Intro

Thursday 6:00p & Saturday 1:00p • Ages 6-9

Thursday 6:45p & Saturday 1:45p • Ages 9+

Aikido means "the way of harmony with the force and principle of nature." Aikido takes the joint locks and throws from jujitsu and combines them with the body movements of sword and spear fighting. Individuals train and progress at their own pace, finding harmony through personal development. Regular practice brings a sense of well-being and self confidence that permeates all aspects of one's daily life. Uniforms may be purchased separately; see instructor.

**Ages 4-5 • Members: \$79 | Program Participants: \$98**

**Ages 6-9+ • Members: \$152 | Program Participants: \$222**

## WELLNESS

### GET-SLIM

Mondays 5p • Ages 16+

Wednesdays 10a • Ages 16+

A certified personal trainer will coach you in a small group of participants, through vigorous workouts to help you attain your slimming goals and experience numerous health benefits. consequat.

**Members: \$66**

\*No class on Memorial Day

### MASSAGE THERAPY

Various times and days availables

For appointments, scheduling, and prices please contact:

**Deb Levesque at 508.965.3974 or**

**Jon Leaver at 508.284.4752**

### PICKLE BALL INSTRUCTIONAL

Tuesday & Thursday 12-1p

Learn the fundamentals of how to play the nations fast growing game and have fun at the same time

To make an appointment or for more information, please contact Lu Brito at 508.295.9622 x 17

**Members: Free | Program Participants: \$6 drop in fee**



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## YOUTH

### TRY ARCHERY

Wednesday • 6–7p

Saturday • 10–11a

Ages 8 years and up

This introductory class takes place on Wednesdays or Saturdays and is intended to teach how to safely shoot a bow & arrow and give information on how to progress to intermediate archery activities.

**Members: \$130 | Program Participants: \$199**

### CHILD WATCH

Monday–Friday • 8:30–11:30a & 4:30–6:30p

Saturday • 8:30–10:30a

Ages 3 months–7 years

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 90 minutes while in the building. Reservations may be made by calling the Welcome Center at 508.295.9622.



## 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 Lu Brito at 508.295.9622 x 17

**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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## SPECIALTY AQUATICS

### CPR-PRO, FIRST AID & EMERGENCY OXYGEN ADMINISTRATION CERTIFICATIONS

These are nationally recognized HSI courses. The CPR class includes skills for 1 & 2 man rescues of Infant/Child/Adult victims – CPR w/AED, Rescue Breathing & Obstructed Airway Care. Program registration and schedule at [www.ymcasc.org](http://www.ymcasc.org). Already have a group of people needing certification? Classes are available for groups of 4-10 people upon request.

To schedule a class, please contact Danielle Gilmore at [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org)

#### FIRST AID & CPR

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

#### EMERGENCY OXYGEN

**Members: \$35 | Program Participants: \$50**

### SWIM LESSON

#### PLACEMENT EVALUATION

Saturday • April 8 • by appointment 12-2p

Saturday • June 3 • by appointment 12-2p

Unsure which Stage to register your child for. Sign up for a brief evaluation by one of our Aquatic staff members.

**Members: Free | Program Participants: Free**

### VACATION SWIM LESSONS

Monday-Thursday • April 17-20

Four consecutive days of 30 minute lessons for all swimming abilities. These lessons are designed to introduce children to swimming and to strengthen the skills of current swimmers.

**Members: \$30 | Program Participants: \$60**

### YMCA & RED CROSS LIFEGUARD COURSES FULL & RECERTIFICATION

Certify or recertify in YMCA Lifeguarding (includes Basic Life Support / Adult First Aid / Emergency Use of Medical Oxygen/Waterfront/Waterpark) OR

American Red Cross Basic Lifeguarding (Lifeguarding with CPR/AED for Professional Rescuers and First Aid).

Full course fees include a hip pack, O2 mask, whistle, lanyard, and access to a digital textbook. Minimum of 4 participants required for class to run.

Please contact Danielle Gilmore at [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org)

#### YMCA LIFEGUARDING

**Full Course: \$350**

**Recertification: \$125**

#### RED CROSS LIFEGUARDING

**Full Course: \$385**

**Recertification: \$175**

### SPRING RIPTIDES CONDITIONING

Beginner • Monday/Wednesday • 6:15-7:00p

Intermediate • Monday/Wednesday • 7:00-8:00p

Advanced • Tuesday/Thursday • 7:30-8:30p

**BEG**

**Members: \$80 | Program Participants: \$160**

**INT/ADV**

**Members: \$100 | Program Participants: \$200**

### SWIM TESTING

Multiple days available by appointment

Need a swim test for sailing school, a GSA/ BSA badge, Tabor Academy orientation, summer camp or another outside facilities? Please contact our Aquatics Department to schedule an appointment.

**Shorter than 15 minutes: \$5**

**16 - 30 minutes: \$15**



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LEVEL	AGES	RATES	LENGTH	MON	TUE	WED	THU	FRI	SAT	SUN
PARENT/CHILD										
<b>STAGE A/B</b> Water Discovery/ Water Acclimation	6mo-36mo	M: \$60 PP: \$120	30min	10:45am 4:35pm 5:45pm		10:45am 5:45pm		10:45am 5:10pm	9:00am 10:10am 10:45am	9:00am 10:10am
PRESCHOOL										
<b>STAGE 1/2</b> Water Acclimation/ Water Movement	3-5 Years	M: \$60 PP: \$120	30min	11:20am 4:00pm 5:10pm	10:45am 4:00pm 5:45pm	11:20am 4:00pm 5:10pm	10:45am 4:00pm 5:10pm	11:20am 4:00pm 5:10pm	9:00am 9:35am 10:45am 11:20am	9:00am 9:35am
<b>STAGE 2/3</b> Water Movement/ Water Stamina	3-5 Years	M: \$60 PP: \$120	30min	4:35pm 5:45pm	11:20am 5:10pm	4:35pm	11:20am 5:10pm	4:35pm	9:00am 10:10am 11:20am	11:20am
<b>STAGE 3/4</b> Water Stamina/ Stroke Introduction	3-5 Years	M: \$60 PP: \$120	30min		4:00pm 5:10pm	4:35pm	4:00pm	4:35pm	9:35am 10:45am	9:35am 10:45am
YOUTH										
<b>STAGE 1/2</b> Water Acclimation/ Water Movement	6-14 Years	M: \$60 PP: \$120	30min		4:00pm 5:10pm	4:00pm	5:10pm		10:10am 11:20am	10:10am
<b>STAGE 2/3</b> Water Movement/ Water Stamina	6-14 Years	M: \$60 PP: \$120	30min	4:35pm	4:35pm 5:45pm	5:45pm	4:35pm	4:00pm 5:45pm	9:35am 11:20am	10:10am 11:20am
<b>STAGE 3/4</b> Water Stamina/ Stroke Introduction	6-14 Years	M: \$60 PP: \$120	30min	4:00pm 5:45pm	4:35pm 5:45pm	4:35pm 5:45pm	4:35pm 5:45pm	4:00pm	10:10am 10:45am	11:20am
<b>STAGE 4/5</b> Stroke Introduction/ Stroke Development	6-14 Years	M: \$60 PP: \$120	30min	5:10pm	4:00pm 5:10pm	5:10pm	4:35pm 5:45pm	5:20pm	9:35am 10:45am	10:45am
<b>STAGE 5/6</b> Stroke Development/ Stroke Mechanics	6-14 Years	M: \$60 PP: \$120	30min	5:10pm	4:35pm 5:45pm	5:10pm	4:00pm 5:45pm	6:00pm	9:00am 10:10am	10:10am
<b>SWIM PATHWAY</b> Aquatic Conditioning (1x/wk)	5-14 Years	M: \$70 PP: \$140	45 min					4:30pm		
<b>SWIM PATHWAY</b> Riptides Beg. Conditioning (2x/wk)	6-14 Years	M: \$80 PP: \$160	45 min	6:20pm		6:20pm				
<b>SWIM PATHWAY</b> Riptides Int. Conditioning (2x/wk)	8-16 Years	M: \$100 PP: \$200	60 min	7:05pm		7:05pm				
<b>SWIM PATHWAY</b> Riptides Adv. Conditioning (2x/wk)	10-18 Years	M: \$100 PP: \$200	60 min		7:30pm		7:30pm			
ADULT										
<b>STAGE 1/2</b> Water Acclimation/ Water Movement	15+ Years	M: \$60 PP: \$120	30min	6:30pm		6:30pm				
<b>STAGE 3/4</b> Water Stamina/ Stroke Introduction	15+ Years	M: \$60 PP: \$120	30min				6:30pm			
<b>STAGE 5/6</b> Stroke Development/ Stroke Mechanics	15+ Years	M: \$60 PP: \$120	30min		6:30pm					
<b>Master's Swim</b> Conditioning (2x/wk)	15+ Years	M: \$95 PP: \$140	70min		6:20pm		6:20pm			

Monday lessons will be prorated to reflect the Memorial Day holiday.

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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.

