

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



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

SPRING II PROGRAM GUIDE
Begins April 24th

YMCA SOUTHCOST

ymcasc.org

YOUTH

KARATE | TANG SOO DO

Friday 5:30–6p • Ages 5 & 6

Introduce your child to the art of Tang Soo Do

Tang Soo Do refers to a Korean martial art based on Karate and may include fighting principles from subak and northern Chinese martial arts. Mr. Silva will be teaching students about courtesy, integrity, perseverance, self-control, and indomitable spirit. Along with the 5 codes of Tang Soo Do and much more.

Members: \$40 | Program Participants: \$70

Friday 6–7p • Ages 7 & up

Beginners to Advanced

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Members: \$100 | Program Participants: \$130



YOUTH

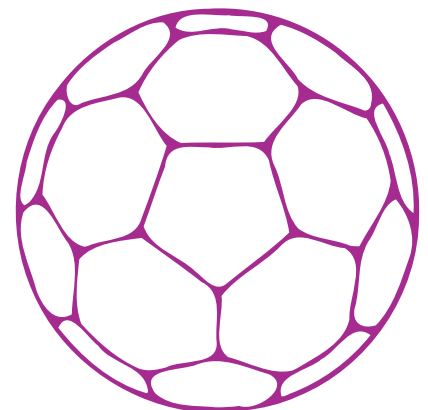
SOCCER SKILLS

Friday 6–7p • Ages: 5–8

Friday 7–8p • Ages 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, motor skills, and teamwork all in a safe environment. Sessions will be limited to 12 participants per age group. This is a 7-week session beginning March 3rd.

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



NEW BEDFORD | SPRING II 2023

April 24th - June 18th



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

BREAKING UP WITH SUGAR SEMINAR

April 29th • 10a-12p

June 10th • 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



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

BREAKING UP WITH SUGAR SIX WEEK CHALLENGE

May 2nd-June 6th

Tuesdays 6-8p

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 Participant: \$150

NEW BEDFORD | SPRING II 2023

April 24th - June 18th



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

April 15th-May 20th • Saturdays

8:30-9:30a | 9:30-10:30a

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



ADULT

SELF DEFENSE CLASS FOR WOMEN

Friday April 28th 4-5p

This course is designed for women to be able to walk away with the confidence and knowledge to help protect and defend themselves with easy to learn, easy to use defensive moves. These moves will give you time to seek help, time to call authorities or just run away. This is NOT a difficult to learn course but a course that's fun to learn and easy to use. Open to ages 13 and older. If participant is under 16yrs, a parent must attend as well.

\$25 Per Participant



NEW BEDFORD | SPRING II 2023

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AQUATICS

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

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.

