

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)

# STOICO/FIRSTFED | 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**

#### 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](mailto: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](mailto:kwickman@ymcasc.org)

**Members: \$95 | Program Participants: \$120**

### YOUTH & TEEN

#### YOUTH STRENGTH & CONDITIONING

**Thursdays 5:30p • 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, cardio, 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. Ultimately we are Building Stronger Athletes!

45-Minutes.

**Members: \$95 | Program Participants: \$120**





# STOICO/FIRSTFED | SPRING II 2023

## April 24th– June 18th



### WELLNESS

#### NUTRITION AS WE AGE-CLASS SERIES

**Wednesday's 11a-1p**

As we age our nutrition needs change. During this 6 week series, Certified Executive Health Coach, Tina E. Hong, will discuss 6 different topics each week. Sign up per class or all 6. Light snacks and lunch will be included.

**Members: \$75 | Program Participants: \$100**

**Single Class:**

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

#### WEEKEND WARRIOR WORKOUT

**Saturday's 8:30-9:30a**

Join Personal Trainer, Kara Wickman for 6-one hour sessions. If you like to sweat you're going to love the 60 minute workout! Kara will be combining strength training and cardio for a complete workout that will make your fat cells cry!

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

#### MEMORIAL DAY CHALLENGE

**Saturday, May 27th Check-In Time: 9a**

Come out and honor those who have fallen while protecting our country. Choose your challenge level from Workout Warrior, Weekend Warrior or Walking Warrior. T-shirt/tank top included with registration. Individual and family pricing available. Open to the public.

**Ages 18+: \$25 | Ages 12-17: \$12.50**

### WELLNESS

#### NUTRITION LECTURE-BREAKING UP WITH SUGAR

**Saturday June 3rd, 10a-12p**

During this lecture you will 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**

#### SHREDDING FOR THE WEDDING

**Wednesday's 5:30-6:30p**

Are you a bride to be? Are you attending a wedding this summer? OR do you just want to get into a new fitness routine that you will stick with? This 8 week program will get you to your goals and give you the tools to maintain progress long after your event. Weekly workouts as well as nutrition coaching and workout plans are included.

**Members: \$150 | Program Participants: \$200**

#### INTRO TO LIFTING

Does the thought of lifting a barbell, kettlebell, or even dumbbells intimidate you? Work with a group of 3-5 people under the eye of one of our certified personal trainers to learn the proper form and technique for a stronger you. Ages 16+. 6-60 minute sessions.

**Email [kwickman@ymcasc.org](mailto:kwickman@ymcasc.org) for information on days/times**

**Members: \$100/pp**

**Program Participants: \$150/pp**



# STOICO/FIRSTFED | SPRING II 2023

April 24th – June 18th



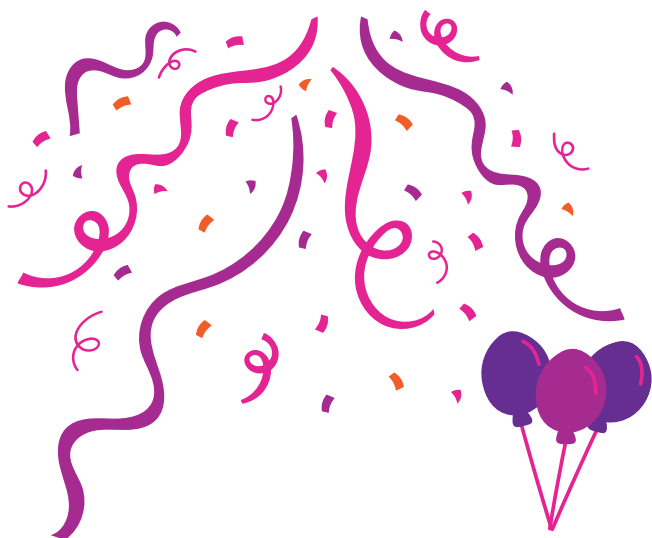
## PARTY RENTALS

### 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](mailto:jtisdale@ymcasc.org)



### LEADERSHIP CLUB

**Mondays 4:45-5:45p • 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 upon completion in June.

**Members: Free | Program Participants: \$25**

**\*No class on Memorial Day**

## YOUTH

### KIDS CORNER

**Tuesdays & Thursdays 11a-1p • 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**



# STOICO/FIRSTFED | SPRING II 2023

April 24th – June 18th



## YOUTH

### HOME SCHOOL GYM CLASS

Tuesday 12-1p • Ages 5-12

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. If registered for both days Members: \$100 and Program Participants \$115.

**Members: \$52 | Program Participants: \$58**

### STORY TIME & CRAFT

Fridays 9-10:00a • 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 (8 week session)**

**Program Participants: \$95 weekly (8 week session)**

### JR. CHEFS

Mondays 9-10:00a • 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: \$65 | Program Participants: \$85**

**\*No class on Memorial Day**

### 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**

# STOICO/FIRSTFED | SPRING II 2023

April 24th – June 18th



## YOUTH

### FUNDAMENTALS OF SHOOTING

**Fridays 4:30–5:30p • 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: \$59 | Program Participants: \$68**

**\*No class on Memorial Day**

### YOUTH ARCHERY

**Mondays 5:45–6:45p • Ages 7–12**

Archery is where your child participates in a sport, develops strong problem solving skills, increases their focus and determination, learns goal setting, builds confidence and creates friendships that will last a lifetime.

**Members: \$67 | Program Participants: \$87**

**\*No class on Memorial Day**

## YOUTH

### ACRO CLINIC

**Wednesday • April 19th – 10a • Ages 7–9**

**Wednesday • April 19th 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. April 11, 24 & May 2, 9. 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](mailto:axeldance@ymcasc.org) for more**  
**information.**



# STOICO/FIRSTFED | SPRING II 2023

April 24th – June 18th



## YOUTH

### APRIL BREAK CAMP

**Tuesday –Friday 9a-4p • 5-14 years**

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](mailto:mcamara@ymcasc.org). This program runs April 21st-24th.

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

### APRIL BASKETBALL CLINIC

**Tuesday, Wednesday, Thursday 9-11:30a**  
**• 2nd grade-6th grade**

Join us for 3 days of fun April 18th-20th. 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: \$85 | Program Participants: \$95**

### APRIL BREAK DANCE CAMP

**Tuesday- Thursday 9-3p • Ages 7-14**

Join us this spring break April 18th-20th.

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 April 28th • 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*

### NBN- BASKETBALL LEAGUE

**Saturdays time TBD**

**• Kindergarten -8th Grade**

Nothing- But- Net Basketball League kicks off this spring! Join us for our accelerated league beginning April 29th - June 24th. We will be doing skill evaluations April 29th 10-11:30a. Your child will build relationships with other players and coaches while developing their basketball skills in games and practice. Volunteer coaches needed.

**Members: \$100 | Program Participants: \$120**

**\*No league on Memorial Day Weekend**

### TODDLER BALL

**Saturdays 10-10:30a • Ages 2-4**

Little ballers is an adult and child friendly activity. We use a variety of fun games to develop balance, movement, and basketball skills. Students will be introduced to beginner fundamentals such as dribbling, passing, and shooting with our toddler sized hoop!

**Members: \$49 | Program Participants: \$59**

**\*No class on Memorial Day Weekend**

# STOICO/FIRSTFED | SPRING II 2023

April 24th – June 18th



## ADULT

### PICKLEBALL CLINIC

**Pickleball Adult beginner**

**4-week clinic April 1st, 8th, 15th, 22nd  
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 Expro

**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 "suiting 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)**