

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



**FIND YOUR FUN.  
FIND YOUR Y.**

FALL I PROGRAM GUIDE  
Begins September 5TH

**YMCA SOUTHCOAST**

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

# FALL RIVER | FALL | 2023

## September 5th– October 29th



### YOUTH

#### YOUTH BASKETBALL SKILLS

Thursdays 6–7p • Ages 5–8

Thursdays 7–8p • Ages 9–12

Children will learn and build upon fundamental basketball skills while gaining a love for the game. 45-minute practices will be followed by 15-minute inner-squad game.

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

#### MARTIAL ARTS– CAPOEIRA

Wednesdays 5–6p • Ages 13–17

Join Polvo Josh from AMP Academy in Capoeira, an Afro-Brazilian Martial Art that combines dance, music, and acrobatics. This 8-week program will teach you discipline, self-defense, physical fitness, and will promote your self-esteem!

**Members: \$30**

#### YOUTH SOCCER SKILLS

Wednesdays 6–7p • Ages 5–8

Wednesdays 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, gross motor skills, and teamwork, all in a safe environment. Sessions will be limited to 12 participants per age group.

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

### WELLNESS

#### 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. Classes begin Monday, September 11th.

4:15–4:45p • Music Medley • 18 months – 2 yrs  
4:45–5:30p • Creative Movement • 3–4 yrs  
5:30–6:15p • Dance Sampler • 5–7 yrs  
6:15–7:00P • Hip Hop & Tumble • 5–9 yrs  
7:00–7:45p • Dance Sampler • 8 yrs +

**EMAIL:** [Axeldance@ymcasc.org](mailto:Axeldance@ymcasc.org) for more information

#### 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 holds both individuals 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**

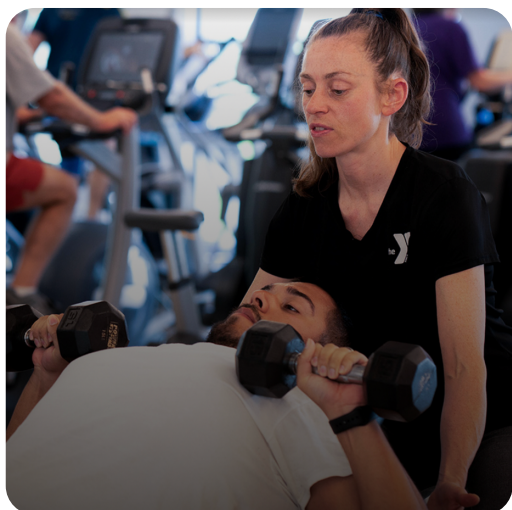


# FALL RIVER | FALL I 2023

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### 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**

#### 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**

### WELLNESS



#### SMALL GROUP TRAINING

Join us for personalized attention and workouts that fit your schedule. The group dynamic fosters a supportive and motivating environment, encouraging participants to push themselves and stay committed to their fitness goals.

##### 2:1 training:

- Groups of 2
- Six 30 min sessions: \$135/ per person

##### 60 min group training:

- Groups of 3-8
- Six 60 min sessions: \$90/per person
- Create your own small group with friends or join an existing group

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### ADULT

#### SELF DEFENSE CLASS FOR WOMEN

**Date & Time - TBD**

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**



### 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 by contacting the Aquatics Coordinator, Hannah Brizido. Email: [hbrizido@ymcasc.org](mailto:hbrizido@ymcasc.org)

**Members : \$175 | Program Participants: \$200**





# FALL RIVER | FALL I 2023

## September 5th- October 29th



### AQUATICS

#### FALL I SEPTEMBER 5TH - OCTOBER 29TH

MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PRE-K STAGE 3</b> 4:00PM	<b>YOUTH STAGE 2</b> 4:00PM	<b>YOUTH STAGE 3</b> 4:00PM	<b>PRE-K STAGE 2</b> 4:00PM	<b>PRE-K STAGE 2</b> 4:00PM	<b>STAGE A/B</b> <b>PRE-K STAGE 1</b> 9:00AM
<b>PRE-K STAGE 4</b> 4:30PM	<b>PRE-K STAGE 4</b> 4:30PM	<b>YOUTH STAGE 1</b> 4:30PM	<b>YOUTH STAGE 4</b> 4:30PM	<b>PRE-K STAGE 3</b> 4:30PM	<b>PRE-K STAGE 2</b> <b>YOUTH STAGE 3</b> 9:30AM
<b>YOUTH STAGE 5</b> 5:00PM	<b>PRE-K STAGE 1</b> 5:00PM	<b>YOUTH STAGE 5</b> 5:00PM	<b>YOUTH STAGE 1</b> 5:00PM	<b>PRE-K STAGE 1</b> 5:00PM	<b>PRE-K STAGE 1</b> <b>YOUTH STAGE 5</b> 10:00AM
<b>YOUTH STAGE 6</b> 5:30PM	<b>STAGE A/B</b> 5:30PM	<b>YOUTH STAGE 6</b> 5:30PM	<b>PRE-K STAGE 1</b> 5:30PM	<b>STAGE A/B</b> 5:30PM	<b>YOUTH STAGE 1</b> <b>PRE-K STAGE 3</b> 10:30AM
<b>ADULT BEGINNER</b> 6:00PM	<b>PRE-K STAGE 2</b> 6:00PM	<b>ADULT INTERMEDIATE</b> 6:00PM	<b>YOUTH STAGE 3</b> 6:00PM	<b>YOUTH STAGE 2</b> 6:00PM	<b>YOUTH STAGE 2</b> <b>YOUTH STAGE 4</b> 11:00AM
	<b>YOUTH STAGE 3</b> 6:30PM		<b>PRE-K STAGE 4</b> 6:30PM		<b>PRE-K STAGE 1</b> <b>ADULT BEGINNER</b> 11:30AM
	<b>YOUTH STAGE 1</b> 7:00PM		<b>YOUTH STAGE 2</b> 7:00PM		

\*NO LESSONS on Labor Day, 9/4/2023, prices have been prorated.

#### SWIM LESSONS

Members: \$60  
Program Participants: \$120

## 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.

