

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

GLEASON FAMILY | FALL | 2023

September 5th– October 29th



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 5:30p & Saturday 12:30p • 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.

Members: \$66

*No class on Labor 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 nation's 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.

Members only



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 holds both individuals 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. 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

FIRST AID & CPR

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

EMERGENCY OXYGEN

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

FESTIVE FAMILY FUN

Fun family swim at the indoor pool. Music, inner tubes, slide and water features!

Check the member pool schedule for more information on dates and times.

Members: Free

Program participants: \$8

RIPTIDES COMPETITIVE SWIM TEAM

A co-ed, competitive, seasonal swim team running from late September to early March.

Practices build swimmer's endurance and improve technique while developing a child's social and physical potential.

Swimmers must have a good command of Freestyle and Backstroke with rudimentary or better Breaststroke and Butterfly.

Email gfyRiptides@ymcasc.org for more information

SWIM LESSON

PLACEMENT EVALUATION

Saturday • October 7 • by appointment

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

MASTERS' STYLE

SWIM CONDITIONING

Tuesday & Thursday • 6:15 – 7:30pm

Coached swim workouts for age 15+ Suitable for fitness swimmers, competitive swimmers, and triathletes.

Participants who are new to Masters swimming will learn how to circle swim and read the clock. Experienced coach on deck emphasizes conditioning through interval training.

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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AQUATIC PROGRAMS

LEVEL	AGES	RATES	LENGTH	MON	TUE	WED	THU	FRI	SAT	SUN
PARENT/CHILD										
STAGE A/B Water Discovery/ Water Acclimation	6mo-36mo	M: \$60 PP: \$120	30min	5:10pm	10:45am		10:45am 5:10pm	5:10pm	9:00am 10:10am	
PRESCHOOL										
STAGE 1 Water Acclimation	3-5 Years	M: \$60 PP: \$120	30min	4:00pm 5:45pm	11:20am 4:00pm	4:00pm 5:45pm		4:00pm	9:35am 11:20am	9:00am 10:10am
STAGE 2 Water Movement	3-5 Years	M: \$60 PP: \$120	30min	4:35pm 5:10pm	5:10pm	4:35pm 5:45pm	5:45pm	11:20am 4:35pm	10:45am	10:45am
STAGE 3 Water Stamina	3-5 Years	M: \$60 PP: \$120	30min	4:35pm	4:35pm	4:35pm 5:10pm	11:20am	10:45am	9:00am	9:35am
STAGE 4 Stroke Introduction	3-5 Years	M: \$60 PP: \$120	30min	5:45pm	5:45pm			4:35pm		11:20am
YOUTH										
STAGE 1 Water Acclimation	6-14 Years	M: \$60 PP: \$120	30min	4:35pm		5:45pm			11:20am	9:00am
STAGE 2 Water Movement	6-14 Years	M: \$60 PP: \$120	30min	4:00pm		4:00pm 5:10pm	4:00pm	5:45pm	9:35am	10:45am
STAGE 3 Water Stamina	6-14 Years	M: \$60 PP: \$120	30min	5:10pm		4:00pm	4:35pm	4:00pm	10:45am	10:10am
STAGE 4 Stroke Introduction	6-14 Years	M: \$60 PP: \$120	30min	5:45pm		4:35pm	5:10pm	5:10pm	10:10am	9:35am
STAGE 5/6 Stroke Mechanics/ Stroke Development	6-14 Years	M: \$60 PP: \$120	30min	4:00pm		5:10pm		5:45pm		11:20am
SWIM PATHWAY Aquatic Conditioning	5-14 Years	M: \$60 PP: \$120	45 min			4:15pm		4:15pm		
ADULT										
TEEN/ADULT LESSONS	15+ Years	M: \$60 PP: \$120	30min	6:30pm			12:00pm	6:30pm		
Master's Swim Conditioning (2x/wk)	15+ Years	M: \$100 PP: \$200	75min		6:15pm		6:15pm			

Monday lessons will be prorated for Labor Day on 9/4.

Saturday lessons will be prorated for our 2023 Annual Campaign Swim-A-Thon on 10/28.

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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.

