

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



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

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Fall I PROGRAM GUIDE  
Begins September 5th

**YMCA SOUTHCOAST**

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

# NEW BEDFORD | FALL I 2023

## September 5th- October 29th



### 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**



### ADULT

#### SELF DEFENSE CLASS FOR WOMEN

Saturday • September 16th • 1-3

Saturday • October 28th • 1-3

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**





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### 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**



### 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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### 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**



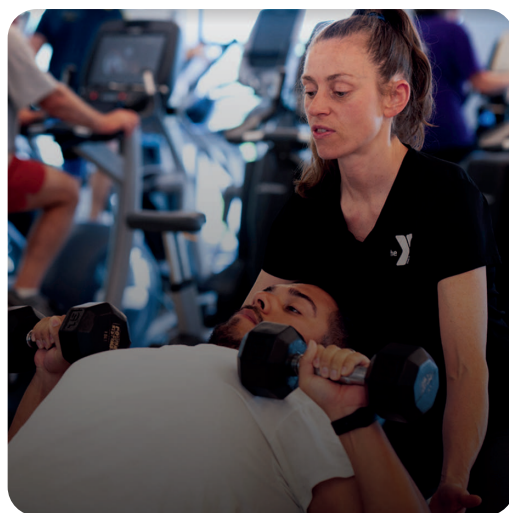
### WELLNESS

#### 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**



## 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.



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### AQUATICS

	MON	TUES	WED	THUR	FRI	SAT
STAGE A/B		10:00AM		10:00AM 6:30PM		10:00AM 10:30AM
Pre-K STAGE C with Parent				11:00AM 6:00PM		11:00AM
PRE-K STAGE 1/2		10:30AM 4:00PM 5:00PM 6:00PM	4:00PM	10:30AM 4:30PM 5:00PM	4:00PM 5:00PM	9:00AM 9:30AM 10:00AM 10:30AM
PRE-K STAGE 3/4 ADVANCED		10:30AM 5:00PM	4:30PM	5:00PM	6:00PM	9:30AM
YOUTH STAGE 1/2		4:30PM 5:30PM	5:00PM 5:30PM	4:00PM 5:30PM	4:30PM 5:30PM 6:30PM	9:30AM 11:00AM 11:30AM
YOUTH STAGE 3		5:00PM 6:00PM	6:00PM		4:00PM	10:30AM
YOUTH STAGE 4		5:30PM	4:30PM	4:00PM	5:30PM 6:00PM	9:30AM 11:00AM
YOUTH STAGE 5/6			6:30PM	7:00PM	6:30PM	11:30AM
COMPETITIVE SWIM		6:30PM				
ADULT BEGINNER		7:15PM				
ADULT INTERMEDIATE				7:30PM		

### SWIM LESSONS

Members: \$60  
Program Participants: \$120