

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 SOUTHCOST**

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

# STOICO/FIRSTFED | FALL | 2023

## September 5th- October 29th



### 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

#### BACK TO SCHOOL STRENGTH & CONDITIONING

**Fall: Thursdays 5p-6p • Ages 10-14 Begins 9/21**

Is your youth/teen looking to lead a more active lifestyle? This 6-week program will incorporate age-appropriate weight training, cardio, and metabolic conditioning workouts. We also aim at developing discipline and hard work that will help them 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! 60-Minutes. Drop in rate also available.

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



# STOICO/FIRSTFED | SUMMER 2023

## September 5th- October 29th



### WELLNESS

#### ANTI BULLYING SEMINAR

Friday October 6th, 5:30p-6:30p

Did you know..."Every seven minutes a child is bullied at school" - (U.S. Department Of Justice, 2005) In this seminar Master Sensei Ernie Thivierge will teach students how to recognize, avoid, and defend themselves in situations through classroom lessons, activities, and discussions. Ages 7-14.

**Members: \$15 | Program Participants: \$25**

#### 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

#### FALL EQUINOX MEDITATION

Friday September 22nd, 5:30p-6:30p

Fall reminds us of the importance of slowing down, reflecting and going inward. During this class you will be guided through soothing poses and meditation with Deana LePage, Master Reiki Practitioner. You will feel grounded and centered while honoring the seasonal shift. Reiki will be available upon request.

**Members: \$10 | Program Participants: \$15**



# STOICO/FIRSTFED | SUMMER 2023

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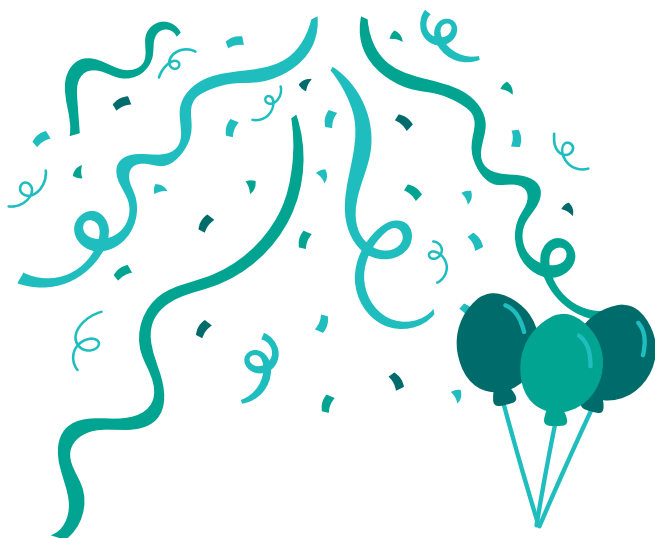
## PARTY RENTALS

### 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 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 in upon completion in June.

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

\*No class Labor 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 | SUMMER 2023

## September 5th– October 29th



### YOUTH

#### 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 Labor Day

#### JR. CHEFS

**Mondays 5:30–6:30P • 3–5 years**

Jr. Chefs is a hands-on cooking class for children ages 7–10 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 Labor Day

#### 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

#### YOUTH AGILITY

**Tuesday 6:00–6:45p • Ages 5–12**

Get your child ready for fall sports! We will work on footwork, speed, coordination. Help your child stand out on the team this year! We incorporate games and exercises to help all levels improve.

**Members: \$75 | Program Participants: \$85**

#### YOUTH ARCHERY

**Mondays • 5:30–6:15p • 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: \$75 | Program Participants: \$85**

\*No class on Labor Day



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### YOUTH

#### NBN BASKETBALL ACADEMY

**Ages 2-14 years old**

Nothing-But-Net Academy is ready for the new Fall. Join us on this season to improve your basketball game!

#### 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: \$50 | Program Participants: \$60**

#### ROOKIE BALL

**Tuesday 4:15-5:00p • Ages 4-7**

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: \$65 | Program Participants: \$75**

#### FUNDAMENTALS OF SHOOTING

**Tuesdays 5-6p • 8-14 ages**

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: \$75 | Program Participants: \$85**

### YOUTH

#### NBN- BASKETBALL LEAGUE

**Saturdays time TBD**

**• Kindergarten -8th Grade**

Nothing- But- Net Basketball League! Join us for our accelerated league beginning September 9th- - October 28th. We will be doing skill evaluations September 9th. 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**

#### 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 | SUMMER 2023

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### ADULT

#### PICKLEBALL PLAY • OUTDOOR

##### 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 nations 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: \$6**

\*Times subject to change and vary on school vacation weeks



### YOUTH

#### AXEL DANCE ACADEMY

##### Ages 18 months- Adults

Join us on the dance floor! Join us this dance season! We offer acro, ballet, jazz, tap, pointe and so much!

Our 10-month program runs September- June with a year end recital in June! We offer both recreation and competitive dance. Our focus is to help dancers achieve their goals!

We believe that our educational expertise coupled with the positive environment we create are crucial factors that contribute to each dancer's success.

Classes begin September 11, 2023.



Email •

[axeldance@ymcasc.org](mailto:axeldance@ymcasc.org) for more information.

#### DINK & DRINKS

##### Pickleball Opening Day • August 21st 2-4pm

Our outdoor courts have finally arrived! Join us for an opening day celebration. We will have music, mocktails, and bless the court with our first dinks!

**Members: FREE**

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### ADULT

#### 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 BASKETBALL PICKUP

**Mondays 6:30-8:00pm**

**Wedensdays 6:00-9:00am**

Whether you are new to team sports, or miss the days of "suing up," pickup games are a great way to be active, meet new people and have fun. Must register in advance.

**Members: FREE | Program Participants: \$6 per drop-in**

#### 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: \$40 (monthly)**

**Program Participants: \$50 (monthly)**