



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. Join us for this 7-week session.

*No program on Thursday, November 23rd.

Members: \$80 Program Participants: \$100

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. Join us for this 7-week session.

*No program on Wednesday, November 22nd.

Members: \$80 | Program Participants: \$100



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 run until June. Finishing with our June recital.

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 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



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



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



FINANCIAL LITERACY SERIES

Date & Time - TBD

Are you interested in growing your wealth? Join us for this financial literacy series where you can learn how to manage your debt, create your spending and savings plan, and build your financial future. Whether you are looking to manage your expenses or saving to purchase a home, this series is for you!

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

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





AQUATICS

FALL II SWIM LESSONS

October 30th - December 23rd, 2023

MONDAY

4:00 PM Stage 1|2 Combined Pre-K 4:30 PM

Stage 3|4 Combined Pre-K 5:00 PM

Stage 1|2 Combined Youth

5:30 PM Stage 3|4 Combined Youth

TUESDAY

4:45 PM - 5:45 PM Swim Team Prep Academy

7:15 PM - 8:15 PM Masters Swim Practice Members: \$60 Non-Members: \$120

WEDNESDAY

4:00 PM

Stage 1|2 Combined Pre-K

4:30 PM

Stage 3|4 Combined Pre-K

5:00 PM

Stage 1 2 Combined Youth

5:30 PM

Stage 3|4 Combined Youth

THURSDAY

4:45 PM - 5:45 PM Swim Team Prep Academy

7:15 PM - 8:15 PM Masters Swim Practice

FRIDAY

4:00 PM Stage 1|2 Pre-K 4:30 PM

Stage 1|2 Youth

5:00 PM

Stage 5|6 Youth

5:30 PM

Adult Beginner

5:30 PM

Adult Intermediate

SATURDAY

9:00 AM

Stage AlB

9:30 AM

Stage 1|2 Combined Pre-K

10:00 AM

Stage 3|4 Combined Pre-K

10:30 AM

Stage 1|2 Combined Youth

11:00 AM

Stage 3|4 Combined Youth

11:30 AM

Adult Beginner

11:30 AM

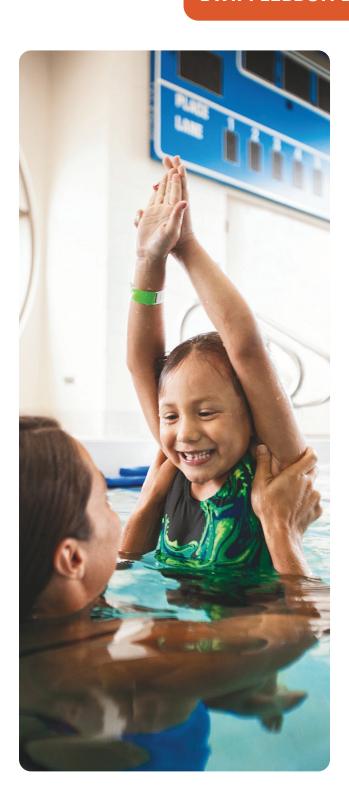
Adult Intermediate

Member Registration: October 16th Non-Member Registration: October 21st

ymcasc.org



SWIM LESSON STAGE DESCRIPTIONS



Stage A&B Water Exploration

A parent/child class that introduces infants and toddlers to the aquatic environment. Parents work with their children to learn fundamental safety and aquatic skills.

STAGE 1&2 Water Movement

Students develop comfort with underwater exploration and learn to safely exit the pool. Students focus on body position and control, directional change, and forward movement in the water.

STAGE 3&4 Technique & Stamina

Students learn how to swim safely for longer distances. Rhythmic breathing and integrated arm and leg actions are introduced. Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

STAGE 5&6 Stroke Refinement

Students work on stroke technique in all major competitive strokes. Students refine stroke technique in all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Swim Team Prep Academy

Participants will refine their swimming skills, build endurance, and develop teamwork, all while preparing for the swim team experience. Join us and make a splash in a supportive and fun setting that fosters growth and camaraderie in the water.

Masters Swim Team

Whether you're a seasoned swimmer looking to stay in top shape, a former competitor seeking a return to the water, or an enthusiast seeking a new challenge, our Masters Swim Team is the perfect fit. Our program offers structured workouts, expert coaching, and a welcoming community of like-minded individuals of all skill levels.