

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



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

For a better us.®

FALL II PROGRAM GUIDE  
Begins October 30th

**YMCA SOUTHCOAST**

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



# STOICO/FIRSTFED | FALL II 2023

## October 30th- December 23rd



### 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 per person**

**30-Minute Sessions-Members: 6 Pack/\$135 person**

**Small Group Training: (3-8ppl.) 6-60 minute sessions meeting 1x/week**

**Members: \$90 per person**

### 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

#### STRENGTH & CONDITIONING

**Fall II: Thursdays 5p-6op • Ages 10-14 Begins 11/9 No class 11/23**

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**



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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**

### 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**



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

### JR. CHEFS

**Mondays 5:30-6:30P • 5-10 years**

Jr. Chefs is a hands-on cooking class for children ages 5-10 years. Children will have an introduction to preparing tasty, and healthy snacks. While incorporating math skills and gaining friendships.

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

### YOUTH & TEEN VOLLEYBALL

**Thursdays 5:30-6:30p • 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. The program focus will be on overall player development.

**Members: \$70 | Program Participants: \$80**

\*No class on Thanksgiving

## YOUTH

### PRE-SCHOOL ENRICHMENT

**Tuesday- Thursday 9:00-11:30a • Ages 2.9-5 years**

They will be introduced to a classroom environment with centers that include manipulative area, library area, block area, and sand & water tables. Guardians will be provided with a monthly calendar and a communication app to stay connected in the classroom. Program begins October 3rd.

**Members: \$75 | Weekly**

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

### HOMESCHOOL GYM CLASS

**Wednesdays • 11:15-12:00pm • Ages 5-12**

The Y is organizing an activity-based class for homeschooled families. Groups will meet once per week for seven weeks. Each week will focus on different activities and sports to get your students moving and sweating. Siblings are encouraged to register as well. Additional siblings are \$10.

**Members: \$52 | Program Participants: \$62**

### YOUTH AGILITY

**Tuesdays • 6:00-6:45pm • Ages 5-12**

Get your child ready for winter 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: \$65 | Program Participants: \$85**

\*No class on Halloween



# STOICO/FIRSTFED | FALL II 2023

## October 30th– December 23rd



### 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**

Begins November 11th. 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 a love of the game. This is a seven-week program that builds skills every week.

**Members: \$60 | Program Participants: \$70**

**\*No class on Halloween**

#### FUNDAMENTALS OF SHOOTING

**Tuesdays 5–6p • 8–14 ages**

This basketball shooting course is for anyone looking to improve 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: \$70 | Program Participants: \$80**

**\*No class on Halloween**

### YOUTH



#### 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: \$85 | Program Participants: \$95**



# STOICO/FIRSTFED | FALL II 2023

## October 30th- December 23rd



### YOUTH

#### NOVEMBER ACRO CLINIC

Wednesday • November 22nd 4-5p • Ages 7-9

Wednesday • November 22nd 5-6:30p • Ages 10+

We will be setting up our Tumble Track and all other tumble equipment. Class will focus on advanced tumbling skills, flexibility training, contortion tricks and more. Instructors available to help assist students with individual goals.

**Members: \$15 ages 7-9 • \$20 Ages 10+**

**Program Participants: \$20 ages 7-9 • \$25 Ages 10+**



### YOUTH

#### KIDS NIGHT OUT

October 20th, November 17th, December 15th

Ages 5-12 • 5:30-8:30pm

Parents, enjoy a night out, and let us take care of the kids! Each themed night includes dinner and activities for children to enjoy a night of fun with friends!

**Oct 20- Move Night**

**Nov 17- Friendsgiving**

**Dec 15- Holiday Hoopla**

**Members: \$30 | Program Participants: \$35**

**Additional Sibling: \$20 per child**





### YOUTH

#### DECEMBER BREAK DANCE CAMP

Tuesday- Thursday 9-3p • Ages 7-14

Join us this winter break December 26th-28th. This program allows dancers to enjoy their break doing what they love. Dancers will learn dancer and work on skills, and participate in fun activities. Bring lunch, 2 snacks, and a water bottle.

**Members: \$135 | Program Participants: \$155**

#### DANCE LATE NIGHT

Friday December 22nd • 6-9p Ages 6-8

Friday December 22nd • 6-11p Ages 9+

Join us for our December celebration! We will be celebrating the holidays dancing the night away. We will have pizza, ice cream, crafts, dancing and so much more! We cannot wait to ring in the Holiday with all of our wonderful dancers, siblings, and friends!

**Members: \$30 ages 6-8 • \$35 Ages 9+**

**Program Participants: \$30 ages 6-8 • \$35 Ages 9+**

#### ACRO CLINIC

Wednesday • December 27th 9-10a • Ages 7-9

Wednesday • December 27th 10-11:30a • Ages 10+

We will be setting up our Tumble Track and all other tumble equipment. Class will focus on advanced tumbling skills, flexibility training, contortion tricks and more. Instructors available to help assist students with individual goals.

**Members: \$15 ages 7-9 • \$20 Ages 10+**

**Program Participants: \$20 ages 7-9 • \$25 Ages 10+**

### YOUTH

#### DECEMBER BASKETBALL CLINIC

Tuesday, Wednesday, Thursday • 9:00-11:30a

• 2nd Grade – 8th Grade

Join us for 3 days of fun December 26th-28th! Participants will work with one of our Basketball trainers, working on skills, drills, and improving technique. Bring sneakers, water bottle and snacks. Limited space available.

**Members: \$95 | Program Participants: \$115**

#### DECEMBER PICKLEBALL CLINIC

Tuesday, Wednesday, Thursday • 12:00-1:30p

• 2nd Grade – 8th Grade

Join us for 3 days of fun December 26th-28th! Participants will work with one of our Pickleball trainers, working on skills, drills, and improving technique. Bring sneakers, water bottle and snacks. Limited space available.

**Members: \$75 | Program Participants: \$95**

#### DECEMBER BBALL & PICKLEBALL BUNDLE

Tuesday, Wednesday, Thursday • 9:00a-1:30p

• 2nd Grade – 8th Grade

Join us for 3 days of fun December 26th-28th! Participants will work with both pickleball and basketball trainers. Be entertained on your holiday break here at the Y. Bring lunch, snacks, sneakers and water bottle.

**Members: \$160 | Program Participants: \$210**

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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 still enrolling

**Email •**

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





### ADULT

#### PICKLEBALL PLAY • INDOOR

##### 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

### ADULT

#### ADULT HIP HIP

**Saturdays 11:15a-12:00p • Ages 16+**

All levels are welcome, from beginners to experienced dancers. This is fun class for dancers to explore different grooves and moves. Enjoy this 6 week class beginning Oct. 21st

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

#### 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)**