

Fall River YMCA



**FIND YOUR PASSION.  
FIND YOUR Y.**

**For a better us.®**

**WINTER PROGRAM GUIDE  
Begins January 2nd**

**YMCA SOUTHCOAST**

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



# FALL RIVER | WINTER 2024

## January 2nd – February 18th



### YOUTH

#### YOUTH BASKETBALL SKILLS

Thursdays 6-7p • Ages 5-8

Thursdays 7-8p • Ages 9-12

Children will learn basketball fundamental skills to improve their play while gaining a love for the game. 45-minute practices will be followed by 15-minute inner-squad games.

**Members: \$90 | Program Participants: \$110**



#### 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](mailto:Axeldance@ymcasc.org) for more information**

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### WELLNESS

#### SMALL GROUP TRAINING

Various times and days available

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



#### 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 desired areas. This partnership serves as a bond that holds 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

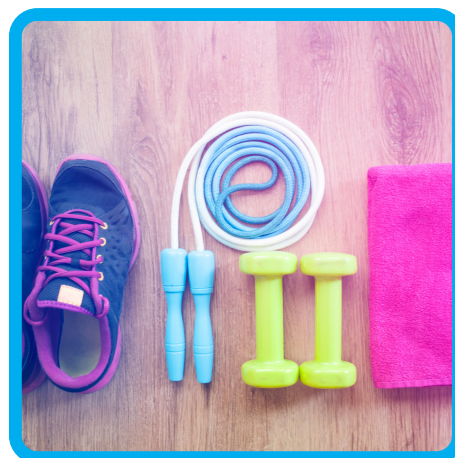
6 Pack/ \$324 • 10 Pack/\$486 • 20 Pack/\$972

##### 30-Minute Sessions

Members: \$32 per session

##### 30-Minute Packages

6 Pack/\$170 • 12 Pack/\$320



# FALL RIVER | WINTER 2024

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### WELLNESS

#### GET STARTED PROGRAM

For new members, by appointment only.

Our Get Started Program 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 and together you will develop a plan for success.

**Members Only – No Fee**

#### TEEN STRENGTH TRAINING

January 13th–Feb 17th

Saturdays • 10am

This program is specifically designed for teens who want to improve their overall performance in strength, stamina, agility, conditioning, proper technique, self-esteem, and discipline. During this 4-week session, participants will learn how to use a variety of equipment and perform exercises with safe and proper technique. Ages 10–18

**Members : \$75 | Program Participants: \$100**

#### CHECK IN WITH A TRAINER

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**



#### COUPLES YOGA

February 11th 9:30am

A fun and playful couples yoga class! This practice allows two people to relate to one another through assisted yoga poses. From stretching your levels of trust, to strengthening your communication – this class will leave a positive effect on your relationship.

**\$30 per couple**

#### WEIGHTS FOR WELLNESS

Jan. 13th– Feb. 17th

Saturdays • 9am

Join a personal trainer for 6–one hour sessions. Learn the F.I.T.T. concept. Frequency, Intensity, Time Spent, and Type of Exercise. This introduction to weight training will focus on correct form and you will execute exercises for each body part.

**Members : \$75 | Program Participants: \$125**

#### WINTER MELTAWAY FIT CAMP

TBD

Train this winter with the Fall River YMCA Personal Training Team! We have a diverse team of trainers who will be rotating to give you a wide variety of workouts. These 16–1 hour sessions will also include weigh-ins, body fat analysis, and measurements. This is an 8 week session beginning January 10th.

**Members: \$75 | Program Participants: \$100**



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### AQUATICS

#### WINTER JANUARY 2ND – FEBRUARY 18TH

MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PRE-K STAGE 3</b> 4:00PM	<b>YOUTH STAGE 2</b> 4:00PM	<b>YOUTH STAGE 3</b> 4:00PM	<b>PRE-K STAGE 2</b> 4:00PM	<b>PRE-K STAGE 2</b> 4:00PM	<b>STAGE A/B &amp; PRE-K STAGE 1</b> 9:00AM
<b>PRE-K STAGE 4</b> 4:30PM	<b>PRE-K STAGE 4</b> 4:30PM	<b>YOUTH STAGE 1</b> 4:30PM	<b>YOUTH STAGE 4</b> 4:30PM	<b>PRE-K STAGE 3</b> 4:30PM	<b>PRE-K STAGE 2 &amp; YOUTH STAGE 3</b> 9:30AM
<b>YOUTH STAGE 5</b> 5:00PM	<b>PRE-K STAGE 1</b> 5:00PM	<b>YOUTH STAGE 6</b> 5:00PM	<b>YOUTH STAGE 1</b> 5:00PM	<b>PRE-K STAGE 1</b> 5:00PM	<b>PRE-K STAGE 1 &amp; YOUTH STAGE 5</b> 10:00AM
<b>YOUTH STAGE 6</b> 5:30PM	<b>STAGE A/B</b> 5:30PM	<b>YOUTH STAGE 5</b> 5:30PM	<b>ADULT BEGINNER</b> 5:30PM	<b>STAGE A/B</b> 5:30PM	<b>YOUTH STAGE 1 &amp; PRE-K STAGE 3</b> 10:30AM
	<b>PRE-K STAGE 2</b> 6:00PM		<b>YOUTH STAGE 3</b> 6:00PM		<b>YOUTH STAGE 2 &amp; YOUTH STAGE 4</b> 11:00AM
	<b>YOUTH STAGE 1</b> 6:30PM		<b>PRE-K STAGE 4</b> 6:30PM		<b>PRE-K STAGE 1 &amp; ADULT BEGINNER</b> 11:30AM
			<b>YOUTH STAGE 2</b> 7:00PM		

\*MONDAY LESSONS WILL BE PRO-RATED TO REFLECT THE NEW YEAR'S DAY HOLIDAY.

#### SWIM LESSONS

Members: \$61  
Program Participants: \$122

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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.

