

Gleason Family YMCA - Wareham



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

**For a better us.®**

**WINTER PROGRAM GUIDE  
Begins January 2nd**

**YMCA SOUTHCOAST**

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



# GLEASON FAMILY | WINTER 2024

## January 2nd – February 18th



### YOUTH & TEEN

#### TEEN STRENGTH TRAINING

Sat. & Sun. 11am • 8-12

Sat. & Sun. 12pm • 13-17

Learn proper weight training technique from a certified trainer in this one-hour class. Class is designed to teach teens the correct way to train while preventing injury and optimizing their potential.

**Members: \$114 | Program Participants: \$166**

#### AIKIDO AT THE GLEASON FAMILY YMCA

Thursday 5:30pm & Saturday 12:30pm • Ages 4-5 Intro

Thursday 6:00pm & Saturday 1:00pm • Ages 6-9

Thursday 6:45pm & Saturday 1:45pm • Ages 9+

Aikido means "the way of harmony with the force and principle of nature." Aikido takes the joint locks and throws from jujitsu and combines the with the body movements of sword and spear fighting. Individuals train and progress at their own pace, finding harmony through personal development. Regular practice brings a sense of well-being and self confidence that permeates all aspects of one's daily life. Uniforms may be purchased separately; see instructor. Class for age 4-5 is 30 minutes; class for age 6+ is one hour.

**Ages 4-5 • Members: \$68 | Program Participants: \$84**

**Ages 6+ • Members: \$98 | Program Participants: \$124**

### WELLNESS

#### GET-SLIM

Wednesdays 10a • Ages 16+

A certified personal trainer will coach you in a small group of participants, through vigorous workouts to help you attain your slimming goals and experience numerous health benefits. Classes are one hour.

**Members: \$57**

#### MASSAGE THERAPY

Various times and days availables

For appointments, scheduling, and prices please contact:

**Deb Levesque at 508.965.3974 or**

**Jon Leaver at 508.284.4752**

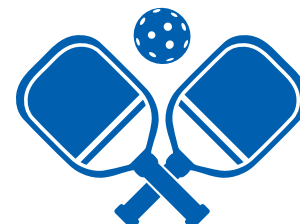
#### PICKLE BALL INSTRUCTIONAL

Tuesday & Thursday 12pm-1pm

Learn the fundamentals of how to play the nations fast growing game and have fun at the same time. To make an appointment or for more information, please contact Lu Brito at 508.295.9622 x 17

**Members: Free**

**Program Participants: \$8 drop in fee**



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### YOUTH

#### CHILD WATCH

Monday-Friday • 8:30–11:30a & 4:30–6:30p

Saturday • 8:30–10:30a

Ages 3 months–7 years

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 90 minutes while in the building. Reservations may be made by calling the Welcome Center at 508.295.9622.



### 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 Lu Brito at 508.295.9622 x 17.

**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**



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### SPECIAL EVENTS

#### PUZZLE NOT-A-SWAP

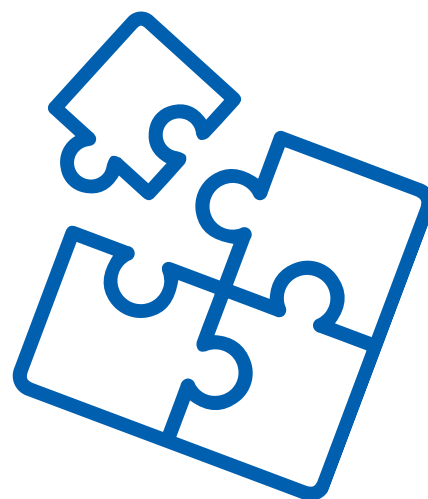
January 29th • 10am-1pm

In celebration of National Puzzle Day we will host a Puzzle Not-A-Swap. We have a large number of puzzles that are ready to be rehomed to provide hours of building enjoyment. Come to our Not-A-Swap to find one or two that interest you and leave with a "new to you" puzzle. No new puzzles will be accepted for this event, as the purpose is to reduce, re-use, and recycle our stock pile of puzzles. Placing puzzles in your palms is our plan!

#### IT'S PUZZLING

February 7, 14, 28 • 10am-12pm

Puzzles can easily be a solo activity, but they're also fun to do with others. Join us for puzzle building Wednesday's in February for easy conversation, collaboration, shared accomplishments, and building friendships. We will provide the puzzle, you can bring your snack & beverage. Puzzles are calisthenics for the brain, so come workout with us!





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### SPECIALTY AQUATICS

#### BASIC LIFE SUPPORT, ADULT FIRST AID & EMERGENCY USE OF MEDICAL OXYGEN CERTIFICATIONS

These are nationally recognized HSI courses. The BLS class includes skills for one and two-person rescues of Infant/Child/Adult victims – CPR w/AED, Rescue Breathing, and Obstructed Airway Care. Program registration and schedule at [www.ymcasc.org](http://www.ymcasc.org). Already have a group of people needing certification? Classes are available for groups of 4–10 people upon request.

To schedule a class, please contact Danielle Gilmore at [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org)

##### FIRST AID & CPR

**Members: \$50 | Program Participants: \$75**

##### EMERGENCY OXYGEN

**Members: \$35 | Program Participants: \$50**

#### FESTIVE FAMILY FREE SWIM

Enjoy quality family time in the pool with music, inner tubes, slide, and water features. After swimming, go home with a seasonal arts and crafts project and a smile.

Please check the member pool schedule for more information on dates and times.

**Members: Free | Program Participants: \$8**

#### SWIM LESSON

#### PLACEMENT EVALUATION

**By appointment**

Unsure of which stage swim lesson to register your child for? Sign up for a brief evaluation by one of our Aquatic staff members. Contact [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org) or [jcubr@ymcasc.org](mailto:jcubr@ymcasc.org) to make an appointment.

**Members: Free | Program Participants: Free**

#### LIFEGUARD COURSES FULL & RECERTIFICATION

Certify or recertify in YMCA Lifeguarding (includes Waterfront/Waterpark/Emergency Use of Medical Oxygen Administration) or American Red Cross Basic Lifeguarding (Waterfront/Waterpark/Emergency Oxygen components are unavailable). Training covers BLS and First Aid and the full course fee includes hip pack, O2 mask, whistle, and lanyard. A minimum of 4 participants is required for a class to run.

Please contact Danielle Gilmore at [dgilmore@ymcasc.org](mailto:dgilmore@ymcasc.org).

##### YMCA LIFEGUARDING

**Full Course: \$350**

**Recertification: \$125**

#### VACATION SWIM LESSONS

**Monday–Thursday • February 19–22**

Four consecutive days of 30-minute lessons for all swimming abilities. These lessons are designed to introduce children to swimming and to strengthen the skills of current swimmers. More information, including times, will be available February 1st.

**Members: \$30 | Program Participants: \$60**

#### SWIM TESTING

**Multiple days available**

Need a swim test for sailing school, a GSA/ BSA badge, Tabor Academy orientation, summer camp, or other outside facilities? Please contact our Aquatics Department to schedule an appointment.

**Shorter than 15 minutes: \$5**

**16 – 30 minutes: \$15**

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### AQUATIC PROGRAMS

LEVEL	AGES	RATES	LENGTH	MON	TUE	WED	THU	FRI	SAT	SUN
PARENT/CHILD										
<b>STAGE A/B</b> Water Discovery/ Water Acclimation	6mo-36mo	M: \$61 PP: \$122	30min	5:10pm	10:45am		10:45am 5:45pm	5:10pm	9:35am	9:00am 9:35am 10:10am
PRESCHOOL										
<b>STAGE 1</b> Water Acclimation	3-5 Years	M: \$61 PP: \$122	30min	4:00pm 5:45pm	11:20am 4:00pm	4:00pm	11:20am 4:35pm	4:00pm	10:10am 11:20am	10:10am 12:00pm
<b>STAGE 2</b> Water Movement	3-5 Years	M: \$61 PP: \$122	30min	4:35pm	5:10pm	4:35pm 5:45pm	4:00pm 5:45pm	11:30am 4:35pm	10:45am 12:00pm	9:00am 10:45am
<b>STAGE 3</b> Water Stamina	3-5 Years	M: \$61 PP: \$122	30min	4:35pm	4:35pm	5:10pm	5:10pm	11:00am	9:00am	9:35am
<b>STAGE 4</b> Stroke Introduction	3-5 Years	M: \$61 PP: \$122	30min	5:45pm	5:45pm	4:00pm		4:35pm		11:20am
YOUTH										
<b>STAGE 1</b> Water Acclimation	6-14 Years	M: \$61 PP: \$122	30min	4:35pm		5:45pm			11:20am	
<b>STAGE 2</b> Water Movement	6-14 Years	M: \$61 PP: \$122	30min	4:00pm 5:10pm	4:35pm		4:00pm	5:45pm	9:35am	12:00pm
<b>STAGE 3</b> Water Stamina	6-14 Years	M: \$61 PP: \$122	30min	5:10pm	5:10pm	5:10pm	4:35pm	4:00pm	10:45am	10:10am
<b>STAGE 4</b> Stroke Introduction	6-14 Years	M: \$61 PP: \$122	30min	5:45pm	5:45pm	4:35pm	5:10pm	5:10pm	10:10am 12:00pm	9:35am 10:45am
<b>STAGE 5/6</b> Stroke Development/ Stroke Mechanics	6-14 Years	M: \$61 PP: \$122	30min		4:00pm				9:00am	9:00am 11:20am
<b>SWIM PATHWAY</b> Aquatic Conditioning	5-14 Years	M: \$91 PP: \$182	45min			4:15pm		4:15pm		
ADULT										
<b>TEEN/ADULT LESSONS</b>	15+ Years	M: \$61 PP: \$122	30min	6:30pm			12:00pm	6:30pm		
<b>Master's Swim Conditioning (2x/wk)</b>	15+ Years	M: \$82 PP: \$164	70min		6:20pm		6:20pm			

\*Monday lessons will be pro-rated to reflect the New Year's Day holiday.



### 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.

