

New Bedford YMCA



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

**For a better us.®**

**WINTER PROGRAM GUIDE  
Begins January 2nd**

**YMCA SOUTHCOAST**

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



# NEW BEDFORD| WINTER 2024

## January 2nd – February 18th



### WELLNESS

#### TEEN STRENGTH TRAINING

**January 13th-Feb 17th • Saturdays 9a**

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

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

#### COUPLES YOGA

**February 11th • 10:30a**

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 impact on your relationship.

**\$30 Per Couple**

#### INTRO TO STRENGTH TRAINING

**January 13th-February 17th • Saturdays 10:30a**

Join a personal trainer for 6-one hour sessions and 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**

#### 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 w/ 1 trainer**
- **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!**

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### 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 desired areas. This partnership serves as a bond that hold both individuals accountable for the end result. To make an appointment or for more information, please contact at 508.997.0734.

##### 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**

#### 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

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**

#### GROUP REIKI

January 7th – February 11th • 1:00p

The session will be 60 minutes with a group no bigger than 7 people. We will meditate to the music as reiki is being preformed to each person one by one. We will explore our chakras by the color and meaning. We will ask for healing and light for our highest good.

**Members: \$100 | Program Participants: \$150**

#### SELF DEFENSE CLASS FOR WOMEN

Saturday • Date TBD • 1-3p • 13 yrs and older\*

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.

\*Participants under 16yrs of age must be accompanied by a parent.

**Program Fee: \$25.00**

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### YOUTH

#### YOUTH BASKETBALL LEAGUE

**Saturdays • Ages 5-13**

Sign up for our 12 week session of youth basketball at the YMCA. We will kick off week 1 on Jan. 6th with evaluations. In this league, players will build relationships with other players and coaches while developing their basketball skills in games and practices for a competitive team experience. All games take place on Saturdays. Times TBD. Ballers practice on a weekday evening. Days and times TBD.

**ROOKIES • Ages 5-8**

**Members: \$100 | Program Participants: \$125**

**BALLERS • Ages 9-13**

**Members: \$135 | Program Participants: \$170**

#### VOLUNTEER COACHES NEEDED

Our sports leagues would not survive without the help of volunteer coaches. If you are interested in helping children succeed in the Y's seasonal sports programs, please request a volunteer application at the Welcome Center!



#### KARATE | TANG SOO DO

**Fri: 5-6p • Beginner • 6yrs +**

**Fri: 6-7p • Advanced & Adult • 7yrs +**

Tang Soo Do refers to a Korean martial art based on Karate and may include fighting principles from Subak and northern Chinese martial arts. Mr. Silva will be teaching students about courtesy, integrity, perseverance, self-control, and indomitable spirit. Along with the 5 codes of Tang Soo Do and more.

\*First time students can purchase uniforms at a discounted price. See instructor for details

**Members: \$110 | Program Participants: \$130**

#### Youth Soccer Skills

**Fridays 6:30pm • Ages: 5-8**

**Fridays 7:30pm • 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, motor skills, and teamwork all in a safe environment. Sessions will be limited to 12 participants per age group.

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



# NEW BEDFORD | WINTER 2024

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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.



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### AQUATICS

LEVEL	AGES	RATES	LENGTH	MON	TUE	WED	THU	FRI	SAT
PARENT/CHILD									
STAGE A/B	6mo-36mo	M: \$61 PP: \$122	30min		10:00am		10:00am 6:30pm		10:00am 10:30am
PRE-K STAGE C	2-5 YEARS	M: \$61 PP: \$122					11:00am 6:00pm		11:00am
PRESCHOOL									
PRE-K STAGE 1/2	3-5 YEARS	M: \$61 PP: \$122	30min		10:30am 4:00pm 5:00pm 6:00pm	4:00pm	10:30am 4:30pm 5:00pm	5:00pm	9:00am 9:30am 10:00am 10:30am
PRE-K STAGE 3/4 ADVANCED	3-5 YEARS	M: \$61 PP: \$122	30min		5:00pm 6:00pm	4:30pm	5:30pm	5:00pm 6:00pm	9:30am
YOUTH									
YOUTH STAGE 1/2	6-14 YEARS	M: \$61 PP: \$122	30min		4:30pm 5:30pm	5:00pm 5:30pm	4:00pm 6:30pm	4:30pm 5:30pm 6:30pm	9:30am 11:00am 11:30am
YOUTH STAGE 3	6-14 YEARS	M: \$61 PP: \$122	30min		5:00pm 6:00pm	6:00pm	6:00pm		10:00am 10:30am
YOUTH STAGE 4	6-14 YEARS	M: \$61 PP: \$122	30min		5:30pm		4:00pm	5:30pm	9:30am 11:00am
YOUTH STAGE 5/6	6-14 YEARS	M: \$61 PP: \$122	30min			6:30pm	7:00pm	6:30pm	11:30am
COMPETITIVE Swim	6-14 YEARS	M: \$90 PP: \$180	45min		6:30pm				
ADULT									
ADULT BEGINNER	15+ YEARS	M: \$61 PP: \$122	30min		7:15pm				
ADULT INTERMEDIATE	15+ YEARS	M: \$90 PP: \$180	45min				7:30pm		

### SWIM LESSONS

Members: \$61  
Program Participants: \$122