

Stoico/FIRSTFED-Swansea



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

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WINTER PROGRAM GUIDE  
Begins January 2nd

**YMCA SOUTHCOST**

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

# STOICO/FIRSTFED | WINTER 2024

## December Break 2023



### YOUTH

#### DECEMBER BREAK DANCE CAMP

Tuesday- Thursday 9a-3p • Ages 7-14

Join us this winter break December 26th-28th. Participants will learn dances 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, their 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 set up our Tumble Track and all other tumble equipment. Class will focus on advanced tumbling skills, flexibility training, contortion tricks and more. Instructors will also be 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+**

#### DECEMBER BASKETBALL CLINIC

Tuesday, Wednesday, Thursday • 9-11:30a • 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, a water bottle, and snacks. Limited space available.

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

#### DECEMBER YOUTH PICKLEBALL CLINIC

Tuesday, Wednesday, Thursday • 12-1:30p • 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, a water bottle, and snacks. Limited space available.

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

#### DECEMBER BBALL & PICKLEBALL BUNDLE

Tuesday, Wednesday, Thursday • 9a-1:30p • 2nd Grade - 8th Grade

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

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

# STOICO/FIRSTFED | WINTER 2024

## January 2nd-February 18th



### YOUTH

#### JR. CHEFS

Mondays 9-10a • Ages 3-5 years

Jr. Chefs is a hands-on cooking class for children ages 3-5 years. Children will be introduced to preparing tasty and healthy snacks, while incorporating math skills and building friendships.

**Members: \$65 | Program Participants: \$85**

#### JR. CHEFS

Mondays 5:30-6:30p • Ages 5-10 years

Jr. Chefs is a hands-on cooking class for children ages 5-10 years. Children will be introduced to preparing tasty and healthy snacks, while incorporating math skills and building friendships.

**Members: \$65 | 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: \$75 | Program Participants: \$95**

#### INTERMEDIATE/ ADVANCED VOLLEYBALL

Thursdays 4-5:30p • Ages 10-15

Calling all passionate volleyball players seeking to elevate their game! Our 7-Week comprehensive Intermediate and Advanced Volleyball Program is tailored for athletes looking to fine-tune their technique, strategy, and athleticism.

**Members: \$85 | Program Participants: \$105**

#### 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 students moving and sweating. Siblings are encouraged to register as well.

**Members: \$55 | Program Participants: \$75**

#### YOUTH AGILITY

Tuesdays • 6-6:45pm • Ages 5-12

Get your child ready for Spring sports! We will work on footwork, speed, and coordination. We'll also incorporate games and exercises to help all levels improve.

**Members: \$70 | Program Participants: \$90**

# STOICO/FIRSTFED | WINTER 2024

## January 2nd-February 18th



### YOUTH

#### NBN BASKETBALL ACADEMY

Ages 2-14 years old

Nothing-But-Net Academy is ready for you! Join us this season during any of the three programs listed below to improve your basketball game!

#### TODDLER BALL

Saturdays • 10-10:30a • Ages 2-4

Toddler Ball 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: \$55 | Program Participants: \$75**

#### ROOKIE BALL

Tuesdays • 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: \$70 | Program Participants: \$90**

#### FUNDAMENTALS OF SHOOTING

Tuesdays • 5-6:00p • Ages 8-14

This basketball shooting program is for anyone looking to improve their shooting skills. The program's purpose is to show the fundamentally correct shooting techniques through step by step instruction in order to develop the best shooting form possible. Program will include inter squad scrimmages.

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



#### BASKETBALL 1-ON-1

Multiple days and time available

Looking for more personalized 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: \$105**



Email • Sarah Sousa | Program Coordinator  
ssousa@ymcasc.org for more information.

# STOICO/FIRSTFED | WINTER 2024

## January 2nd-February 18th



### YOUTH

#### AXEL DANCE ACADEMY

Beginning at 18 months old

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 recreational 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.



#### MUSIC MEDLEY

Ages 18 months - 2 years

- Mondays 4:15-4:45p
- Tuesdays 10:00-10:30a
- Saturdays 9:00-9:30a

Introduce your toddler to movement and dance with our Music Medley dance class. This class is the perfect introduction to motor and social skills needed for dance and tumbling. Great for boys and girls. Dancers will learn basic concepts of rhythm and movement using creative games. Various days and times available.

**Members: \$35 (monthly)**

**Program Participants: \$45 (monthly)**

#### CREATIVE MOVEMENT

Ages 3-4 years

- Tuesdays 10:30-11:15a
- Fridays 4:15-5:00p
- Saturdays 9:30-10:15a

Does your pre-schooler love dance and music? Creative Movement dance classes are the perfect introduction to motor and social skills needed for dance and tumbling. Dancers will learn basic concepts of rhythm, spatial awareness and movement using creative games as well as learning basic ballet.

**Members: \$40 (monthly)**

**Program Participants: \$50 (monthly)**



# STOICO/FIRSTFED | WINTER 2024

## January 2nd- February 18th



### YOUTH

#### KIDS CORNER

Tuesdays & Thursdays • 11a-1p • Ages 6 weeks – 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**

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#### 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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#### KIDS NIGHT OUT

January 19th • 5:30-8:30pm • Ages 5-12

Theme: Pajamas, movie night, hot cocoa & s'mores

Parents, enjoy a night out, and let us take care of the kids! The night will include dinner and activities for children to enjoy a night of fun with friends!

**Members: \$30 | Program Participants: \$40**

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

### PARTY RENTALS

#### BIRTHDAY PARTIES

Various times available

We offer Play Structure, Gym, or Dance 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. To learn more, contact Jeremy Rocha at [jrocha@ymcasc.org](mailto:jrocha@ymcasc.org).



# STOICO/FIRSTFED | WINTER 2024

## January 2nd–February 18th



### ADULT

#### INDOOR PICKLEBALL PLAY

##### 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 nation's fastest growing game! Be sure to stop in and play. Limited paddles available. Bringing your own paddles and balls is encouraged. Must register in Group Ex Pro.

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

\*Times subject to change and vary on school vacation weeks.



#### PICKLEBALL CLINIC

Saturdays, January 13–February 3 • 8:00–10:00a • Ages 16+

Are you curious about the fastest-growing sport in America? Join our 4-Week Pickleball Clinic, where you'll embark on an exciting journey into the world of pickleball – perfect for those stepping onto the court for the first time or looking to refine their foundational skills. Limited balls and paddles provided.

**Members: \$60 | Program Participants: \$80**

#### ADULT CONTEMPORARY DANCE

Mondays • 8:15p–8:45 • Ages 16+

All levels are welcome, from beginners to experienced dancers. This is fun class for dancers to connect the mind and body through fluid dance.

**Members: \$40 (monthly)**

**Program Participants: \$50 (monthly)**

#### 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 exercising their brains and bodies.

**Members: \$40 (monthly)**

**Program Participants: \$50 (monthly)**

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### 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. Contact Kara Wickman at [kwickman@ymcasc.org](mailto:kwickman@ymcasc.org) to make an appointment.

**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 desired areas. This partnership serves as a bond that holds both people accountable for the end result. To make an appointment or for more information, please contact Kara Wickman at [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 for Members: 6 Pack/\$166 per person

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

Small Group Training

(3-8 people) • Six 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 WELLNESS

#### STRENGTH & CONDITIONING

Mondays • January 8 - February 12 • 4:30p-5:30p  
Ages 10-14

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**