

Fall River



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

SPRING I PROGRAM GUIDE
Begins February 26th

YMCA SOUTHCOAST

ymcasc.org

FALL RIVER | SPRING I 2024

February 26th– April 14th



YOUTH

YOUTH SOCCER SKILLS

Tuesdays • 5pm–5:30pm • Ages 5–6

Tuesdays • 5:30pm–6:15pm • Ages 7–8

Tuesdays • 6:15pm–7pm • 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, gross motor skills, and teamwork, all in a safe environment. All beginners and experienced players are welcome. Class sizes will be limited to 12 participants per age group.

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

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! With a year end recital in June. We offer acro, ballet, jazz, tap, hip hop and so much! Classes held at both the Swansea and Fall River branches!

4:15–5pm | Grown up & Me | 1 – 2 years

4:45–5:15pm | Tumbling Tots | 3–4 years

5:15–6pm | Dance Sampler | 5–7 years

6–6:45pm | Hip Hop & Tumble | 5–9 years

6:45–7p | Dance Sampler | 8 years +

Email Axeldance@ymcasc.org for more information.

YOUTH/ADULT

SQUASH CLINIC

Sundays • 11am–12pm • 4–Weeks • Ages 14+

Squash is a highly aerobic sport that involves constant movement, quick bursts of speed, and frequent changes in direction. It provides an excellent cardiovascular workout, improving heart health, endurance, and lung capacity. This program is a 4-week clinic that will provide a lesson in basic stroke mechanisms and rules of the game while improving on the strength, flexibility, and fitness needed to advance in the sport. Classes are open to adults and teens ages 14+ and will be limited to 12 participants.

Members: \$65 | Program Participants: \$90

***MORE YOUTH AND ADULT CLASSES
AVAILABLE UNDER WORKSHOPS ON PAGE 5.**

PARTY RENTALS

BIRTHDAY PARTIES

Sundays • 12–2pm

We offer both pool and gym party experiences. Pick one of the experience for a fun way to celebrate your child's special day. More information can be found in the party rental packet or by contacting Stephanie Mancini at smancini@ymcasc.org.



WELLNESS

GET STARTED PROGRAM

Appointment Only

This program is for new members, 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. The appointment will consist of a fitness assessment of cardiovascular endurance, muscular strength, flexibility and body composition. For more information, contact FRdesk@ymcasc.org.

Members Only

CHECK IN WITH A TRAINER

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 mpoulton@ymcasc.org to learn more.

Members: \$35

Program Participants \$50



WELLNESS

COUPLES YOGA

Sunday • 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. Contact mpoulton@ymcasc.org to learn more.

\$30 per couple

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 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



WELLNESS

HEALTHY EATING 101

Saturday • March 9 • 10am–12pm

What does clean eating mean to you? Join trainer, Jennifer Gard in this educational workshop on nutrition. She will go over macros, nutrients, meal prep, and nutrition tips. Jenn will also do a demo and you'll get to sample a healthy snack. Contact jgard@ymcasc.org to learn more.

Members : \$50 | Program Participants: \$100

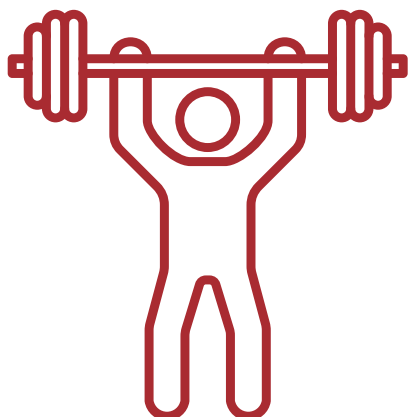
TEEN STRENGTH TRAINING

March 3rd – 30th • Saturdays • Time TBD

Ages 10–18

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. This 4-week session, participants will learn how to use a variety of equipment and exercises with safe and proper technique. Contact mpoulton@ymcasc.org to learn more.

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



WELLNESS

PICKLEBALL CLINIC

Mondays or Wednesdays • 12:30pm–2pm

Join the fastest-growing sport in America, have fun & make new friends! Learn the game of pickleball and all its strategies while incorporating pickleball fitness to increase safety, reduce injury, and advance faster.

Class size is limited, so participants must choose one day to play. Mondays & Wednesdays can not be combined for this program rate. Contact mpoulton@ymcasc.org to learn more.

Members : \$80 | Program Participants: \$125

TRAIN LIKE A BOXER

Mondays • 7:15am

When training like a boxer, you combine all the biggest fitness trends: functional training, intervals, total body routines, making body-transforming powers undeniable. Contact mpoulton@ymcasc.org to learn more.

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

YOGA FOR RUNNERS

March 9th • 12:30pm

Yoga is a must for those that love to run! Yoga for runners is specifically geared to their needs for balance, strength and flexibility. Let us help you avoid injury, eliminate nagging aches and pains, and become a stronger, healthier runner. Contact mpoulton@ymcasc.org to learn more.

Members : \$15 | Program Participants: \$20

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WELLNESS

GOLF FITNESS

Mondays • 8:30am

Are you ready for golf season? Join us for golf specific group training. Build strength, increase flexibility, and reduce injury. For more information, email Jennifer Gard at jgard@ymcasc.org.

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

GOLF FITNESS ASSESSMENT

Spend 30 minutes with TPI golf fitness coach Jennifer Gard and receive insight as to how you can improve your game through fitness and movement. For more information, email Jennifer Gard at jgard@ymcasc.org.

Members : \$30 | Program Participants: \$45



WORKSHOPS

SPRING WORKSHOPS

Stay tuned into our Facebook page for more information on these upcoming Spring workshops.

- Sewing 101: Learn the Basics
- Senior Crafts: Make Your Own Windchime
- Art for All Abilities



Scan here to find us on



FALL RIVER | WINTER 2024

February 26th- April 14th



AQUATICS

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

CONTACT

To learn more contact
smancini@ymcasc.org

SWIM LESSONS

Members: \$61
Program Participants: \$122

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.

