

New Bedford



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

SPRING I PROGRAM GUIDE
Begins February 26th

YMCA SOUTHCOAST

ymcasc.org

YOUTH

Youth Soccer Skills

Fridays • 6:30pm • Age 5-8

Fridays • 7:30pm • Age 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. Contact kjackson-lee@ymcasc.org to learn more.

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

KARATE | TANG SOO DO

Fridays • 5-6pm • Beginner • Age 6yrs +

Fridays • 6-7pm • Advanced & Adult • Age 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. Contact kjackson-lee@ymcasc.org to learn more.

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

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



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 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

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

HEALTHY EATING 101 WORKSHOP

Friday • March 15th • 10a-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: \$75



WELLNESS

GET STARTED PROGRAM

By Appointment Only • Members 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. Contact the Welcome Center to learn more.

TEEN STRENGTH TRAINING

Saturdays • 9am • March 4th-25th • Age 10-18

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 these 4-week sessions, teens will learn how to use a variety of equipment and execute exercises with safe and proper technique. Contact mpoulton@ymcasc.org to learn more.

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

INTRO TO STRENGTH TRAINING

Saturdays • 10:30am • March 4th – April 8th

Join Personal Trainer, Jonah 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. Contact mpoulton@ymcasc.org to learn more.

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

WELLNESS

BEGINNER PICKLEBALL CLINIC

Tuesdays • 12-12:50pm

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. Contact mpoulton@ymcasc.org to learn more.

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

TRAIN LIKE A BOXER

Tuesdays • 7-7:55am

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



GOLF FITNESS

Thursdays • 4-5pm

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



YOGA FOR RUNNERS

March 2nd • 12pm

Yoga is a mustfor 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

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.



NEW BEDFORD | SPRING 2024

February 26th– April 14th



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		6:00pm		10:00am
PRE-K STAGE C	2–5 YEARS	M: \$61 PP: \$122			5:30pm		5:30pm		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	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	5:00pm	5:00pm 6:00pm	9:30am 10:30am
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
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	9:00am 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		

CONTACT

To learn more contact
swhite@ymcasc.org

SWIM LESSONS

Members: \$61
Program Participants: \$122