

Stoico/FIRSTFED-Swansea



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

SPRING I PROGRAM GUIDE
Begins February 26th

YMCA SOUTHCOAST

ymcasc.org

STOICO/FIRSTFED | SPRING 2024

February 26th– April 14th



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. For more information, please contact Kara Wickman: kwickman@ymcasc.org.

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 the 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: 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

Members: 6 Pack/\$166

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.

Members: \$95 | Program Participants: \$120

SMALL GROUP TRAINING

Join us for 60 minutes of group training. Create your own small group with friends or join an existing group – 3-8 people per group. The schedule is flexible! To learn more, contact Kara Wickman at kwickman@ymcasc.org.

6 sessions: \$90 per person



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WELLNESS

BOSU SMALL GROUP TRAINING

Wednesdays • Starting 3/6 • 6:30pm

BOSU workouts are the perfect marriage between resistance and stability. Join us for this 60 minute group training to work on balance and flexibility. Each group will have 3-6 participants. To learn more, contact Kara Wickman at kwickman@ymcasc.org.

6 sessions: \$90 per person

BREAKING UP WITH SUGAR CHALLENGE

Wednesdays • Starting 2/27 • 6-7:30pm (no class 3/12)

Say goodbye to sugar cravings and hello to a healthier you! This 6 week class will cover a new topic each week. To learn more, contact Kara Wickman at kwickman@ymcasc.org.

Members: \$150

Program Participants: \$200



YOUTH & TEEN

STRENGTH & CONDITIONING

Mondays • Starting 3/4 • 4:30-5:30pm • Ages 10-14

Whether you are an off-season athlete, or just looking to lead a more active lifestyle- this class will benefit you! This is accomplished with age-appropriate weight training, gymnastics, and metabolic conditioning workouts. We also aim at developing discipline and hard work that will help the athlete 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, while also focusing on gymnastics (body relative movements), which will increase mobility, flexibility and agility. Ultimately we are Building Stronger Athletes! 45-Minutes. For more information, please contact Kara Wickman at kwickman@ymcasc.org.

Members: \$95 | Program Participants: \$120



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PARTY RENTALS

BIRTHDAY PARTIES

Various times available

We offer play structure, gym or dance party experiences. Pick one 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 the Membership Coordinator, Johanna Tisdale at jtisdale@ymcasc.org.



YOUTH

KIDS CORNER

Tuesdays & Thursdays • 11am–1pm

Ages 6 weeks to 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. For more information, please contact the Welcome Center.

Members Only

CHILDWATCH

Monday–Friday • 9–11am

Saturday • 9–11:30am

Monday–Thursday • 4:30–7pm

For children ages 6 weeks – 10 years

Work out or take a class while your child is cared for by one of our engaged staff members. Guardians may utilize this service for up to 3 hours while in the building. For more information, please contact the Welcome Center.

For children ages 6 weeks – 10 years

For Family Memberships Only



YOUTH

HOME SCHOOL GYM CLASS

Wednesdays 11:15am-12pm • Age 5-12

Join us for an activity-based class designed specifically for homeschool families. Groups will meet once per week for seven weeks. Each week we will focus on different activities and sports to get your students moving and sweating. Siblings are encouraged to register as well.

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

***Sibling rate available.**

JR. CHEFS

Mondays 9-10am • Age 3-5 years

Mondays 5:30-6:30pm • Age 5-10 years

Jr. Chefs is a hands-on cooking class for children ages 3-5 years; and 5-10 years (2 age groups). Children will have an introduction to preparing tasty, and healthy snacks. While incorporating math skills and gaining friendships.

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



INTERMEDIATE/ ADVANCED VOLLEYBALL

Thursdays 4-5:30pm • Age 10-15

Must have previous volleyball experience.

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



YOUTH AGILITY

Tuesdays • 6-6:45pm • Age 5-12

Great for athletes looking to improve their training. Participants will work on footwork, speed, and coordination. Instructor will also incorporate games and exercises to help athletes of all levels progress.

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

YOUTH

NBN BASKETBALL ACADEMY

Age 2-14

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 • 10-10:30am • Age 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 • 4:15-5:00pm • Age 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. Participants will work on drills and end with an inter-squad scrimmage.

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

FUNDAMENTALS OF SHOOTING

Tuesdays • 5-6:00pm • Age 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



For more information, please email Sarah Sousa at ssousa@ymcasc.org.

YOUTH

AXEL DANCE ACADEMY

Beginning at 18 months old

Join us on the dance floor this season! We offer acro, ballet, jazz, tap, pointe and so much more!

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 foster are crucial factors that contribute to each dancer's success.

Classes still enrolling. Email axeldance@ymcasc.org for more information.

HIP HOP & TUMBLE

Age 5–9 • Thursdays 4–4:45pm

A high energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Dancers will learn hip hop fundamentals while incorporating tumbling basics.

Members: \$40/month

Program Participants: \$50/month

MUSIC MEDLEY

Age 18 months – 2 years

- Mondays 4:15–4:45pm
- Tuesdays 10:00–10:30am
- Saturdays 9:00–9:30am

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/month

Program Participants: \$45/month

CREATIVE MOVEMENT

Age 3–4 years

- Tuesdays 10:30–11:15am
- Fridays 4:15–5:00pm
- Saturdays 9:30–10:15am

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/month

Program Participants: \$50/month



FEBRUARY BREAK – YOUTH

FEBRUARY BREAK CAMP

February 20th–23rd

9am–5:30pm • Age 5–14 years

It's going to be snow much fun! All campers will enjoy activities like crafts, games & more! Please send your camper with lunch, 2 snacks, and a water bottle. For more information or to register please visit our welcome center or email mcamara@ymcasc.org.

Members: \$45/day

Program Participants: \$55/day

FEBRUARY BASKETBALL CLINIC

February 20–22 • 9–11:30am • Ages 7–14

Join us for 3 days of fun! Participants will work with one of our basketball trainers on skills and improving technique. Bring sneakers, a water bottle, and snacks. Limited space available. Contact ssousa@ymcasc.org for more information.

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

FEBRUARY BREAK DANCE CAMP

February 20–22 • 9am–3pm • Age 7–14

Join us this winter break, February 20–22. This program allows dancers to enjoy their break doing what they love. Dancers will learn dances, work on skills, and participate in fun activities. Bring lunch, 2 snacks, and a water bottle. Contact ssousa@ymcasc.org for more information.

Members: \$135 | Program Participants: \$155

KIDS NIGHT OUT

February 23rd • 5:30–8pm • February Vacation Week

April 19th • 5:30–8pm • April Vacation Week

Parents, you've earned a night off! Send the kids to the Y and we'll take care of the rest. They will have a fun evening of snacks, games, crafts, and more. Space is limited and is sure to fill up quickly. We recommend registering as soon as possible.

- February 23rd theme: Celebrate vacation week with a pajama movie night. We'll also have hot cocoa & s'mores!
- April 19th theme: Bloom Into Spring! Decorate a plant pot and plant your own flower. We'll also have games to play in the gym.

Members: \$30/child | Program Participants: \$40/child

*Sibling rate available. Contact ssousa@ymcasc.org for more information.

FEBRUARY BREAK ACRO CLINIC

February 21st

9–10am • Age 7–9

10–11:30am • Age 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. An instructor will be available to help assist students with individual goals. Contact ssousa@ymcasc.org for more information.

Members: \$15 • Age 7–9 | \$20 • Age 10+

Program Participants: \$20 • Age 7–9 | \$25 • Age 10+

ADULT

PICKLEBALL CLINIC

Pickleball Adult beginner

Saturdays • March 2nd-23rd • 8-10am

Age 16+

Learn the basic skills of how to play pickleball in a fun environment. Limited balls and paddles are available. Pickleball is an exciting, low impact version of tennis played in our indoor basketball court. Register now for this 4-week session. Contact ssousa@ymcasc.org for more information.

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

PICKLEBALL PLAY

BEGINNER:

- Tuesdays 10a-12p
- 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

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 advance on Group Ex-Pro. Contact ssousa@ymcasc.org for more information.

Members: FREE | Program Participants: \$8

*Times subject to change and vary on school vacation weeks

ADULT VOLLEYBALL

Thursdays • 5:30-6:30pm • Ages 16+

Scrimmage and develop skills while getting exercise and having fun. Join this wonderful group for awesome Thursday nights! Contact ssousa@ymcasc.org for more information.

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

ADULT TAP CLASS

Mondays • 7:30-8:15pm • Ages 16+

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 working their brains and bodies. Contact axeldance@ymcasc.org for more information.

Members: \$40/month

Program Participants: \$50/month

ADULT CONTEMPORARY DANCE

Mondays • 8:15-8:45pm • Ages 16+

All levels are welcome, from beginners to experienced tap dancers. This is fun class for dancers to connect the mind and body through fluid dance. Contact axeldance@ymcasc.org for more information.

Members: \$40/month

Program Participants: \$50/month