

Gleason Family- Wareham



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

SPRING I PROGRAM GUIDE
Begins February 26th

YMCA SOUTHCOAST

ymcasc.org

GLEASON FAMILY | SPRING I 2024

February 26th–April 14th



YOUTH & TEEN

TEEN STRENGTH TRAINING

Mondays & Thursdays • 4pm • Ages 8-12
Mondays & Thursdays • 5pm • Ages 13-17
OR
Saturdays & Sundays 10 am • Ages 8-12
Saturdays & Sundays 11am • Ages 13-17

Learn proper weight training technique from a certified trainer. Class is designed to teach teens the correct way to train while preventing injury and optimizing their potential.

Members: \$114 | Program Participants: \$166

AIKIDO AT THE GLEASON FAMILY YMCA

Thursdays 5pm & Saturday 12pm • Ages 4-5 (Intro)
Thursdays 6pm & Saturdays 1pm • Ages 6-9
Thursdays 6:45pm & Saturdays 1:45pm • Ages 9+

Aikido means "the way of harmony with the force and principle of nature." Aikido takes the joint locks and throws from jujitsu and combines them with the body movements of sword and spear fighting. Individuals train and progress at their own pace, finding harmony through personal development. Regular practice brings a sense of well-being and self confidence that permeates all aspects of one's daily life. Uniforms may be purchased separately; see instructor.

Ages 4-7 • Members: \$68 | Program Participants: \$84
Ages 8-14 • Members: \$98 | Program Participants: \$124

WELLNESS

GET-SLIM

Wednesdays • 10a, • Ages 16+

A certified personal trainer will coach you in a small group of participants as you work through vigorous workouts to help you attain your slimming goals and experience numerous health benefits.

Members: \$57

MASSAGE THERAPY

Various times and days available

For appointments, scheduling, and prices please contact Deb Levesque at 508.965.3974 or Jon Leaver at 508.284.4752.

PICKLE BALL INSTRUCTIONAL

Tuesdays & Thursdays • 12-1pm

Learn the fundamentals of how to play the nation's fastest growing game and have fun at the same time. To make an appointment or for more information, please contact Lu Brito at 508.295.9622 x 17.

Members: Free

Program Participants: \$8 drop in fee



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YOUTH

CHILD WATCH

Monday, Wednesday, Friday • 8:30–11:30am

Tuesday & Thursday • 8:30–10:30am

Monday–Friday • 4:30–6:30pm

Saturday • 8:30–10:30am

Ages 3 months–7 years

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 90 minutes while in the building. Reservations may be made by calling the Welcome Center at 508.295.9622.

HOCKEY SKILLS & DRILLS

Sundays • 9–10am • Ages 4–6

Learn the fundamentals of floor hockey, stick handling, passing and shooting.

Members: \$60

Program Participants: \$85

DANCING WITH MAGGIE

Sundays • 9–9:30am • Ages 3–5

Dance is a great way to teach kids how to be active and have fun! Participants will learn fun dance moves while meeting new friends and having fun.

Members: \$45

Program Participants: \$60



SPECIAL EVENTS

POOLSIDE EASTER EGG HUNT

Friday, March 29 • 6–6:45pm or 7–7:45pm

Join us for a floating egg hunt in the pool! Collect as many eggs as you can, have your picture taken with the Easter Bunny, and enjoy some arts & crafts. Each participant will be given a goody bag after their swim!

All participants under 16 years of age must be swim tested. Swim tests will be administered 15 minutes prior to the scheduled swim time. Please refer to our Y's swim test policy.

PRE-REGISTRATION OPENS 3/1

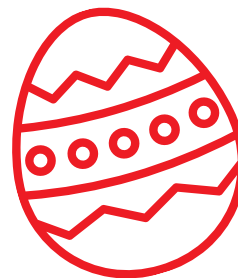
Members: \$5/child

Community: \$8/child

DAY OF REGISTRATION

Members: \$7/child

Community: \$10/child



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SPECIALTY AQUATICS

PEDIATRIC FIRST AID WITH CHILD & INFANT CPR

Wednesday • April 10

These are nationally recognized HSI courses. The CPR portion of class includes skills for rescues of Infant/Child victims – CPR w/AED, and Obstructed Airway Care. Program registration and schedule at www.ymcasc.org. Already have a group of people needing certification? Classes are available for groups of 4–10 people upon request.

To schedule a class, please contact Danielle Gilmore at dgilmore@ymcasc.org.

PEDIATRIC FIRST AID & CPR

Members: \$50 | Program Participants: \$75

VACATION SWIM LESSONS

Monday–Thursday • February 19–22; April 15–18

Four consecutive days of 30 minute lessons for all swimming abilities. These lessons are designed to introduce children to swimming and to strengthen the skills of current swimmers. More information, including times will be available soon.

Members: \$40 | Program Participants: \$80

SWIM LESSON PLACEMENT EVALUATION

By Appointment • FREE

Unsure of what stage swim lesson to register your child for? Sign up for a brief evaluation by one of our aquatic staff members by contacting dgilmore@ymcasc.org or jcubr@ymcasc.org.

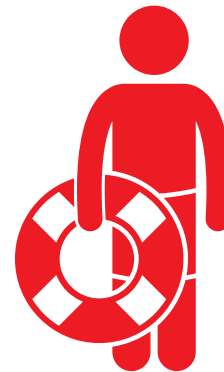
RED CROSS LIFEGUARD COURSES FULL & RECERTIFICATION

February 21–23 • April 17–19

Certify in American Red Cross Basic Lifeguarding (Waterfront/Waterpark/ Emergency Oxygen components are unavailable). Training covers CPR & First Aid and Full course fee includes hip pack, O2 mask, whistle and lanyard. Minimum of 4 participants required for class to run.

To register, please contact Danielle Gilmore at dgilmore@ymcasc.org.

Full Course: \$375



HSI CHILD AND BABYSITTING SAFETY

Wednesdays • February 28 – April 3 • 5–6pm

The HSI child and babysitting safety (CABS) program gives teenagers and young adults everything they need to know for safe and successful babysitting.

No prerequisites are required.

CPR/AED and basic first aid certification included.

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

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LEVEL	AGES	RATES	LENGTH	MON	TUE	WED	THU	FRI	SAT	SUN
PARENT/CHILD										
STAGE A/B Water Discovery/ Water Acclimation	6mo-36mo	M: \$61 PP: \$122	30min	5:10pm	10:45am		10:45am 5:45pm	5:10pm	9:35am	9:35am 10:10am
PRESCHOOL										
STAGE 1 Water Acclimation	3-5 Years	M: \$61 PP: \$122	30min	4:00pm 5:45pm	11:20am 4:00pm	4:00pm	11:20am 4:35pm	4:00pm	10:10am 11:20am	
STAGE 2 Water Movement	3-5 Years	M: \$61 PP: \$122	30min	4:35pm	5:10pm	4:35pm 5:45pm	4:00pm 5:45pm	11:30am 4:35pm	10:45am 12:00pm	
STAGE 3 Water Stamina	3-5 Years	M: \$61 PP: \$122	30min	4:35pm	4:35pm	5:10pm	5:10pm	11:00am	9:00am	9:35am
STAGE 4 Stroke Introduction	3-5 Years	M: \$61 PP: \$122	30min	5:45pm	5:45pm	4:00pm		4:35pm		
YOUTH										
STAGE 1 Water Acclimation	6-14 Years	M: \$61 PP: \$122	30min	4:35pm		5:45pm			11:20am	
STAGE 2 Water Movement	6-14 Years	M: \$61 PP: \$122	30min	4:00pm 5:10pm	4:35pm		4:00pm	5:45pm		12:00pm
STAGE 3 Water Stamina	6-14 Years	M: \$61 PP: \$122	30min	5:10pm	5:10pm		4:35pm	4:00pm	9:35am 10:45am	10:10am
STAGE 4 Stroke Introduction	6-14 Years	M: \$61 PP: \$122	30min	5:45pm	5:45pm	4:35pm	5:10pm	5:10pm	10:10am 12:00pm	10:45am
STAGE 5/6 Stroke Development/ Stroke Mechanics	6-14 Years	M: \$61 PP: \$122	30min		4:00pm				9:00am	9:00am 11:20am
SWIM PATHWAY Aquatic Conditioning	5-14 Years	M: \$91 PP: \$182	45min			4:15pm		4:15pm		
ADULT										
TEEN/ADULT LESSONS	15+ Years	M: \$61 PP: \$122	30min	6:30pm			12:00pm	6:30pm		
Master's Swim Conditioning (2x/wk)	15+ Years	M: \$82 PP: \$164	70min		6:20pm		6:20pm			

*Sunday lessons will be pro-rated to reflect the Easter Holiday.

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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.

