



# YMCA SOUTHCOAST

Spring 1 Programs  
February 23 – April 19, 2026

Registration opens February 2nd

# NO PLACE



Like *This Place*

# NEW BEDFORD | SPRING 1 2026

## February 23 – April 19



Check out some of our programming for the Winter Session!

Registration begins February 2nd for YMCA members and February 9<sup>th</sup> for Program Participants

### KIDS NIGHT OUT

February 20<sup>th</sup> | March 20<sup>th</sup> | April 17<sup>th</sup>

5:45pm – 8:15pm | AGES 6-12

Come enjoy an evening of excitement and activities! Pizza, games and swimming

**Members: \$30 | Program Participants: \$55**

### TEEN NIGHT OUT

February 21<sup>st</sup> | March 28<sup>th</sup> | April 18<sup>th</sup>

6:00pm – 9:00pm | AGES 13-17

NO ADULTS ALLOWED! Come hang out and take over the building. Enjoy music, food/snacks, vibes and good times.

**FREE TO ALL TEENS!**

### GYM GAMES WITH MISS KENNEDY

Tuesdays 6:00pm-6:45pm | AGES 6-12

Get ready—Miss Kennedy has an action-packed agenda for this class! You'll learn exciting gym games, from classic favorites to brand-new ones.

**Members: \$75 | Program Participants: \$150**

### ARTS AND CRAFTS

Mondays 6:00pm-6:45pm | AGES 5-12

In this class, students will explore famous artists and recreate their masterpieces through creative, hands-on art projects.

**Members: \$75 | Program Participants: \$150**

### PRESCHOOL

Monday– Friday | AGES 2.9-5

Limited space available

### TANG SOO DO

Fridays 5:00pm | Beginners Ages 6+

**Members: \$126 | Program Participants: \$148**

### TANG SOO DO

Fridays 6:00pm | Advanced Ages 7+

**Members: \$126 | Program Participants: \$148**

### PERSONAL TRAINING

Various times and days available



#### 60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

#### 30-Minute Session:

Members: \$32 per session

- 6 Pack/\$170
- 12 Pack/\$320



SCAN TO VISIT OUR WEBSITE

### BUILDING HOURS



Monday– Friday | 5:00am – 9:00 pm

Saturday | 7:00 am– 4:00 pm

Sunday | 9:00 am– 1:00 pm

# NEW BEDFORD YMCA | SPRING 1 2026

## February 23 – April 19



### SWIM LESSON SELECTOR

#### STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### STAGE B WATER EXPLORATION

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

#### STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

#### STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

#### STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



#### ADULT BEGINNER

TUESDAYS 7:30PM AND WEDNESDAYS 7PM

Introduction to swim lessons for teens and adults ages 14 and over. For students with little to no experience with swim.

Members: \$80 / Program Participants: \$160

#### ADULT INTERMEDIATE

THURSDAYS 7:30PM / 14 AND UP

This class is for students who have learned the basics and are ready to challenge themselves with stroke development and endurance training. Class is 45 minutes.

Members: \$120 / Program Participants: \$240

#### TROPICAL STORM

TUESDAYS AND THURSDAYS / 4:30PM AGES 10 AND UNDER, 6:30PM AGES 11 AND OVER

For students who have completed stage 5/6 and have a strong understanding of the strokes with the ability to swim 25 yards. Please email [swhite@ymcasc.org](mailto:swhite@ymcasc.org) to set up an evaluation prior to registration

Members: \$160 / Program Participants: \$320.

#### SEMI - PRIVATE LESSONS

CALL OR EMAIL TO SCHEDULE/ALL AGES

Classes are scheduled based on both pool and instructor availability, as well as your personal schedule. Typically, each class accommodates two students or similar age and skill level. For inquiries please email [swhite@ymcasc.org](mailto:swhite@ymcasc.org).

Members: \$150 | Program Participants: \$250

#### PRIVATE LESSONS

CALL OR EMAIL TO SCHEDULE / ALL AGES

Classes are scheduled based on both pool and instructor availability, as well as your personal schedule. Classes are one on one with an instructor. For inquiries please email [swhite@ymcasc.org](mailto:swhite@ymcasc.org).

Members: \$250 | Program Participants: \$350

### REGISTRATION DATES

Members: February 02

Program Participants: February 09

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#### STAGE 5 STROKE DEVELOPMENT

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#### STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



### SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact Danielle Gilmore

FREE

### SWIM TESTING

By Appointment. Please contact Danielle Gilmore • All ages

15 Minutes or less: \$10 / 16-30 Minutes: \$20

### RIPTIDES COMPETITIVE SWIM TEAM

September 2025 – March 2026

Participants must be 6+ years of age by December 1st, 2025

Pricing varies by age and practice length.

### AMERICAN RED CROSS LIFEGUARDING

December break offering, dates and times TBD.

Participants must be 15+ years of age by last day of class

Members: \$375 | Program Participants: \$400

### HSI BLS, CPR OR FIRST AID CERTIFICATIONS

To schedule a class please contact Danielle Gilmore • Ages 13+

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

### HSI EMERGENCY USE OF MEDICAL OXYGEN CERT

To schedule a class please contact Danielle Gilmore • Ages 13+

Members: \$35 | Program Participants: \$50

### POOL HOURS

Monday– Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 3:30 pm

Sunday | 9:00 am – 12:30 pm

# NEW BEDFORD YMCA | SPRING 1 2026

## February 23 - April 19



### AQUATICS

MON	TUES	WED	THURS	FRI	SAT
PRE-K STAGE C 5:30PM	PARENT/CHILD STAGE A/B 6PM	PRE-K STAGE 1/2 4PM 5PM	PARENT/CHILD STAGE A/B 10AM 5PM	PRE-K STAGE 1/2 4:30PM 5:30PM	PARENT/CHILD STAGE A/B 10AM 10:30AM
PRE-K STAGE 1/2 4PM 5PM	PRE-K STAGE C 5:30PM	PRE-K STAGE 3/4 4:30PM	PRE-K STAGE C 10:30AM 5:30PM	PRE-K STAGE 3/4 4PM 5PM	PRE-K STAGE C 11AM
PRE-K STAGE 3/4 5PM	PRE-K STAGE 1/2 4PM 4:30PM	YOUTH STAGE 1/2 4:30PM 5:30PM	PRE-K STAGE 1/2 11AM 4PM 4:30PM 6PM	YOUTH STAGE 1/2 5PM	PRE-K STAGE 1/2 9AM 9:30AM 10:30AM 11:30AM
YOUTH STAGE 1/2 4:30PM 6PM	PRE-K STAGE 3/4 5PM	YOUTH STAGE 3 4PM 6PM	PRE-K STAGE 3/4 5:30PM	YOUTH STAGE 3 4:30PM 5:30PM	PRE-K STAGE 3/4 9:30AM 11AM
YOUTH STAGE 3 4PM 5:30PM	YOUTH STAGE 1/2 4PM 6:30PM	YOUTH STAGE 4 6PM	YOUTH STAGE 1/2 7PM	YOUTH STAGE 4 4PM	YOUTH STAGE 1/2 9:30AM 11AM
YOUTH STAGE 4 4:30PM	YOUTH STAGE 3 4:30PM	YOUTH STAGE 5/6 6:30PM	YOUTH STAGE 3 4PM 6:30PM	YOUTH STAGE 5/6 5PM 6:30PM	YOUTH STAGE 3 10AM
YOUTH STAGE 5/6 6:30PM	YOUTH STAGE 4 4:30PM 5PM		YOUTH STAGE 4 4PM 6PM		YOUTH STAGE 4 9AM 10:30AM
	YOUTH STAGE 5/6 5PM				YOUTH STAGE 5/6 9AM 11:30AM

**SWIM LESSONS**  
 Members | \$80  
 Program Participants | \$160

# DARTMOUTH YMCA | SPRING 1 2026

## February 23 – April 19



Check out some of our programming for the Spring Session!

Registration begins February 2nd for YMCA members and February 9<sup>th</sup> for Program Participants

### TINY TIGERS TANG SOO DO

Tuesdays 5:15-5:45pm | AGES 4-6

In this class, participants will learn about teamwork, balance, self control and hand eye coordination.

Members: \$60 | Program Participants: \$78

### KARATE KIDS TANG SOO DO

Tuesdays 6-7pm | AGES 7+

In this class, participants will learn the benefits of Tang Soo Do, as well as teamwork, fair play, and positive character. They will develop a sense of self satisfaction, while learning that with hard work anything is possible.



Members: \$108 | Program Participants: \$144

### TRAIN WITHOUT A TRAINER!

#### Individual Program Design

- Start with a custom training consultation with Wellness Coordinator, Dyana Meehan to identify your goals and habits
- Work together to develop a personalized workout plan to follow for 6-8 weeks
- Check in weekly to assess your progress and goals

Members: \$75



SCAN TO VISIT OUR WEBSITE

### KIDS NIGHT OUT: NERF NIGHT!

Friday, March 20th 5:30-8:00PM | AGES 5-12

Join us for an epic Nerf battle! Play dodge ball & capture the flag style games with your favorite foam darts. Wear comfortable clothes, and either bring your own Nerf (or similar) blaster & safety glasses or borrow one of ours! Pizza dinner & foam darts will be provided.

Pre-Register no later than Thursday, 3/19



Members: \$30 | Program Participants: \$35

### KIDS NIGHT OUT: KARAOKE GLOW PARTY!

Friday, April 17th 5:30-8:00PM | AGES 5-12

Sing your heart out at our Karaoke GLOW Night! Wear neon or glow in the dark colors for an evening of pizza, glow in the dark crafts, and singing and dancing with friends.

Pre-Register no later than Thursday, 4/16



Members: \$30 | Program Participants: \$35

### PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972



30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320

### BUILDING HOURS

Monday- Friday | 6:00am - 7:00 pm

Saturday | 8:00 am- 1:00 pm

Sunday | Closed



# GLEASON YMCA | SPRING 1 2026

## February 23 - April 19



### SWIM LESSON SELECTOR

#### STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### STAGE B WATER EXPLORATION

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### SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact Danielle Gilmore

FREE

### SWIM TESTING

By Appointment. Please contact Danielle Gilmore • All ages

15 Minutes or less: \$10 / 16-30 Minutes: \$20

### RIPTIDES COMPETITIVE SWIM TEAM

September 2025 - March 2026

Participants must be 6+ years of age by December 1st, 2025

Pricing varies by age and practice length.

### AMERICAN RED CROSS LIFEGUARDING

December break offering, dates and times TBD.

Participants must be 15+ years of age by last day of class

Members: \$375 | Program Participants: \$400

### HSI BLS, CPR OR FIRST AID CERTIFICATIONS

To schedule a class please contact Danielle Gilmore • Ages 13+

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

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Monday- Friday | 5:00 am - 8:45 pm

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Sunday | 9:00 am - 12:30 pm

# GLEASON YMCA | SPRING 1 2026

## February 23 - April 19



### AQUATICS

MON	TUES	WED	THURS	FRI	SAT	SUN
STAGE 1 PRESCHOOL 4:00-4:30pm	STAGE A/B PARENT/CHILD 10:45-11:15am	STAGE 1 PRESCHOOL 4:00-4:30pm	STAGE A/B PARENT/CHILD 10:45-11:15am	STAGE 3 PRESCHOOL 11:00-11:30am	STAGE 1 PRESCHOOL 9:00-9:30am	STAGE 2 PRESCHOOL 8:25-8:55am
AQUATIC CONDITIONING 4:15-5:00pm	STAGE 1 PRESCHOOL 11:20-11:50am	STAGE 1/2 YOUTH 4:00-4:30pm	STAGE 1 PRESCHOOL 11:20-11:50am	STAGE 2 PRESCHOOL 11:30am-12:00pm	STAGE 5/6 YOUTH 9:00-9:30am	STAGE 1 PRESCHOOL 9:00-9:30am
STAGE 2 PRESCHOOL 4:35-5:05pm	STAGE 4 YOUTH 4:00-4:30pm	AQUATIC CONDITIONING 4:15-5:00pm	STAGE 2 PRESCHOOL 12:00-12:30pm	STAGE 1 PRESCHOOL 4:00-4:30pm	STAGE A/B PARENT/CHILD 9:35-10:05am	STAGE 1/2 YOUTH 9:00-9:30am
STAGE 3 PRESCHOOL 4:35-5:05pm	STAGE 2 PRESCHOOL 4:35-5:05pm	STAGE 4 PRESCHOOL 4:35-5:05pm	STAGE 3 PRESCHOOL 4:00-4:30pm	STAGE 3 YOUTH 4:00-4:30pm	STAGE 4 PRESCHOOL 9:35-10:05am	STAGE A/B PARENT/CHILD 9:35-10:05am
STAGE A/B PARENT/CHILD 5:10-5:40pm	STAGE 3 YOUTH 5:10-5:40pm	STAGE 4 YOUTH 4:35-5:05pm	STAGE 4 YOUTH 4:35-5:05pm	STAGE 2 PRESCHOOL 4:35-5:05pm	STAGE 1 PRESCHOOL 10:10-10:40am	STAGE 3 PRESCHOOL 9:35-10:05am
STAGE 1 PRESCHOOL 5:10-5:40pm	STAGE 4 YOUTH 5:45-6:15pm	STAGE 3 PRESCHOOL 5:10-5:40pm	STAGE 3 YOUTH 5:10-5:40pm	STAGE 5/6 YOUTH 4:35-5:05pm	STAGE 2 PRESCHOOL 10:10-10:40am	STAGE 1 PRESCHOOL 10:10-10:40am
STAGE 1/2 YOUTH 5:45-6:15pm		STAGE 3 YOUTH 5:10-5:40pm	STAGE 1/2 YOUTH 5:45-6:15pm	STAGE 1/2 YOUTH 5:10-5:40pm	STAGE 4 YOUTH 10:10-10:40am	STAGE 3 YOUTH 10:10-10:40am
STAGE 4 PRESCHOOL 5:45-6:15pm		STAGE 2 PRESCHOOL 5:45-6:15pm		STAGE 4 YOUTH 5:10-5:40pm	STAGE 2 PRESCHOOL 10:45-11:15am	STAGE A/B PARENT/CHILD 10:45-11:15am
TEEN/ADULT LESSONS 6:30-7:00pm		STAGE 5/6 YOUTH 5:45-6:15pm		STAGE A/B PARENT/CHILD 5:45-6:15pm	STAGE 3 PRESCHOOL 10:45-11:15am	STAGE 2 PRESCHOOL 10:45-11:15am
				TEEN/ADULT LESSONS 5:45-6:15pm	STAGE 3 YOUTH 10:45-11:15am	STAGE A/B PARENT/CHILD 10:45-11:15am
					STAGE 1 PRESCHOOL 11:20-11:50am	STAGE 4 YOUTH 11:20-11:50am
					STAGE 1/2 YOUTH 11:20-11:50am	

**SWIM LESSONS**  
 Members | \$80  
 Program Participants | \$160

# GLEASON YMCA | SPRING 1 2026

## February 23 - April 19



### CHILD WATCH

FREE for Members; \$3 for Program Participants  
6 Months- 10 years old



Monday & Friday • 9:00am-12:00 pm

Monday - Thursday • 4:00pm- 7:30 pm

Saturday • 8:00am- 12:00 pm

### PERSONAL TRAINING

Various times and days available



60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320



SCAN TO  
VISIT OUR  
WEBSITE

### BUILDING HOURS

Monday- Friday | 5:00am - 9:00 pm

Saturday | 7:00 am- 4:00 pm

Sunday | 9:00 am- 1:00 pm



# FALL RIVER YMCA | SPRING 1 2026

## February 23 – April 19



Check out some of our programming for the Spring Session!

Registration begins February 2nd for YMCA members and February 9<sup>th</sup> for Program Participants

### BAKING BUDDIES

Wednesdays • 6:15pm-7:15 pm • Ages 7-12

Kids will learn to mix, measure, and make delicious treats in this fun 5-week baking class! Each week features a new recipe and hands-on kitchen fun with friends.

Members: \$60 | Program Participants: \$85

### TODDLER PLAYTIME

Wednesdays • 5:30pm-6pm • Ages 2-5

In this 5-week class, toddlers will explore basic sports and play in a social, supportive environment. It's all about movement, making friends, and building confidence through play.

Members: \$45 | Program Participants: \$60

### YOUTH BASKETBALL SKILLS

Thursdays • 6:00pm -7:00pm • Ages 5-8

Thursdays • 7:00pm - 8:00pm • Ages 9-12

This 8-week course will focus on fundamental basketball skills. Kids will improve their play while gaining a love for the game.

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

### CHILD WATCH

FREE for Members; \$3 for Program Participants  
6 Months- 10 years old



Monday & Friday • 9:00am-12:00 pm

Monday - Thursday • 4:00pm- 7:30 pm

Saturday • 8:00am- 12:00 pm

### GET STARTED

VARIOUS DAYS & TIMES AVAILABLE

A complimentary session with a Wellness Coach to become familiar with the Wellness Center equipment.

Members: FREE

### PERSONAL TRAINING

Various times and days available

60-Minute Session:

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- 10 Pack/\$486
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30-Minute Session:

Members: \$32 per session

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### SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org)

FREE

### SWIM TESTING

By Appointment. Please contact [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org) • All ages

### PRE SWIM TEAM

Monday and Wednesday 5:30-6:30pm

For students who have completed stages 5/6 and have a strong understanding of the strokes and the ability to swim 25 yards of the pool. Please email [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org)

### PRIVATE LESSONS

Call or email [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org)  
Package of 5 private lessons

Members: \$ 150 | Program Participants: \$250

### SEMI PRIVATE

To schedule call or email [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org)

Members: \$230 | Program Participants: \$330

### POOL HOURS

Monday- Friday | 5:00 am - 8:45 pm  
Saturday | 7:00 am - 3:45 pm  
Sunday | 9:00 am - 12:45 pm

# FALL RIVER YMCA | SPRING 1 2026

## February 23 – April 19



### AQUATICS

#### MON

Youth stage 1/2  
4:30pm

Youth stage 4  
4:00pm

Youth stage 5/6  
5:00pm

#### TUES

Youth stage 3  
4:30pm

Youth 5/6  
5:00pm

#### WED

Pre k stage 1/2  
4:30pm

Pre k stage 3/4  
5:00pm

Youth stage 1/2  
4:30pm

Youth stage 3  
4:00pm

Youth stage 5/6  
5:00pm

#### THURS

Stage A/B  
5:30pm

Pre K stage 1/2  
5:30pm

Youth stage 1/2  
4:30pm

Youth stage 3  
6:00pm

Youth stage 4  
5:00pm

#### SAT

Pre K stage 1/2  
9:30am  
10:00am

Pre K stage 3/4  
11:30am

Youth stage 1/2  
9:30am  
10:30am

Youth stage 3  
10:30am  
11:00am

Youth stage 4  
9:00am  
10:00am

Youth stage 5/6  
11:30am

Adult Beginner  
11:00am

#### SUN

Stage A/B  
10:00am  
11:30am

Pre K stage 1/2  
11:00am

Pre K stage 3/4  
10:30am

### SWIM LESSONS

Members | \$80

Program Participants | \$160

# STOICO/FIRSTFED | SPRING 1 2026

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### JR. CHEFS

MONDAYS 6:00–6:45p | AGES 5–12

A fun and hands-on cooking class for children! Kids will learn kitchen basics, explore new recipes, and build confidence.

Members: \$80 | Program Participants: \$100

### TODDLER BALL

SATURDAYS 9:30–10:00a | AGES 2–4

Get your toddler bouncing, dribbling, and having a blast. Introduce your toddler to the basics of basketball through fun games and movement.

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

### YOUTH BASKETBALL SKILLS

THURSDAYS 4:30–5:15p | AGES 5–7

This high-energy program teaching the fundamentals of dribbling, passing, shooting, and team work.

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

### YOUTH BASKETBALL SKILLS

THURSDAYS 5:15–6:15p | AGES 8–14

This dynamic program builds core basketball skills drills, team work, and inter squad scrimmages.

Members: \$80 | Program Participants: \$100

### APRIL BREAK BASKETBALL CLINIC

APRIL 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> 9:00–11:30a | AGES 8–14

A 3 day basketball clinic designed for players to develop their skills in shooting, passing, dribbling, and agility.

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



SCAN TO VISIT OUR WEBSITE

### CHILD WATCH

FREE for Members; \$3 for Program Participants  
6 Months– 10 years old



Monday & Friday • 9:00am–11:00am

Monday – Thursday • 4:30pm– 7:00pm

Saturday • 8:00am– 11:30am

### STORY & CRAFT

March 4<sup>th</sup>–25<sup>th</sup> 11:00–11:45a | AGES 3–5

Toddlers will enjoy a story and then participate in a related craft or activity. Unleash your toddler's imagination and creativity!

Members: \$20 | Program Participants: \$30

### BIRTHDAY PARTIES

SATURDAYS & SUNDAYS | AGES 1–8

Host your child's birthday party in our Play Structure! Reach out to us for more details!

Members: \$250 | Program Participants: \$300

### PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320



### BUILDING HOURS

Monday– Thursday | 5:00am – 8:00 pm

Friday | 5:00am – 7:00 pm

Saturday | 7:00 am– 2:00 pm

Sunday | 7:00 am– 12:00 pm

