



YMCA SOUTHCOAST
Summer Programs
June 22 – August 16, 2026

Registration Opens:
Members – June 1
Non-Member Participants – June 8

NO PLACE



Like This Place

GLEASON FAMILY YMCA | SUMMER 2026

June 22 – August 16, 2026



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.



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

GLEASON FAMILY YMCA | SUMMER 2026

June 22 – August 16, 2026



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 FAMILY YMCA | SUMMER 2026

June 22 – August 16, 2026



Check out some of our programming for the Summer Session!
Registration begins June 8th for YMCA members and June 15th for Program Participants



MAGSTAR DANCE

SUNDAY • 9-9:30am • Ages 3-5
SUNDAY • 9:45-10:15am • Ages 6-8
Members: \$73 | Program Participants: \$130



TEEN STRENGTH

Monday & Wednesday • 4:00-5:00pm • Ages 8-12
Monday & Wednesday • 5:00-6:00pm • Ages 13-17
Members: \$160 | Program Participants: \$222



AIKIDO

Thursday • 5:30pm • Ages 4-5
Saturday • 12:30pm • Ages 4-6
Members: \$79 | Program Participants: \$114
Thursday • 6:00pm • Ages 6-9
Saturday • 1:00pm • Ages 6-9
Members: \$79 | Program Participants: \$114
Thursday • 6:45pm • Ages 9+
Saturday • 1:45pm • Ages 9+
Members: \$150 | Program Participants: \$220

YOUTH BASKETBALL LEAGUE

Saturday morning games, 1 weekday practice
Members: \$85 | Program Participants: \$120
College Division 8-10 year olds
Pro Division 11-13 year olds
Olympic Division 14-16 year olds



SCAN TO
VISIT OUR
WEBSITE

CHILD WATCH

FREE for Members
6 Months- 7 years old



Monday, Wednesday, Friday • 8:30am-12:30 pm
Tuesday & Thursday • 8:30am-11:30am
Monday - Friday • 4:00pm- 7:30 pm
Saturday • 8:30am- 11:30am

HEALTHY KIDS DAY

SATURDAY MAY 16, 11am-1pm

A free family friendly community event that brings together community partners to demonstrate ways to help keep kids healthy, active & engaged all summer. Walt's Mobile Closet Essential Women's Event will be a participant.

FREE FOR ALL TO ATTEND

SCHOLASTIC BOOK FAIR

MAY 8 - 15

Shop for summer reading, birthday gifts, end-of-year teacher gifts, or vacation reading at our annual Spring Book Fair in the lobby. Open to all during normal business hours.

Open to all in community to shop

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 | 5:00am - 9:00 pm
Saturday | 7:00 am- 5:00 pm
Sunday | 7:00 am- 1:00 pm

NEW BEDFORD YMCA | SUMMER 2026

June 22 – August 16, 2026



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 SWIM LESSONS

Beginner: Tuesdays 7:30pm and Wednesdays 7pm

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

Intermediate: Thursdays 7:30pm (45 minutes)

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

TROPICAL STORM

Tuesdays and Thursdays: 4:30pm (ages 10 and under);

6:30pm (ages 11+)

- 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 to set up an evaluation prior to registration

Members: \$160 | Program Participants: \$320

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.

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

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.

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

CREATE YOUR OWN SWIM CLASS

Call or Email to Schedule / All Ages

- Designed for 3 or more swimmers of similar age and skill level who would like to take lessons together. Families can work with aquatic staff to choose dates and times that fit their schedules.

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

DROP IN SWIM LESSONS

Call or Email to Schedule / All Ages

- Register for individual classes and pay per lesson instead of enrolling in an 8 week program. Perfect for families who need a more flexible schedule while still building swim skills and water confidence.

Members: \$15/class | Program Participants: \$25/class

POOL HOURS

Monday– Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 4:45 pm

Sunday | 7:00 am – 12:45 pm

DARTMOUTH YMCA | SUMMER 2026

June 22 – August 16, 2026



Check out some of our programming for the Summer Session!
Registration begins June 1st for YMCA members and June 8th for Program Participants

COFFEE & COMMUNITY

Join us for Coffee Hour—a relaxed welcoming time to connect with fellow members and YMCA staff. Enjoy a cup of coffee, spark great conversations, and build community.

Bring a friend and come be part of the fun! Complimentary for members and free for the community to attend.

Hope to see you there.

FRIDAY 6/12 10AM

TUESDAY 7/21 10AM

THURSDAY 8/20 10AM

FAMILY CAMPOUT

Join us as we bring back the family campout! Bring your sleeping bags, bathing suits, towels and camping essentials. Families can reserve a “camp site” and join in the fun including s’mores, campfire, archery, swimming camp style dinner and pancake breakfast.

CHECK IN: FRIDAY 8/7 5:30-6PM

CHECK OUT: SATURDAY 8/8 9-10AM

\$50 PER FAMILY



One Night. Countless Connections.

July 22, 2026

7:00

Dartmouth YMCA is joining other Ys across the country for Campfire Across America, a one-night gathering centered on connection, belonging, and community. Join us as we come together around the campfire to share stories, reflect, and be present with one another.

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 | 6:00am – 7:00 pm

Saturday | 8:00 am– 1:00 pm

Sunday | closed



FALL RIVER YMCA | SUMMER 2026

June 22 – August 16, 2026



SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY

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STAGE B WATER EXPLORATION

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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 Joseph Martin

FREE

SWIM TESTING

By Appointment. Please contact Joseph Martin • All ages

PRE SWIM TEAM

Pre Swim team is a non-competitive 45 minute class
Meets Monday and Wednesday from 5:45pm-6:30pm
Price is 100 dollars for the session

FALL RIVER YMCA | SUMMER 2026

June 22 – August 16, 2026



AQUATICS

MON	TUES	WED	THURS	SAT	SUN
PRE K 1/2 4PM	YOUTH 3 4:30PM	STAGE A/B 11AM	PRE K 1/2 4PM	PRE K 1/2 9:30AM 10AM	STAGE A/B 10AM 11AM
PRE K 3/4 4:30PM		PRE K 1/2 10AM 10:30AM 4:30PM	YOUTH 1/2 4:30PM	YOUTH 1/2 9:30AM 10:30AM	PRE K 1/2 10:30AM
YOUTH 1/2 4:30PM 5PM		PRE K 3/4 5PM	YOUTH 4 5PM	YOUTH 3 10:30AM 11AM	
YOUTH 4 4PM		YOUTH 1/2 4PM 4:30PM		YOUTH 4 9AM 10AM	
YOUTH 5/6 5PM		YOUTH 3 4PM		YOUTH 5/6 11:30AM	
PRE SWIM TEAM 5:30PM		YOUTH 5/6 5PM		ADULT BEGINNER 11AM	
		ADULT BEGINNER 5:30PM			
		PRE SWIM TEAM 5:30PM			

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

FALL RIVER YMCA | SUMMER 2026

June 22 – August 16, 2026



Check out some of our programming for the Spring 2 Session!
Registration begins April 13th for YMCA members and April 20th for Program Participants

YOUTH BASKETBALL SKILLS

Thursdays • 6:00pm – 7:00pm • Ages 5–8
Thursdays • 7:00pm – 8:00pm • Ages 9–12



This 6-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

BAKING BUDDIES

Tuesdays • 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: \$65 | Program Participants: \$90



SCAN TO
VISIT OUR
WEBSITE

CHILD WATCH

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



Monday and Friday • 9am–12:30 pm
Monday through Thursday • 4pm–7:30pm
Saturday • 8am– 12pm

GET STARTED

VARIOUS DAYS & TIMES AVAILABLE

A complimentary one-on-one 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:

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 | 5:00am – 9:00 pm
Saturday | 7:00 am– 4:00 pm
Sunday | 9:00 am– 1:00 pm

STOICO/FIRSTFED YMCA | SUMMER 2026

June 22 – August 16, 2026



Check out some of our programming for the Summer Session!
Registration begins June 1st for YMCA members and June 8th for Program Participants

AXEL DANCE ACADEMY



6- WEEK SESSION • Ages 18months- Adults
JULY 6th- AUGUST 12th
VARIOUS CLASSES AVAILABLE



TODDLER BALL

Thursday • 4:30-5:00pm • Ages 2-4
Members: \$65 | Program Participants: \$85



YOUTH BASKETBALL SKILLS

Thursday • 5:00-5:45pm • Ages 5-7
Thursday • 5:45-6:30pm • Ages 8-10
Members: \$75 | Program Participants: \$95
Thursday • 6:30-7:30pm • Ages 11-14
Members: \$80 | Program Participants: \$100



PARENT & ME MUSIC & MOVEMENT

Monday • 9:00-9:45am • Ages 18 months & Up
Members: \$65 | Program Participants: \$85



TEEN PICKLEBALL CLINICS

Monday • 4:30-5:30pm • Ages 12-17
5-Week Session: June 29th-July 27th
Members: \$55 | Program Participants: \$75



FAMILY ROPES COURSE NIGHTS

TIME & DATE TBD



SCAN TO
VISIT OUR
WEBSITE

CHILD WATCH

FREE for Members
3 Months- 10 years old



Monday - Friday • 9:00am-11:00am
Monday - Thursday • 4:30pm- 7:00 pm
Saturday • 8:00am- 11:30am

SPLASH PAD BIRTHDAY PARTIES

Saturdays & Sundays beginning in JUNE

Host your child's special day at our Splash Pad. Various party packages available.

Contact zmello@ymcasc.org for more information

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 | 5:00 am – 8:00 pm
Friday | 5:00 am-7:00 pm
Saturday | 7:00 am- 2:00 pm
Sunday | 7:00 am- 12:00 pm

