



YMCA SOUTHCOAST

Fall 1 Programs

August 31 – October 25, 2026

Registration Opens:

Members – August 10

Non-Member Participants – August 17

NO PLACE



Like This Place

GLEASON FAMILY YMCA | FALL 1, 2026

August 31 – October 25, 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 | FALL 1, 2026

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AQUATICS

MON

STAGE 1
PRESCHOOL
4:00–4:30pm

AQUATIC
CONDITIONING
4:15–5:00pm

STAGE 2
PRESCHOOL
4:35–5:05pm

STAGE 3
PRESCHOOL
4:35–5:05pm

STAGE A/B
PARENT/CHILD
5:10–5:40pm

STAGE 1
PRESCHOOL
5:10–5:40pm

STAGE 1/2
YOUTH
5:45–6:15pm

STAGE 4
PRESCHOOL
5:45–6:15pm

TEEN/ADULT
LESSONS
6:30–7:00pm

TUES

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 1
PRESCHOOL
11:20–11:50am

STAGE 4 YOUTH
4:00–4:30pm

STAGE 2
PRESCHOOL
4:35–5:05pm

STAGE 3 YOUTH
5:10–5:40pm

STAGE 4 YOUTH
5:45–6:15pm

WED

STAGE 1
PRESCHOOL
4:00–4:30pm

STAGE 1/2
YOUTH
4:00–4:30pm

AQUATIC
CONDITIONING
4:15–5:00pm

STAGE 4
PRESCHOOL
4:35–5:05pm

STAGE 4 YOUTH
4:35–5:05pm

STAGE 3
PRESCHOOL
5:10–5:40pm

STAGE 3 YOUTH
5:10–5:40pm

STAGE 2
PRESCHOOL
5:45–6:15pm

STAGE 5/6
YOUTH
5:45–6:15pm

THURS

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 1
PRESCHOOL
11:20–11:50am

STAGE 2
PRESCHOOL
12:00–12:30pm

STAGE 3
PRESCHOOL
4:00–4:30pm

STAGE 4 YOUTH
4:35–5:05pm

STAGE 3 YOUTH
5:10–5:40pm

STAGE 1/2
YOUTH
5:45–6:15pm

FRI

STAGE 3
PRESCHOOL
11:00–11:30am

STAGE 2
PRESCHOOL
11:30am–12:00pm

STAGE 1
PRESCHOOL
4:00–4:30pm

STAGE 3 YOUTH
4:00–4:30pm

STAGE 2
PRESCHOOL
4:35–5:05pm

STAGE 5/6
YOUTH
4:35–5:05pm

STAGE 1/2
YOUTH
5:10–5:40pm

STAGE 4 YOUTH
5:10–5:40pm

STAGE A/B
PARENT/CHILD
5:45–6:15pm

TEEN/ADULT
LESSONS
5:45–6:15pm

SAT

STAGE 1
PRESCHOOL
9:00–9:30am

STAGE 5/6
YOUTH
9:00–9:30am

STAGE A/B
PARENT/CHILD
9:35–10:05am

STAGE 4
PRESCHOOL
9:35–10:05am

STAGE 1
PRESCHOOL
10:10–10:40am

STAGE 2
PRESCHOOL
10:10–10:40am

STAGE 4 YOUTH
10:10–10:40am

STAGE 2
PRESCHOOL
10:45–11:15am

STAGE 3
PRESCHOOL
10:45–11:15am

STAGE 3 YOUTH
10:45–11:15am

STAGE 1
PRESCHOOL
11:20–11:50am

STAGE 1/2
YOUTH
11:20–11:50am

SUN

STAGE 2
PRESCHOOL
8:25–8:55am

STAGE 1
PRESCHOOL
9:00–9:30am

STAGE 1/2
YOUTH
9:00–9:30am

STAGE A/B
PARENT/CHILD
9:35–10:05am

STAGE 3
PRESCHOOL
9:35–10:05am

STAGE 1
PRESCHOOL
10:10–10:40am

STAGE 3 YOUTH
10:10–10:40am

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 2
PRESCHOOL
10:45–11:15am

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 4 YOUTH
11:20–11:50am

SWIM LESSONS

Members | \$80

Program Participants | \$160

GLEASON FAMILY YMCA | FALL 1, 2026

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Check out some of our programming for the Fall 1 Session!
Registration begins August 10th for YMCA members and August 17th 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

SPORTS MIX

Tuesday & Thursday 10:15am | AGES 2-4

Members: \$73 | Program Participants: \$130

PRE-SCHOOL PLAY GROUP

Tuesday & Thursday 9:30am | AGES 2-4

Members: \$73 | Program Participants: \$130



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



INDOOR PICKLE BALL

Monday Wednesday, Friday • 7am-1pm

Tuesday & Thursday • 6pm-8pm 6-8

Sunday 2pm-4:45pm

GET SLIM

Thursday • 10a-11am

Members: \$79 | Program Participants: \$114

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



NEW BEDFORD YMCA | FALL 1, 2026

August 31 – October 25, 2026



SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY

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STAGE B WATER EXPLORATION

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STAGE 1 WATER ACCLIMATION

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STAGE 2 WATER MOVEMENT

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STAGE 3 WATER STAMINA

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STAGE 4 STROKE INTRODUCTION

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STAGE 5 STROKE DEVELOPMENT

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STAGE 6 STROKE MECHANICS

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ADULT SWIM LESSONS

Beginner: Tuesdays 7:30pm and Wednesday: 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 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 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: \$10/class | Program Participants: \$20/class

POOL HOURS

Monday– Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 4:45 pm

Sunday | 7:00 am – 4:45 pm



MON

TUES

WED

THURS

FRI

SAT

SUN



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BASKETBALL SKILLS AND DRILLS

WEDNESDAY • 5:45pm • Ages 5-6

THURSDAY • 5:45-6:30pm • Ages 7-8

THURSDAY • 6:30-7:15pm • Ages 9-11

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



"KIDS NIGHT OUT"

Pizza • Gym Games • Swimming!

SEPT 18th • OCT 16th • NOV 20th

5:45pm-8:00pm • Ages 8-12

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



"TEENS NIGHT OUT"

Pizza • Swimming • Games •

NO ADULTS ALLOWED!

SEPT 26th • OCT 24th • NOV 28th

6:00pm-9:00pm • Ages 8-12

FREE TO ALL!!



TANG SOO DO

Fridays • 5:00pm • Beginners Ages 6+

Fridays • 6:00pm • Advanced Ages 7+

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



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



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

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STAGE 6 STROKE MECHANICS

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SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact the Aquatics Department.

SWIM TESTING

By Appointment. Please contact the Aquatics Department. All ages

PRE SWIM TEAM

Pre Swim team is a non-competitive 60-minute class Meets Monday and Wednesday from 5:30pm-6:30pm.

LIGHTNING SWIM TEAM

Practices take place 3 evenings during the week, with swim meets on weekends. For more information, please contact cmotta@ymcasc.org or ksardinha@ymcasc.org.

POOL HOURS

Monday- Friday | 5:00 am – 8:45 pm
Saturday | 7:00 am – 3:30 pm
Sunday | 9:00 am – 12:30 pm



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AQUATICS

MON

PRE K 1/2
4PM

PRE K 3/4
4:30PM

YOUTH 1/2
4:30PM
5PM

YOUTH 4
4PM

YOUTH 5/6
5PM

PRE SWIM TEAM
5:30PM

TUES

YOUTH 3
4:30PM

WED

STAGE A/B
11AM

PRE K 1/2
10AM
10:30AM
4PM
4:30PM

PRE K 3/4
5PM

YOUTH 1/2
4PM
4:30PM

YOUTH 3
4PM
4:30PM

YOUTH 5/6
5PM

ADULT
BEGINNER
5PM

PRE SWIM TEAM
5:30PM

THURS

PRE K 1/2
4PM

YOUTH 1/2
4:30PM

YOUTH 4
5PM

SAT

PRE K 1/2
9:30AM
10AM

YOUTH 1/2
9:30AM
10:30AM

YOUTH 3
10:30AM
11AM

YOUTH 4
10AM

YOUTH 5/6
11:30AM

ADULT
BEGINNER
11AM

SUN

STAGE A/B
10AM
11AM

PRE K 1/2
10:30AM

SWIM LESSONS

Members | \$80

Program Participants | \$160



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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

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. Contact the Welcome Center desk for more information.

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



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

STOICO/FIRSTFED YMCA | FALL 1, 2026

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AXEL DANCE

Ages 18 Month-Adults

Email axeldance@ymcasc.org for more info



YOUTH BASKETBALL SKILLS

Thursday • 4:30-5:00p • Ages 2-4

Thursday • 5:00-5:30p • Ages 5-7

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

Thursday • 5:30-6:15p • Ages 8-11

Thursday • 6:15-7:00p • Ages 12-14



YOU & ME MUSIC/MOVEMENT

Monday • 9:00-9:45a • Ages 2-5 & Guardian

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



JR. CHEFS

Monday • 6:00-6:45p • Ages 5-12

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



YOUTH & ADULT PICKLEBALL CLINIC

TBD



SCAN TO
VISIT OUR
WEBSITE

CHILD WATCH

FREE for Members

6 Months- 7 years old

Monday-Friday • 9:00-11:00a

Monday-Thursday • 4:30-7:00p

Saturday • 8:00-11:30a



PERSONAL TRAINING

Various times and days available

60-Minute Session:

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12 Pack/\$320



BUILDING HOURS

Monday- Thursday | 5:00am – 8:00 pm

Friday | 5:00a-7:00p

Saturday | 7:00 am- 2:00 pm

Sunday | 7:00 am- 12:00 pm

